



Newsletter 2016 Spring

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

Message from Board of Directors

Time does fly and it is indeed spring and time for our AGM. I would like to encourage all to come out on the May 31st. Our speaker, Joan Black, from the KFL&A Health Unit will have the most up-to-date information on Lyme Disease. You may have heard that the VON is expanding their Meals on Wheels, and SMART (seniors maintaining active roles together) programmes to the Island. Representatives of both these excellent programmes will also be here tell us about those services and where and when they might get started.

We are also eager to get input from the community about amenities that we may be able to offer to improve overall health and wellness on the Island. This is your clinic we would really like to find out what you would like us to be doing.

Hope to see you on May 31st – light refreshments will be served.

Linda Thomas, President

AGM

Annual General Meeting

**Tuesday
May 31st
6:30pm**

*** All Welcome**

With a special talk on
Lyme Disease - An Update

by **Joan Black**,
Public health nurse
Communicable disease unit,
KFL&A Public Health

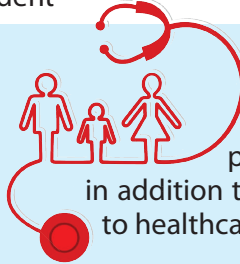


If anyone is interested in serving on the board please contact Linda Thomas at 385 1947 or Jackie Bird at 583 4447. The term is 2 years and we will be glad to fill you in on what is required.



No appointment needed!

Walk-In Clinic Spring 2016



Courtney Murdock will be working at the Nurse Practitioner Walk-In Clinic as of April 2016. Courtney is looking forward to providing care to the residents of Wolfe Island, in addition to working with the Board to improve access to healthcare for the residents of Wolfe Island.

(April - June)

Tuesdays, 4:45 - 6:15 pm

by Dr. Russell

* Bring your OHIP card

* **NO Walk-In Clinic on May 24th**

Thursdays, 10:00am - 12:30pm

by Nurse Practitioner

* All welcome (including Americans)

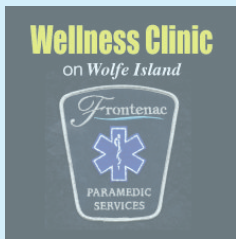
Courtney possesses a Masters of Nursing with a specialty in Primary Health Care and is experienced in outpost nursing, pediatrics and emergency medicine. In addition to working at the Wolfe Island Community Medical Clinic, Courtney works as a nurse practitioner (NP) in the Lennox and Addington County General Hospital Emergency Department.

Prior to completing her NP education, Courtney graduated from Queen's University with a Bachelor of Nursing Science. Her experience as a registered nurse (RN) was mainly focused in Arctic Canada. As an RN, Courtney worked as an outpost community health nurse in a small Inuit community in Nunavut. She worked independently, along other RNs in a small nursing team, as the sole health care providers in a remote nursing station. After working in Nunavut, she moved to the Northwest Territories to work as a nursing instructor in a University of Victoria affiliated undergraduate program at Aurora College. Throughout her many years as an instructor her primary assignment was in pediatrics. +

What Nurse Practitioner can do?

- Diagnose illness and injuries
- Perform physical check-ups
- Order and interpret diagnostic tests
- Provide treatment
- Refer clients to other health care professionals
- Prescribe medication
- Manage chronic diseases such as diabetes, COPD and asthma
- Order blood products and oxygen

Other Services at the Clinic



Paramedic Wellness Clinic

first Friday of every month
May 6, June 3
8:30 - 11:30am

The Wellness Clinic offers maintenance of: blood pressure, blood glucose levels, pulse, respiration, oxygen saturation, temperature and body weight. Paramedics are able to answer any questions of concerns with other community health members. No appointment is required for these services.



Call the Clinic at **613-385-2121** to check for messages in the event of a cancellation.



Blood & Specimen Collection Centre

first and third Friday of every month
May 6 & 20, June 3 & 17
8:00 - 10:00am

Clinic operated by LifeLabs. No appointment needed. Bring OHIP card and blood test requisition provided by your doctor.



VON Foot Care Clinic

Dates: Apr 25, Jun 6, Aug 29, Oct 17 and Nov 28. 9am-1pm

Appointment required. Call the VON at 613-634-0130. VON Foot Care is provided by RNs trained in Advanced Foot Care. The cost is \$28.00.

Upcoming Events!

Wolfe Island Class Race Sunday, July 3rd



Now part of the Kingston Road Runners Association race series, and Tri-island Race Series! Visit new website wolfeislandclassic.com

- * Kiddie Kilometre - start 9:00am
 - * 5K and 10K Race - start 9:30am
- New This Year - Award for the fastest family team!**



On-line Register today!

Limit of 500 participants, so register early!
<http://www.wolfeisland.com/wiclassic/registration/>
For more info or to request a paper registration, contact at info@wolfeisland.classic.com

Mark your calendar!

Make it a special night with

Skin Flick *by Norm Foster* September 21st, 7:30pm

Domino Theatre
(52 Church St, in Portsmouth Village)



★ Tickets \$20, proceeds to WICMC

Donations & Thank You!

The Clinic bears the entire cost of providing both the Nurse Practitioner Walk-Ins and the Specimen collection centres. Donations, cash, or cheque are gladly accepted to enable these services to continue. 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. Charitable donation receipts for cheques of \$20 or more will be issued.



Our New Email-based Clinic NEWS keep you updated!
To subscribe, email us at: wicmc.info@gmail.com



Like Us on the Facebook Page!

Board of Director (2015-2016)

Linda Thomas (President), Hugh Cowan (Vice-President), Wilma Sjonger (Treasurer), Paul Taenzer (Secretary), Jackie Bird, Wayne Grant, Kayo Murakami-Wood, Suzanne O'Reilly, Jane Woodman

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