

What's Happening at Westside



JUNE 2018

1528 20th Street West
Saskatoon, SK
S7M 0Z6
Phone 306-664-4310
FAX 306-934-2506
SWITCH Phone:
306-956-2518

SWITCH Summer Hours
Wednesday's 5:30—8 pm
We look forward to resuming the
Monday and Saturday Hours in
the fall.

Pathways to Wellness
Last session is
June 14
Resumes in the Fall



West Dental
Downstairs
306-384-6363



Services offered here at Westside

Services by Doctors, Nurse Practitioner, Nurse, Physical Therapist, Occupational Therapist, Aboriginal Outreach Workers and Aboriginal Counsellors. **Pharmacy located on site at Westside.** Group Programs to help you live a healthier and less stressful life. Lab tests, like pregnancy tests and testing for HIV, and STIs. Help with contacting other agencies. Referrals to specialists and other health care providers. Visiting specialists from Infectious Diseases, Psychiatry, Obstetrics and Gynecology. We have X-ray services at our downtown clinic, Saskatoon Community Clinic 455 2nd Avenue North.

Pathways to Wellness
Ends On June 14—Resumes in
the fall.

Tuesday's—Education Group
Thursday's—Support Group
10 am—12:30 pm

Childcare provided
Snacks provided

A safe and supportive education
program
focused on well-being and
recovery.

Saskatoon Community Clinic
Westside Pharmacy

Everyone is Welcome
Located at the back
of the clinic.

Phone: 306-986-2906
Monday—Friday's 9 am—5 pm
Saturday's 12 noon—4pm

Clinic Closed
Monday, July 2



Caesar Salad




Fitness, Food and Fun
Monday, Wednesday and
Thursday Mornings



"June is the Gateway to Summer."
Jean Hersey

June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 NO SWITCH
3	4 Fitness, Food & Fun 10 am -12 noon	5 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM PATHWAYS TO WELLNESS 10 am – 11 am & 11:15 am – 12:15 pm <i>Naloxone Training</i>	6 SWITCH 5:30 - 8 PM Life Skills Pt 2: Good Judgement & Decision Making With Jackie Tax Clinic	7 Fitness, Food & Fun 10 am -12 noon PATHWAYS TO WELLNESS 10 am – 11 am & 11:15 am – 12:15 pm <i>Crafts and Support</i>	8	9 NO SWITCH
10	11 Fitness, Food & Fun 10 am -12 noon NO SWITCH	12 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM PATHWAYS TO WELLNESS 10 am – 11 am & 11:15 am – 12:15 pm <i>Intergenerational trauma with Judy Pelly, Cultural Advisor</i>	13 SWITCH 5:30 - 8 PM Death and What We Know—with Kelley Tax Clinic	14 Fitness, Food & Fun 10 am -12 noon PATHWAYS TO WELLNESS 10 am – 11 am & 11:15 am – 12:15 pm <i>Celebration and Certificates</i>	15	16 NO SWITCH
17	18 Fitness, Food & Fun 10 am -12 noon NO SWITCH	19 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM PATHWAYS TO WELLNESS - <i>Will resume again in the Fall</i>	20 SWITCH 5:30 - 8 PM Move Your Body with Lacey & Mark Preventing & Manag- ing Hypertension— with Kelly Tax Clinic	21 Fitness, Food & Fun 10 am -12 noon PATHWAYS TO WELLNESS - <i>Will resume again in the Fall</i>	22	23 NO SWITCH
24	25 Fitness, Food & Fun 10 am -12 noon NO SWITCH	26 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM PATHWAYS TO WELLNESS - <i>Will resume again in the F</i>	27 SWITCH 5:30 - 8 PM Beading with Kate Elliott Tax Clinic	28 Fitness, Food & Fun 10 am -12 noon PATHWAYS TO WELLNESS - <i>Will resume again in the Fall</i>	29 Clinic Closed July 2 for Canada Day 	30 NO SWITCH

DIABETES CANADA



Caesar Salad

Ingredients:

- 1 clove garlic, finely chopped 1
- ¼ tsp salt 1 mL
- ¼ tsp dry mustard 1 mL
- ¼ cup light mayonnaise 60 mL
- 2 tbsp. freshly squeezed lemon juice 30 mL
- 1 tsp Worcestershire sauce 5 mL
- 4 slices bacon, cooked crisp and crumbled 4
- 1 large head romaine lettuce, torn into bite-size pieces 1
- 1 cup toasted bread cubes 250 mL
- 1 tbsp. freshly grated Parmesan cheese 15 mL

Nutritional Information

Per Serving

Calories 101

Total Fat 6 g

Saturated Fat 1 g

Cholesterol 10 mg

Sodium 356 mg

Carbohydrates 8 g

Proteins 4 g

Fiber 2 g

Instructions

1. In a large salad bowl, combine garlic, salt, mustard, mayonnaise, lemon juice and Worcestershire sauce.
2. Add bacon, romaine, bread cubes and Parmesan; toss well.

Notes

Canada's Choice per Serving: 1 Fat, 1 Extra

Makes 6 servings, serving size: 1 cup (250 mL)

Tips

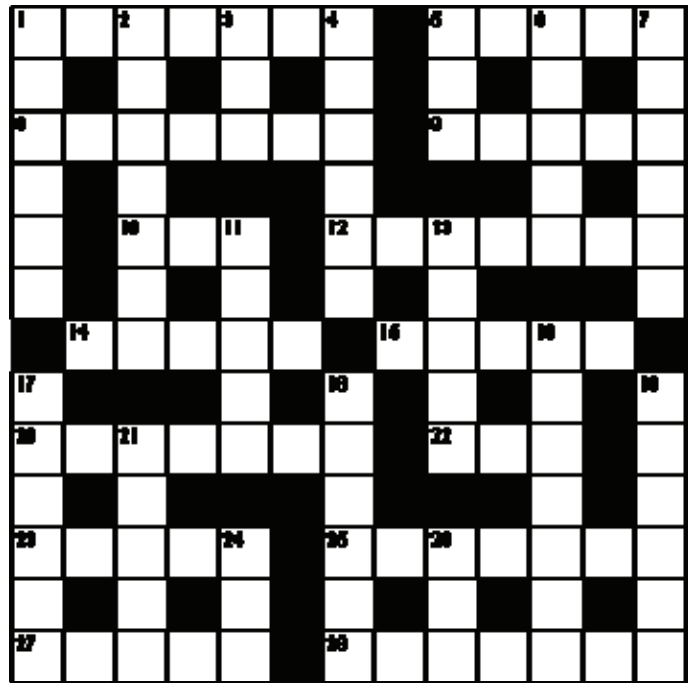
If you like anchovies in your Caesar salad, you can substitute them for all or part of the bacon (replace 1 slice bacon with 1 finely chopped anchovy fillet). Add them with the garlic.

This Caesar is on the mild side, but you can increase the amounts of garlic, mustard and Worcestershire sauce if you like.

Recipe reprinted with permission from Canada's 250 Essential Diabetes Recipes, Sharon Zeiler, Robert Rose Inc., 2011, <http://www.robertrose.ca>

Across

1. _____ speak louder than words (7)
5. Pieces of _____ (5)
8. Trade _____ (7)
9. The Holy _____ (5)
10. _____ the lion (3)
12. Lead by _____ (7)
14. A little rough around the _____ (5)
15. Last but not _____ (5)
20. Time is of the _____ (7)
22. Tic-Tac-_____ (3)
23. A _____ playing field (5)
25. Sorely (7)
27. _____ your bets (5)
28. Many happy _____ (7)



Down

1. Question and _____ (6)
2. _____ pink (7)
3. The _____ only (3)
4. You can't beat the _____ (6)
5. Chicken and _____ (3)
6. _____ the nettle (5)
7. Fortune _____ (6)
11. A drop in the _____ (5)
13. Secret _____ (5)
16. Helter _____ (7)
17. Health, _____ and happiness (6)
18. _____ late than never (6)
19. Jack of all _____ (6)
21. _____ by the bell (5)
24. Let sleeping dogs _____ (3)
26. _____ his match (3)

