



NEWSLETTER

Fall 2014

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

FLU SHOT CLINIC

2014



Saturday, November 1, 9:00 AM - 12 PM

Wolfe Island Community Medical Clinic

P.O.Box 89, 102 Road 95, Wolfe Island,
K0H 2Y0
(next to Fire Hall) 613-385-2121

wolfeislandcmc.wordpress.com

Open to all residents of Wolfe and Simcoe Islands

- Bring your OHIP card
- Volunteer transportation available

Please call Liz Crothers for more info at 613-385-2601

Prescription Delivery to Wolfe Island!

Pick-up from the pharmacy rep on the island or from Fargo's! Please call 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)

MESSAGE FROM THE BOARD

Board Members 2013-14: Liz Crothers (President), Linda Thomas (Vice-President), Wilma Sjonger (Treasurer), Susan Bowers (Secretary), Hugh Cowan, Suzanne O'Reilly, Sally Kane, Wayne Grant, Paul Taenzer

The Wolfe Island Community Medical Clinic Board has once again worked very hard to bring medical services to the community and again with some good success.

Wolfe Island 5/10K Classic Run: Our numbers were up considerably as was support from our sponsors. The run raised \$6700 this year, as apposed to \$3,000 last year. We are grateful for all the volunteers who make this event such a success. And, of course we were pleased to see so many runners and walkers out there participating. Put Sunday July 5, 2015 on your calendars for next summer.

Blood and Specimen Collection: This convenient service has been well received. Remember: It is on the 1st and 3rd Friday of every month, 8:00 am -10:00 am.

Paramedic Wellness Clinic: We are very thankful that this service was rescued from cancellation. Come in 8:30-12:30 on the first Friday of every month and have your vitals checked and recorded. It is very useful information for you to have.

Movie Night: A new service is being introduced. These are evening events to watch a movie and learn about health issues that touch us all. Check the dates and come on out!

Movement for Life Exercise Program

Mondays and Thursdays
1:10 to 2:10 pm followed by tea

Session 1: Oct 16 - Nov 6 (7 weeks), \$35.00
Session 2: Nov 10 - Dec 4 (8 weeks), \$40.00

At Wolfe Island Community Medical Clinic
Instructor: Judith Kinghorn

All ages welcome
No membership required

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

For registration, call The Seniors Centre at 613 548 7810

Donations and Thank You

Thanks to all for your generous donations, which play such a big part of our being able to keep the clinic going.

Donations were up considerably this year. As a reminder: you can donate to the clinic on-line by going to CanadaHelps.org. Find the link at the bottom of our home page:

wolfeislandcmc@wordpress.com

Movement for Life: Judith Kinghorn continues with her very professional and informative classes for all. This is a great opportunity to get the body moving in a safe way.

Dr. Russell: She continues her Tuesday walk in clinics and they have been well received. We are very pleased to announce that Suzanne O'Reilly will fill in for many of the dates that Dr. Russell will be on vacation this fall.

Athletic Therapy: A new service being introduced this fall is by Wolfe Islander, Colleen Kane. We are very enthusiastic about this service and wish Colleen well with it.

Flu Clinic: Avoid the lines in Kingston and come out Saturday, November 1st for your flu shot at the clinic. Also a good chance to run into and chat with your neighbours!

As the President, I would like to thank a very dedicated and hard working board for all their efforts to bring some really good services to you, the residents of Wolfe and Simcoe Islands.

MOVIE NIGHT!

Come to the clinic to watch and discuss documentaries about health and wellness issues.

October 17: "The Nature of Things: Ticked Off, the Mystery of Lyme Disease" 7:00pm - 7:45pm

November 21: "Living With Alzheimer's" 7:00pm - 8:00pm

December 19: "Food Matters" — the connection between food and health, 7:00pm - 8:20pm

NEW SERVICE OFFERED!

Island resident Colleen Kane, Certified Athletic Therapist, Certified First Responder, is now providing Athletic Therapy at the WICMC. Colleen specializes in assessment and treatment of musculoskeletal injuries and conditions such as pulled muscles, sprained ligaments, plantar fasciitis, frozen shoulder and carpal tunnel syndrome. WICMC is pleased to be able to rent space to Colleen for this purpose. Clinic times:

Tuesday: 8 am - 2 pm

Thursday: 2 pm - 7 pm

For information and booking appointments, please contact Colleen at 613-888-3080 or email CKathletictherapy@kos.net.

<http://ckathletictherapy.wix.com/ckathletictherapy>

AVAILABLE FOR USE

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



DOCTOR CLINICS EVERY TUESDAY

Walk in Clinic open to everyone
4:45pm - 6:15pm

PLEASE NOTE:

In Dr. Russell's vacation absence,
Suzanne O'Reilly, NP, will run the
clinic at these special times:

Nov. 18th and 25th, Dec. 2nd and 9th
5:30 pm - 6:45 pm

BLOOD & SPECIMEN COLLECTION

run in conjunction with LifeLabs

First and third Friday of each month,
8am - 10am

PARAMEDIC WELLNESS CLINIC

First Friday of each month
8:30am - 12:30pm

FOOT CARE CLINICS

(call VON 613-634-0130)

Oct. 20, Dec. 1, Jan. 12, Feb. 23, Apr. 13, May
25, July 6, Aug. 17, Sept. 28, Nov. 9, Dec. 21

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.**