



# Wolfe Island Community Medical Clinic Newsletter

Spring 2014

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

## Message from the Board

Greetings,

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

Dr Russell's Tuesday Walk-In Clinics have been a big success! As a reminder, she will see anyone who needs to see a doctor; you don't have to be a patient of hers. We are so pleased to have the Blood Sample/Specimen Clinic up and running every first and third Friday of the month. We are seeing so many islanders take advantage of this convenient service. Please remind your friends to use our facility and avoid trips to Kingston! Also please consider becoming a volunteer receptionist on a rotating basis for the Tuesday Walk-In Clinics (4:30-6:30). Contact Liz Crothers (385-2601) or Hugh Cowan (385-1919). No medical knowledge or training is required.

The Wellness Clinic offered by the Island Paramedics is a wonderful service but could be improved with better timing, so we are thrilled to offer this on a more regular schedule on the first Friday of every month, starting in June. Please detach the bottom of this page for your reference!

### Prescription Delivery to Wolfe Island!

Pick-up from the pharmacy representative on the Island or from Fargo's!

Delivery policies vary, so please call the ahead to arrange for pre-payment and delivery.

#### Graham's Pharmacy

328 King Street E

(613-542-4111)

#### Quarry Medical

Pharmacy, 100 Princess St

(613-530-2666)

#### Shoppers Drug Mart,

136 Princess St

(613-544-5330)

Cut and Save!

### DOCTOR CLINICS EVERY TUESDAY

Walk in Clinic open to  
everyone

4:45pm - 6:15pm

### BLOOD & SPECIMEN COLLECTION

run in conjunction with LifeLabs

When: first and third Friday of each month,  
8am - 10am

### PARAMEDIC WELLNESS CLINIC

(8:30am-12:30pm, the first Friday of every  
month starting June 6)

### FOOT CARE CLINICS

(call VON 613-634-0130)

Jun. 16, Jul. 28, Sept. 8, Oct. 20, Dec. 1

Please call the Clinic at 613-385-2121 to check for messages in the event of cancellations.

In case of emergency CALL 911 or go to Kingston General or  
Hotel Dieu Emergency Department.

July 6, 2014  
9:30 a.m.



**WOLFE ISLAND  
CLASSIC 5K/10K**

**Tough Course,  
Great People**

Join us for the 34th annual **Wolfe Island Classic 5K & 10K** races at the village of Marysville on Wolfe Island, Ontario on **Sunday, July 6, 2014**. Our out and back course is scenic, but hilly and challenging.

Online Registration Now Open: Link Below

The only way to get to the island is to take a scenic, fun, and relaxing **FERRY RIDE** from either Kingston, Ontario or Cape Vincent, New York.

If you are coming from the Canadian side, we recommend that you leave your car in Kingston. Everything associated with the races is within easy walking distance. Those coming from the American side will need their cars as there is a drive of several kilometres from the ferry dock to the race site.

The finish-line is 1 kilometre west of the start-line. There will be "Bag Check" trucks at the start-line which will take your gear to the finish area.

There is a swimming area at the finish area, so you may wish to bring a change of clothes.

The Wolfe Island Classic is put on by and the proceeds support the Wolfe Island Community Medical Clinic.



Please note that the Wolfe Island Classic is capped at 500 participants distributed between the two races.

**RACE DAY SCHEDULE**

- 7:30 to 8:45 a.m. Race day registration
- 7:30 to 9:15 a.m. Kit pickup
- 9:10 a.m. Kiddie Kilometre
- 9:30 a.m. Start of 5K & 10K races
- 10:30 a.m. Awards ceremony starts



Both the 5K and 10K will start at 9:30 a.m. Times will be recorded using electronic timing chips. All results will be based on gun-time, i.e. finish-line-only. Results will be posted at RRRResults.com.

[www.events.runningroom.com/site/?raceId=10303](http://www.events.runningroom.com/site/?raceId=10303)

**DONATIONS and THANK YOU!**

We are always very grateful for any donations we receive. As a registered charity, 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!

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Judith Kinghorn's mobility classes were well attended and we thank her for putting on these very professional and useful sessions. Linda Van Hal (member of the Seniors Activities Subcommittee) organized the The Wolfe Island United Church Women Lunch Bunch series where residents shared their world travels. The WICMC provided audio visual equipment and the UCW provided the venue and snacks. We hope to continue our collaboration with this UWC event in the fall.

Our board was pleased to inherit the Wolfe Island Classic 5/10K Run from WIBTA. This healthy event seems a suitable fundraiser for the Medical Clinic. We had a successful event last year and plan an even better one this year, Sunday, July 6<sup>th</sup>. See sidebar on this page for details.

This has been a good year for donations, which have helped in the running of the clinic. Please think of us on specimen collection days. We can also receive donations through [CanadaHelps.org](http://CanadaHelps.org) on our website (see link on bottom of the home page, wolfeislandcmc@wordpress.com).

I would like to extend my sincere thanks to the Board of Directors of the Wolfe Island Community Medical Clinic. Never have I worked with such a dedicated group. Together we are pleased to have been able to increase the medical services for our community and hope you will take advantage of what is offered. We continue to look into providing more services for you and hope to be able to bring you more good news as the coming year unfolds.

Please consider attending our AGM (see box below) for elections and to give us your input and suggestions for services you would like us to provide. It is your clinic, and our aim is to serve you!

**AGM**  
**Wednesday, May 21**  
**6:30pm**  
**Wolfe Island Community Medical Clinic**  
**Guest Speaker: Nurses from the KFHC will**  
**talk about Lyme disease**  
**Everyone welcome!**

**Board Members 2013-14:** 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