



Newsletter 2017 Spring

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

Message from Board of Directors

The board of your Medical Clinic invites you to attend our Annual General Meeting on Tuesday May 30th at 6:30pm at the clinic. Darlene Plumley, township CAO, will tell us about the plans for the new senior's residence. The community gardeners will also be there to show us the plans for a second garden which will be on the clinic grounds.

I would encourage everyone to come out to the 37th Wolfe Island Classic Race on July 2nd. The Classic is the main fundraiser for the Clinic and a great community event. You don't have to be an elite runner - bring the family for a morning walk - there are lots of walkers. We have great refreshments and lots of giveaways - and of course the Kiddie Kilometre (not really a kilometre) - this year the Township is providing very special medals to all the kids participating don't miss out!

We are excited to say that we have received ongoing support from *the William J Henderson Foundation*. Last year they made it possible for us to continue our Nurse Practitioner Clinics with a donation of \$9,000 and an indication that they might like to be involved with us on an on-going basis. Much to our delight we have just received a cheque for this year in the amount of \$10,000. Thanks to the Foundation we will be able to continue our Nurse Practitioner Walk-In clinics and Specimen Collection clinics this year. THANK YOU.

Linda Thomas, President

AGM

Annual General Meeting

Tuesday
May 30th
6:30pm

* All Welcome

With a special talk on

Senior Housing & Community Garden Project



FLOOD ALERT!

To help keep you and your family safe in the event of a flood, you need to ensure your food and water is safe.



**All residents utilizing wells
are encouraged to sample their water.**

Sewage System

A flooded sewage system will not function properly and can cause problems such as a sewage backup in your home, and contamination of your wellwater supply.

- Do not use the system if it is covered in water.
- Avoid pumping out your septic tank.
- If flood water enters your home, do not pump it back into the sewage system.

Water Affected by Flooding

If your well and/or cistern has been flooded, it may be contaminated. Until the water tested as safe, you should use boiled (1-minute rolling boil) water or an alternate water supply such as bottled water for cooking or preparing food, making baby formula, washing dishes, cleaning, brushing your teeth, washing your hands, making ice, and bathing.

Mold

Water from flood conditions can cause mold growth in your home. To prevent this, remove standing water and ensure all wet items are thoroughly dried within 48 hours. Remove affected drywall up to 30 cm (12 inches) above the flood water level. Items that cannot be thoroughly cleaned and dried within 48 hours should be discarded.



No appointment needed!

Walk-In Clinic Spring 2017

(April - June 2017)

Nurse Practitioner runs:

Tuesdays 4:30 - 6:15pm

Thursdays 5:30 - 7:15pm

* No appointment required

* All welcome (including Americans)



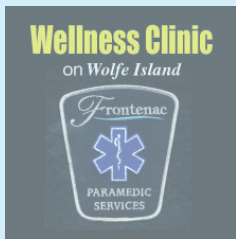
KFL&A
Public Health

Visit www.kflaph.ca/floods
contact 613- 549-1232

Other Services at the Clinic



Call at **613-385-2121** in the event of a cancellation.



Paramedic Wellness Clinic

first Friday of every month
June 2, July 7, August 4
8:30 - 11:30am

Check your 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.



Blood & Specimen Collection Centre

first and third Friday of every month
June 2 & 16, July 7 & 21, August 4 & 18
8:00 - 10:00am

Specimen Collection Centre is open at the Wolfe Island Community Medical Clinic operated by LifeLabs. No appointment needed. Bring OHIP card and blood test requisition provided by your doctor.

Rhonda Brown has been providing our specimen clinic as a satellite of Lifelabs since December 2013. It is with mixed feelings that we announce that Rhonda is retiring. Friday June 2nd will be her last day.



Catalina Schneider will be taking her place. We are happy to welcome Catalina - and also to express our thanks and good wishes to Rhonda. Enjoy your retirement Rhonda!



VON Foot Care Clinic

Dates: Jun 19, July 31, September 1

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.



Wolfe Island Class Race Sunday, July 2nd



The Wolfe Island Classic is part of the Kingston Road Runners Association (KRRR) race series. Members of KRRR will collect series points for the 5K only. Visit new website wolfeislandclassic.com



- * Kiddie Kilometre - start 9:00am
 - * 5K and 10K Race - start 9:30am
- 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

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 (2016-2017)

Linda Thomas (President), Jackie Bird (Vice-President), Wilma Sjonger (Treasurer), Paul Taenzer (Secretary), Wayne Grant, Kayo Murakami, Bev Sherman, Jim Vanden Hoek, Jane Woodman

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