



# Wolfe Island Community Medical Clinic Newsletter

April 2013

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## ANNUAL GENERAL MEETING

**Tuesday, May 7, 6:30pm**  
**Wolfe Island Medical Clinic**

Openings for Board Members for 2 year term  
Contact Liz Crothers (613-385-2601) or Wayne Grant

Followed by a talk in our Speaker Series by Sally Kane:  
Increasing Use of Clinic for Para-medicine to Support  
the Wolfe Island Community



### Message from the Board

The WICMC has had another active year continuing to work on our goal to serve the whole community.

### Foot Care Clinic

This service will continue with the collaboration of the Seniors Centre Kingston. It takes place every six weeks and is open to all residents. There is also a free blood pressure check for which anyone wishing to drop by.

### Flu Immunization Clinic

The flu clinic last October provided immunizations for about 200 people. We know that residents appreciate this service as there are no long lines and a chance to visit with your neighbours. There will be a repeat immunization clinic in the coming fall.

### Building Use and Upgrade

Through a development grant from Frontenac County we have been able to upgrade the basement. Funds also were

provided for purchasing chairs and tables for activities. Thanks to a grant from XXXX a first aid emergency kit and portable defibrillator have been added to the clinic.

The Wolfe Island Network for a Healthy Community (WIN) held two quilting classes. We also had a very successful CPR/AED training and plan to have other such activities in the future.

Space in the building can be rented for a nominal fee for meetings or community activities. If interested, please contact [wicmc.info@gmail.com](mailto:wicmc.info@gmail.com)

### Speakers Series

The clinic hosted several lectures on everything from Lyme disease, Seasonal Affective Disorder (SAD) to cancer and early detection.

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### 2012 Board Members

Liz Crothers (President), Paul Taenzer (Vice-President), Linda Van Hal (Treasurer), Kayo Murakami-Wood (Secretary), Hugh Cowan, Perry Chesney, Sally Kane, Wayne Grant, Wilma Sjonger

**Message from the Board (con't)**

**Seniors Initiatives**

“Movement for Life” is a twice a week exercise program jointly sponsored by the Kingston Seniors Centre and WIN. It is open to everyone and will re-continue in the fall.

**Finances and Plans**

The Board recognizes that the Clinic is possible with support from the Wolfe Island community. It would be convenient to provide more services on the island to avoid ferry transportation to Kingston. Unfortunately, due to changes in the Ontario Healthcare System, we have been unable to provide a drop-in Clinic as in the past; we continue to search for alternatives to medical services that could be accessible to all island residents.

Overhead is approximately \$11,000 per year, down from \$14,000 last year. We are fortunate to be exempt from property taxes and have been able to reduce insurance costs substantially. The Township has been very generous with another \$5,000 grant this

year so we are still left with a need to find \$6,000 funding annually to keep the building running.

**Fundraising**

We have been receiving donations in cash and services for which we are very grateful. We have also held a very successful pancake breakfast as well as a quilt raffle. This year, with the dissolution of WIBTA, the WICMC will take over the Wolfe Island Classic 5/10km Road Race on July 7. Please come and run or walk to support us. It's always a fun event.

**Medical Services**

The Board is very busy meeting with several agencies trying to bring more medical services to Wolfe Island.

**Website**

The Wolfe Island Community Medical Clinic now has a website! Please check for clinic times and events.

Go to:

<http://wolfeislandcmc.wordpress.com/>

**Speakers Series**

**Tuesday, May 7, 6:30pm**  
**at WI Community Medical Clinic**  
**Presenter: Sally Kane, WI**  
**Paramedic**

**Using Para-medicine to Support our Community**



**Foot Care Clinic & Blood Pressure Check** provided by the Seniors Association

Avoid the trip and have your feet pampered by an expert on the island!

**Upcoming Clinics 10:30am-1:30pm**

Apr. 29	Aug. 26	Jan.8 (2014)
June 3	Oct. 7	
July 22	Nov. 18	



Please call the Seniors Centre at **613-548-7810** for an appointment.



**Doctor's Hours**

Dr. Russell (formerly Daneshmend) continues to hold her clinic **every second Wednesday**. She still has openings in her practice for island residents. If you would like to become her patient, please call the office at 613-650-5471.

Mon., Wed., Thurs., 9:30-11:30 am/1:30-4:30pm

Tues. 9:30-11:30am only, Fridays closed

**If you have an emergency, call 911 or go to Kingston General Hospital or Hotel Dieu Emergency Department.**