



# Wolfe Island Community Medical Clinic News Letter

April 2011

102 Hwy 95 ••• TEL: 613-561-8824 ••• <http://www.wolfeisland.com/medical/index.php>

## What's Up!

We are pleased to announce a monthly **foot care clinic** at the Wolfe Island Community Medical Clinic in collaboration with the Seniors Association Kingston Region, beginning April 18. See below for more details.

## ANNUAL GENERAL MEETING

Wed., May 4, 2011 @7:00 PM.

At the Medical Clinic.

Openings on the Board. Please call Liz Crothers: 613-385-2601 if you are interested.

In partnership with the  
Wolfe Island Community Medical Clinic  
& the Wolfe Island Women's Institute

The Seniors Association is branching *Out & About*  
and is pleased to bring services to your area

## Foot Care Clinic and Blood Pressure Check

3rd Monday of each month, starting April 18, 2011

### Foot Care

#### appointments cost:

**Members** first \$30; subsequent \$23

*(Senior Association)*

**Non-members** first \$33; subsequent \$26

#### services can include:

- Assessment, treatment, advice, and education
- Nail trimming
- Specialty treatment of diabetic foot conditions
- Care & relief from corns, calluses, and dry skin
- Recommendations to help enhance comfort

*Jill Childerhose, RN with over 26 years offering Advanced Foot Care Services*

Call **613.548.7810** to set up your appointment.



### Blood Pressure Check

A free, drop-in check provided by trained volunteers.



The Seniors Association is planning to consult with Island residents to help develop and implement additional programs and health services on Wolfe Island.

## We need your help!

We welcome your input. Tell us about your interests and what health services you need.



### Things to think about:

- Would you like to participate in exercise classes, line dancing, exercising with arthritis, etc?
- Are you interested in conversational groups about current events, community history, health related topics, etc?
- Would you like to go on organized day trips?
- Are you musical and would you like to pursue this interest?
- What time of day suits you? Morning, afternoon, or evening?
- Do you have suggestions for suitable, handy locations?

*Supported by the Government of Ontario*

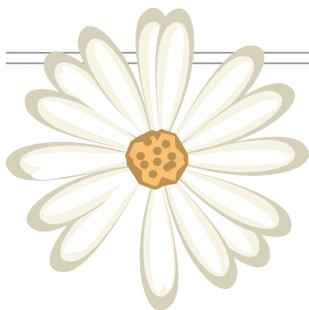


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Community Program Developer

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## Message from the President

We have almost completed our first year at the medical clinic. It has been a nice change of pace after the construction phase.

Last summer we held several meetings to develop a **strategic plan** for how we can best serve the health needs of the community and at the same time maintain financial stability. We now have a working plan with measurable goals that we will share at our annual general meeting in May.

In the fall we offered **several lectures**: Lyme disease under the auspice of public health and two on good nutrition. Our **flu immunization clinic** in November was very successful, immunizing 165 people. Our volunteer nurses Dan and Daniel Hogan, Barb Chesney and her husband Perry, who greeted and directed people were very much appreciated.

During the winter, we have been collaborating with our own Wolfe Island Women's Institute and the Seniors Centre Kingston to bring a monthly foot care clinic to the island along with a free blood pressure check. The service is open to all residents and we hope that the patrons will enjoy this convenience. See the front page for more details.

We have been fortunate to have **the WIBTA intern, Jeremy Neff**, working out of our office. He was able to keep an eye on the building and monitor the fridge for the stored flu vaccine needed by the doctor. **Judy Gerber, registered massage therapist**, practices on Saturdays at the Clinic and has openings for new clients (613-770-1803).

Dr. Daneshmend continues to hold her clinic most Tuesdays 4:00-7:00PM. She still has openings in her Wolfe Island practice if residents would like to roster with her. See below for more information.

Kathy Gilbert

## How to see the Doctor at the Clinic

Enrolling with Dr. Daneshmend as your family doctor permits the following:

- Visits at the Wolfe Island Clinic or her Kingston office.
- Access to other KFHT doctors at her 800 Princess Street location who cover for her if she is away from the office for an extended time.
- Access to other health professionals such as nurse practitioners, registered nurses, a dietician, a social worker, a psychologist (including various mental health group sessions), and various team-based health programs, including foot and diabetes care.
- Use of the KFHT after-hours clinic (located at the Shopper's

Drug Mart at Princess & Centennial, and is open Monday to Friday, 5-8 pm, excluding holidays).

If you do not currently have a primary care physician, you can become a patient of Dr. Daneshmend's by calling the office listed in the box. You will be scheduled at the Wolfe Island Community Medical Clinic.

If you want to begin seeing Dr. Daneshmend as your primary care physician, but have been seeing another family physician, you must de-roster from your current physician and phone Dr. Daneshmend's office for an appointment to roster with her. This procedure is a requirement from the Ministry of Health.

Hours to call 613-650-5471 for appointments:

Mon,Wed,Thurs  
 ...9:30-11:30 AM/1:30-4:30 PM  
 Tue.....9:30-11:30 AM only  
 Fri.....closed

If you have an emergency CALL 911 or go to Kingston General or Hotel Dieu Emergency Department.

For More Information about the Clinic, call: 613-561-8824. All inquiries are confidential.

