

Membership Application

Name:	Personal Health Card Number	Date of Birth dd/mm/yyyy	Gender
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I, _____ of (Address) _____ do hereby make application for membership in the Community Health Services Association (Regina) Ltd.			
Date:	Full Address, Postal Code		
Signature			
Other			
Business			
Phone Numbers: Home			
Membership # _____ # _____ (For office use only)			
<input type="checkbox"/> Single \$10.00 <input type="checkbox"/> Family \$15.00			

Regina Community Clinic Approach to Health Care

- RCC is a community health centre governed by a volunteer board of directors and places a high value on democratic decision-making.
- RCC remunerates staff by salary. Physicians are paid by salary rather than by the number of patients seen (fee for service).
- RCC is a place where members of the community, staff, board and volunteers feel equally welcomed, listened to and respected.
- RCC staff, board and volunteers are resource people to our community aiming to assist in making informed decisions about health and overcoming social and economic barriers to health.
- Our experienced nurses are a rich source for health information and counselling and an integral part of our team.
- Our Nurse Practitioners have the knowledge and decision making skills to diagnose and treat uncomplicated illnesses.
- Our on-site laboratory includes routine and special blood testing, urine and bacteriological analysis.
- Our X-ray department is equipped to provide X-ray and ECG services.
- Our optometrist offers complete visual care by offering extensive eye examinations, contact lens fitting, field screenings and retinal pictures.
- Our nutritionist provides individual counselling with or without a physician's referral.
- Our exercise specialist helps people with or without disease to achieve their goals through safe, appropriate exercise and lifestyle choices.
- Our counsellors provide group as well as one-on-one interviewing and counselling.
- Community Daycare (20A Sangster Blvd.) is fully subsidized and licensed for 30 children. Our child care professionals are trained to deal with special needs children.
- Argyle Child Care (847 Argyle St. N.) is licensed for 15 pre-school & 15 school-aged children.

Growth Fund

The Growth Fund provides an opportunity for members and clients to contribute to the clinic financially. By giving a tax-deductible donation to the Growth Fund, you will help ensure that the Regina Community Clinic remains a high quality health centre for you, your family and our community.

Each year, the financial support you give to our Growth Fund allows the Clinic to achieve several very important goals including:

- improving education, prevention and health promotion programs
- purchasing critically needed medical equipment

Donations

The Regina Community Clinic is a registered charity. We gratefully accept all donations. A tax receipt will be issued.

Options for Giving

There are many other planned gift options which will help support the Regina Community Clinic. These may include: Wills & Bequests, Gift Annuities, Life Insurance, Gifts in Kind, RRSPS/RRIFS, Stocks & Bonds, Real Estate and Farmland.

A Planned Gift is not complicated, but we do advise that you consult your family, family physician and obtain professional legal and financial advice.

Membership

We encourage you to become a lifetime member and to have a say in how your health care co-operative is run. You would be welcome to provide input to matters that affect you, your family and your community.

Lifetime Membership

We offer a lifetime membership for the cost of \$10 per person or \$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

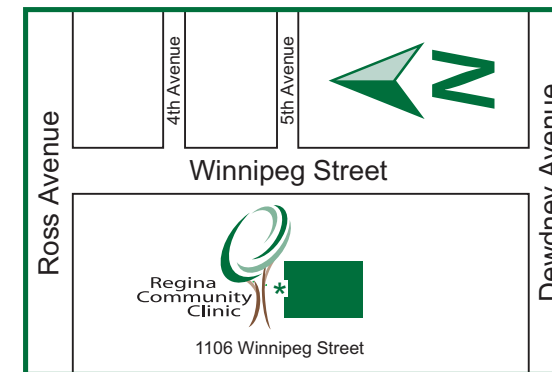
Annual Special Benefits Package

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 e.g., drivers' medicals, insurance medicals, daycare medicals). You also receive \$10 off the cost of eye examinations that are done by the optometrist.

A reminder notice will be sent to you on your anniversary date letting you know that the special benefits portion of your membership is about to lapse, giving you the opportunity to renew and continue receiving the special benefits.

First Year Benefits

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.



- Wheelchair Accessible
- Handicap Parking
- Free Patient Parking
- Elevator to Second Floor
- Easy Access to Public Transportation



www.reginacommunityclinic.ca

Regina Community Clinic

Co-operative Health Centre

Clinic Hours

Monday – Friday
8:30 a.m. – 5:30 p.m.

24 Hour On-Call Emergency Service
Evenings, Weekends & Holidays

306.543.7880

Welcome to the Regina Community Clinic

The Regina Community Clinic is a primary health care centre. We believe the best health care is achieved through a team approach with an emphasis on prevention and education.

Regina's Only Co-operative Health Centre

A co-operative is an organization with a willingness and ability to work with others. It is owned by and operated for the benefit of those using its services.

Community Health Services Association (Regina) Ltd., is a health co-operative that lives by this definition and follows these principles. The association operates the Regina Community Clinic, Community Daycare and the Argyle Child Care.

Mission Statement

We are a health co-operative which is proactive in providing comprehensive health, social and educational services to members, patients and clients from Regina and district.

Our mutual goal is the creation of a healthy community.

Our Vision

Working co-operatively for a healthy community.

Board of Directors

Established in 1962, we are governed by a board of directors made up of volunteer members. The board of directors deals with issues such as policies, finances, community outreach and social action.

Volunteer Opportunities

Membership input is vital to our co-operative clinic. Volunteering is an excellent way to become more involved in the activities and direction of the clinic. Please contact the executive director for more information on how to get involved.

Telephone Call (306) 543-7880

During office hours a recorded message will give you the option to go directly to the department or person you are calling rather than speaking to a receptionist.

Telephone Advice

If you have a question for any of our professionals, please leave a message at the appropriate extension and your call will be returned as soon as possible.

Appointments

Our scheduling system enables you to make an appointment with your own physician on the day of your choice, often within two working days. We can also accommodate pre-booking of appointments. When your family physician is not available, our team of physicians and our Nurse Practitioners will continue to care for your needs. We are an "appointments only" facility. We do not accept "drop in" appointments. If you are unable to keep an appointment, please call and let us know as soon as possible so that someone else can be scheduled.

Nights, Weekends & Holidays

We provide after-hours emergency service on nights, weekends and holidays. One of our doctors is "on call" during those times to look after problems which cannot wait until regular office hours. When you call the clinic,

the answering service will take your message and contact the doctor. If you have not heard from the on-call doctor within 20 minutes, please call again. Please do not go to a hospital Emergency Department until you have spoken to the on-call doctor, unless you feel that a delay in receiving medical care will be life-threatening. This may save you the trip or a long wait in emergency.

Physicians

The family physicians provide complete family medical services. In addition to regular clinic hours, each physician takes a turn "on-call" at nights, weekends and holidays. If your own doctor is unavailable to see you and the appointment is urgent, you will be seen by one of the other care providers.

Nurse Practitioner

The Nurse Practitioner has the knowledge and decision making skills to assess, diagnose and treat uncomplicated illnesses, as well as screen for and monitor chronic diseases both independently and in collaboration with physicians and other health care providers. The ability of the Nurse Practitioner to assess, diagnose and treat people independently gives the physicians more time for patients with more complex problems and multi-system diseases. Same-day appointments can often be made with the Nurse Practitioner.

Nursing

Our nurses provide an efficient and quality service for our patients by acting as a liaison between the physicians, the Nurse Practitioner and all other departments. Our nurses provide a wide array of nursing duties including extensive health teaching and counselling in person and by telephone.

Other Areas of Expertise

Other departments within our Clinic provide professional integrated, multi-disciplinary health care. These include:

- X-Ray / ECG
- Nutrition
- Optometry
- Laboratory
- Counselling
- Spirometry
- Medical Records
- Exercise Specialist
- Health Information
- Menopause Resource Library
- FASD (Fetal Alcohol Spectrum Disorder)

Off Site

Regina Community Clinic Daycare
located at 20A Sangster Blvd.

Argyle Child Care
located at 847 Argyle St. N

Proudly Celebrating Over 40 Years of Co-operative Health Care

Built by local people who believed in democratically controlled health care, the Regina Community Clinic continues to be a proud member of Saskatchewan's community of co-operatives.

www.reginacommunityclinic.ca



Regina Community Clinic

Co-operative Health Centre

Community Health Services Association (Regina) Ltd.

1106 Winnipeg Street
Regina, SK S4R 1J6

T. 306.543.7880
F. 306.543.5545 Business
F. 306.543.6888 Medical

We offer a team approach to treatment, prevention and education.