



# Wolfe Island Community Medical Clinic Newsletter

October 2013

P.O.Box 89, 102 Road 95, Wolfe Island, K0H 2Y0 613-385-2121 wolfeislandcmc.wordpress.com

## Message from the Board

Greetings,

The Board has worked very hard this year to continue to bring programs that promote health and wellness for all Wolfe and Simcoe Islanders.

### Flu Immunization:

We are pleased to be able to offer this service again this year, on Saturday, November 2<sup>nd</sup> from 9:00 am to 12:00 pm. Thank you in advance to the volunteer nurses who will be out there to do the injections. Don't forget your OHIP card!

### Walk-in Medical Clinics at WICMC

- \* Dr. Russell will not be holding her clinic dates on **October 22, November 5, 12, 19, 26 or December 17**. Please call the Kingston Family Health Team (613-650-5471) to make an appointment with another doctor from the KFHT.
- \* Dr. Russell *will* hold an alternate Walk-in Clinic on Friday, **December 27 (4:45 to 6:15 pm)**, open to all island residents.
- \* Dr. Stephen Yates, family physician with Maple Family Health Team in Kingston and part-time island resident, has kindly offered to hold a Walk-in Medical Clinic on **October 22, 2013 from 4:45 pm to 6:15**, open to all island residents.
- \* Suzanne O'Reilly, Nurse Practitioner and member of the Board, has kindly volunteered to run a Walk-in Clinic on **November 5, 2013 from 4:45 pm to 6:15**, open to all island residents.
- \* Look for updates on Walk-in Clinics in November outside the WICMC and or call to check for a telephone message at 613-385-2121.



### Available for use from the clinic!

- wheelchairs
- walkers, canes
- bathtub accessories (hand grips, stool, etc)

## CLINICS

### Please Note Special Dates

Due to Dr Russell's vacation time, she will not be holding regularly scheduled weekly clinics for Nov. and Dec.. Please note special dates below. Walk in clinics are open to all island residents.

Appts: (2:30-4:45) Oct. 29, Dec. 3, Dec. 10, Dec. 27  
Walk in: (4:45-6:15) Oct. 22, Oct. 29, Nov. 5, Dec. 3, Dec. 10, Dec. 27

**Other dates will be posted outside the clinic or you can call to confirm at 385-2121.**

**Regular weekly patient and walk in clinics will resume on Tuesday afternoons in January.**

### Wellness Clinic 10:30-1:30 Nov. 18, Jan. 6, Feb. 10, (other dates for 2014 TBA)

Run by paramedics to answer questions and test blood pressure, pulse, blood glucose, oxygen, respiration, temperature and body weight. No appointment needed.

### Foot Clinic from 9:15 with appointment, call Lisa at the VON (613-634-0130), ext 100 Nov. 18, Jan. 6, Feb. 10, (other dates for 2014 TBA)

Please call clinic at 385-2121 to check for cancellations.

### 2013 Board Members

Liz Crothers (President), Paul Taenzer (Vice-President), Linda Van Hal (Treasurer), Susan Bowers (Secretary), Hugh Cowan, Suzanne O'Reilly, Sally Kane, Wayne Grant, Wilma Sjonger

# Wolfe Island Community Medical Clinic

## UPCOMING EVENTS

### Flu Shot Clinic 2013

Saturday, Nov. 2, 9:00 AM - 12:00 PM.  
at Wolfe Island Community Medical Clinic

Open to ALL residents of Wolfe and Simcoe Islands.  
★ Bring your OHIP card.  
★ Volunteer transport will be available.  
Please call Wilma Sjonger at 613-583-2672.



Wolfe Island Community Medical Clinic  
http://www.wolfeisland.com/medical/

102 Road 95 (next to the Fire Hall)  
Contact: wilma.info@gmail.com

### Lunch Bunch

"Trip Around the World 2013"



Wednesdays October 2 - December 4  
11:30 a.m. - United Church Hall

Come join us! Pack a Sandwich (or two)  
and - Most Important- Pick up a Friend.

Dessert, Tea & Coffee provided by the Wolfe Island  
United Church Women

### Movement for Life Exercise Program


October 7 to November 28, 2013  
Mondays and Thursdays (8 weeks)  
1:10 to 2:10 pm followed by tea  
At Wolfe Island Community Medical Clinic

This exercise class focuses on wellness through movement  
with gentle to moderate intensity to meet individual needs.

Instructor: Judith Kinghorn  
Cost: \$75 for 15 classes

ALL AGES WELCOME  
NON-MEMBERS and MEMBERS

For registration, call The Seniors Centre at 613.548.7810



### DONATIONS and THANK YOU

We are always very grateful for any donations we receive. Since we have a charitable status, we are very happy to issue a receipt to be used for tax deductions.

Thank you to all who support the Wolfe Island Community Medical Clinic. We are very appreciative!

### Blood Services:

We are confident that an agreement between the Medical Clinic and Lifelabs is near. This will allow the Specimen Collection Centre to begin operation in November, on the first and third Friday morning of each month from 8 am to 10 am. Rhonda Brown will be available to collect blood and other samples for testing. Please watch for an announcement within the next couple of weeks. Note that this service is free to patients but not for the clinic, therefore donations are greatly appreciated.

### Para-Medicine and Foot Care Clinics:

Both of these are very popular and attendance numbers are building. It is important to make use of these services so we don't lose them. The VON will be taking over foot care clinics. See box on page one for details on making appointments. The para-medicine clinic is free of charge and will continue into 2014.

### Speaker Series:

The latest speakers at the clinic covered topics like diabetes, arthritis, Alzheimer's/dementia and cancer, to name a few. Last winter Wilma conducted a training session on CPR and the use of an AED, which was well attended and very much appreciated.

Some of our speaker events were only attended by a few. In an effort to bring in more speakers and ensure maximum attendance, we would like community input and ask that you please feel free to get in touch any of our board members with your suggestions of topics and the most convenient time to attend.

### Fund Raising:

Our main fund raising event is the Wolfe Island Classic 5/10 K run, which is always held on the first Sunday in July. This year's run was another success, with 258 runners and about 50 children who participated in the Kiddie Kilometre, which is held just prior to the main event. Our goal next summer is to get 350 runners. So, if you have any runner friends, be sure to remind them it's the first Sunday in July! Other funds are being collected from a quilt raffle. See Board members for details or come to the Christmas sale Dec. 1 to get tickets.

**In case of emergency, go to  
Hotel Dieu Urgent Care or Kingston General Hospital Emergency  
Department, or call 9-1-1.**