

UPDATING THE CLINIC BYLAWS

Submitted by the Democratic Support Committee

Over the past several years, management and the Board of Directors have been working on updating the Bylaws. The Clinic was incorporated in 1962, through *The Mutual Medical and Hospital Benefits Association Act*, under the name Community Health Services Association (Regina) Ltd.

To bring the Regina Community Clinic under *The Co-operatives Act*, Articles of Continuance and Bylaw amendments need to be passed by the members authorizing the Board of Directors to proceed with the necessary legal work.

What does following *The Co-operatives Act* mean for the Regina Community Clinic?

Some of the advantages are:

- * *The Co-operatives Act* is regularly updated to ensure it provides an effective legal framework which promotes efficient operations. This will assist the Regina Community Clinic in having a good legal foundation.
- * It will provide clarity and flexibility to the Regina Community Clinic
- * It safeguards the co-operative structure of the Regina Community Clinic

Because of the number of changes, the Board of Directors would like members to have the opportunity to view the proposed changes in advance of the Annual General Meeting on June 8, 2010. At that time members will be asked to vote on the proposal. Documents will be finalized in April and will be made available at reception to members.

As well, they will be on the Regina Community Clinic's website, www.reginacommunityclinic.ca.

If you have any questions, feel free to contact **Jennifer Cohen at 584-3560**.

LAB & XRAY 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.



HEALTH QUESTIONS?

To learn more about everything from allergies to zinc, visit 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**.

COME LAUGH WITH ME!

Laughter helps you socially, physically, and mentally.

Laughter:

- Increases alertness
- Stimulates the cardiovascular system by increasing oxygen flow
- Empties your lungs of stale air
- Exercises the muscles in your chest, neck and face
- Relieves physical tension
- Swings a negative perspective toward the positive
- Reduces anxiety and reverses unhealthy anger and frustration
- May help boost your immune system

OPTOMETRY UPATE

Dr. Blanche M. Nobert, Optometrist resigned from her position at the Regina Community Clinic effective December 31, 2009. After conducting a review, the Board of Directors decided to close the Optometry department. The decision was based on a declining patient load, the need for expensive new equipment, and an influx of new optometrists who have relocated to Saskatchewan.

EXERCISE DEPARTMENT

Melanie Bosman, our Exercise Specialist will be going on maternity leave effective February 1, 2010. Her replacement, Christine Loos is joining our staff while Melanie is on leave. We welcome Christine to the Clinic and wish Melanie all the best.

Are you interested in becoming a Board Member?

The Prairie Lily Funeral Co-op is in need of a Board Member. Monthly Board meetings are held at the Regina Community Clinic the last Tuesday of each month at 4:00 p.m.

For further information please contact:

**Jeannette Miller at
525-3108**



FOODS AFFECT MOODS

BIGGEST AGGRAVATORS OF ANXIETY

Caffeine

Found in coffee, teas, sodas such as colas, root beers and other flavors. Best to check labels! Also, caffeine is found in dark CHOCOLATE; so, best cut back on that also. Remember to go off of caffeine slowly to avoid withdrawal. You will be pleasantly surprised at the tremendous difference you will feel when you eliminate caffeine from your body.

The effects of caffeine are as follows:

Anxiety	Nervousness
Insomnia	Irritability
Racing Heart	Irregular Heart Beats

Caffeine aggravates the following:

Gastritis	Insomnia
Menopause Symptoms	Hypertension

Sugar

A stimulant in itself. When feeling sensitized, it's best to cut way back on you sugar intake. You'll find you move forward and past anxiety much faster when you don't exacerbate the situation with too much sugar intake. Sugary foods can give you a temporary high, but a quick crash follows.

Too much sugar intake causes:

Nervous Tension	Irritability
Anxiety	Jittery Feeling

Other Negative Effects of Sugar:

Tooth Decay	Gum Disease
Depletion of B Vitamins	Rise of Candida

Suggestions: Try getting back to nature and see how delicious fruits can be. After a while you

will notice that foods, even lightly sugared, taste overly sweet. Sugar can mask the taste of foods.

Alcohol

Alcoholic beverages are not a cure for anxiety disorders and some people have been known to self medicate with a drink. The effect of alcohol have been proven to be more detrimental than helpful with this condition.

Negative Effects of Alcohol with Anxiety Conditions:

Excessive use of alcohol does increase anxiety
 Adds to hypoglycemic symptoms
 Dehydrating effect, dumping vitamins & nutrients
 Alcohol has been known to intensify anxiety symptoms
 Irritant to liver
 Irritant to digestive tract
 Candida overgrowth
 Yeast in alcohol effects and exacerbates allergies

Suggestions:

Non alcoholic drinks such as club sodas, mineral waters, lemon/lime flavored seltzers, and non alcoholic beers and wines.



Sleep Well

People lose sleep for many reasons—work or family demands, socializing or pursuing other interests. Cutting back on sleep may be as harmful to your health as poor nutrition or lack of exercise. Sleep deprivation over time can lead to a weaker immune system, depression and difficulty concentrating, which may cause accidents. It can also slow your metabolism, which makes you more prone to weight gain and may make you look older before your time.

If you wake up refreshed and alert, you are probably getting enough sleep. But if you routinely feel tired and irritable or you struggle to concentrate, you may need more or better sleep. Adults need an average of 7-8 hours of sleep daily.

1. **Avoid caffeine, nicotine and alcohol**, especially close to bedtime.
2. **Exercise regularly**, but not within 3-4 hours before bedtime.
3. **Practice mind/body relaxation** or other calming activities, such as light reading, listening to soothing music or soaking in a warm bath, close to bedtime.
4. **Avoid eating or drinking near bedtime**, although if you're really hungry, have a small snack such as toast before going to bed.
5. **Go to sleep and get up** at roughly the same times every day, even on days off.
6. **Stay cool while you sleep.** Sleep in light, comfortable clothing and lower room temperature.
7. **Reduce noise.** Running a fan can block out the household and neighborhood noises.
8. **Darken the room.** Gets lots of sunshine during the day and the contrast of darkness at night will trigger a sleep/awake pattern.
9. **Don't watch the clock.** Cover your clock if this is an issue.
10. **Quiet your mind before sleep.** Light reading or listening to soothing music can help.
11. **Avoid excessive napping during the day.**

Sleep Apnea

If you feel very sleepy or exhausted, despite apparently sound sleep, it could be **sleep apnea**. This is temporary and repeated cessation of breathing often accompanied by loud snoring. **Sleep apnea** can result in physical and mental fatigue, irritability, headaches and cardiovascular risks. If apnea continues, see your health care provider about corrective measures. You can help yourself by: losing excess weight, avoiding alcohol and tranquilizers, not sleeping on your back and if you smoke, quit.

What is Insomnia?

You have **insomnia** if you are unable to sleep well enough to function normally. Common causes involve psychological issues—stress, worry or depression. Any medical condition that causes discomfort, such as arthritis, allergies, heartburn or hot flashes, can disrupt sleep. Journal your sleep pattern and once you identify the amount of sleep that is best for you, it's essential to establish a routine for going to sleep. Get professional help for continued sleep problems.

Exercise strategies

Research shows that people who exercise in the afternoon get deeper, restorative sleep that night. Also, compared to non-exercisers, people who exercise regularly take less time to fall asleep.

- Skip an afternoon coffee break and take a 15-minute walk.
- Take the stairs whenever possible, park your vehicle farther away for your destination, walk or do vigorous housework or yard work for 30 minutes
- Consider combining aerobic activity with weight or resistance training. By varying your routine makes you more likely to stick with it.

To feel better now and protect long-term health, don't short change yourself on slumber.

Growth Fund

We gratefully received donations to our Growth Fund from the following individuals:

Nancy Bateson
Muriel Blundell
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Bing & Betty Crossman
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Thank you to those who wish to have their names remain anonymous.

Your Prescription—Worth The Wait!

by Bev Brooks, Winnipeg Street Pharmacy

Ever wonder why it takes so long to fill your prescription ? What does the Pharmacist do with your prescription ?

Your Pharmacist makes sure which drug therapy is the best for you. Your Pharmacist checks the medication, the dose and instructions your Doctor has written to make sure they are right for you. Your prescription is also checked against other medications that you are taking.

Your Pharmacist checks for possible problems such as allergies or drug interactions. If there are concerns your Pharmacist consults with your Doctor or Nurse Practitioner to resolve issues before your prescription is prepared.

Your medication profile is checked to ensure the new medication is appropriate. Once satisfied that your prescription is appropriate, the prescription is then processed through the various drug plans, which can again involve the Pharmacist obtaining approvals for certain medications, which often will mean calling various insurance carriers.

When the Pharmacist is certain all the procedures have been performed, then the prescription is ready for you. Always ask your Pharmacist if you have any questions. They are there for you and your health care concerns.



NEW STAFF

In January, Phurba Tamang joined the Regina Community clinic as an interpreter for our Butanese immigrant patients. Phurba has a Bachelor of Arts Degree from The North Bengal University, India. He arrived in Canada on May 25, 2009 from Nepal where he lived in a refugee camp for 18 years. He and his wife have a 41/2 year old son named Tashi Tamang. He likes everything about Canada except the snow.

Also interpreting at the Clinic is Temmy Han. Temmy is an orphan , who came alone to Canada four years ago, privately sponsored by an aunt and a church in Thunder Bay. She lived in Thailand in a Karen refugee camp for 4 years after being displaced from Burma. She studied English as a second language at the University of Regina and in Thunder Bay. She is currently working on her GED. She has provided translation services for many Karen people in Regina. Temmy says that she likes the snow, but not the cold.



TEMMY HAN



PHURBA TAMANG



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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.