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## FASD funding from The Co-operators

Cheryl Charron, Manager FASD Service

The Regina Community Clinic is delighted to receive support and sponsorship from The Co-operators for an FASD (Fetal Alcohol Spectrum Disorder) Prevention and Education Project. The project is the creation of a DVD and educational resources to accompany it. The focus of the project is prevention and supporting healthy pregnancies.

Briefly, FASD is a complex life-long disability affecting cognitive, behavioural and physical function. Objectively, FASD is 100% preventable but there are complicating factors within all societies regarding alcohol use and women. In Saskatchewan, FASD affects at least 1 out of every 100 births and in Regina it is estimated that approximately 1700 adults are living with this disability. Frequently memory, learning, organizational skills, behaviour and daily living skills are affected.

FASD is a worldwide disability and the maternal use of alcohol during pregnancy continues to be controversial. FASD occurs in every income level, in every ethnic background and remains the leading cause of mental retardation in the world. Currently, there is a research focus upon targeted populations - women of colour and women in poverty. There is a need to reach the middle/upper-class, well-educated and professional women. There are many mixed messages about social drinking in current media (film and TV) and it's vital that accurate information about the risks associated with alcohol use during pregnancy is clearly understood. FASD is a disability that is not popularized and aside from HIV/AIDS, it is the only disability to carry a social stigma that ultimately limits people (pregnant women, alcoholic women, families in distress due to alcohol) from accessing early help.

Since its inception in 2004 The FASD Centre at the Regina Community Clinic (RCC) has been a vital resource for people with FASD and their families. The majority of clients are older teens and young adults. This experience clearly demonstrates a need for positive and appropriate programming for the individuals and their families. It continues to show the need for effective community education about the risks associated with alcohol and pregnancy.

Ultimately, many people with FASD live with anxiety, despair, trouble in school or with the law, and lack the opportunity to thrive. They are frequently lonely and isolated and often are easily victimized. There are few recreational opportunities for them to participate in that are safe and created with their unique social and learning needs in mind. Many people with FASD are frequently unsuccessful in mainstream programming. Too often they have low-self esteem since they are unable to succeed in many areas including school, work and social relationships. They are often overlooked or are invisible until they fall into trouble. They have many stories to share about their experience. Maybe some of these stories will encourage a woman to say 'no' to a "social drink" during pregnancy. Maybe these stories will encourage a woman to seek help if she needs it. Maybe we can all rediscover how to support women and create a healthy future by creating healthy babies. Maybe.

## From HEALTH CANADA.....IT'S YOUR HEALTH

### Plastics and nonstick coatings

For cooking and storing food, plastic is lightweight and nearly unbreakable. Many containers have been made for use in microwave ovens, where metal cookware is not suitable.

**Using plastic containers and wrap for anything other than their original purpose can cause health problems.** With wrap, the concern is that food may absorb some of the plasticiser, the material that helps make it flexible. This is most likely to happen at high temperatures, when microwaving, or with fatty or oily foods such as cheese and meat.

Nonstick coatings are applied to metal utensils to prevent food from sticking and to protect cookware surfaces. An independent science review panel in the U.S. has recommended that perfluorooctanoic acid and its salts (PFOA) be considered "likely to be carcinogenic" based on laboratory studies in rats. The U.S. Environmental Protection Agency (EPA) has also determined that PFOA is 'likely' to cause cancer in rats. However, this does not necessarily mean that PFOA causes cancer in humans. PFOA is widely used in the manufacture of non-stick coatings. PFOA does not remain in cookware or other products after manufacture, but it has spread throughout the natural environment worldwide. In 2006, the chemical industry voluntarily agreed to a U.S. EPA plan to reduce and eventually eliminate the release of PFOA into the environment and to reduce and eliminate any PFOA content in products. There is no risk of exposure to PFOA from using cooking utensils and equipment with non-stick coatings.

Nonstick coatings are a risk if they are heated to temperatures greater than 350°C or 650°F. This might happen if an empty pan is left on a burner. In this case, the coatings can give off irritating or poisonous fumes.

### Silicone Cookware

Silicone is a synthetic rubber which contains bonded silicon (a natural element which is very abundant in sand and rock) and oxygen.

Cookware made from food grade silicone has become popular in recent years because it is colorful, nonstick, stain-resistant, hard-wearing, cools quickly and tolerates extremes of temperature. **There are no known health hazards associated with the use of silicone cookware.**

Silicone rubber does not react with food or beverages, or produce any hazardous fumes.

### Minimizing Your Risk

- Do not cook or store food for long periods of time in aluminum cookware.
- Do not use badly scratched or un-coated copper cookware to cook or store food. If you do have some older tin or nickel-coated cookware, use it for decorative purposes only. Do not scour coated copper cookware.
- If you know you are allergic to nickel, do not use nickel-plated cookware.
- If you are sensitive to nickel and are having difficulty managing your allergy, discuss options with your doctor. Foods known to contain higher levels of nickel include oats and oat products, peas, beans, lentils and cocoa products, such as chocolate, particularly dark chocolate.
- Do not store foods that are highly acidic, such as stewed rhubarb or stewed tomatoes, in stainless steel containers.
- If you bring in glazed ceramic cookware from abroad, be aware that it may not meet Canadian permitted levels for lead and cadmium. Do not use it to serve or store food. Use it for decoration only.
- Don't use plastic bowls or wrap in the microwave unless they are labelled as microwave safe.
- If you reuse plastic items for storage, such as dairy product containers, let the food cool before storing, then refrigerate it immediately. Avoid visibly damaged, stained or unpleasant smelling plastics and containers. Never heat or store food in plastic containers that were not intended for food.

Do not use silicone cookware at temperatures above 220°C (428°F) as it will melt if exposed to high temperatures. You should also be careful when removing hot foods from flexible silicone cookware, as the food may slide out very quickly.

## GROWTH FUND DONATIONS

**We wish to thank the following donors who have contributed to our Growth Fund:**

David McKillop, Paul & Adelaide Hamelin, Doreen Hamilton, Jessie French, Elaine Clark, Delaine Scotton, Laverne & Evelyn Josephson, Neal & Margaret Holt, Gertrude McFarlane, Al & Mildred Taylor, Elden Ralston, J.R. Lane, Harvey Ostlund, Muriel Blundell, Larry Clay, D. Carol Sigfusson, Alice Langford, Anton Schaefer, Bing and Betty Crossman, Alvin & Vivian Block, Greg & Margaret MacNeill, Raymond Anslow, George & Beatrice Paice, Neil & Shirley McKay, Clare Powell, Gailene Fenwick, Ted Wagner, Brian Hamill & Diane Ganshorn, James A. Struthers, Rosemary Oddie, Daryl & Joyce Brown, Elizabeth Stirr, Lloyd & Darline Reis, Robert & Lynda Murray.

Our appreciation is also extended to those who wish to have their names remain anonymous.

*We have available space if your health-related support group would like to meet here on a regular basis. Please contact Mavis at 543-7880 ext. 223 for more details.*

## Two successful SUBSTANCE ABUSE presentations

were held on November 26th and 28th. Attendance for both of these presentations was great despite the first blast of cold winter. There were 35 people that attended the Monday afternoon session and 15 people for the Wednesday evening session.

There was a good mix of professionals who are working with addicts/alcoholics along with family members, friends, and caregivers of individuals struggling with substances. Also present were people in recovery.

Discussions revolved around addictions /dependency, relapse/recovery and supports or programs for someone seeking help for their addiction(s).

The final evaluations revealed that participants were happy with the workshop. Many requested future workshops on other topics such as FASD, HIV and AIDS.

**Thank you** to Doreen Lloyd, FASD Life Skills Mentor, for a job well done.

## Health Questions?

To learn more about everything from allergies to zinc, visit [www.HealthlineOnline.ca](http://www.HealthlineOnline.ca). You can also get free health advice from registered nurses 24-hours a day by calling the Saskatchewan Health Line at **1-877-800-0002**.



## LAB AND X-RAY RESULTS

The Clinic Physicians and Nurse Practitioners **do not routinely call patients with the results of their lab and x-ray tests if the results are normal**. If you do not hear back from us regarding your results, please remember that you will only receive a call if your results are abnormal. We appreciate your co-operation as we manage our time best to fit our patients' needs.

## REPAIRS TO ARGYLE CHILD CARE



A big thank you to Dallas Davison, Avery's Dad, for getting the donation of lumber and fixing our gazebo at Argyle Child Care that had been vandalized. It's people like you that help to make the daycare a great place to be!



Thanks so much to Fries Tallman Lumber for donating new boards to do the repairs to our play yard which was vandalized. Your kindness was very much appreciated.

We ask for your consideration and effort to **NOT** call Answering Service regarding our *hours of operation*. Their service provides assistance with emergency calls when trying to reach our 'on-call' doctor during noon hour closure, evenings, weekends and holidays.

### Clinic Hours of Operation

**Monday - Friday      8:30 a.m. - 5:30 p.m.**

**\*\* We are closed from 12 p.m. to 1 p.m. \*\***

## STAFF CHANGES

We welcome Lorna Knudson, Director of Operations; Shelley Stephenson, Director of Day-care; Melanie Schipper, Exercise Specialist; Bonnie Ast, Nurse Practitioner; Cathy Howat, Marilyn Skiehar and Bonnie Chapman as Caretaker backups; Teresa Gill, Reception backup.

We say farewell to Shirley Dobrescu, Director of Daycare; Carolyn Whitfield, Registered Health Records Technician and a belated farewell to Deb Scobie, Health Records. Jo Brown, Counsellor, is taking a one-year leave of absence.



You can reach our 'on call' doctor by speaking to the answering service at 543-7880.

### **Closure Dates to Remember...**

February 18 (Monday) - Civic Holiday  
 March 21 (Friday) & 24 (Monday) - Easter  
 May 19 (Monday) - Victoria Day

## 80th ANNIVERSARY of the Saskatchewan Co-operative Youth Program

# CO-OP YOUTH CAMP

Discover your potential to be a great leader with the Saskatchewan Co-operative Youth Program

Are you age 14 - 18?  
Register now!




Summer Camp.....at beautiful Candle Lake, Sask. is the place you want to be

Gain skills and confidence, take on leadership roles and achieve your dreams.  
Get to know teens and volunteers from all over Saskatchewan.  
Work together to accomplish tasks, learn about co-operation and how co-ops work. Enjoy swimming, canoeing, games, campfires and social events.

Saskatchewan  
Co-operative  
Youth Program

is a program of:

 Saskatchewan  
Co-operative Association

Contact: Mavis at 543-7880 ext. 223 or visit our Membership & Health Information desk for your registration form.  
Cost: \$180 to be paid by participant. Members of the Saskatchewan Co-operative Association are willing to pay the sponsorship fee of \$295. Do not delay in registering—they fill up fast!



Bonnie Ast, NP

### FOCUS ON STAFF

Bonnie Ast was born and raised in Regina and received all of her schooling here. Bonnie graduated from nursing school in 1985 and has been working at the Regina General Hospital in pediatrics since then. She furthered her education in nursing and focused on health promotion and disease prevention. She obtained her Primary Care Nurse Practitioner license in 2005. Some of her training was north in Stanley Mission and also here at the Regina Community Clinic. Currently she is going to school part time and taking her BSN degree. She currently enjoys her NP position and feels at home and welcomed by the health care team and support staff. Bonnie currently manages the CDMC (Chronic Disease Management Collaborative) program and is thrilled to see improvements in the client's health status.

Bonnie is married with two teenage boys—one in college and one in high school. Other interests include: gardening, flowers, family, football (yeah Riders!), and especially down hill skiing. She also enjoys her involvement with church and volunteering with the activities and programs.

Bonnie brings a positive attitude to compliment her educated work skills and always pleasant personality. We welcome her to our staff.

## COOKING SAFELY IN THE MICROWAVE OVEN

Microwave ovens can play an important role at mealtime, but special care must be taken when cooking or reheating meat, poultry, fish and eggs to make sure they are prepared safely. Microwave ovens can cook unevenly and leave “cold spots” where harmful bacteria can survive. For this reason, it is important to use the following safe microwaving tips to prevent foodborne illness.

### Microwave Oven Cooking

- Arrange food items evenly in a covered dish and add some liquid if needed. Cover the dish with a lid or plastic wrap; loosen or vent the lid or wrap to let steam escape. The moist heat that is created will help destroy harmful bacteria and ensure uniform cooking. Cooking bags also provide safe, even cooking.
- Do not cook large cuts of meat on high power (100%). Large cuts of meat should be cooked on medium power (50%) for longer periods. This allows heat to reach the center without overcooking outer areas.
- Stir or rotate food midway through the microwaving time to eliminate cold spots where harmful bacteria can survive, and for more even cooking.
- When partially cooking food in the microwave oven to finish cooking on the grill or in a conventional oven, it is important to transfer the microwaved food to the other heat source immediately. Never partially cook food and store it for later use.
- Use a food thermometer or the oven's temperature probe to verify the food has reached a safe minimum internal temperature. Cooking times may vary because ovens vary in power and efficiency. Always allow standing time, which completes the cooking, before checking the internal temperature with a food thermometer.
- Cook food to the following safe minimum internal temperatures:
  - Beef, veal, lamb steaks, roasts and chops may be cooked to 145°F.
  - All cuts of pork, ground beef, veal and lamb to 106°F.
  - Egg dishes, casseroles to 160°F.
  - Leftovers to 165°
  - Stuffed poultry is not recommended. Cook stuffing separately to 165°F.
  - All poultry should reach a safe minimum internal temperature of 165°F.
- Cooking whole, stuffed poultry in a microwave oven is not recommended. The stuffing might not reach the temperature needed to destroy harmful bacteria.

### Microwave Defrosting

- Remove food from packaging before defrosting. Do not use foam trays and plastic wraps. Melting or warping may cause harmful chemicals to migrate into the food.
- Cook meat, poultry, egg casseroles and fish immediately after defrosting in the microwave oven because some areas of the frozen food may begin to cook during the defrosting time. Do not hold partially cooked food to use later.
- Cover foods with a lid or a microwave-safe plastic wrap to hold in moisture and provide safe, even heating.
- Heat ready-to-eat foods such as hot dogs, luncheon meats, fully cooked ham, and leftovers until steaming hot.
- After reheating foods in the microwave oven allow standing time. Then use a clean food thermometer to check that food has reached 165°F.

### Containers & Wraps

- Only use cookware that is specially manufactured for use in the microwave oven. Glass, ceramic containers, and all plastics should be labeled for microwave oven use.
- Plastic storage containers such as margarine tubs, take-out containers, whipped topping bowls and other one-time use containers should not be used in microwave ovens. These containers can warp or melt, possibly causing harmful chemicals to migrate into the food.
- Microwave plastic wraps, wax paper, cooking bags, parchment paper and white microwave-safe paper towels should be safe to use. Do not let plastic wrap touch foods during microwaving.
- Never use thin plastic storage bags, brown paper or plastic grocery bags, newspapers, or aluminum foil in the microwave oven.

## UPCOMING PROGRAMS

### **Osteoporosis Information Day**

Come and learn about how to keep your bones healthy and strong on Thursday, February 21st from 1:30-3:30 p.m. at the Community Clinic. Also enjoy some *fun* time with our Nutritionist and Fitness & Lifestyle Consultant. Please register by calling 543-7880 ext. 223. No Cost.

**Grocery Tour** These very informative tours are hosted by our Nutritionist the first Thursday of every month. No cost. Next date: March 6th. Please register with Mavis at 543-7880 ext. 223.

**Professional Foot Care** First and second Thursday of every month (9 a.m. - 4 p.m.). Please call Doreen Fischer, RN at 586-9130 to book an appointment. Cost is \$30 per visit.

**Menopause Forum** Check for the upcoming spring date on our website, posters or by calling Membership and Health Information desk at extension 223.

**Asthma/COPD one-on-one Educational Sessions** Please see your doctor at the Clinic and ask for a referral to see Pat Smith, Pharmacist, who is booking sessions to teach you about your disease, review your medications and do a lung test (spirometry). If you have questions, please call Donna at nursing 543-7880 ext. 250.

### **Volunteer Income Tax Program**

A volunteer with the Community Volunteer Income Tax Program will be working in Regina Community Clinic to offer FREE income tax return preparation. INCOME LIMITS APPLY. If you wish to have assistance in completing your income tax return, please call Mavis at 543-7880 ext. 223 to make an appointment.

### **FASD Youth Art Program**

An art program for 10-15 year olds with FASD will be held at the Regina Community Clinic every Thursday from 3:30 - 5:00 p.m. To register please call Cheryl at ext. 268 or Doreen at ext. 233.

### **Girl Power!**

**Attention girls in Grade 7 and 8!** This March spring break don't waste your time watching T.V. and being bored. Come join us from March 25-28th and learn about making healthy choices that will last the rest of your life. During this week you will be cooking, doing fun activities (like yoga and martial arts) and making new friends. This program will be a lot of fun. For more details about time and location, please contact our Membership and Health Information department at extension 223. Don't delay—limited spaces available!

### **Childhood Vaccines**

**Protect Your Children—Immunize Them.** Dr. Athena McConnell, Pediatrician specializing in infectious diseases, will be our guest speaker at a public forum on the overview of childhood vaccines and the introduction of the new vaccine RotaTeq™ (Rotavirus vaccine). Plan to join us on February 27th from 6:30-8:30 p.m. at the Regina Community Clinic. No cost. Registration is required by calling 543-7880 ext. 223.

\**Rotavirus* is a highly contagious virus that causes rotavirus gastroenteritis (vomiting, fever, abdominal pain, profuse watery diarrhea).

# Chronic Disease Management Collaborative

- Bonnie Ast, Nurse Practitioner managing the CDMC Program

The Regina Community Clinic has been participating in a **Chronic Disease Management Collaborative (CDMC)**. **What does this mean?**

- In partnership with the Health Quality Council and the Regina Qu'Appelle Health Authority, our family physicians and our health care team will be utilizing a computer flow sheet to improve the monitoring of patients with diabetes and/or coronary artery disease.
- This process includes planned visits and/or recalls for patients identified with diabetes or coronary artery disease.
- Appointments are currently being made by reception in available time slots and these dates and times are being sent out in a letter along with the required blood work that is needed prior to the visit.
- There will be a number of measures and monitoring systems considered at each visit and these results will be discussed regarding any adjustments that need to be made to improve the quality of life for each particular patient.
- We are in the process of tracking down and recalling all of the clients that are in this program, so **if you receive a letter with an appointment date and lab work required for CDMC, please follow through on the instructions for the betterment of your health.**
- This program has been successfully implemented in other provinces and they have found improvements in these patient's health status over the first twelve months of implementation.

***We encourage you to become an active participant in your health care.***



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#### **ARE YOU MOVING?**

Notify us of any changes of address, also include old address and indicate when change will be in effect.