



Pulse

Message from Rick Kuzyk, Executive Director

By the end of March 2019, Regina Community Clinic will have completed its Information Technology Refresh project, investing in infrastructure to upgrade security.

The RCC servers supporting our information technology were past warranty and needed replacing. The new servers will reduce down-time and repair costs, providing solid support for RCC IT infrastructure.

RCC email has moved to the Cloud with Office 365. RCC no longer needs to maintain a server just for email, nor upgrade it every 3 years. Microsoft now handles this and all RCC data remains in Canada. Staff now work from upgraded and compatible software at RCC.

A directional wireless antenna was installed on top of the Clinic to dramatically increase RCC internet access – improving health services and reducing security risks.

As well as improving security, increased internet speed also improves productivity. For example, the time spent on EMR (Electronic Medical Record) input is reduced by 2 to 3 minutes for each fifteen-minute visit with an RCC physician.

Improving RCC connectivity improves the Clinic's ability to connect with the IT infrastructure of Ministry of Health, our funder. The new RCC haematology machine will now be able to upload results to the provincial system, as will the new RCC urinalysis machine.

This is a patient centred approach that allows RCC clients to have their medical results accessible to their other health care service providers while reducing cyber security risks.

Annual Meeting Notice

**The 57th Annual General Meeting
of Community Health Services
Association (Regina) Ltd.
will be held**

**WEDNESDAY, June 19, 2019
at**

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

THIS ISSUE:

p.2 Nominations

p.4 Canada Food Guide

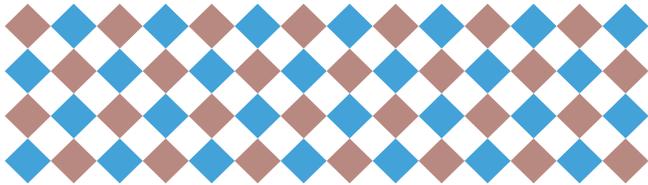
p.6 United Nations Sustainability Goals

p.3 RCC Kid's Camp

p.5 Canada Food Guide

p.7 SCA Co-op Camp

Call for Nominations



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:
1106 Winnipeg St., Regina, SK
S4R 1J6

or

admin@reginacommunityclinic.ca

Resolutions may also be brought forward at the AGM.

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 19, 2019

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: Karen Vogel

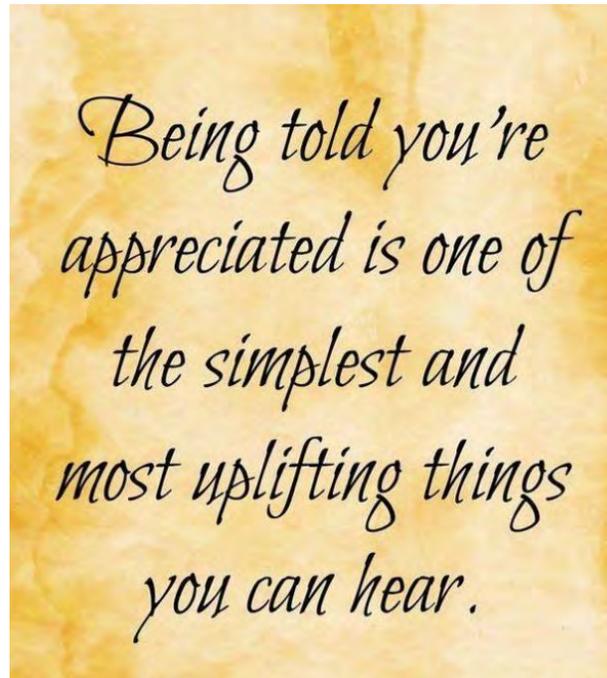
for further information at:

306-543-7880 ext. *233 or

admin@reginacommunityclinic.ca

We are so *thankful* to you for your recent donations:

- ◇ Mr. V. Martens
- ◇ Mr. I. Millard
- ◇ Mr. P. Achtzehner
- ◇ Ms. C. Sigfussen



2019 Kids Active Living & Cooking Class

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

(6-8 year old's) July 2-5; 9:00 am - 11:30 am
(9-11 year old's) July 2-5; 1:30 pm - 4:00 pm

Cost: \$20.00/per child.

Facilitated by: Heather Dzioba (Dietitian) & Allura Weber (Exercise Specialist)
To register your child contact Kate at 306-543-7880 *236
Classes fill up fast so call early!



Canada's Food Guide

In January 2019 the new food guide made its debut, complete with a brand new look differentiating it from past versions. Some of the biggest changes include information on healthy eating habits, online resources and doing away with the prescriptive recommendations for servings seen with the old food guides. The food guide was initially developed in 1942 as “Canada’s Official Food Rules” and has undergone many changes and revisions since then. The food guide was created to be an education tool for Canadians, to help Canadians make healthy choices to improve their health, meet nutrient requirements and reduce the risk of developing nutrition-related chronic diseases. Beginning in 2013, Health Canada conducted extensive revisions, consultations and evidence reviews to ensure that the new food guide is providing Canadians with the most up to date and scientific nutrition information. The new food guide has been praised by many and criticized by some, but what exactly does the new food guide recommend?

“Healthy eating is more than the foods you eat.”

The new food guide recognizes that healthy eating habits are just as important as the foods you consume; healthy eating also involves where, when, why and how you eat. The healthy eating habits listed by the food guide include:

- Being mindful of your eating habits
- Cooking at home more often
- Enjoying your food
- Eating meals with others

Being mindful while eating can help you recognize your eating habits, and in turn make positive changes if needed. Mindfulness can help you to reconnect to the eating experience. Cooking at home more often has many benefits including learning new skills, saving money and passing food skills and knowledge to family members. Cooking at home can also help you to make healthier choices, because you know exactly what is going into the food you eat. To enjoy your food, try to eat a wide variety of foods that you like, incorporate culture and food traditions and create a positive food environment. Eating meals with others can help you to connect with family and friends, and make mealtime a positive experience. When eating with others and on your own, try to limit distractions such as the TV, cellphones, computers etc. as much as possible. Remember, food is meant to be enjoyed!

The new food guide provides general recommendations for healthy eating that are simple to follow. The new guidelines are:

- Eat plenty of vegetables and fruit, whole grain foods and protein foods. Choose protein foods that come from plants more often
- Choose foods with healthy fats instead of saturated fat
- Limit highly processed foods. If you choose these foods, eat them less often and in small amounts
- Make water your drink of choice
- Use food labels
- Be aware that food marketing can influence your choices

Eating vegetables, fruit, whole grains and protein foods can help lower your risk of cardiovascular disease and eating more plant foods increases your intake of fibre, vegetables and fruit, and nuts and soy protein, which can all help to lower bad cholesterol. That's **not to** say that animal products are bad, the food guide simply recommends choosing plant foods *more often*. Limiting processed foods can help lower your intake of saturated fat, sodium and sugars, which when consumed in excess can contribute to an increased risk in chronic disease. Water is a healthy beverage that contributes no excess calories to the diet, although some other healthy drink options include unsweetened milk and unsweetened fortified soy and almond beverages. Reading food labels can help you to make informed choices about the food you are purchasing, as well as can help you to compare products to ensure you are getting the healthiest product to meet your needs. Lastly, the food guide recommends being aware of the impact of food marketing. We see millions of advertisements every day, many of which are for food products. These advertisements can lead us astray from our typical choices, so try to be aware of why you feel you want to purchase a certain product.

“Make a habit to eat a variety of healthy foods each day.”



The updated version of the food guide combines healthy food choices with healthy eating habits to aid Canadians in making healthy choices to influence their health. The new food guide is simpler than its counterparts and easier to understand. Although this version no longer provides serving recommendations, more information will be coming for health professionals to help clients and patients who may require specific nutrient requirements. One of the most exciting things about the new food guide is that it is available entirely online. Health Canada has uploaded many resources that expand on the new guidelines and provides recipes, practical tips to support healthy eating and additional information regarding the guidelines.

Gone is the outdated rainbow illustration and serving sizes that were difficult for Canadians to understand, and in its place is an exciting new food guide that features real food, strong scientific evidence and recommendations that are more inclusive to special diets. Although the new food guide has been criticized by some, I believe that the new food guide is a step in the right direction for Canada.

Submitted by: Breanna Mills, Nutrition student

Reference:

Health Canada. (2019, January 21). Canada's Food Guide. Retrieved from <https://food-guide.canada.ca/en/>





UNITED NATIONS SUSTAINABILITY GOALS (Part One)

At the Winter 2018 Region Committee meetings and the 2018 AGM meeting, Delegates of the Co-operators were challenged to align their business goals with at least two to three goals of the United Nations Sustainability Goals.

The United Nations in consultation with its 193 member states and global civil society developed the SDGs (sustainability development goals).

The goals were intended to be met by the end of 2030.

The International Co-operative Alliance invited all co-operatives around the world to make public pledges to demonstrate their contributions to the SDGs in their communications.

The Community Health Services Association (Regina) Limited Board of Directors has committed to the following goals:

GOAL 3: Ensure healthy lives and promote well-being for all at all ages

GOAL 16: Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels.

In the next issue of the PULSE, we will have a contest on how our members can assist us in being a catalyst for a sustainable society.

References:

<https://www.ica.coop/en/media/news/co-ops-2030-approaching-300-pledges>
<https://una-gp.org/the-sustainable-development-goals-2015-2030>





WHAT IS CO-OP CAMP?

Co-op Camp - officially known as the Saskatchewan Co-operative Youth Program or SCYP - is a series of four- and five-day residential summer camp sessions held in July and August.

The curriculum is especially designed for youth ages 12 to 18 to meet new people, develop leadership skills, learn more about co-operatives and how to get involved in the community -- and participate in a memorable summer experience.

These experiences, and the bonding that takes place between participants, all help to create the legendary Co-op Camp “Magic”.

Activities are participatory and interactive, and challenge participants to work together. Of course, SCYP also offers swimming, canoeing, volleyball, campfires, and other activities.

Co-op Camp is a core program of the Saskatchewan Co-operative Association. The theme and graphics change annually, and for 2019 is: Learn. Adventure. Connect.

REGINA COMMUNITY CLINIC is a sponsor of co-op camp. If you know of a child that would benefit from sponsoring, please contact Karen Vogel at 306.543.7880. The clinic is able to support two youth per summer program and all applicants will be reviewed by a selection committee. All applications are due on or before Friday, June 7, 2019.

FOR MORE INFORMATION about Co-op Camp, please visit:

<http://www.sask.coop/youth/co-op-camp/about-co-op-camp>



Important Dates:

Friday, April 19 CLINIC CLOSED
Monday, April 22 CLINIC CLOSED
Monday, May 20 CLINIC CLOSED

Wednesday, June 19 AGM
Monday, July 1 CLINIC CLOSED
Monday, August 5 CLINIC CLOSED
Monday, September 2 CLINIC CLOSED



If you wish to have your name removed from our mailing list,
please call :

306-543-7880 ext. *233

1106 Winnipeg Street, Regina, SK. S4R 1J6