

Building for the Future

Submitted by Denise Hildebrand, Board Member

The founders of the Regina Community Clinic had a vision — a vision of a multi-specialty clinic where physicians and other health care providers would work together as a team maximizing the resources, skills and knowledge of all. A team that would provide the best possible care for everyone in our community. Out of that vision grew a model of premiere health care that continues to grow along with the community it serves.

For 45 years, Regina Community Clinic has been working every day to ensure a healthier future for our community. We provide an extensive range of medical and social services with an emphasis on collaborative approaches to health care. With the support of donors like you, we will keep on building healthy communities for even more generations.

After eleven years at the same site, **our main clinic was in need of expansion.** The Clinic is providing health services to an expanded range of patients including 200 recent refugees to Regina through a partnership with Regina Open Door Society. In addition the clinic has been providing diagnostic and case planning for people with Fetal Alcohol Spectrum Disorder.

To more efficiently and effectively meet the increased need for space, the Clinic launched a capital campaign, ***Building for the Future***, this January **to raise the funds necessary to expand the space and create a state of the art facility.** The expanded facility will add about 3,400 square feet and provide seven doctors offices, increased space for storage of medical records and 10 examination rooms. As well as the costs for the renovations there is an additional cost for updated equipment, furnishing and supplies. Furnishings will include examining tables with hydraulic lifts for patients with limited mobility. However the cost of these renovations and equipment is costly and we need help with fundraising. This \$400,000 total project has a **fundraising goal of \$90,000.**

Why Should You Give?

Your gift to the capital campaign, to help keep our communities healthy, will be felt ***in our local neighbourhoods***, as over 9,000 people receive health services from the clinic. Your gift will be felt ***in our local businesses***, as we are a key component in keeping the local workforce healthy and on the job. And your gift will be felt ***in our local hospital emergency rooms***, as the Clinic's patients receive timely care and preventive health services, keeping the local emergency rooms free for those in the community who truly need emergency care.

We need your help in *building for the future today!*

Make a Donation

There are many ways to be a part of the capital campaign:

Make a contribution.

Naming opportunities are available in the new building to honor, memorialize or commemorate individuals, groups and corporations who have given to the capital campaign. **Your gift will be a lasting legacy to the community.**

Double the impact of your gift with employer matching.

When you make a gift to the Clinic, please check to see if your company has a matching gifts program.

Spread the word.

Help create a critical mass of donors – individuals, corporations, service clubs – who not only will give to the campaign themselves, but introduce others to the Regina Community Clinic, and the vital role it plays in our community. Schedule a Clinic representative to speak to your service group or organization about the capital campaign.

Your gift, of any size, can make a tangible difference. As a nonprofit, donations to the Clinic are tax deductible.

Mail your check today! Or contact: Mary Flynn, Executive Director at 543-7880 ext. 246

Thank you for your generous support!

Bryan Tudor Named 2006 Global Co-operator



Bryan Tudor & Jim Barr

The Canadian Co-operative Association has bestowed its coveted Global Co-operator Award upon Saskatchewan veteran co-operator **Bryan Tudor**. The Global Co-operator Award is the highest honour CCA can give to an individual who has consistently demonstrated an extraordinary commitment to the international development work of CCA and the Co-operative Development Foundation of Canada (CDF).

Co-operatives have been woven into the fabric of Mr. Tudor's life for over 30 years. He worked for Saskatchewan Wheat Pool for 27 years and began his involvement in the larger co-operative movement in the mid '70s while staffing co-operative youth seminars. Bryan's commitment to international development began with board positions with Save the Children-Canada and the Saskatchewan Council for International Co-operation (SCIC) in the 1980s and 1990s. In 1991, Bryan received the SCIC Global Citizen Award and from 1993 to 1995, Bryan was President of Save the Children-Canada. In 2002, Bryan received a Co-operative Merit Award -- jointly sponsored by the Government of Saskatchewan and the Saskatchewan Co-operative Association -- for his outstanding contribution to the co-operative sector.

Bryan's steadfast beliefs in co-operatives and international development came together when the Canadian Co-operative Association decided to expand

its development education activities through its region offices in the 1990s. Bryan volunteered to be one of the Saskatchewan Wheat Pool representatives on Saskatchewan's International Development Education Advisory Committee and since then, his dedication to building a better world through co-operation and co-operatives is clearly apparent through his volunteer work with the Canadian Co-operative Association's international development program.

Mr. Tudor was a member of the CCA International Program Committee for six years and provided technical assistance to CCA projects in China, Vietnam and Mongolia.

Beyond these international involvements, Bryan has been deeply committed to ensuring that CCA's message is heard in the province of Saskatchewan. His involvement with CCA's Development Education Volunteers Network has included the hosting of overseas visitors and hundreds of kilometers traveling to rural co-operative annual meetings where he would present CCA's international projects through his own experiences, and invariably leave people understanding the value of being involved in international development.

Bryan is also a strong supporter of the financial arm of CCA's development work, the Co-operative Development Foundation (CDF). Beyond donating personally, he coordinated the first annual CDF Golf Classic in Saskatchewan in 1995 and continues to volunteer at the Classic.

"Unfortunately, no itemizing of achievements can capture Bryan's quiet yet passionate mission to modestly live life as a true global citizen," said Saskatchewan Co-operative Association executive director Warren Crossman in his nomination letter. "Bryan's personal choices in life, the way he communicates and works with others, the way he inspires others to be better global citizens are all traits that only those blessed with knowing Bryan can completely appreciate.

"From what we have learned about Bryan over the past thirty years, he will not view the acceptance of this award as a personal achievement but rather as an opportunity to inspire others to become better global citizens," said previous Global Co-operator Award recipient Jim Barr, who presented the award at the 2006 CDF Annual Gala held in London, Ontario.

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True to form, in accepting the award Mr. Tudor said "When it comes right down to it, what's really important for each one of us is that when we get close to the end of our lives, we should be able to look back on our lives and know that the world is a better place because of what we have been able to contribute." "I am very grateful to CCA and CDF for providing an important and effective way for us as co-operators to make the world a better place."

Along with the Award, Mr. Tudor was given CCA Honourary Membership and a carving from Ghana.

Semi-retired, Mr. Tudor is executive director of the Saskatchewan Bed & Breakfast Association and lives in Lumsden, Saskatchewan.

Bryan is the current President of the Community Health Services Association (Regina) Ltd. Our congratulations to Bryan from the staff, board and members of the Regina Community Clinic.

Prairie Lily Funeral Co-op Update

Many Clinic members have expressed an interest in the Funeral Co-operative that is being developed in Regina, so here is a quick update on the progress so far.

Prairie Lily Funeral Co-op (PLFC) was incorporated in March 2006 and had its first Annual Meeting in June. It applied for and received a grant from the Provincial Government's Co-operative Development Assistance Program, which enabled it to do a feasibility study. PLFC contracted with Lisa Brownstone to do most of the feasibility study work.

The feasibility study results will be presented to a membership meeting on January 10, 2007 and at that meeting the members will indicate whether they agree with the recommendations of the study.

The main recommendation of the study is: *That PLFC plan on a staged development of funeral services, with the goal of establishing full funeral services. The following process is recommended:*

- *Develop a Business Plan*
- *Develop PR materials to help develop interest in the funeral cooperative.*
- *Hold a membership drive. The business plan would set a thres-hold for the number of memberships needed to show enough interest to proceed with a funeral home.*
- *Staged development of services. Within 3 years, the co-operative should be offering full service funerals.*
- *Further contact with the Funeral Co-op Federation in Quebec.*
- *Development of financial proposals to Credit Unions.*

As part of the Feasibility Study, members of the PLFC Board of Directors traveled to Steinbach, Manitoba to see the Funeral Co-op there and meet with the manager. The

Directors returned full of ideas and inspiration. Jeannette Miller, PLFC president, also attended a national meeting of funeral co-ops, held in Ottawa and organized and partially funded by the Canadian Co-operative Association and The Co-operators.

For more information about Prairie Lily Funeral Co-op, please contact Jeannette Miller at 536-4007 or Bryan Tudor at 731-2768

UPCOMING PROGRAMS

Grocery Tour - These very informative tours are hosted by our Nutritionist the first Thursday of every month. Next date: March 1st. 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 at 586-9130 to book an appointment. Cost is \$25 per visit.

Healthy Lifestyle Towards Improved Cholesterol

Four week session Tuesdays, March 13, 20, 27 & April 3, 2007. Time: 1:30-3 p.m. Cost: \$5

Facilitators: Heather Dzioba, Nutritionist & Russ Down, Exercise Specialist. This is a very popular class and fills up fast. Register by calling 543-7880 ext. 223.

'Gard' Yourself against HPV— A Public Forum will be held February 22nd at the Royal Saskatchewan Museum from 7-9 p.m. *Guest speaker:* Dr. L. Brydon. Are you a female between the ages of 16-26? Are you the parent of an adolescent girl between the ages of 9-15? It is now possible to receive a vaccination to protect yourself against certain strains of HPV. Cervical cancer and other diseases can be caused by certain types of a common virus HPV (human papillomavirus). Please register by calling Mavis at 543-7880 ext. 223.

Menopause Forum - A public forum will be held at the Clinic on March 14th from 7-9 p.m. with Dr. Dolores Logan presenting on the topic "Natural & Medical Approaches to Menopause". Please phone 543-7880 ext. 223 to register.

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.

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.

Advancing a Health Agenda

Submitted by Bryan Tudor

Your Community Clinic continues to promote a healthy community - not only by providing medical services but also by advocating for needed improvements to the health care system in Saskatchewan.

At the Clinic's Annual Meeting of June 2006, a resolution was passed urging the reintroduction of a school dental program. That resolution has been forwarded to the Minister of Health.

In November 2006, the Board presented a Brief to the Minister of Health, highlighting a number of issues. We requested on-going funding to continue the excellent work being done by the Clinic regarding Fetal Alcohol Spectrum Disorder (FASD). We pointed out the need for greater attention to bariatric care for the overweight and obese, and we urged the Minister to look favourably at a bariatric proposal being prepared by the Clinic in co-operation with the Regina-Qu'Appelle Health Region.

The Brief also raised important administrative issues with the Minister, such as the need to provide us with sufficient funding so that the pay that Clinic staff receives does not fall further behind what their counterparts in the Health Regions are receiving.

Your Board has also prepared three resolutions to present at the SAHO annual conference that will be held in April 2007.

These call for full public funding of assessments and diagnostic services for FASD; the development of two bariatric centres for Saskatchewan (north and south), and sufficient government funding for all health care organizations to ensure wage parity throughout the health care system.

I wish I could report that all of the requests that we have made have been implemented. I can say they have all been heard by the government, and I believe they are taken seriously because of the reputation of the Clinic for providing innovative and effective community-based primary health care. While we may not have immediate successes with our advocacy, I believe it is an important part of the Clinic's work, and that eventually it will make a difference.

Executive Director Report

- Mary Flynn, Executive Director



In the fall of 2006 we purchased a new x-ray machine that replaced a very old machine. The new x-ray machine is producing superior images and uses less radiation. At the same time, we also purchased a new ECG machine that is newer technology and more efficient. Both the x-ray and ECG machine are capable of transmitting digital information. This will be the way of the future and we are preparing for that event.

In the spring of 2007 we will be expanding our premises to occupy 3,400 square feet across the hall from our waiting room. This will provide our doctors and Nurse Practitioners with an exam room and an office. We will also expand our Medical Records office to permit us to add another bank of mobile filing cabinets for chart storage.

We have hired some new people in the last six months. We welcome Serguei Issouпов as our new Computer Systems Technician; Wanda Zarusky, RN, as a casual backup; Lisa Zver, Receptionist; Nonnie Nokonechney, Receptionist backup; Tracy Olynick, Caretaker backup; and Deanna Barlow, RN (Nurse Practitioner) who, as well as seeing patients, will coordinate our Regina Open Door Program.

The Clinic has initiated a new appointment booking system. The goal is to give good quality care at the right time, by your family physician. The hope is that you will get to see your physician in one or two days from the time of your call. That does not prohibit you from booking in advance. This is a major shift from how we have booked appointments in the past and so as we work out some of the bugs please be patient.

If you would like any information about items in this article or any program or service here at the clinic, please give me a call 543 7880 ext 246.

Closure Dates to Remember...

February 19th (Monday) - Civic Holiday
 April 6th (Friday) & 9th (Monday) - Easter
 May 21st (Monday) - Victoria Day

Co-op Council Luncheon

Our next **Co-op Council Noon Luncheon** will be held **February 21, 2007 at the Regina Inn**. At these luncheons we strive to have various speakers who are involved in a co-operative not only in Saskatchewan but all over the world. Please join us this month for a very interesting topic and development update on the issue of establishing a funeral co-op in Saskatchewan.

Guest speaker: Jeannette Miller, President of the Prairie Lily Funeral Co-operative. Please see the Prairie Lily Funeral Co-op Update article on page 3 of this issue.

Cost of Luncheon: \$15

If you are interested in attending, please contact Mavis Johnson at 543-7880 ext 223 or email her at mjohnson@reginacommunityclinic.ca.

Our Co-op Council Executive consists of:
Wayne Thrasher - Saskatchewan Regional Economic & Co-operative Development
Glenda Dempster - Conexus Credit Union
Gina McGinn - Sask. Central
Connie Paus - Concentra Financial
June Blau - Affinity Credit Union
Mavis Johnson - Regina Community Clinic
Lori Winnitow—The Co-operators

If you are interested in serving on this committee or have someone who you would like to recommend, please contact Glenda Dempster at Glenda.Dempster@conexuscu.com

Please register, mark your calendars and plan to join us. Meet new friends, enjoy an interesting speaker, and have some great food.



Annual General Meeting

Be watching for further details about the Annual General Meeting to be held at the Clinic on **Thursday, June 14th**.

Taking new patients

We are accepting new patients. Please check with Reception regarding booking procedures.

GROWTH FUND DONATIONS

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

James Struthers, Vern & Evelyn Josephson, Neal & Margaret Holt, William & Shirley Thompson, Marlene King, Jack Frei, Gerda Hillsdon, Clare Powell, Carol Sigfusson, Alvin & Vivian Block, Len & Thelma Johnson, Richard Lane, Gailene Fenwick, Fred Uhl, Bruce Geddes, McGregor & Beth Hone, Jack & Melissa Rezansoff, Joan Brockman, Tim & Jan Lockert, Ruth Dafoe, Maureen Meston-Pockett, Geraldine Sabo, Gertrude McFarlane, Rosemary Oddie, Melvin & Helen McKinnon, Delaine Scotton, Jean Morgan, Jim & Bea Feist, Rody & Janel Blancher, Rod Neumann & Molly Barber, E.R. Stirr, Murray & Deborah Bryck, Joseph Maddigan, Garf & Chris Stevenson, Neil & Shirley McKay

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

Membership Fee Increases

As of January 1, 2007 a slight increase in new memberships and yearly renewals has been implemented. A *single new membership* is now \$10 and a *family new membership* is \$15. A *single annual membership renewal* is now \$15 and the *family annual membership renewal* has increased to \$25. Your monthly reminder notice will show these changes.

Thank you for your continued support.

THIS SUMMER — BE YOURSELF !

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.**



is a program of:



**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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Please address all Newsletter correspondence to:
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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.