



**dates**  
to Remember

Wednesday, June 21, Annual General Meeting  
 Friday, June 30th, for Canada Day week-end (closed)  
 Monday, August 7th, Civic Holiday (closed)  
 Monday, September 4th, Labour Day (closed)



If you wish to have your name removed from our mailing list, please call:  
**Lesley at 306-543-7880 ext. \*223 or email at**  
**crostman@reginacommunityclinic.ca**  
**1106 Winnipeg Street, Regina, Sask. S4R 1J6**

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# Pulse

## Message from the Executive Director

It is with mixed emotions that I write my last message in Pulse. At the end of June, I am leaving my position at the clinic to pursue personal goals. The board of directors is currently interviewing candidates and plan to introduce the new Executive Director to the members at the clinic's upcoming annual meeting.

My involvement with the clinic began more than 17 years ago when I was contracted to lead a board planning session. As a consultant, I did several workshops with board and staff at the clinic. In 2007 I was offered the position as Director of Operations and in 2012 the Executive Director position. I am so proud to have worked alongside such competent compassionate health care professionals. Our multi-disciplinary team approach to health care delivery provides patients with appropriate timely access to services.

Our co-operative structure provides for a governance model that ensures our clinic is meeting the needs of our members, patients and clients. I want to acknowledge the support and guidance provided by our exceptionally competent board of directors.

I will close with a quote attributed to Helen Keller, "Alone we can do so little; together we can do much."

**Lorna Knudson**

## Annual Meeting Notice

**The 55th Annual General Meeting of Community Health Services Association (Regina) Ltd. will be held**

**WEDNESDAY, June 21, 2017 at**

**Regina Community Clinic  
 1106 Winnipeg Street, Regina, Sask.  
 Registration: 6:30 p.m.- 7:00 p.m.  
 Meeting: 7:00 p.m.**



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Regina  
Community  
Clinic



## 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:  
Karen Muller, Board Member  
1106 Winnipeg St., Regina, SK  
S4R 1J6

[admin@reginacommunityclinic.ca](mailto:admin@reginacommunityclinic.ca)

Resolutions may also be brought forward at the AGM.

## CALL FOR NOMINATIONS

The Community Health Services Organization (CHSA), also known as the Regina Community Clinic, strives to improve the health and well-being of its members, patients, and the people of our community. To do this, the CHSA needs people like you to become directors and provide the link between the CHSA and the people it serves. As a director, you will join others in the community who share the vision of the Regina Community Clinic.

CHSA members will elect **three** Board positions at the Annual General Meeting on:

**Wednesday, June 21st, 2017**

Please stand for election, encourage others to do so, or send us the names of people who may be interested.

**We have a 9 person Board of Directors.**

**If elected, you will need to:**

- participate in monthly Board meetings, at least one board committee, and CHSA members meetings and social activities
- follow the Board of Directors code of conduct
- contribute to Board decisions by preparing for meetings and bringing concerns to the table
- provide leadership and direction to the organization
- promote our model of primary health care delivery to our community of members, staff, and the public

Please contact: David Meldrum (Nominating Chairperson) for further information at:

**306-526-9966 or [dmeldrum@sasktel.net](mailto:dmeldrum@sasktel.net)**



## CELEBRATING 55 YEARS OF CO-OPERATIVE HEALTH CARE REGINA COMMUNITY CLINIC - 1962-2017 !

The Regina Community Clinic was born in the midst of the greatest medical crisis in Saskatchewan's history: the doctor's strike of 1962. After public meetings and many donations from our founding members the clinic opened its doors in July, 1962 at 2363 McIntyre Street under the name "Regina Edinburgh Clinic". The name has been changed many times over the years but has remained "Regina Community Clinic" since 1980.

The clinic partially moved from the McIntyre location to the Regent Park Shopping Center in February 1963. Eventually the Board realized they could not continue to operate in two locations and the McIntyre location was sold. The Clinic continued to operate in the Regent Park location until December 1995 when it moved to its present day location at 1106 Winnipeg Street.

The clinic has offered many different programs over the years including the first podiatry services in Saskatchewan, dental services, FASD program, acupuncture, massage therapy, optometric services, physiotherapy, daycare, refugee health program, and many more.

The clinic continues to be a leader in primary health care services. Our goals are to build a healthy population by offering support that focuses on diagnosis and treatment, disease prevention and patient education. **Please join us at the AGM on June 21st and help celebrate our 55th anniversary!**

# 55



# 55



**THE SLEEP SOLUTION**  
**“ WHY YOUR SLEEP IS BROKEN AND HOW TO FIX IT”**  
 By W. Chris Winter, MD



Who knew a book about sleep could be funny and entertaining!!  
 A worthy read for anyone struggling with sleep.

Here are some of the key points and product recommended in this book:

Dr. Winters differentiates between fatigue (low energy) and sleepy (tired). When your body energy is low rest .... Don't sleep – this is a recipe for insomnia.

Scientific studies have established if an adult sleeps well usually 6-7 hours will suffice. For adults over 65; as little as 5 hours could be appropriate.

For many people who feel they cannot sleep, their problem lies not in their ability to fall asleep, rather their unrealistic expectation of how much sleep they need.

**EPWORTH SLEEPINESS SCALE**

**Chance of falling asleep:**

**Situation**

points: none (0) mild (1) moderate (2) severe (3)

Lying down to rest when circumstances permit	_____
Talking to someone	_____
Reading a book, magazine, newspaper	_____
Watching TV	_____
Sitting quietly in public place	_____
Sitting quietly after lunch without alcohol	_____
Passenger in a car for an hour without a break	_____
Driver of a car at a stoplight or in traffic	_____
<b>TOTAL</b>	_____

Most doctors view a score of 10 or higher as being excessively sleepy.

Studies show individuals who used e readers take an average of 10 minutes more to fall asleep; had less REM (restorative sleep) than individuals who read a printed book with indirect light. If you must have your laptop on at night, consider installing f.lux app, dimmer to reduce both the amount and quality of light you are exposed to. Apple's night shift mode works in a similar way on the iphone.

Caffeine, alcohol and nicotine cause significant problems with sleep. Caffeine consumed as much as 6 hours before sleep could reduce sleep by as much as an hour. Alcohol worsens the quality of your sleep, leads to waking at night and worsens breathing problems at night.

Don't eat 2-3 hours prior to bedtime. Foods heavy in protein can keep you up at night. High glycemic index foods produce sleepiness (ie dried fruit, cereal, bananas). Good evening snack foods are those containing high amounts of melatonin (walnuts, tart cherries). Food high in magnesium (almonds) and calcium (milk, kale) can promote relaxation and sleep.



Drink Chamomile or Passion Flower tea (sweetened with honey only) or use recommended zzz tea by the Republic of Tea, which contains chamomile, passion flower and valerian root.

Need to quiet your mind at bedtime? [www.choosemuse.com](http://www.choosemuse.com) is a small biofeed back device that wirelessly connects to your phone converting your brain waves into the sound of the ocean.

**Good Adult Sleep Hygiene**

- Exercise in the morning, preferably in bright light. Exercise is a vital part of any sleep program.
- Consistent breakfast timing with a meal heavy on wake-promoting proteins.
- Consistent lunch timing.
- Finish dinner at least three hours before bedtime. If you have to snack after that, have a handful of nuts or a few pieces of dried fruit. Not too much!
- Reduce your environmental lighting around the time the sun is going down. Turn off lights or use dimmer switches.
- Spend an hour after dinner jotting things down on your to-do-list. Put the list away after sixty minutes.
- Brush your teeth.
- Take a warm bath.
- Do some light exercise or meditation. Breathe deeply.
- Read a print book until you feel sleepy.
- Turn out the light, and snuggle into a cool bedroom environment.

Watch for part two of this article in the Fall issue of the PULSE.  
 Submitted by Jo Brown, Counsellor

**2017 Kids Active Living & Cooking Class**

Join us for this fantastic summer program for kids! Our dietitians and exercise specialist will be instructing our annual summer club held at Regina Community Clinic. Classes will be held in July at the Regina Community Clinic as follows:

**Cost: \$20.00/per child.**  
**Date & Time :**  
**(6-8 year olds) July 3-7 ; 9:00 am - 11:30 am**  
**(9- 11 year olds) July 3-7 ; 1:30 pm - 4:00 pm**



**Facilitated by: Heather Dzioba & Adine Enns (Dietitians)**  
**Allura Weber (Exercise Specialist)**

**To register your child contact Lesley at 306-543-7880 \*223 or by email at [crossman@reginacommunityclinic.ca](mailto:crossman@reginacommunityclinic.ca). Classes fill up fast so call early!!**