

What's Happening at Westside

August 2018

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Saskatoon, SK
S7M 0Z6
Phone 306-664-4310
FAX 306-934-2506
SWITCH Phone:
306-956-2518

**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



Monday 9:00 -12 & 1—4:30
Tuesday 9:00—12 & 1—5
Wednesday 9:00—12 &
1:30—4:30
Thursday 9:00—12 & 1—5
Friday 9:00—12 & 1—5

Services offered here at Westside

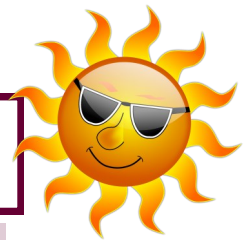
Services by Doctors, Nurse Practitioner, Nurse, Physical Therapist, Occupational Therapist, Aboriginal Outreach Workers and Aboriginal Counsellors. **Pharmacy located on site at Westside.** Group Programs to help you live a healthier and less stressful life. Lab tests, like pregnancy tests and testing 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.

SWITCH Hours

Wednesday 5:30—8 pm

**Fitness, Food and Fun
Ends August 2 and Resumes
August 20**

**Clinic Closed
Monday, August 6**



**Terrific Chicken
Burgers page 3**



**Pathways to Wellness
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.

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

**West Dental
Downstairs**
306-384-6363



Saskatoon Fun Fact
There are more Tim Horton's per capita in Saskatoon than in
any other city in Canada.

August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 SWITCH 5:30—8 pm Adult Coloring Tax Clinic Be here at 5:30 pm	2 Fitness, Food & Fun 10 am -12 noon Last FFF until August 20	3	4
5	6 Clinic Closed Civic Holiday 	7 Baby Immunization Clinic 1- 4 PM	8 SWITCH 5:30—8 pm Self-Care with Brittany Tax Clinic Be here at 5:30 pm	9	10	11
12	13	14 Baby Immunization Clinic 1- 4 PM	15 SWITCH 5:30—8 pm CRA Benefits & Credits—with Tim Tax Clinic Be here at 5:30 pm	16	17	18
19	20 Fitness, Food & Fun 10 am -12 noon	21 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM	22 SWITCH 5:30—8 pm Move Your Body with Lacey Tax Clinic Be here at 5:30 pm	23 Fitness, Food & Fun 10 am -12 noon	24	25
26	27 Fitness, Food & Fun 10 am -12 noon	28 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM	29 SWITCH 5:30—8 pm Life Hacks for a Hap- pier, Healthier Life with Randy Tax Clinic Be here at 5:30 pm	30	31	

DIABETES CANADA



Nutritional Information Per Serving

Terrific Chicken Burgers

* Accompany these patties with stir-fried rice and vegetables

Ingredients:

- 1 egg
- ½ cup (125 mL) fine dry bread crumbs
- 1/3 cup (75 mL) finely chopped green onions
- 1 tsp (5 mL) ground coriander
- 1 tsp (5 mL) grated lemon zest
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) freshly ground black pepper
- 1 lb (500 g) ground chicken or turkey
- 1 tbsp. (15 mL) vegetable oil

Per Serving

Calories	291
Total Fat	17 g
Saturated Fat	1 g
Cholesterol	47 mg
Sodium	490 mg
Carbohydrates	11 g
Fiber	1 g
Protein	23 g

Instructions

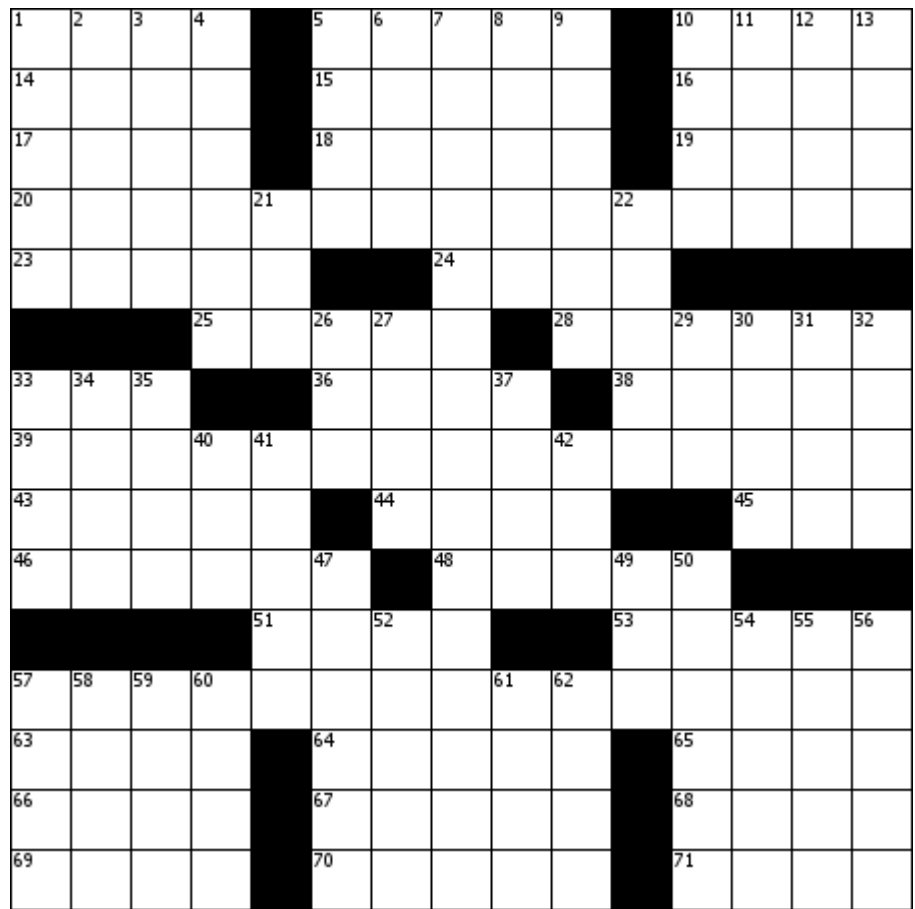
1. In a bowl, beat egg; stir in bread crumbs, green onions, coriander, lemon zest, salt and pepper and mix in chicken. With wet hands, shape into four patties, each 4 inches (10 cm) in diameter.
2. In a large nonstick skillet, heat oil over medium heat; cook patties for 5 to 6 minutes on each side or until golden brown on outside and no longer pink in center.

Notes

Canada's Choice per Serving: ½ Carbohydrate, 3 Meat & Alternatives, 1 Fat
Recipe reprinted with permission from Diabetes Comfort Food,
Johanna Burkhard and Barb Selley, Robert Rose Inc., 2006,

Across

- **1.** Identifying mark
- **5.** Stir slightly
- **10.** Tight, as a drum skin
- **14.** Word with self or man
- **15.** Bay window
- **16.** Noted gymnastics name
- **17.** Surrounded by
- **18.** Be of the same mind
- **19.** It may be hard to swallow
- **20.** Three movie trailers
- **23.** Joel's predecessor
- **24.** "The Elder" of history
- **25.** Toward the stern
- **28.** Bond type
- **33.** Bela contemporary
- **36.** Hecklers' chorus
- **38.** City of Columbus
- **39.** Two movie trailers
- **43.** Swamp critter
- **44.** First name in legendary comedy
- **45.** Shingle abbreviation
- **46.** It's often inset
- **48.** Name on a hotel, sometimes
- **51.** "___ Quam Videri" (N.C. motto)
- **53.** Inheritance of the meek
- **57.** Three movie trailers
- **63.** Ferrous thing
- **64.** Shaw of music
- **65.** Abu Dhabi honcho
- **66.** Word with love or hot
- **67.** Rate of return
- **68.** Customary observance
- **69.** Aeronautical feat
- **70.** Brief indulgence
- **71.** Watch part



- **1.** Tennis shot
- **2.** Item in a locket, perhaps
- **3.** Colliery entrances
- **4.** It had a part in the Bible
- **5.** Dull beast?
- **6.** It may be irresistible
- **7.** Two movie trailers
- **8.** Thelma of "Thelma & Louise"
- **9.** Provides with an office
- **10.** Pith hat
- **11.** Disembarked
- **12.** Tangelo variety
- **13.** ___ : 1 :: diamond : 10
- **21.** Semi's front
- **22.** Blush maker
- **26.** Fox rival
- **27.** You try to beat them
- **29.** Gun in the garage
- **30.** Camelot lady
- **31.** ___ the line (obeyed)
- **32.** Deviates erratically
- **33.** Sorenstam's grp.
- **34.** Thermometer type
- **35.** ___ bene
- **37.** Fix kitty
- **40.** PC runner of old
- **41.** Jaleel White role
- **42.** Gene material, in brief
- **47.** Analyzes chemically
- **49.** Boston castoff
- **50.** Some whip wield-
- **52.** Comic's venue
- **54.** Fork over
- **55.** Hackneyed
- **56.** Sultan's retreat
- **57.** Be nostalgic for
- **58.** Cookie often eaten inside-out
- **59.** End to be attained
- **60.** "Do ___ others ..."
- **61.** Ruffle some feathers
- **62.** Relinquish

Puzzle Solution © OnlineCrosswords.net

