



NEWSLETTER

Spring/Summer 2015

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

MESSAGE FROM THE PRESIDENT

As I am required by our by laws to step down from the board this year, I look back over the past six years and realize how far the clinic has developed.

Thanks to the hard work of a dedicated board, and the growing support of our community, we have been able to dramatically increase medical and wellness services for all Wolfe and Simcoe Islanders.

When plans we have come to fruition, services will just get better and better. I encourage all Islanders to be aware of the services we provide and to use them whenever possible.

Thank you,

Elizabeth Crothers

Please note: Summer walk-in clinics will continue Tuesdays and Thursdays. We are very pleased to announce that Bonnie Sparrow, NP, will fill in for Dr. Russell during her leave this summer (see box at right).

New Board Members 2014-2015 (positions TBA):

Linda Thomas, Wilma Sjonger, Hugh Cowan, Wayne Grant, Paul Taenzer, Suzanne O'Reilly, Kayo Murakami-Wood, Jackie Bird, Jane Woodman

Exciting News!
We are pleased to have **Nurse Practitioner Bonnie Sparrow** offer **walk-in clinics 2 half days a week over the summer.**

June 30 - September 3
Tuesday 2:30 pm-6:00 pm
Thursday 9:00 am-11:30 am

Open to all islanders and summer visitors.

Don't forget our Wellness Clinic, first Friday of every month. Consider using the WICMC and avoid long waits for the ferry!

Domino Theatre

Mark your calendar!

make it a special night with

Bus Stop

a play by William Inge

October 21, 7:30 pm

Tickets \$20, proceeds to WICMC

52 Church St. in lovely Portsmouth Village

UPCOMING FUNDRAISERS!

Wolfe Island Classic 5K/10K

Sunday, July 5th, 2015, 9:30am. For more information, get brochures at Fargo's or register for Wolfe Island

Classic at The Running Room online at:

www.events.runningroom.com/hm/index.php



WOLFE ISLAND FRIENDS OF FERALS

Stay tuned for more information about this cat neutering service coming soon to Wolfe Island! A special fundraising event will feature musicians **Chris Brown** and **Teilhard Frost** and a silent auction. To donate silent auction items, contact Gail Kenney at 613 385-2365. Thanks to **Spay/Neuter Kingston Initiative** and our own local community support.

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)

Donations and Thank You!

Thanks for your generous donations which play such a big part in keeping our clinic going. You can donate to the WICMC on-line by going to **CanadaHelps.org**. Find the link at the bottom of our home page: wolfeislandcmc@wordpress.com

PARAMEDIC WELLNESS CLINIC

first Friday of every month
8:30 am-11:30 pm

ATHLETIC THERAPY

**Colleen Kane, Certified Athletic Therapist, Certified
First Responder**

Thursdays: 2 pm - 7 pm

613-888-3080 or email CKathletictherapy@kos.net
<http://ckathletictherapy.wix.com/ckathletictherapy>

DOCTOR CLINICS EVERY TUESDAY

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

PLEASE NOTE:

**Bonnie Sparrow will run the clinic at
these special times:**

June 30- Sept. 3

Tuesdays 2:30 pm - 6:00 pm

Thursdays 9:00 am -11:30 am

BLOOD & SPECIMEN COLLECTION

run in conjunction with LifeLabs

First and third Friday of each month,
8:00 am - 10:00 am

FOOT CARE CLINICS

(call VON 613-634-0130)

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.**