



What's Happening at Westside

July 2019

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

West Dental
306-384-6363



Monday 9-12 1-9
Tuesday 9-12 1-9
Wednesday 9-12 1:30-9
Thursday 9-12 1-9
Friday 9-12 1-9
Saturday 9-12 1-5
Sunday 9-12 1-5
CLOSED STATUTORY HOLIDAYS

SWITCH Summer Hours
Wednesday 5:30—8 pm



**Westside Pharmacy
New Hours**
Monday—Friday
9:30 am to 12:15 pm
1:00 to 5:30pm
Saturday & Sunday
11:00—4:00 pm
**CLOSED
STATUTORY
HOLIDAYS**

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.

“Sweep the Kitchen”
Pasta Salad



**Westside Clinic and Pharmacy
Will be CLOSED
On Monday, July 1
For
Canada Day**



**Westside Clinic Now has
Physical Therapy Services
available on some evenings and
weekends.**

Pathways to Wellness

Will be operating on Tuesday's
during the summer from 10 am—
12:30 pm
NO Childcare Available
Snacks provided

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

Here men from the planet Earth first set foot upon the Moon. July 20, 1969 AD. We came in peace for all mankind.

Neil Armstrong

Read more at: <https://www.brainyquote.com/>

July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM Westside Clinic Extended Hours 5-9	2 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM PATHWAYS TO WELLNESS 10 am – 12:15 pm Cognitive Behavioral Therapy Westside Clinic Extended Hours 5-9	3 SWITCH 5:30 - 8 PM Healing from Grief and Loss—with Jackie Tax Clinic 6-8 Westside Clinic Extended Hours 5-9	4 Fitness, Food & Fun 10 am -12 noon Westside Clinic Extended Hours 5-9	5 Westside Clinic Extended Hours 5-9	6 Westside Clinic Extended Hours 9-5 NO SWITCH	
7 Westside Clinic Extended Hours 9-5	8 Fitness, Food & Fun 10 am -12 noon Westside Clinic Extended Hours 5-9	9 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM PATHWAYS TO WELLNESS 10 am – 12:15 pm Sleep Hygiene Westside Clinic Extended Hours 5-9	10 SWITCH 5:30 - 8 PM SWITCH Kids - Letter-Writing to Pen Pals Going Digital: Accessing Your Health Records and Why It's Important Tax Clinic 6-8 Westside Clinic Extended Hours 5-9	11 Fitness, Food & Fun 10 am -12 noon Westside Clinic Extended Hours 5-9	12 Westside Clinic Extended Hours 5-9	13 Westside Clinic Extended Hours 9-5 NO SWITCH	
14 Westside Clinic Extended Hours 9-5	15 Fitness, Food & Fun 10 am -12 noon Westside Clinic Extended Hours 5-9	16 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM PATHWAYS TO WELLNESS 10 am – 12:15 pm Money as a Trigger Westside Clinic Extended Hours 5-9	17 SWITCH 5:30 - 8 PM SWITCH Kids—Science with Zoe Indigenous Art Night with Kevin Tax Clinic 6-8 Westside Clinic Extended Hours 5-9	18 Fitness, Food & Fun 10 am -12 noon Westside Clinic Extended Hours 5-9	19 Westside Clinic Extended Hours 5-9	20 Westside Clinic Extended Hours 9-5 NO SWITCH	
21 Westside Clinic Extended Hours 9-5	22 Fitness, Food & Fun 10 am -12 noon Westside Clinic Extended Hours 5-9	23 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM PATHWAYS TO WELLNESS 10 am – 12:15 pm Relationship Dynamics Westside Clinic Extended Hours 5-9	24 SWITCH 5:30 - 8 PM SWITCH Kids– A Night at the Museum group read- ing Setting Boundaries and Intimacy with Natalya Tax Clinic 6-8 Westside Clinic Extended Hours 5-9	25 Fitness, Food & Fun 10 am -12 noon Westside Clinic Extended Hours 5-9	26 Westside Clinic Extended Hours 5-9	27 Westside Clinic Extended Hours 9-5 NO SWITCH	
28 Westside Clinic Extended Hours 9-5	29 Fitness, Food & Fun 10 am -12 noon Westside Clinic Extended Hours 5-9	30 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM PATHWAYS TO WELLNESS 10 am – 12:15 pm Healing Arts Westside Clinic Extended Hours 5-9	31 SWITCH 5:30 - 8 PM Coping with Anxiety with Chandra Tax Clinic 6-8 Westside Clinic Extended Hours 5-9				

This recipe featured in:
<https://www.budgetbytes.com>



“Sweep the Kitchen” Pasta Salad

PASTA SALAD SWAPS AND ADD-INS

The idea of this “Sweep the Kitchen” Salad is that you can throw in just about anything you have laying around. Here are some ideas for other ingredients to swap or add-in to make your salad unique and delicious:

PREP TIME: 10 mins

COOK TIME: 10 mins

TOTAL TIME: 20 mins

- **Proteins:** diced or shredded chicken, pepperoni, deli meat, hard boiled egg, beans (chickpeas, cannellini beans, kidney beans), tempeh
- **Cheese:** goat cheese, Parmesan (shredded or grated), blue cheese
- **Vegetables:** roasted red peppers, artichoke hearts, spinach, finely chopped kale, bell peppers, red onion, cauliflower (fresh or roasted)
- **Nuts:** pepitas, sunflower seeds, cashews, pine nuts.
- **Alternate Dressings:** champagne vinaigrette, balsamic vinaigrette, Caesar (non

NOTES

This recipe makes about 6 cups. 3 meal-sized portions or 6 side dish sized portions.

Ingredients

- 8 oz pasta (any shape)
- 1 broccoli crown (about 1/2 lb)
- 2.25 can sliced olives
- 1/4 cup sun dried tomatoes
- 2 oz. crumbled feta
- 1/3 cup Italian salad dressing

Directions

1. Cook the pasta according to the package directions, drain in a colander, then rinse briefly under cool water to bring the temperature down. Let pasta drain well.
2. While pasta is cooking, finely chop broccoli, drain the olives, and roughly chop the sun dried tomatoes.
3. Once the pasta is well drained, add it to a large bowl with the chopped broccoli, drained olives, chopped sun dried tomatoes and crumbled feta. Pour Italian dressing over top and stir until everything is combined and coated in the dressing.
4. Serve immediately or refrigerate up to 4 days.

Across

- 1. Soapstone component
- 5. "The Great Commoner"
- 9. Curling or hurling
- 14. River to the Caspian
- 15. Son of Isaac
- 16. Rhino relative
- 17. "Before I ___ at You Again" ("Camelot" song)
- 18. Salt, to a chemist
- 19. Po land
- 20. Start of a quip
- 23. Second Amendment PAC
- 24. "Hernando's Hideaway," for one
- 25. William Boyd role
- 29. More compact
- 33. Pays to play
- 34. Class subdivision, in taxonomy

- 37. Kind of cross
- 38. Stevedore's spot
- 39. Middle of quip
- 40. Catfish Row woman
- 41. Language suffix
- 42. Boy scout unit
- 43. Basque cap
- 44. Parted waters
- 46. Gofer's jobs
- 48. Farfalle, e.g.
- 51. Above, in verse
- 52. End of quip
- 57. Writer Jong
- 58. Recess
- 59. ___ tradition
- 61. Airline to Rio
- 62. It means "all"
- 63. Work with a dishtowel
- 64. Fencing pieces
- 65. Leave no leaves
- 66. Hornet's home

DOWN

- 1. Big jerk
- 2. Burnoose wearer
- 3. Be a loafer
- 4. Stuff for scouring
- 5. Quintet
- 6. Englishman's outburst
- 7. Unspoken
- 8. City on the Arkansas

- 9. Brandy cocktail
- 10. 1970 Oscar film
- 11. Brilliantly colored fish
- 12. Rub the wrong way
- 13. Give it a shot
- 21. "The Haj" author
- 22. Like some articles: Abbr.
- 25. Stunt
- 26. Cookie spice
- 27. Mount
- 28. Move back and forth
- 30. Back, at sea
- 31. Moved gingerly
- 32. Shows oxidation
- 35. Duesenberg contemporary
- 36. Scoop
- 42. Pekoe pouches
- 43. Songwriter Jacques
- 45. Money in coin
- 47. Derek Jeter, in 1996
- 49. Sax range
- 50. What the nose knows
- 52. Green guarder

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
	20			21						22				
			23				24							
25	26	27				28		29			30	31	32	
33						34	35	36				37		
38						39						40		
41					42						43			
44			45					46	47					
			48			49	50		51					
	52	53						54			55	56		
57							58				59			60
61							62				63			
64							65				66			

- 53. Add to the staff
- 54. Bumper-sticker word
- 55. New York canal
- 56. Séance sounds
- 57. First sinner
- 60. Diminutive suffix

Solution

G	A	Z	E		N	A	C	L		I	T	A	L	Y		
	B	E	A	U	T	Y	I	S	I	N	T	H	E			
				N	R	A		T	A	N	G	O				
C	A	S	S	I	D	Y				D	E	N	S	E	R	
A	N	T	E	S		O	R	D	E	R		T	A	U		
P	I	E	R		E	Y	E	O	F		B	E	S	S		
E	S	E		T	R	O	O	P		B	E	R	E	T		
R	E	D	S	E	A				E	R	R	A	N	D	S	
				P	A	S	T	A		O	E	R				
				T	H	E	B	E	E	R	H	O	L	D	E	R

Understanding Anxiety

By Mandy Brkich, Community Clinic
Primary Care Counsellor

According to the Canadian Mental Health Association, in any given year, one in five people in Canada will personally experience a mental health problem or illness” and it “affects people of all ages, education, income levels, and cultures.” Did you know that suicide is one of the leading causes of death in both men and women from adolescence to middle age? So how can we help?

Steve Leong of the I Will Survive Association says that discussing our mental health challenges is one of the best ways to erase the stigma and ensure that people reach out when they need help. It appears what “mental health needs is more sunlight, more candor, more unashamed conversations.” It can seem really scary to ask someone about their mental health, but most people will be glad you reached out.

Did you know anxiety is a common mental health concern? Most often anxiety, worry, and stress are all a part of people’s everyday lives. Anxiety is experienced by more individuals than any other mental health disorder. Most individuals manage and cope with anxiety, and experiencing it does not necessarily mean you need to connect to professional help. Anxiety becomes a concern when the symptoms become chronic and interfere with our daily lives and ability to function.

Focusing on some simple actions can alleviate anxiety symptoms - exercise, sleep, nutrition, deep breathing, decreasing caffeine, and creating routine/consistency/structure. You can download a variety of helpful apps onto your smartphone - “Headspace” and “Calm” are two examples. You can also access several YouTube videos for guided meditation and progressive muscle relaxation. I would encourage you to choose one activity you enjoy per day, and do it. Avoiding social media or setting time limits on screen time can help too. Keeping a journal (or more specifically, a daily gratitude journal) can also help with your mental health journey. Remember that often the things you want to do the least are what you should be doing most.

Please know that you matter, and that you do not have to struggle or do this on your own. Please speak to your family doctor. They are here to help, to be compassionate, supportive, and non-judgemental and to assist you. It’s always okay to share how you are feeling, your thoughts, fears, and concerns. You’re human and you matter.

For more information, specifically on anxiety and for tools and strategies, please visit the following website:

www.anxietycanada.com

811 – Health Line links you to a helping professional