

What's Happening at Westside

September 2018

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

West Dental
Downstairs
306-384-6363



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

Monday 5:30—8 pm
Wednesday 5:30—8 pm
Saturday 12:30—3 pm

Labour Day Free BBQ
Victoria Park
(next to Riversdale Pool)
11:30—1:30



Pathways to Wellness
Starts September 11

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.

Cheesy Shepherds Pie




SWITCH
Resumes Monday and Saturdays
Starting Saturday September 8

Clinic Closed
Monday, September 3

The only earthquake ever recorded in Saskatoon occurred on May 15, 1909.
It lasted for about 30 seconds.

September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 NO SWITCH
2	3 Clinic Closed LABOR DAY 	4 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM	5 SWITCH 5:30 - 8 PM Communications 101 Let's Talk about Talking! With Jackie	6 Fitness, Food & Fun 10 am -12 noon	7	8 SWITCH 12:30 – 3 pm Community Kitchen with Mackenzie Tax Clinic
9	10 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM Writing Your Story with George Paul	11 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 Pipe Ceremony & Orientation	12 SWITCH 5:30 - 8 PM Safe Medication Use with Alivia & Trevor	13 Fitness, Food & Fun 10 am -12 noon PATHWAYS TO WELLNESS 10 am – 11 am & 11:15 am – 12:15 pm Vision Boards	14	15 SWITCH 12:30 – 3 pm Self-Love and Healing with Randy Tax Clinic
16	17 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM HIV & HCV with Sarah	18 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>What is Recovery and Well-being?</i>	19 SWITCH 5:30 - 8 PM Partnership Program with Schizophrenia Society	20 Fitness, Food & Fun 10 am -12 noon PATHWAYS TO WELLNESS 10 am – 11 am & 11:15 am – 12:15 pm Healing Arts	21	22 SWITCH 12:30 – 3 pm Navigating Your Child's Behaviours with Lyall and Vikki Tax Clinic
23	24 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM Self –Care with Kendra	25 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>Addiction Cycle</i>	26 SWITCH 5:30 - 8 PM Documentary Night	27 Fitness, Food & Fun 10 am -12 noon PATHWAYS TO WELLNESS 10 am – 11 am & 11:15 am – 12:15 pm Adult Colouring	28	29 SWITCH 12:30 – 3 pm To Be Decided Tax Clinic
30						



Cheesy Shepard's Pie

Tips

If you use a non-stick pan to cook the ground beef you don't need to add any oil as it will cook in its own fat. Even with lean ground beef you can still pour off excess fat when it is cooked. This is a favourite with children.

Ingredients:

- 1 lb lean ground beef (500g)
- 1 large onion, finely chopped
- 2 tbsp tomato paste (25 mL)
- 1 14-oz (398 mL) can tomatoes
- 1 cup beef stock (250 mL)
- Salt and freshly ground black pepper
- 2 lb potatoes, peeled and halved (1kg)
- ¼ cup skim milk (60 mL)
- 1 tbsp soft margarine (15 mL)
- 1 cup frozen green peas, thawed (250 mL)
- 1/2 cup shredded reduced-fat cheddar cheese (60ml)

Instructions

1. Cook ground beef in a non-stick frying pan over medium heat for 5 minutes, stirring to break up beef or until browned. Drain off the excess fat. Stir in tomato paste, tomatoes and stock. Season with salt and pepper. Bring to a boil and cover and simmer for 45 minutes.
2. Meanwhile boil the potatoes in lightly salted water 20—25 minutes or until tender. Drain and mash together with milk and margarine. Season with salt and pepper.
3. Pre heat oven to 350°F (180°C) Stir the peas into the beef mixture. Spoon into a 1 1/2 quart casserole dish. Cover with mashed potatoes. Bake 25 minutes or until lightly browned and bubbly. Sprinkle with cheese. Return to oven until cheese melts. . Serve hot.

Notes

Food choice values (per serving or 1/6 of recipe)

Carbohydrate Choices: 2

Meat and Alternatives: 2½

Fats: 0

Notes

Vegetable Thatch Pie

Replace some of the potato with carrots and parsnips for a tasty topping.

Just boil them and mash them altogether.

Per Serving

Calories	316
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Total Fat	12 g
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Saturated Fat	4 g
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Cholesterol	41 mg
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Sodium	386 mg
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Carbohydrates	33 g
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Fiber	4 g
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Protein	21 g
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Across

- **1.** Bachelor party
- **5.** Evasion
- **11.** Chinese food additive, for short
- **14.** Singer Guthrie
- **15.** Mysterious
- **16.** Big letters on the Internet
- **17.** Use a crystal ball, e.g.
- **20.** Snow vehicles
- **21.** "Teenage Mutant ___ Turtles"
- **22.** Enemy
- **23.** James Bond, for one
- **26.** "Yes, ___!"
- **27.** "Star Wars" returnees
- **30.** Sound investments?
- **33.** Divert
- **35.** Coral reef
- **36.** High-___ monitor
- **39.** Paul McCartney and Wings hit of 1978
- **42.** Foxy
- **43.** Conical tent
- **44.** Matching furniture set
- **45.** Values highly
- **47.** Comprehend
- **48.** Attired
- **51.** Bro's sib
- **52.** Shade
- **54.** Avis alternative
- **56.** Nonsense
- **60.** Let the chips fall where they may
- **64.** Globe
- **65.** Release, in a way
- **66.** Actress Meg
- **67.** Serpentine letter
- **68.** Aromas
- **69.** Fourth rock from the sun

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60						61	62	63							
64					65							66			
67					68							69			

- **1.** Pre-college exams, familiarly
- **2.** Long journey
- **3.** "It's ___ ever wanted!"
- **4.** Aquarium acquisition
- **5.** Tippy boats
- **6.** Galena and bauxite
- **7.** Alternatives to iMacs
- **8.** Lout
- **9.** Numero ___
- **10.** Fork-tailed gull
- **11.** ___ Loa, Hawaii
- **12.** Skater Henie
- **13.** Shine
- **18.** Tic-tac-toe win
- **19.** Burton and Conway
- **23.** Parlor pieces
- **24.** Committee ___
- **25.** Shout
- **27.** Chews the fat
- **28.** Jannings or Gilels
- **29.** Obligation
- **31.** Asian island capital
- **32.** Bullring cheers
- **34.** Consumes
- **36.** Lay waste
- **37.** Prefix with plasm
- **38.** Place at an angle
- **40.** "___ Make a Deal"
- **41.** Tepid
- **45.** Ron Howard comedy of 1999
- **46.** Stuns
- **48.** Actress Sevigny
- **49.** Gets an eyeful
- **50.** Saudi citizens
- **53.** "Yuck!"
- **55.** Hera's husband
- **56.** Owl's utterance
- **57.** Novelist Seton
- **58.** Blemish
- **59.** Egg producers
- **61.** Bizet's "Symphony ___"
- **62.** Definite article
- **63.** Heavy weight

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S	T	A	G		C	O	P	O	U	T		M	S	G	
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