



# CENTRE DE SANTÉ NEWSLETTER

MARCH 2022

#15

## We Work for You

Unprecedented is a word that's been overworked these last 24 months. Nevertheless, it describes better than any other how differently we've all had to do our jobs. Unlike so many other businesses serving the public, we have not been mandated to close, and have made an enormous effort to be open to serve you.



Sonya is a proud Townshipper from Ayer's Cliff. For many years she worked in her family's horticulture business. In 2017 the business was sold. Sonya's experience in customer service and office administration was perfect for CSVM, and she joined the team in 2018 as secretary and receptionist. A slight change in vocation but her passion for gardening keeps her grounded.

Dany joined the CSVM team as a secretary in 2019. Friendly and caring, her creative side is expressed through various crafts including quilting and weaving. She is also involved as a natural caregiver.



Manon has been a medical secretary for more than 35 years. She has lived in the beautiful village of Ayer's Cliff for the past 5 years. She joined the co-op in the spring of 2020 and is happy to be working with a group whose priority is the health of its members.

Myriam is a local student-athlete, studying Applied Psychology at Bishop's University. With her previous experience in customer service and administrative responsibilities, no doubt she will contribute to the CVSM mission. "I look forward to learning from this incredible establishment and fellow coworkers to develop new skills and further my knowledge in the medical administrative field."



## Watch our website, newsletter, and Facebook page for the Wellness Centre's Spring courses

Now that it looks like the public health rules will allow us to have in person classes, we are preparing the publicity for our spring classes in Essentrics®, Pilates and other courses. They will begin in April if all goes well. Watch for the announcements. We will be happy to welcome you.

## Call for a clinic appointment

CSVM holds regular clinics for **drawing blood and taking other lab tests**. Caisse Desjardins sponsors the Friday Blood Clinic – phone for an appointment.

We also hold regular clinics to **screen for cervical cancer**. Women ages 21 to 29 should have a **Pap test** every three years. Women ages 30 to 65 should have a Pap test and an **HPV test** (this is a virus that can lead to cancer) every five years. It's quick and painless – phone for an appointment.

**"The difference between who you are and who you want to be is what you do."**