

Different Types of Appointments

- Submitted by Dr. R. McMaster,
Medical Coordinator

Did you know there are different types of appointments available at the Clinic?

It is a common belief that one should have a complete physical exam yearly. When this type of appointment is booked we reserve 30-45 minutes of time. The appointment is an opportunity for the patient to review on-going health concerns and ask questions.

Depending on a person's age and health history, they may or may not require a yearly complete physical exam. Have a discussion with your own physician about how often, and what type of appointment should be booked. If you know you have several concerns to discuss, it is helpful to tell the receptionist when booking that you may require more time than the routine 15 minute visit.

If you know you have several concerns to discuss, it is helpful to tell the receptionist when booking that you may require more time than the routine 15 minute visit.

It is also an opportunity for the physician to provide advice about preventative health and screening for certain conditions in high risk individuals. These appointments are longer and most physicians only do one to two per day. Therefore, there is often a waiting list.

An option for some individuals is a 15 minute "well woman check". This well woman check is focused on yearly screening for cervical cancer (PAP test).

We can try and accommodate this by reserving a longer appointment time.

Our Nurse Practitioners are also qualified to do complete physicals and may require less waiting time to book this appointment. Please check with the Receptionist when booking. ■

Nursing Services Provided to Walk-in Patients

Registered Nurses at the Regina Community Clinic provide many nursing services. Patients who have a doctor's order on their chart for a nursing service are able to "walk-in" without an appointment and obtain the service. Some examples of these types of services include injections, dressing changes and blood pressures. "Walk-in" nursing services are available Monday to Friday from 9:30 a.m. to 11:30 a.m. and 1:30 p.m. to 4:00 p.m. Thank you for your co-operation.

ANNUAL GENERAL MEETING

of

Community Health Services Association (Regina)

will be held at the Regina Community Clinic

1106 Winnipeg Street, Regina, Sask.

TUESDAY, JUNE 10, 2008

Registration: 6:30 p.m. Meeting: 7:00 p.m.

Special thanks to the generous donors for the
Building for the Future Fundraising Campaign

The Regina Community Clinic Board of Directors would like to express our heartfelt appreciation, for the thoughtful and generous gifts to the Building for the Future fundraising campaign. With your financial support, the Clinic will continue to provide quality health care for Regina and area citizens now and into the future. We thank the following donors who help keep on building healthy communities:

Doreen Aldred
 Diane Belle
 Rody & Janel Blancher
 Alvin & Vivian Block
 Joyce Bradley
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 Cliff & Pauline Middleton
 Cynthia Mowat
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 Liza Gruschenko
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 Allan & Mildred Taylor
 Rita Torrance
 Bob & Cathy Trumbley
 Barry & Shelley Vanstone
 Roger & Donalie Weslowski
 Helen Woods
 Caroline B. Young
 Edward & Olga Zinger
 Herbert & Mary Zotzman

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

**46th Annual General Meeting
CHSA (Regina) Limited
June 10, 2008
DRAFT AGENDA**

1. Call to Order
2. Introductions
3. Opening Remarks
4. Adoption of Agenda
5. Adoption of Rules of Order
6. Appointment of Officers
7. 2007 Annual Meeting Minutes
 - Business Arising
8. Call for Resolutions
9. Registration Officer's Report
10. Nominating Committee Report
11. Call for Nominations
12. Election Procedures
13. Elections
14. Election of **2009** AGM
 - Nominating Committee
15. Auditor's Report
 - Financial Report
 - Growth Fund Report
16. Appointment of Auditor
17. Service Awards
18. Returning Officer's Committee Report
19. Introduction of New Board
20. Resolutions
21. New Business
22. Adjournment

REQUEST FOR FINANCIAL REPORT

Anyone wishing to review the financial report **BEFORE** attending the AGM, please contact our Director of Finance at 543-7880 ext. 244

Call for NOMINATIONS

The Board of Directors of the CHSA (Regina) Ltd. is composed of twelve members of the Regina Community Clinic. This coming year there will be *four* three-year term vacancies and *one* one-year vacancy on the Board.

Please consider standing for election, encourage others to do the same, or forward us names of people who you think might be interested.

If elected your responsibilities will include:

- participating in a monthly board meeting (except July & August)
- participating in at least one Board committee
- participating in CHSA members meetings and social activities
- acting in keeping with the Board of Directors code of conduct
- contributing to Board decisions including reading materials and preparing for meetings, speaking out at meetings, bringing issues and concerns to the table and providing leadership and direction to issues facing the organization
- serving as an activist for our model of primary health care delivery within our community of members, staff and the public

We encourage members to let their name stand and be part of the policy, direction and vision of Regina Community Clinic. To be considered for a position as a board member you must be a member of the Clinic.

Please contact us by mail:

NOMINATING COMMITTEE

**Regina Community Clinic
1106 Winnipeg Street
Regina, SK S4R 1J6**

or call one of our nominating committee

Aydon Charlton—525-0029
Bev Kuprowski—543-7880
Mildred Harper—545-3375
Collette Robertson—789-4778

Call for RESOLUTIONS

The CHSA (Regina Community Clinic) encourages members to submit resolutions in writing to the Board of Directors prior to the AGM.

Please send all resolutions to:

**Mary Flynn, Executive Director
1106 Winnipeg St., Regina, SK S4R 1J6
Resolutions may also be brought forward at the AGM.**

Honouring Membership #1

We are very pleased to announce that the classroom area in the new expansion of the clinic has been named the "Bea Harding Room". Bill and Bea Harding were proud to hold Membership #1 and committed many years to the growth and continued development of the Regina Community Clinic.

New Optometry Patients Welcome

Dr. Blanche Nobert, Optometrist, is accepting new patients. Appointments are available Monday, Tuesday, Wednesday (a.m.) and Thursday. Please call 543-7880 ext. 247 to book your eye exam.

Upcoming Programs

Osteoporosis Exercise

Join Melanie Schipper, Exercise Counsellor, every Wednesday from 1:30 - 2:30 p.m. Please call Melanie at 543-7880 ext. 221 to register.

Grocery Tour

These very informative tours are hosted by our Nutritionist the first Thursday of every month. Next date is June 5. Please register at 543-7880 ext. 223.

Professional Foot Care

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

Menopause Forum

Check for upcoming dates on our website, posters or by calling the 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). These sessions continue to be highly praised and recommended by those who have seen Pat. If you have questions, please call Donna at nursing 543-7880 ext. 250.

A special thank you

Adele Fox volunteered two days of her time to offer free income tax return preparation for individuals qualifying with the Community Volunteer Income Tax Program. Regina Community Clinic was happy to once again partner with Adele to offer this service.

Staff changes

We welcome new and returning staff: Isabel Da Silva, Daycare; Nicole Lewgood, Daycare; Mercedes Aguilar, Daycare; Shaylin Fisher, Daycare; Marie Sakon, Reception; Mickey Gessell, backup Nurse Practitioner. We say farewell and best wishes to Paul Millar, Caretaker and happy retirement to Gerri Wood, Counsellor.



Kids Active Living & Cooking Class

The nutritionist and exercise counsellor will be instructing our annual summer club held at Regina Community Clinic. Sign up your kids to learn how movement can be fun and to create some delicious but nutritious meals.

This year we have two separate age groups: 7-9 year olds on July 7-10 from 1:30-3:30 p.m. & 10-12 year olds on July 14-17 from 1:30 – 3:30 p.m. Space is limited. Please call 543-7880, ext. 223 to register. No fee.



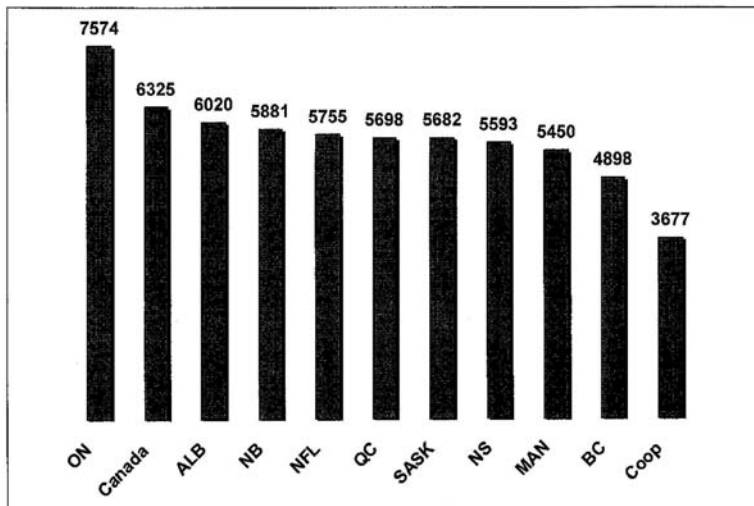
Girl Power!

The nutritionist and exercise counsellor held a Girl Power class during the Easter break week. The focus was on healthy eating, active living and positive body image presented in a fun and interactive environment. The girls got to try different activities such as Tai Kwon Do, Kung Fu and Yoga instructed by professionals. Thank you to our instructors who took time to come and teach. The girls prepared healthy snacks/meals and played all sorts of co-operative games. Fun was had by all and new friendships made. Due to the great success, we are looking forward to running this group again in the future. Stay tuned!!

Beating the high cost of funerals the co-operative way.

- submitted by Jeannette Miller

Not much needs to be said about the high cost of funerals. Without asking too many people, one quickly learns that a family, to honor and lay a loved one to rest using a traditional funeral home, easily spends \$10,000. Some families don't mind spending this amount of money; others would rather pay less and leave more of their savings to benefit family or favorite charity than to plump up the bottom line of a corporation and benefit its shareholders. For decades, the funeral industry has been the subject of much consumer scrutiny and legislative control. Despite this prices continue to rise and corporate profits of multinationals like SCI (which owns three funeral homes that serve the Regina area), are in the billions.



source: Federation of Funeral
Co-operatives of Quebec 2004

Prairie Lily Funeral Co-operative was formed to remove the corporate profit from funeral services available to families in the Regina area. By using the co-operative model of pooled resources and member control, a funeral co-operative can promise to provide a full range of funeral services and options at the lowest possible price. Can this be true?

Well, yes. The evidence begins with the chart. There are 26 funeral co-operatives in Quebec with 140,000

members. The Quebec co-operatives provide funeral services at 37% lower cost than the average funeral in Saskatchewan.

The success of the funeral co-ops is based in their ability to operate a traditional full service funeral home, offering what the public wants, and guaranteeing a not-for-profit business model. Their facilities are modern, dignified and esthetically pleasing.

The vision of a co-operative funeral home in the Regina area is on the verge of becoming a reality. Your membership is required.

The initial offering of membership in Prairie Lily Funeral Co-operative is now underway. The key to success is the ability of this community to join forces and create the pool of capital resources that is required to make the dream come true.

The purchase of a \$200 membership will be applied to the building fund established to open and operate a full service licensed funeral home serving Regina and surrounding communities. The strength of the community response will determine the rate of progress towards opening day. Our current target date is before the end of 2008.

The membership fee will provide each member with access to the best funeral prices possible; the return of the fee at the time of the member's funeral and a guarantee of freedom from sales pressure. Promises of assistance with pre-planning will be just that, not opportunities for marketing and contract sales.

When faced with the decision to write that cheque for \$200 what would you rather be sure of, that your contribution now will help build a not-for-profit business, or by not writing the cheque that the for-profit funeral businesses remains the only option in Regina?

Please call us at 779-4007 or visit the website at www.plfc.ca for more information or membership applications.

Saying Thank You

Submitted by Bryan Tudor
President of Community Health Services Association (Regina) Ltd.

I am always impressed that many members of the Regina Community Clinic choose to donate to the Clinic's Growth Fund. This is the fund that allows the Clinic to achieve several very important goals including improving education, prevention, and health promotion programs, and purchasing needed medical equipment. The fact that members and patients donate to the Growth Fund is a demonstration of the commitment that members have to their Clinic. It shows that they support the principles on which the Clinic is based, and that they value the services that it provides. Donations to the Growth Fund are a vote of confidence in the Clinic's services and staff.

We at the Clinic try to contact all donors to say a personal 'thank you', and it has been Mary Lou Van De Bon and I who have had the pleasure of contacting donors to thank them for their donations. We do not know how much any donor gave; we just get lists from the Clinic with names and phone numbers of Growth Fund donors. When I get on the phone, my experience has been that sometimes no one answers, sometimes there is no reply after quite a few callbacks and sometimes I get an answering machine and I just leave a message. There

have been times when I've been sick or away, and by the time I recover or return, it seems like it's embarrassingly late to make a call. But most times when I have called, I have been able to speak to someone to say 'thank you'. Often the donor says they are sorry they couldn't donate more, but that they really appreciate the Clinic and the service we provide.

So whether or not Mary Lou or I have been able to contact you to say a personal 'thank you', please be assured that the Board of Directors deeply appreciates every donation to the Growth Fund. We know that these donations help to ensure that the Clinic remains a provider of high quality health care.

GROWTH FUND DONATIONS

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

Joanne Goulet, Jean Thomas, Grace Bickford, Jolene Campbell, Harvey Stalwick, Donalda Ford, Gloria Cymbalisty, George & Elaine Britton, Daniel & Connie Reiss, Robert C. Cosby, Doug Smith, Reginald & Hayven Bing-Wo, Maureen McKenzie, Kathleen Quirk, Maureen Meston-Pockett, Tim & Janet Lockert, Noreen Kimery, Simone Rottiers, Rody & Janel Blancher, Wes & Linda Norheim, James & Iris Ellis, James & Janice Armstrong, David & Donna Cowley, Bryan & Marion Tudor

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

MAKE SUMMER EVEN BETTER!

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

Are you age 14 - 18?
Register now!




Come and enjoy **Summer Camp** at beautiful Candle Lake, Sask.

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.

The Saskatchewan Co-operative Youth Program is celebrating 80 Years!!

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 !**

If you wish to have a name removed from our mailing list, please call Mavis at 543-7880 ext. 223



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1106 Winnipeg Street, Regina, SK S4R 1J6

Please address all Newsletter correspondence to:
Mary Flynn, Editor
Community Health Services Association (Regina) Ltd.
1106 Winnipeg Street, Regina, SK S4R 1J6

ARE YOU MOVING?

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