



# *Community Health Through Co-operative Strength:*

Health Care with a Difference



## ***Mission, Vision and Values***

Our mission, vision, and values reflect our hope and dream all Saskatchewan residents have access to integrated and co-operative primary health care.

### ***Mission***

As a healthcare co-operative, our mission is to provide integrated healthcare, social, and educational services to our communities.

### ***Vision***

Better health outcomes through innovative care.

### ***Values***

**Respect**– Our environment is welcoming to all.

**Democracy**– Our co-operative model is core to our success.

**Integrity**– We will be accountable and transparent in our provision of services to the community.

**Excellence**– Our services are the best Saskatchewan has to offer.

**Service**– We put the needs of our patients first.

**Collaboration**– Our strategic relationships help foster excellence in our service delivery.

**Advocacy**– We advocate for patients, members, community, and healthcare.

### ***Strategic Imperative***

Better patient outcomes.



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# Message from the **Board of Directors**

**Marjorie Gavigan, Board Chair**



As Chair of the Board of Regina Community Clinic, I am continually reminded that governance in a co-operative is both a responsibility and a privilege. We

are entrusted by approximately 5,000 members to steward an organization that has served this community for more than six decades.

This past year was one of thoughtful governance renewal.

After careful review of our board structure and workload, we approved two important committee integrations. The former Advocacy and Member Relations Committees were combined to create the Member and Community Engagement Committee, strengthening alignment between member accountability and public visibility. At the same time, the Governance and Human Resources Committees were brought together to ensure clearer alignment between board development, CEO oversight, succession planning, and organizational culture.

These changes were not about reducing focus. They were about sharpening it. With nine directors carrying significant oversight responsibilities, clarity of mandate and disciplined use of board capacity are essential. By refining our structure, we have strengthened our ability to focus on fiduciary oversight, risk management, and long-term sustainability.

Throughout the year, the Board monitored provincial policy developments, workforce pressures, and funding realities affecting community-based primary care. Our role is not to manage operations, but to provide direction, ensure accountability, and safeguard the cooperative principles that define Regina Community Clinic.

The strong community response to our fall luncheon during Co-op Week underscored the importance of credible, evidence-based dialogue at a time when public trust in health care is under pressure. Governance plays a quiet but essential role in safeguarding that trust.

At our last Annual General Meeting, we expressed appreciation to outgoing directors Jim Deane and Bryan Tudor for their dedicated service and thoughtful contributions to the Board.

We are grateful for the time and judgment they brought to their roles. We also welcomed new directors Wayne Hellquist, Brenda Watson, and Wanda Posehn, and look forward to the perspective and experience they bring to our work.

I would also like to acknowledge the members-at-large who contribute their time and expertise by serving on Board committees. Their participation strengthens our governance capacity and reflects the cooperative spirit that underpins Regina Community Clinic.

Looking ahead, the Board remains focused on three priorities: financial sustainability, governance effectiveness, and preservation of Regina Community Clinic's cooperative identity within Saskatchewan's health system. Structural refinements completed this year position us well for that work.

I extend sincere thanks to my fellow directors, to our Executive Director and staff for their professionalism, and to our members for the trust you place in us.

Strong governance may not always be visible, but it is foundational. It ensures that Regina Community Clinic remains accountable, resilient, and truly member driven.

“Strong governance may not always be visible, but it is foundational.”

# Message from the *Executive Director*

**Dawn Martin**, Executive Director



At Regina Community Clinic, our daily focus remains clear: delivering high-quality, relationship-based primary care to our members and

patients in a complex and evolving health system.

This past year has brought both opportunity and challenge. Demand for ongoing primary care remains strong, and like clinics across Saskatchewan, we continue to navigate workforce pressures, funding realities, and increasing service expectations. In this environment, sustaining continuity of care, rather than episodic access, remains one of our core strengths.

We were pleased to welcome additional clinical capacity this year, allowing us to gradually accept new patients from our waitlist of nearly 3,000 individuals. Recruitment and team stability remain ongoing priorities as we work toward a full complement of physicians and nurse practitioners. We continue active discussions with the Ministry of Health regarding physician funding and the long-term sustainability of our team-based care model.

Operationally, we have invested deliberately in infrastructure that strengthens patient care and provider efficiency. A significant community donation enabled us to replace our aging digital X-ray equipment, improving diagnostic accuracy, workflow efficiency, and continuity of on-site imaging services. We continue to evaluate our broader infrastructure requirements to ensure our environment supports service growth, team-based care, and operational resilience. In addition, we have enhanced digital systems and cybersecurity practices and launched an AI-assisted charting pilot project to reduce administrative burden, all in full compliance with Saskatchewan's health privacy legislation.

Our Social Prescribing Initiative continued to mature this year, including the addition of a second Community Connector and the establishment of an Indigenous Advisory Group to guide culturally safe, community-driven engagement. These initiatives reflect our belief that health is shaped not only by clinical care, but by connection, stability, and community support.

I am deeply grateful to our physicians, nurse practitioners, registered nurses, allied health professionals, and administrative staff for their professionalism and commitment. Their daily work is the foundation of Regina Community Clinic's reputation, and the trust placed in us by our members.

I also value the strong partnership with our Board of Directors. Clear governance and operational collaboration allow us to respond thoughtfully to challenges while maintaining focus on patient care and organizational sustainability.

As we look ahead, our priorities remain steady: strengthen team-based primary care, support workforce stability, advance operational resilience, and ensure Regina Community Clinic continues to serve as a trusted, community-rooted home for integrated health care.

Thank you to our members, partners, and funders for your continued confidence in our work.

“Operationally, we have invested deliberately in infrastructure that strengthens patient care and provider efficiency.”

# Message from the *Medical Co-ordinators*

Dr. Joan Hamilton and Dr. Anne Kavulu



Dr. Hamilton



Dr. Kavulu

The 2025-26 year continued to be a very busy time for the medical team at RCC.

Positively, we have moved from vacancies on the physician team to recruiting two new physicians to complete our team. RCC has increased the Nurse Practitioner complement which has helped manage the patient load during our extended vacancies.

However, we have recently lost three of our nurse practitioners to retirement and other opportunities. While we will be replacing them, it does take time to find and onboard new medical staff.

The discipline of Family Medicine continues to be in crisis across the country. The number of medical students applying for Family Medicine residency has been declining over the past decade and is at all time lows. This national context and its related pressures does impact RCC and there will continue to be risks to recruiting and retaining physicians as system changes and demands continue.

The public accesses large amounts of information, and misinformation from the internet. We spend extra time providing evidence-based information to correct what someone has found on Google or Tik-Tok. This is time consuming and becomes demoralizing.

The time required to manage administrative workload and indirect patient care is increasing and is often done after paid patient appointment hours. We have piloted an AI charting initiative and while that has certainly helped, it is not reducing workload to the extent many thought it would.

Finally, and ongoing, the physician payment system continues to reward high volume patient care and procedural based care disproportionately to that of longitudinal Family Medicine. This is especially true recently with the reduced access to primary healthcare in our system.

Despite also feeling these frustrations, we have a stable group of physicians who choose to work at RCC to practice comprehensive primary care in a team model. We will continue to evolve our model and adjust to the realities of the environment in which we are providing care.

I hope we can continue to be an example for new learners of how rewarding it is to develop long-term relationships with our patients, and what a privilege it is to be involved throughout the continuum of their life.

“We will continue to evolve our model and adjust to the realities of the environment in which we are providing care.”

# RCC Committee Reports

## Governance and Human Resources Committee

### Overview

In 2025-26 the Regina Community Clinic Board combined the Governance and Human Resources Committees into one. The committee is accountable to the board of directors through co-chairs, selected by the committee members. By combining both groups, the committee maintains a strong focus on the skills and performance of both the board and the Executive Director. This combined committee will continue to ensure that the board has modern and appropriate policies and procedures that support the business of the clinic as well as the tools to support and manage the Executive Director in their role.

In 2025-26, the committee worked to continue the regular review and improvement of RCC policies to ensure legislative compliance, instill best practices, and support work to meet the goals of the clinic's strategic plan. A key role of the Governance and Human Resources Committee is to ensure that appropriate and effective processes are in place for the selection, evaluation and succession of the Executive Director. In 2025-26, the board engaged assistance to develop a succession plan for the Executive Director, which includes identification of key skills and attributes for success, organizational responsiveness and planning for the clinic's future.

### Committee Membership:

**Ingrid Uhryn**, Director,  
Committee Co-Chair  
**Penny Anderson**, Secretary,  
Committee Co-Chair  
**Marj Gavigan**, President, Ex Officio  
**Karen Smith**, Vice-President  
**Wayne Hellquist**, Director  
**Eric Horbal**, Director

## Finance and Audit Committee

### Overview

The committee's mandate is to provide financial oversight of the co-operative. The members of the committee help to ensure that the clinic has the necessary financial resources to continue providing services and programming and the necessary cash reserves and investments for long term success.

The Finance and Audit committee met five times between July 2025 and May 2026. At most of the meetings the committee reviewed the quarterly financial statements prepared by the Financial Manager at RCC. This review includes a comparison of revenue and expenses to the budget and a discussion of significant differences. The committee is also responsible for reviewing and revising the organization's Environmental Risk Register. The Environmental Risk Register identifies potential risks to the organization, an assessment of the risks with respect to the probability and consequences, and mitigation strategies for RCC. In April each year, the Committee reviews the proposed budget for the next year and recommends approval to the Board.

In the last year the Committee has continued to review the financial policies to ensure that the RCC has a strong financial policy framework in which to operate.

The committee reviews and makes recommendations to the Board on the utilization of the Growth Fund. The Growth Fund is comprised of donations from members and some investment earnings. We report on the Growth Fund in the RCC Annual Report after the Board approves the committee's recommendations.

The Committee also meets with the Auditor each year prior to the annual audit to ensure the audit plan meets our reporting commitments to our members. Following the completion of the audit the Committee reviews the auditor's report and ensures that the necessary information is provided to the members in the annual report. We are happy to report that once again for 2025-26 that we had a clean audit with no challenges to address.

**Brenda Watson**, Treasurer and  
Committee Chair  
**Marj Gavigan**, President Ex Oicio  
**Karen Smith**, Vice-President  
**Penny Anderson**, Secretary  
**Wanda Posehn**, Director

## Member and Community Engagement Committee

### Overview

This past year marked an important governance transition for Regina Community Clinic. Following Board approval to integrate the former Advocacy and Member Relations Committees, the new Member and Community Engagement Committee formally began its work in early December. The purpose of this structural change was to better align member engagement, communications, and advocacy within a unified governance framework consistent with cooperative sector best practice.

While the Committee's formal meetings commenced late in the year, the groundwork for integration was laid throughout the preceding months. The objective was clear: streamline committee structure, reduce duplication, and ensure that member voice and public accountability remain central within Regina Community Clinic's governance model.

## *RCC Committee Reports (cont.)*

A major highlight of the year was the Co-op Week fall luncheon featuring health journalist André Picard, titled Facts Matter: Health Misinformation and Trust. The event was sold out, welcoming 205 attendees representing members, community participants, sponsors, and health system leaders. The strong response reflected the relevance of the topic in an era where misinformation can undermine public confidence in health systems and clinical care.

The luncheon reinforced RCC's role as a trusted community convener, committed to evidence-based dialogue and respectful public discussion. Through strong sponsorship support and careful financial oversight, the event generated a modest operating surplus while significantly enhancing Regina Community Clinic's visibility and strengthening relationships with partners and policymakers. Feedback from attendees and from Mr. Picard himself affirmed the professionalism and values-driven culture of our organization.

Insights from the recent membership survey also informed engagement planning this year. The survey indicates that our approximately 5,000 members are primarily interested in practical health information, clinic services, and programming that supports independence and aging well. Governance detail and policy debate rank lower as primary engagement drivers. These findings shaped AGM programming and reinforced the importance of aligning communications with member priorities while maintaining governance accountability. With its first meeting in December, the new Committee has begun establishing its integrated mandate combining oversight of member engagement, strategic communications, and policy awareness. The year ahead will

focus on clarifying reporting pathways, strengthening coordinated outreach, and ensuring that engagement efforts are evidence-informed and aligned with Regina Community Clinic's cooperative values.

Looking forward, our vision is to build a more deliberate and measurable engagement model, one that strengthens democratic participation, enhances visibility of cooperative governance, and positions Regina Community Clinic as a credible and steady voice within Saskatchewan's evolving health landscape. This includes refining feedback mechanisms, supporting member education, and identifying thoughtful advocacy opportunities grounded in member interest.

As a member-governed cooperative, Regina Community Clinic's credibility rests on trust, transparency, and responsible stewardship. The creation of this integrated Committee positions us to advance all three in a coordinated and sustainable way.

I extend sincere thanks to committee members whose dedication and thoughtful contributions have supported this transition, as well as to staff for their collaboration throughout the year.

# Lifestyles Departments

## Nutrition Department

Sarah Kent, RD – Nutritionist

The nutrition department continued to see a steady flow of referrals this year, and we are pleased to report that there continues to be no waiting list for nutrition counselling. This year, Sarah completed the Partnership to Assist with Cessation of Tobacco (PACT) Level 1 and 2 training and has been offering smoking cessation counselling since September. Smoking cessation counselling is available to patients of the clinic through a referral from their primary care provider.

Sarah presented to several groups this year, including the Regina Community Clinic Seniors Group, the Regina Public Library, Ranch Ehrlo, and various community senior's organizations in Regina. Sarah also precepted 2 nutrition students this year. These students have completed 4 years of study before they begin their 8-month practicum. At the Regina Community Clinic, nutrition students gain experience in nutrition counselling, project work, community nutrition principles, and presenting nutrition information to community groups.



## Exercise Department

In 2025, the Exercise Department received about 200 new referrals and currently has about 85 regular gym users. This year Allura mentored 5 Kinesiology students from the University of Regina and will continue to do so in 2026. This year the gym also got another reno and expanded again. This has allowed for more floor space and room for 2 new pieces of equipment.

Allura has continued to manage programs offered at the clinic, such as Group Fitness Class, the Seniors Group and Chair Yoga. This year we saw a growth in participation with the Seniors Group. The group loves doing chair yoga, pickleball, learning about various educational topics and of course the community that comes with a group. We also started Chair Yoga in February of 2026, and this program has been very well attended.

Allura and her students have been working with 2 nurses in the Fort Qu'Appelle/Balcarres area for COPD rehab. She does the exercise portion of COPD rehab and discusses fall prevention with the participants. They did 3 COPD rehab sessions in 2025 and will continue with more in 2026.

# Counselling Department



“Our goal remains clear: timely, responsive care for those who reach out to us.”

**T**he Counselling Department has continued to strengthen and refine our services over the past year. In 2026, we placed particular emphasis on fine-tuning our intake and admission process. Through careful review, improved screening procedures, and streamlined internal coordination, we have successfully reduced barriers to access and now maintain minimal wait times for clients seeking support. Our goal remains clear: timely, responsive care for those who reach out to us.

We continue to offer in-person, phone, and video counselling sessions, along with our established Seniors Group, men’s group and grief group. These services allow us to extend our reach and provide accessible mental health support to patients, members, and the broader community. Registration information and program details remain available on the RCC website.

Our team has experienced meaningful growth and transition this year. We were pleased to welcome Patience Okao, Registered Social Worker, to the department. Patience brings valuable clinical experience and a strong commitment to compassionate, client-centered care.

Lindsay Gareau continues to support pregnant and postpartum parents, providing specialized care during a significant and often vulnerable life stage.

Heather Davidson began a one-year leave this year and we look forward to her return.

Brett Liske stepped into a term position as Counselling Team Lead, a new leadership role within the department. In this capacity, Brett provides clinical guidance, supports

program development, and helps ensure consistency and quality across services, while continuing her work with a broad range of clients.

Our department remains committed to supporting individuals experiencing anxiety, depression, grief, relational challenges, and other mental health concerns. We recognize that healing is not linear, and we are dedicated to meeting clients where they are with professionalism, empathy, and clinical excellence.

“Growth begins the moment we choose to face what feels difficult with courage and support.”

As a team, we remain committed to walking alongside our clients—providing steady guidance through challenges and celebrating the resilience and progress that emerge along the way.

# Creating Pathways to Care

## Regina Community Clinic Received Health Excellence Grant



The FASD primary care initiative is a partnership between the Regina Community Clinic and the FASD Network that improves access to healthcare for individuals living with FASD by providing care in a familiar, supportive environment.

Through this initiative, the Regina Community Clinic has designated a Nurse Practitioner to provide focused support to individuals with FASD while continuing to serve other clinic patients as part of the broader primary care team. This dedicated role enhances access to comprehensive primary health care services for FASD clients, helping to reduce unnecessary visits to Emergency Departments and Urgent Care Centres. The Nurse Practitioner provides assessments, coordinates referrals, and connects clients with appropriate community agencies and support services, improving continuity of care and access to needed resources.

According to Delaney Ward, RN/NP, the project was created to address barriers many clients face, including stigma, trauma, difficulties navigating the healthcare system, and challenges

related to memory, communication, and executive functioning.

Delaney emphasized that trauma-informed, non-judgmental care and practical supports, such as assistance with prescriptions and community resources, help clients access care earlier and avoid unnecessary emergency room visits.

She also highlighted that one of the program's greatest successes has been building trust, with clients returning for follow-up care and reporting positive healthcare experiences.

From the FASD Network's perspective, Executive Director Andrea Kotlar noted that the program allows clients to receive healthcare in a space where they

feel safe, respected, and understood, reducing the fear and mistrust often associated with accessing medical services.

Andrea also emphasized the importance of having a nurse practitioner who understands FASD and can provide care through a trauma-informed lens, helping address health concerns before they become more serious.

Both Delaney and Andrea identified trust, respectful relationships, and improved access to care as key outcomes, while also noting the broader community benefits of reduced strain on emergency services and improved overall health outcomes.



# ***Independent Auditors' Report on the Summary Financial Statements***



**VIRTUS  
GROUP**  
Chartered Professional Accountants  
& Business Advisors LLP

**To the Members,  
Community Health Services Association (Regina) Ltd.**

## ***Opinion***

The summary financial statements, which comprise the summary statement of financial position as at March 31, 2026, the summary statements operations, changes in net assets and cash flows for the year then ended, and related notes, are derived from the audited financial statements of **Community Health Services Association (Regina) Ltd.** for the year ended March 31, 2026.

In our opinion, the accompanying summary financial statements are a fair summary of the audited financial statements, which were prepared in accordance with Canadian accounting standards for not-for-profit organizations.

## ***Summary Financial Statements***

The summary financial statements do not contain all the disclosures required by Canadian accounting standards for not-for-profit organizations. Reading the summary financial statements and the auditor's report thereon, therefore, is not a substitute for reading the audited financial statements and the auditor's report thereon.

## ***The Audited Financial Statements and Our Report Thereon***

We expressed an unmodified audit opinion on the audited financial statements in our report dated May 27, 2026.

## ***Management's Responsibility for the Summary Financial Statements***

Management is responsible for the preparation of the summary financial statements based on the audited financial statements prepared in accordance with Canadian accounting standards for not-for-profit organizations.

## ***Auditor's Responsibility***

Our responsibility is to express an opinion on whether the summary financial statements are a fair summary of the audited financial statements based on our procedures, which were conducted in accordance with Canadian Auditing Standard (CAS) 810, *Engagements to Report on Summary Financial Statements*.

**May 27, 2026  
Regina, Saskatchewan**

**VIRTUS GROUP LP**  
**Chartered Professional Accountants**

# Community Health Services Association (Regina) Limited

Summary Statement of Financial Position			
March 31, 2026 with comparative figures for 2025			
		2026	2025
<b>Assets</b>			
Current assets	\$	1,575,521	\$ 1,264,012
Investments		1,731,590	1,441,990
Capital assets		353,666	158,220
	\$	3,660,777	\$ 2,864,222
<b>Liabilities and Deferred Contributions</b>			
Accounts payable and accrued liabilities	\$	499,500	\$ 431,371
Deferred contributions		244,344	16,633
<b>Net Assets</b>			
Externally restricted fund - Health Funded Surplus		699,791	333,635
Invested in capital assets		353,666	158,220
General funds: Growth Fund		112,721	105,844
Unrestricted reserve		1,750,755	1,818,519
	\$	3,660,777	\$ 2,864,222

Summary Statement of Operations			
Year ended March 31, 2026 with comparative figures for 2025			
		2026	2025
<b>Revenues</b>			
Externally restricted fund	\$	6,400,802	\$ 6,153,616
General funds*		351,385	216,101
		6,752,187	6,369,717
<b>Expenses</b>			
Externally restricted fund	\$	6,034,646	\$ 6,149,466
General funds*		216,826	153,282
		6,251,472	6,302,748
Excess of revenues over expenses*	\$	500,715	\$ 66,969

\* General funds includes the Growth Fund, grant funding, unrestricted reserve (which includes loyalty payments, interest and sundry), and amortization of capital assets.

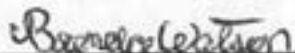
Summary Statement of Growth Fund Operations			
Year ended March 31, 2026 with comparative figures for 2025			
		2026	2025
Revenues	\$	44,088	\$ 18,652
Expenses		7,094	11,692
Excess of revenues over expenses	\$	36,994	\$ 6,960
Transfer to Unrestricted reserve		(30,117)	(6,269)
Total Growth Fund transactions during the year	\$	6,877	\$ 691

The growth fund transferred funds to the unrestricted reserve in 2025 and 2026 for capital asset acquisitions.

**Note 1:**

The summary financial statements are derived from the audited financial statements, prepared in accordance with Canadian accounting standards for not-for-profit organizations. Management has prepared these financial statements to represent a fair summary of the audited financial statements. Detailed audited financial statements are available to members upon request.

On behalf of the Board:

  
Director

  
Director

# AGM Guest Speakers

***Our 64th Annual General Meeting focuses on the important theme, “Staying Independent as We Age: What Helps, What Hurts, and What Really Matters.”***



**Jennifer Wright**



**Rod McKendrick**



**Ron Podbielski**

This timely discussion explores the many factors that influence independence for older adults, including access to supportive services, strong social connections, community engagement, and the barriers that can affect choice, dignity, and quality of life. Through an engaging panel discussion, attendees gain valuable insights into what truly supports healthy aging and independence in our communities.

The panel features Jennifer Wright, Senior Improvement Lead with the Health Quality Council of Saskatchewan. Jennifer has worked with the Health Quality Council since 2011 and brings extensive experience in quality

improvement, health system innovation, and collaborative approaches to improving health care across Saskatchewan. Her background in nutrition and health-care improvement provides a valuable perspective on supporting the health and well-being of older adults.

Joining her is Rod McKendrick, Social Prescribing Coordinator with the Saskatchewan Seniors Mechanism. Rod is a recognized advocate for healthy aging and community engagement who plays a key role in advancing social prescribing initiatives across Saskatchewan. His work focuses on connecting older adults with community-based programs and services that

reduce social isolation, enhance well-being, and support aging in place.

The discussion is moderated by Ron Podbielski. Ron is a Member-at-Large of our Member and Community Engagement Committee. He is a respected communications professional with extensive experience in public affairs, stakeholder engagement, and community leadership. Ron’s thoughtful facilitation helps guide a meaningful conversation that encourages panelists and attendees to explore practical solutions that support independence, autonomy, and quality of life as we age.

Together, these speakers offer a combination of health system expertise, community-based perspectives, and practical experience, providing attendees with a deeper understanding of what helps, what hinders, and what truly matters when it comes to aging independently.

# Growth Fund Report



***We are truly grateful for the generous donation of \$260,000 by two of our patients.***

This donation enabled us to replace many pieces of medical equipment which help our clinic to maintain the excellent standard of care we provide our patients. The key piece of equipment was the purchase of:

**New X-Ray equipment at \$201,376**

## ***The remainder was spent on the following:***

### **Removal of the old X-Ray and Renovations**

to accommodate the new.

### **New Electrical Transformer**

to accommodate the new X-Ray equipment.

### **Paediatric X-Ray Machine (Piggostat)**

is a special type of X-Ray equipment designed specifically to take pictures of Children's bones and internal body parts.

### **Centrifuge**

is a machine that spins things really fast to separate substances of different weights, more specifically, to separate chemicals or tiny particles from liquids.

### **Autoclave**

is a machine that uses high-pressure steam to sterilize medical tools, lab equipment or even some fabrics, making them completely germ-free.

### **Body Composition Scale**

is a scale that not only measures weight, it also gives an estimate of how much of your body is fat, muscle, water, and sometimes bone.

### **Recovery and Transport Stretcher**

that allows medical and lab staff to quickly support clinic patients when required in emergent situations.

# Programming and Grants



## Men's Mental Health Group

Facilitator: Tom McCulloch.  
The group meets once monthly, every 3rd Wednesday evening.  
*Free of charge.*  
The group averages 8 to 10 participants  
Started: June 2023  
Held once monthly.

## Grief Solace Circle

Facilitator: Wanda Gronhvd, retired RN, author, and grief facilitator.  
Grief Solace Circle is a support group for adults who are grieving. The group offers support for all types of loss including major life changes, loss of relationships, death of a loved one, loss of a job, or loss of health, as some examples. The circle provides a space in which participants feel safe to share their experiences and feelings as well as offer tools to help others process their grief. This group offers a place where there is permission to grieve.  
*Free of charge.*  
The group averages 5 to 10 participants per month. 2 times per month.  
Started: December 2023

## Seniors' Coffee – Chat and Check-In

Facilitators: Lindsay Gareau, MSW, RSW; Allura Weber, BKin, CSEP – CEP  
The senior's group provides a comfortable, supportive, and safe environment to encourage social connection.  
The group's activities include cognitive and memory enriching games, wellness topics, pickleball, chair yoga, healthy snacks and beverages, and opportunity to meet other seniors. Guest speakers are featured once monthly.  
*Free of charge.*  
The group averages 10 to 15 participants weekly.  
Started: September 2023,  
Held once weekly.



## Chair Yoga

Instructor, Jayme Fenwick. Classes are held once monthly on Wednesdays.  
Offered to all adults.  
*Free of charge.*

We are grateful to have received a donation from the Anonymous Donor Fund at the Saskatchewan Community Foundation of \$5,625 for our Seniors Coffee Chat and Check-In Group.

This generous donation was made on January 7, 2025 and will help us to maintain this group which has not only increased in attendance but also demonstrates to be very helpful in promoting physical, cognitive, and social well-being for many seniors in our community.



We are grateful to the City of Regina for awarding the Regina Community Clinic a 2026 Social Development Grant – Annual Activity funding allocation of \$17,550 for Functional Community Planning.

This funding will support the Clinic in evaluating existing and potential community programs, assessing community needs, and identifying the most effective approaches for delivering services to the residents of Regina. Through this work, we will explore opportunities to strengthen community engagement and enhance program accessibility and impact.

We look forward to investigating, developing, and promoting innovative possibilities that will help us better serve our community and contribute to the well-being of Regina residents.



**Community Investments**  
Recreation & Cultural Services



# Partnership with **Co-operators**

We want to acknowledge our decades-long and continued partnership with The Co-operators Insurance company. The Co-operators is a co-operative. It was founded in 1945 by a group of farmers and social pioneers, and it is guided by co-operative principles. Co-operators is a multi-line insurance and financial services co-operative that provides insurance products, wealth management services, and advice to Canadians.

Please read more about The Co-operators on their website: [cooperators.ca/en](http://cooperators.ca/en), "The Story of The Co-operators and co-operative insurance in Canada".

### **Regina Community Clinic members get more with The Co-operators.**

The Member Benefits Program is one way that Co-operators gives back. As one of our members, when you choose Co-operators for your insurance needs, you can take advantage of:

- Enhanced Home coverage at preferred rates. For example, get Claims

Forgiveness automatically on your eligible Home policy, which means that your first home claim has no impact on your policy or premiums.

- A complementary Legal Assistance Helpline for Home, Commercial, and Farm policies, providing on-demand, confidential access to a lawyer for guidance with Canadian legal matters, such as contract disputes, employment or business-related issues, property concerns, tax investigation, and more.
- Identity Fraud Recovery Expense as part of your Home policy with no deductible, no impact to your claim-free discount, and at no additional cost.
- Enhanced Farm Insurance- there are 2 options with over 30 different types of coverage at a reduced cost.
- Additional Farm and Home savings of up to 5% on eligible policies.
- Discounts on Travel insurance of up to 10% on eligible policies.
- Enhanced Commercial coverage: This exclusive Commercial Advantage Endorsement provides more than 30 additional coverage extensions and is

included for members with property coverage.\*

Grow and protect your financial future along with the great value of the Member Benefits Program. The Co-operators can help you build your financial future with a mix of investment solutions, as well as life and health insurance. Their knowledgeable financial representatives will provide personalized advice and tailored coverage to fit your unique needs.

### **Start enjoying your member benefits today!**



Contact a Co-operators Advisor\*, call 1-844-770-9138 or visit [cooperators.ca/memberbenefits](http://cooperators.ca/memberbenefits) to get started.



Get a quote and buy your home and car insurance online in minutes! As a grassroots member of a Co-operators

member organization, you can now access your enhanced coverage and exclusive discounts from Co-operators when you get a quote online. Get started today to see how much you'll save!

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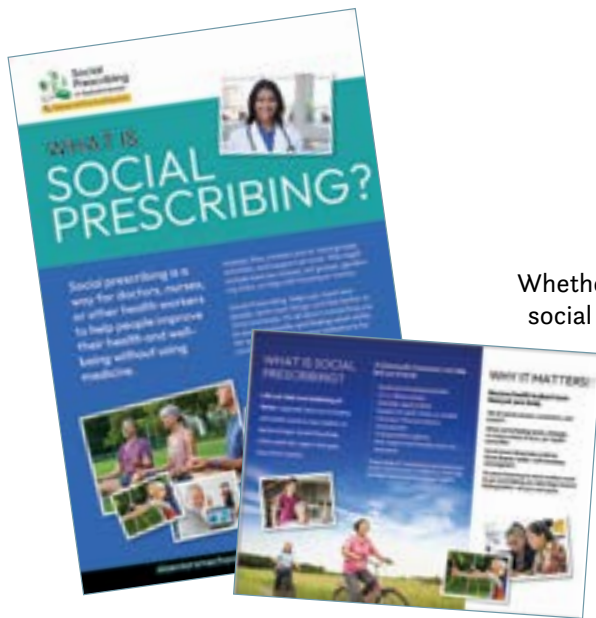
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# Social Prescribing and Healthy Ageing

## Social Prescribing: Connecting Seniors to Community Supports



Social prescribing is an innovative, person-centred approach that recognizes that health and well-being are influenced by much more than medical care alone. Factors such as social connection, housing, transportation, food security, physical activity, cultural engagement, and access to community resources all play an important role in a person's overall quality of life. Social prescribing helps bridge the gap between health care and community services by connecting individuals with non-medical supports that address their unique needs and goals.

At the heart of social prescribing is the role of the Community Connector. Community Connectors work directly with individuals to identify challenges, interests, and opportunities that may improve their health and well-being.

Through personalized conversations, they help people navigate available community resources and connect them with programs, services, and activities that can enhance their quality of life.

Whether someone is experiencing social isolation, seeking opportunities to be more active, looking for cultural connections, or needing assistance accessing community supports, the Community Connector helps guide them toward appropriate resources. Social prescribing referrals are typically made by health-care providers who identify non-medical needs that may be affecting a person's health and well-being.

The Regina Social Prescribing Initiative continues to grow and demonstrate positive outcomes for participants. The initiative currently includes two Community Connectors, one of whom serves as an Indigenous Community Connector, focusing on supporting Indigenous clients and helping them access culturally relevant, non-medical services and community resources in Regina. This dedicated role recognizes the importance of culturally safe and meaningful connections that support holistic wellness and strengthen ties to community.

The Regina Community Clinic is proud to serve as the anchoring entity for the Social Prescribing Initiative and to participate as a member of the steering committee. Working alongside community organizations and health system partners, the Clinic helps strengthen connections between health care and community supports. The initiative focuses on adults aged 55 and older, helping seniors access resources that promote healthy aging, reduce social isolation, and improve overall well-being.

Social prescribing is particularly valuable for older adults who wish to age in place and maintain their independence for as long as possible. By connecting seniors with social, recreational, educational, cultural, and practical supports, the program helps foster confidence, resilience, and a greater sense of belonging. These connections often make a significant difference in helping individuals remain active, engaged, and connected to their communities while reducing the need for more intensive health-care services.

The success of the initiative demonstrates the value of addressing the social determinants of health and investing in community-based solutions. As awareness of social prescribing continues to grow, we look forward to assisting even more seniors in accessing resources, strengthening community connections, and improving their quality of life. Together, we are helping create a future where older adults have the support they need to age with dignity, independence, and purpose.

For more information about social prescribing, including resources, referral pathways, and community supports, please visit the Regina Community Clinic website at [www.reginacommunityclinic.ca](http://www.reginacommunityclinic.ca).

*Additional information about the Clinic's role in Saskatchewan's Social Prescribing Initiative can be found on the Social Prescribing section of the website.*

# *Staff Anniversary Awards*

***Congratulations to the following for their excellent and long-term service to the Regina Community Clinic:***

<i>Dr. Seema Goyal</i>	<i>10 years</i>	<i>September 1, 2015</i>
<i>Dr. Anne Kavulu</i>	<i>10 years</i>	<i>February 16, 2016</i>
<i>Kris Dutchak</i>	<i>5 years</i>	<i>May 25, 2021</i>
<i>Dr. Erin Selzer</i>	<i>5 years</i>	<i>March 8, 2021</i>



***The University of Saskatchewan recognizes the RCC for being a teaching site for family medicine.***

# Seven Co-operative Principles

Submitted by Katherine Lyseiko, Communication and Programming Coordinator



*At Community Health Services (Regina) Limited, operating as the Regina Community Clinic, our work is guided by the Seven International Co-operative Principles. As we reflect on this year's theme, Community Health Through Co-operative Strength, these principles continue to shape how we support our members at every stage of life.*

## 1. Voluntary and Open Membership

Co-operatives are voluntary organizations, open to all persons over the age of 18 who are willing to accept the responsibilities of membership,

without discrimination. Our co-operative is supported by approximately 6,200 members who are committed to community-based health care in Regina. In 2025, we welcomed 217 new members

to our health care co-operative, demonstrating continued confidence in a model of care that supports individuals and families as they age and navigate changing health needs.



## 2. Democratic Member Control

Co-operatives are democratic organizations controlled by their members, who actively participate in setting policies, strategic priorities, and decision-making. Our nine-member Board of Directors is elected by and accountable to the membership. The Board is supported by five committees: Finance and Audit Committee, Governance and Human Resources Committee, and Member and Community Engagement Committee. Through this structure, members play an essential role in guiding the Clinic's direction and ensuring we remain responsive to evolving community needs.

## 3. Member Economic Participation

As a health care co-operative rather than a retail-based organization, our members' economic participation is reflected in governance and stewardship rather than financial return. Members have the right to vote at the Annual General Meeting, run for the Board of Directors, and participate on committees as Members-at-Large. This shared responsibility strengthens our sustainability and ensures resources are managed in a way that supports long-term access to quality primary health care.

## 4. Autonomy and Independence

Founded in 1962, Community Health Services (Regina) Limited has remained an autonomous, member-controlled non-profit and charitable organization. While we collaborate with governments and community partners, we do so in ways that preserve our democratic control and co-operative identity.

In 2023, we celebrated 60 years of providing primary health care as a co-operative. Today, three other clinics in Saskatchewan—located in Wynyard, Prince Albert, and Saskatoon—continue to operate as co-operatives. Though independent entities, we support one another in advancing co-operative values and strengthening community-based care across the province.

## 5. Education, Training, and Information

Education is central to the co-operative model. We continue to provide information and engagement opportunities for members through virtual connection forums and regular communications that highlight the benefits and philosophy of co-operation. We also provide resources and information about co-operatives on our website to ensure members understand the value and structure of our model of care.



This year, we further strengthened our commitment to education by investing in a new website that enhances access to information about our services, programs, and community resources. A key feature of the site is our interactive Resources section, which includes curated links, videos, and downloadable documents related to mental health, physical activity, and managing grief. These materials are designed to support members and patients at every stage of life and align with our theme of Ageing Well Throughout the Years.

Our online Resource section also helps combat medical misinformation by sharing only credible, evidence-based health information. In addition, we are planning further opportunities to expand co-operative education for our staff this year,

reinforcing our shared understanding of the values and principles that guide our work.

## 6. Co-operation Among Co-operatives

Collaboration remains a defining feature of our approach. We maintain strong relationships with clinics such as the Saskatoon Community Clinic, Prince Albert Co-operative Health Centre, and the West Winds Primary Health Centre, Swift Current, along with organizations such as The Co-operators, the Saskatchewan Co-operative Association, and the Healthcare Co-operatives Federation of Canada, along with numerous non-profit partners. By working together regionally and nationally, we strengthen the co-operative sector and enhance the supports available to our members and patients.

## 7. Concern for Community

Concern for community is especially meaningful as we focus on ageing well throughout the years. We regularly administer surveys and review data to better understand how to serve our members and the broader Regina community. Our programming reflects this commitment and includes initiatives that support social connection, mental wellness, and healthy aging. Current offerings include the Men's Mental Health Group; Seniors Coffee: Chat and Check In (launched in 2023); noon-hour Yoga classes (launched in 2022) which have evolved into Chair Yoga with over 30 participants; and participation in Saskatchewan's Social Prescribing Initiative (2025/2026). These programs foster connection, reduce isolation, and promote overall well-being—key components of healthy ageing.

Guided by the Seven Co-operative Principles, the Regina Community Clinic continues to evolve while remaining firmly rooted in our founding values. As our members move through different stages of life, we are proud to provide care, programs, and community connections that support ageing well—today and for years to come.



*Together, we are helping create a future where older adults have the support they need to age with dignity, independence, and purpose.*





**[reginacommunityclinic.ca](http://reginacommunityclinic.ca)**

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