



THE PULSE NEWS

St. Lawrence District Medical Centre, Lansdowne

50TH EDITION

October 2020

Hello Fellow SLDMC Supporters:

A MESSAGE FROM DR. JOHN ERB

The Clinic continues to operate under Covid protocols. Dr. John Erb and Dr. Karoon Samikian do not work at the Centre on the same days. There are two separate teams, each with one physician, nurse practitioner and support staff. This reduces the likelihood of an infected individual requiring the entire staff to go into isolation.

Covid-19 protocols at the Centre reduce face-to-face time in the Clinic, avoid patients sharing the waiting room and provide extra time for cleaning of rooms between patients.

Half or more of all appointments are being done by telephone or video. Same day appointments are available. A phone appointment will precede an in-office visit for purposes of Covid-19 screening and assessing the need for patients to be seen in person.

Many medications are being renewed directly with your pharmacy without a clinic visit. There is no physician fee for prescription renewals.

Entrance to the Clinic is limited to patients with a scheduled appointment and access is permitted only at the time of the appointment. All patients must wear a mask while

To unsubscribe simply reply to sender and your name will be removed. Copies of this newsletter go out blind so your e-mail address is not being shared with others.



in the building. Failure to do so will result in not being admitted or being asked to leave the building.

After hour clinics are by scheduled appointment only and may also be done by telephone.

Our ability to take on new patients at this time is very limited as we attempt to prioritize individuals who have significant medical needs.

Thank you for your understanding.

John B Erb MD CCFP
Medical Director
St. Lawrence District Medical Centre

ANNUAL GENERAL MEETING

ST. LAWRENCE DISTRICT MEDICAL CENTRE

ZOOM MTG. – TUESDAY, DECEMBER 8TH @ 7:00 P.M.

AGENDA

MINUTES OF THE OCTOBER 29TH, 2019 AGM

2019 YEAR END FINANCIAL REPORT

APPOINTMENT OF ACCOUNTANT

CHAIRMAN'S ANNUAL REPORT

REPORT OF THE NOMINATING COMMITTEE

ELECTION OF DIRECTORS

To unsubscribe simply reply to sender and your name will be removed. Copies of this newsletter go out blind so your e-mail address is not being shared with others.



- Anyone interested in standing for a Board Director's position must notify the Nominating Committee Chair, Andrew Graham, 613-659-3500, no later than Tuesday, November 24th, 2020.
- There will be no nominations from the floor during the Annual General Meeting.
- Reports to the AGM will be available for viewing on the St. Lawrence District Medical Centre Website no later than Tuesday, November 24th, 2020, under the drop down tabs, About Us, Board Matters, 2020 AGM. www.stlawrencedistrictmedicalcentre.com
- To sign up for an invitation to participate in the ZOOM Mtg., on December 8th, please contact Andrew Graham at andrew.grahgam@queensu.ca
- Or, contact Board Chair, Heather Cross @ oldgrannycrock@1000island.net on any related matter.

.....
PLEASE FIND ATTACHED, INFORMATION ON THE FOLLOWING ITEMS:

1. OUR CHRISTMAS FUND RAISER FOR WILTON CHEESE.....

2. DETAILS ON A LEARNING SERIES FROM THE ALZHEIMER SOCIETY OF LANARK LEEDS AND GRENVILLE

3. MEDICAL CENTRE FLU SHOTS

To unsubscribe simply reply to sender and your name will be removed. Copies of this newsletter go out blind so your e-mail address is not being shared with others.



St. Lawrence District Medical Centre Christmas Cheese Orders: A Medical Centre Fund Raiser



**Order by December 10, 2020
Delivery will start December 17, 2020.
If you have ordered before, we will be in touch.
Gift boxes make great Christmas gifts.
Contact Katherine Graham at 659-3500 to order.
Order at Medical Centre Reception if you are in.
Order at Thousand Islands Wine Cellars in Gananoque .**



Alzheimer Society

LANARK LEEDS GRENVILLE

FIRST LINK LEARNING SERIES

Free LEARNING SERIES for those interested in knowing more about dementia.

Sessions will be presented virtually on Zoom. Once you register, you will receive a zoom invitation code. You will need a computer with audio/video capacity.

What is Dementia?

Thurs. Nov. 19/20

1:00 – 2:00 pm

Learn about Alzheimer's disease and the different types of dementia. Understand the process of getting a diagnosis.

Adapting to Brain Changes

Thurs. Nov. 26/20

1:00 – 2:00 pm

Gain a better understanding of the changes in the brain and the relationship to the symptoms of dementia. Learn communication strategies to adapt to these changes.

Planning Ahead

Thurs. Dec. 3/20

1:00 – 2:00 pm

Understand the importance of planning ahead both financially and legally.

Building A Circle of Support

Thurs. Dec. 10/20

1:00 – 2:00 pm

An opportunity to understand risks and challenges. Learn about caregiver's roles and how you can help develop a dementia friendly community.

REGISTRATION IS REQUIRED

To register or questions: Mary Campbell, Education Coordinator mcampbell@alzlg.ca

To unsubscribe simply reply to sender and your name will be removed. Copies of this newsletter go out blind so your e-mail address is not being shared with others.



Flu Shots – More important than ever in this Covid-19 climate...

Flu shots are available at the Medical Centre by appointment only. Our patients are encouraged to call the clinic to schedule your flu shot. Vaccines available for future appointment bookings may be limited to the Regular Dose vaccine. There is strong evidence that the Regular Dose vaccine provides suitable protection for all age groups so we encourage getting your flu shot regardless of the dose available.

We regret that we are unable to offer a flu shot clinic for the community as we have in past years.

Call 659-2525 – leave your request if you don't get through on the first call

Stay safe everyone.....

**Kind Regards
Carol**

To unsubscribe simply reply to sender and your name will be removed. Copies of this newsletter go out blind so your e-mail address is not being shared with others.