

Mary Flynn recipient of Saskatchewan Co-operative Achievement Award

We take great pleasure in announcing that Mary Flynn, Executive Director of the Regina Community Clinic (RCC), is a recipient of the 2008 Co-operative Achievement Award.

This award is one of the Saskatchewan Co-operative Merit Awards Program, which was initiated to honour co-operative and credit union members throughout the Province who have made outstanding contributions to the co-operative movement.

Nominations are submitted each year by co-operatives and credit unions throughout Saskatchewan and recipients are selected by representatives of the Saskatchewan Co-operative Association.

This year's awards will be presented at a ceremony on the evening of October 14th as part of activities to commemorate Co-operatives Week.

For those of us who have worked closely with Mary we know that she is a most worthy recipient of this year's Co-operative Achievement Award, which recognizes her tireless

commitment to promote the principles of co-operative development in our community. On behalf of the Board, Staff and Members of RCC, we extend our sincere congratulations to Mary on this well-deserved recognition.



Mary Flynn, Executive Director of Regina Community Clinic

Fish and Seafood twice a week

Eat at least two 150 gram servings of fish each week wherever you are—at home, at school, at work or when eating out!

Although no single food alone can make a person healthy, eating more seafood is one way that most of us can help improve our diets—and our health. Adding more fish and other seafood to your diet is easy. Start slowly by substituting seafood for another type of meal each week. Once that becomes routine, increase to two seafood meals per week.

- Plan your meals ahead of time to make sure you have a least two Food Guide servings of fish each week. Serving of cooked seafood is 75 grams, 2 1/2 ounces or 1/2 cup.
- Buy fresh or frozen fish such as cod, haddock, salmon or sole that has not been breaded, battered or deep fried.
- Wrap a fish fillet along with vegetables and herbs in parchment paper or aluminum foil and bake in the oven. Cook for 10 min. per inch of thickness.
- Have a few cans of tuna and salmon on hand for quick lunch or supper ideas. Pack a tuna or salmon salad sandwich for lunch at school or work. Whip up a tuna noodle casserole for a quick supper.
- Snack on seafood...try tuna or sardines on crackers or toast.
- Use leftover fish or canned fish to make mini patties or croquettes, and serve with a dip made from low fat sour cream and chives.
- Try marinating and grilling fish 'steaks' such as halibut or salmon for a change of pace. Grilled fish kabobs are also a possibility with firm-fleshed fish.
- Add canned salmon or tuna to pasta dishes or salads. For lower sodium and fat, purchase water-packed varieties rather than those packed in oil, look for reduced salt varieties, and rinse them well.

- Try salmon or tuna 'burger night' for a fresh flavour. Use fresh fish steaks to form patties to grill or broil. Canned tuna or salmon can also be used for burgers or fish 'loaf'.
- Try fish in your favourite poultry recipes.
- When dining out, order the catch of the day. Choose fish seasoned with herbs and lemon rather than a rich sauce. Go for fish that is broiled, poached, grilled or baked, rather than breaded or deep fried.



Regina Open Door Society Fundraiser

Thank you to everyone who attended the Regina Open Door fundraiser on August 21st at the Eastveiw Community Center. Special thanks to Eleyé de Cuba for a wonderful musical performance, Sask Energy, volunteers, and those who contributed to the silent auction. Proceeds will go to the health facility at Regina Open Door Society.

Passing of a founding member

Our condolences to the family of Hubert Elkin, one of the founding members of Regina Community Clinic. He lived a good life, a long life, and an influential life. Hub had a lifetime involvement in labour matters from organizing and supporting unions to holding the position of Deputy Minister of Labour from 1949 to 1964. He shared with Elsie (his wife of 71 years) an interest in painting, gardening, and photography and a love for his family and friends. Hub and Elsie have been long time members, supporters and patients of Regina Community Clinic.

Grocery Tour

Very informative tours are hosted by our Nutritionist the first Thursday of every month. Learn how to read labels and shop for items specific to your needs. Next date is September 4th. Please register at 543-7880 ext. 223.

Osteoporosis Exercise

Join Melanie Bosman, Exercise Counsellor, every Wednesday from 1:30 - 2:30 p.m. starting September 17th. Please register by calling Melanie at 543-7880 ext. 221.

Dem Bones, Dem Bones

Come and learn about how to keep your bones healthy and strong on Monday, September 29th from 1:30 - 3:30 p.m. at the Community Clinic. Enjoy some *fun* time with our Nutritionist, Nurse Practitioner and Exercise Counsellor. Please register by calling 543-7880 ext. 223. No cost.

Professional Foot Care

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

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.

Breast Feeding

The Regina Community Clinic is a baby friendly health facility supporting the WHO's recommendation that babies should be breast fed for at least the first 6 months of life. The importance of breast feeding is stressed during pregnancy

and we offer the opportunity to be instructed on how to breastfeed here at the clinic. If you are a patient of the clinic and want one-on-one instruction on the basics of breastfeeding, please call the Nursing Department at 543-7880 ext. 250 and arrange an appointment with Donna Holt. This session is most useful at about 36 weeks of pregnancy.

Kids Active Living and Cooking Club

Due to popular demand, we ran our annual Kids Active Living and Cooking Club for two weeks this summer. The first week was for children ages 7-9 and the second week was for 10-12 year olds. The theme this year was "Foods from Across Canada". We made and enjoyed Saskatoon berry pancakes, crispy fish with sweet potato fries, apple raisin tortillas and homemade ice cream with maple walnut sauce. After eating the kids had a chance to burn their energy with a variety of games and activities. The activities focused on participating for health and for fun and not on skill level. The kids learned a bit about safe cooking, Canada's Food Guide, label reading and different ways to stay active. Everyone had lots of fun. A big thank you to the HELP (Home Economics for Living Project) summer students for organizing the classes. See you next summer!

New Power Exercise Table

Thanks to the new power exam table in the exercise room, more clients are able to complete their exercise program. The exam table has a maximum weight capacity of 600 lbs. and can be lowered to 19". The table is useful for stretching, lifting weights and doing core work, especially for people who find it difficult to get down on the floor.

***Join us for one of
our educational sessions***

Cholesterol and Dietary Fat

Blood cholesterol comes from cholesterol your body makes plus dietary cholesterol. Dietary cholesterol comes from animal foods such as eggs, regular milk products, meat and poultry.

Dietary cholesterol can raise blood cholesterol some, but not nearly as much as high fat foods, especially those high in saturated and trans fat.

HDL-cholesterol: (High Density Lipoprotein). This is a *good* type of cholesterol linked to heart health. *How do I remember this?* HDL-Cholesterol: **H**auls excess cholesterol from the body so **H**igh levels are **H**ealthy.

LDL-cholesterol: (Low Density Lipoprotein). This is a *bad* type of cholesterol strongly associated with heart disease.

How do I remember this? LDL-cholesterol: **L**eaves plaque deposits on the artery walls (atherosclerosis) so keep this cholesterol as **L**ow as possible.

Triglycerides are another type of fat found in the body. The fats you eat affect blood triglyceride levels. Triglyceride levels are also linked to heart disease.

There are different types of **fat** in food. Some raise LDL-cholesterol, while others help to keep blood cholesterol levels healthy. Choose lower-fat food more often and choose your fats wisely. Aim for more poly and monounsaturated fat, and less trans and saturated fat.

A healthy eating pattern includes between 20-35% of your day's calories from fat.

- For a woman, about 45-75 grams of fat a day.
- For a man, about 60-105 grams of fat a day.

Consider the quality of fat as well as the quantity! Limit your intake of saturated and trans fats.

Unhealthy Fats

Saturated Fat/Saturates include fatty meats, full-fat milk products, butter, lard, coconut, palm and palm kernel oils, fast foods, snack foods, many ready-prepared foods and those made with hydrogenated vegetable oil.

Trans Fat include all foods made with shortening or partially hydrogenated vegetable oil, snack foods, fast foods and many ready-prepared foods

Healthy Fats

Monounsaturated Fat/Monounsaturates include olive, canola and peanuts oils, non-hydrogenated margarines, nuts, seeds and avocados.

Polyunsaturated Fat/Polyunsaturates include safflower, sunflower and corn oils, non-hydrogenated margarines, nuts and seeds.

Fatter fish such as mackerel, herring, trout, salmon, swordfish, cod and bluefish. Canola and soybean oils, flax seed, omega-3 eggs, walnuts, pecans and pine nuts.

Margarine

Healthy margarine choices are easy to find. For regular or light products look for:

- Soft, non-hydrogenated margarines sold in tubs (not hard margarines)
- Margarine labels with the claim "Low in saturated fat" (2 grams or less of saturated and trans fat)

Learn to read labels

Lower-fat, healthy eating begins with label reading. Check healthier choices by looking for the Health Check of approval.

Aim to use a little healthy fat every day.

Use moderation with portion sizes of food servings.

Try some 'light' versions of a recipe.

Join our Nutritionist for a grocery tour to help you read labels and be familiar with your choices.

Annual General Meeting HIGHLIGHTS

The 46th AGM of Community Health Services Association (Regina) Ltd. was held June 10, 2008 at the Clinic. Bryan Tudor, chair of the meeting and President of the Board, brought greetings to everyone. Forty-nine people attended the meeting.

Some yearly highlights include:

- We invited numerous MPs and MLAs to meet with us so we could make them more aware of who we are and what we do. In all of these meetings we familiarize the politicians with the work of the Clinic highlighting areas in which they are particularly interested.
- We received a donation of \$40,000 from the Co-operators to fund a video on FASD.
- The building growth fund for 2007/08 received donations of approximately \$7,000 to this meeting date.
- We applied for and were accepted as member/owners of The Co-operators.
- We adopted a Harassment Policy and an updated Terms of Employment for our out-of-scope staff.
- We initiated a survey of patients regarding the ACCESS program.
- We monitored the workflow process.

More information is available in a copy of our Annual Report viewable on our website or by contacting our Membership & Health Information desk.

Seven staff members were honored for their years of service at the Community Clinic. Awards were given to the following:

25 Years

Suzanne Watson, LPN
Patti Katzberg, Medical Steno

15 Years

Jackie Colwell, LPN
Pat Gutfriend, Lab
Monique Zazula, Child Care Professional

10 Years

Shelley Stephenson, Daycare Director
Jo Brown, Counsellor

Thanks to Virginia Warren (recording secretary), Verna Tuskewich and Pat Gutfriend (registration), Myrna Williams (pictures) and to everyone else who voluntarily contributed to the success of our meeting. We greatly appreciate all our members and guests who attended the AGM and continue to support the co-operative vision for a healthy community.



Congratulations to our new and returning board members.

New board members elected were:

- Karen Baily - 1-year term
- Lisa Brentnell - 3-year term
- Jennifer Cohen - 2-year term
- Dion McGrath - 3-year term
- Andre Perras - 3-year term
- Collette Robertson - re-elected for 3-year term

Returning Board Members include:

- Cheryl Charron, Sharon Lyons, Cheryl Senecal, Mary Lou Van De Bon (resigned), Kathleen Harker filling vacancy - Board approved, Gerri Wood, Linda Yeo.

Cheryl Senecal will be the new Board President and Collette Robertson the Vice President. We thank Bryan Tudor, out-going President, for his many years on the Board. Many thanks to everyone who has volunteered their time to be on the board and various committees.

Dion McGrath



Jennifer Cohen



Lisa Brentnell



Andre Perras



Collette Robertson



Karen Baily



YOU CAN SAVE A LIFE

During a BBQ, a friend stumbled and took a little fall. She assured everyone that she was fine. They offered to call paramedics but she said she had just tripped over a brick because of her new shoes. They got her cleaned up and a new plate of food. While she appeared to be a bit shaken, she continued to enjoy herself for the rest of the evening.

Her husband called later telling everyone that his wife had been taken to the hospital and had passed away. She had suffered a STROKE at the BBQ.

Not everyone dies from a stroke. If medical help can be given to a stroke victim within 3 hours, the effects of a stroke may be reversed.

Five Warning Signs of a Stroke:

1. **Vision Problems.** Sudden loss of vision, particularly in one eye or double vision.
2. **Headaches.** Sudden, severe and unusual headaches.
3. **Weakness.** Sudden weakness, numbness and/or tingling in the face, arm or leg.
4. **Trouble Speaking.** Temporary loss of speech or trouble understanding speech.
5. **Dizziness.** Unsteadiness or sudden falls, especially with any of the above signs.

These usually last only a few minutes and then disappear quickly. However, it is a warning that a severe stroke may follow.

Sometimes the symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Recognizing a STROKE

A stroke is an attack on the brain – blood flow to the brain is interrupted. Conditions that lead to a stroke don't happen overnight. Sometimes the symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke. A *bystander* can recognize a stroke by asking three simple questions:

1. Ask the individual to **smile**.
2. Ask the person to **talk and speak a simple sentence** coherently.
3. Ask the person to **raise both arms**.

If they have trouble with any one of these tasks, call 911 and describe the symptoms to the dispatcher.

4. Another *new sign of stroke* is if the tongue is crooked (goes to one side or the other). Ask them to stick out their tongue.

Risks of stroke increase when you have:

- hardening of the arteries
- high blood pressure
- high cholesterol
- an irregular heart beat
- diabetes

You are more likely to have a stroke if you:

- smoke
- are overweight
- drink an excessive amount of alcohol
- have had a stroke or warning signs
- have a family history of heart disease

You can help yourself or someone you love by: having regular blood pressure checks, reducing salt intake, eating fresh foods rather than processed ones, reducing cholesterol and fat in your body, exercising, quitting smoking, using alcohol moderately, reducing or managing stress in your life and having proper prescribed medication if needed.

Check out information in our patient resource area or ask our nursing staff or your family physician for more information.

GROWTH FUND DONATIONS

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

David Armstrong & Linda Christensen	John A. Hettema Gerda Hillsdon
William Asikinack & M. Lizabeth Nicholls	E.G. & Mary Hipfner Geri Ivey
Diane Belle Jack Boan	Mavis Johnson Ellis Krogsgaard
Frank Buck Walter Coates	Neil & Shirley McKay Cliff Middleton
Lawrence & Ethel Eley Robert Fulton	June Mitchell William O'Shea
Eden Guidroz Rodney & Dona Hanson	Harvey Ostlund Raymond Seib
Mildred Harper	Barbara Tait

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

In Memoriam Gifts

Thank you to all who donated in memory of Jean Morgan.

NEW STAFF

Welcome to Jasmine Hawken, Counsellor; Diane Johnson, Caretaker; Katherine Lyseiko, Medical Records Billing Clerk & Reception backup.

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.

Nursing Services provided to walk-in patients

We are an 'appointment only' facility; however, we do provide nursing services 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.

CO-OPERATIVE COUNCIL OF REGINA LUNCHEONS

The Co-operative Council of Regina is a group of people representing co-operative organizations in Regina. Our purpose is to promote and increase awareness, understanding and support for co-operatives and co-operative development.

Luncheons are held throughout the year with a mix of topics and speakers. The October luncheon held at the Legislative Building is free of charge with a donation opportunity. Other luncheons cost \$15 per person with pre registration required and are held at the Delta Hotel, 1919 Saskatchewan Drive, Regina.

Please plan to join us. Register with Mavis at Membership and Health Information at 543-7880 ext. 223.

Dates for luncheons for the upcoming year are as follows:

- October 14, 2008 (Tuesday) - Co-op Week Kick Off at the Legislative Building
- November 26, 2008 (Wednesday)
- February 18, 2009 (Wednesday)
- April 29, 2009 (Wednesday)

We welcome new members to our Council by contacting Connie Paus at 566-7738 or emailing connie.paus@concentrafinancial.ca for more information.



HOLIDAY CLOSURE DATES TO REMEMBER

Monday, October 13 - Thanksgiving Day
 Tuesday, November 11 - Remembrance Day
 Wednesday, December 24th p.m.
 Thursday & Friday, December 25th and 26th
 Wednesday, December 31st p.m.
 Thursday, January 1, 2009

We always have a doctor on call during nights, weekends and holidays for emergencies which cannot wait until regular office hours. Please call 543-7880 to speak to the answering service.

Are you a MEMBER?

Did you know that Regina Community Clinic is a co-operative?

We encourage you to become a **lifetime member** and have a say in how our health care co-operative is run. You would be welcome to provide input to matters that affect you, your family and your community. Your membership indicates your support and belief in the services provided at the Clinic.

LIFETIME MEMBERSHIP - We offer a lifetime membership for the cost of \$10 per person and \$15 per family. This lifetime membership gives you the right to:

- vote at our annual general meeting
- run for our board of directors
- be a member of any of our committees
- enroll your children in one of our daycares

In the first year of membership, you pay only the lifetime membership fee. The Annual Special Benefits portion is waived. You receive all benefits for \$10 single or \$15 for a family.

ANNUAL SPECIAL BENEFITS PACKAGE - For the cost of \$15 per year per person or \$25 per year per family, you receive free third-party medicals (any forms that must be filled out by a doctor). You also receive \$10 off the cost of eye examinations that are done by the optometrist.

Financial support allows the Clinic to achieve several very important goals which include improving education, prevention and health promotion programs and purchasing critically needed medical equipment.

For more information call 543-7880 ext 223 or visit our Membership & Health Information desk on the second level at the top of the stairs. There is an elevator for your convenience.

Membership applications are available at the Reception desk or at Membership and Health Information.

Show your support and become a member today!



Canadian Cooperative Association

When you belong to a Co-op you can say

“It Belongs To Me”

the theme for this year’s co-op week

October 12—18, 2008

Around the world co-operatives are controlled by their members who actively participate in setting their policies and making decisions.

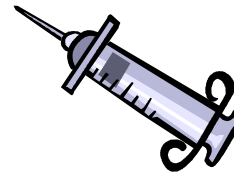
Co-op Week celebrates the co-operative movement. The story of people coming together in co-operation to confront a common challenge is one that has been repeated many times over the past 150 years in all parts of Canada and in all sectors of the economy.

Members of Saskatchewan Co-operative Association are:

- Access Communications
- Canadian Worker Co-operative Federation
- Centre for the Study of Co-operatives
- Concentra Financial
- Co-operative Housing Federation of Canada
- The Co-operators
- CUMIS
- Farmer Direct Co-operative Limited
- Federated Co-operatives Limited
- Saskatchewan Community Health Co-operative Federation
- SaskCentral

Flu Clinics

Two Flu Clinics Scheduled



Public Health has informed us that the flu serum will tentatively be available on October 15, 2008. Our **first flu clinic** will be offered to only high risk Regina Community Clinic patients on **October 24th**. Time: 9:30-11:30 a.m. & 1:30-5:00 p.m.

This includes everyone over 65 years, anyone with chronic heart or lung disease, HIV, diabetes, lowered immunity due to cancer, kidney disease, medication or anemia. Vaccine is *free* for these people.

Babies six to twenty-three months are also considered in the high risk group but will be done only at Public Health by calling 766-7700. This vaccine is also free.

The **second flu clinic** will be held **Wednesday, November 5, 2008**. Non- high risk clinic patients are welcome to attend this clinic. The cost of the flu vaccine is \$20 for non-high risk people.

Our flu clinics will be held in the Bea Harding Room on the main floor. No appointments are necessary. We will ask patients some screening questions and have them stay in the clinic for 15 minutes after the shot. Public Health offers many flu clinics around the city which you may prefer to attend. Watch bulletins and posters in the clinic for any changes which might occur.

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



Return Postage Guaranteed

Community Health Services Association (Regina) Ltd.
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.