



# What's Happening at Westside

## October 2017

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

Clinic Closed October 9th  
For Thanksgiving


SWITCH 306-956-2518

West Dental  
306-384-6363



**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

**SWITCH Hours**  
Monday 5:30—8 pm  
Wednesday 5:30—8 pm  
Saturday 12:30—3 pm


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


### Services offered here at Westside

Services by Doctors, Nurse Practitioner, Nurse, Physical Therapist, Occupational Therapist, Aboriginal Outreach Worker, Aboriginal Counsellors. 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, Internal Medicine and Psychiatry. We have Pharmacy and X-ray services at our downtown clinic, Saskatoon Community Clinic 455 2nd Avenue North.

**October Recipe  
Chicken and  
Mango in a warm  
coconut sauce**



**Sharing  
Circle  
Thursday,  
At 5:30 pm  
October  
12th & 19th**  




WELCOME BACK  
OASIS  
  
OASIS Begins October 2nd  
See Calendar (next page) for  
program information



**OASIS Participants**  
Please call one of the numbers below  
when the clinic is closed  
from 12:00 pm —1:00 pm.  
Westside Staff are not able to let people in  
during this time.  
  
**Marilyn (306) 370-1293,  
Or (306) 664-4336**

Fitness, Food and Fun  
Monday, Wednesday  
and Thursday Mornings



"October is the fallen leaf, but it is also a wider horizon clearly seen. It is the distant hills once more in sight, and the enduring constellations above them once again."  
Hal Borland

# October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b> Fitness, Food & Fun 10 am -12 noon  SWITCH 5:30 - 8 PM  Medicine Wheel and Our Purpose with Kelly	<b>3</b> Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM  OASIS 10:20 -11:30 Meet N Greet with Marilyn New FASD Coordinator OASIS 12:10 – 1:45 Domestic Violence Info— Family Services Saskatoon.	<b>4</b> SWITCH 5:30 - 8 PM  Supporting Women Navigating the Legal and Correctional System with Bonny  Homework Help Centre	<b>5</b> Fitness, Food & Fun 10 am -12 noon  OASIS 10:20 -11:30 Healing Arts  OASIS 12:10 – 1:45 Healing Arts	<b>6</b>	<b>7 CLINIC CLOSED</b>  
<b>8</b>	<b>9 CLINIC CLOSED</b>   <i>Happy Thanksgiving! To You And Your Family</i>	<b>10</b> Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM  OASIS 10:20 -11:30 FASD Network Presentation OASIS 12:10 – 1:45 Family Law Presentation	<b>11</b> SWITCH 5:30 - 8 PM  Hospice & Spiritual Care with Jackie  Homework Help Centre	<b>12</b> Fitness, Food & Fun 10 am -12 noon  OASIS 10:20 -11:30 Gambling Awareness  OASIS 12:10 – 1:45 TBC	<b>13</b>	<b>14</b> SWITCH 12:30 – 3 pm  Anxiety Coping Skills with Jessica
<b>15</b>	<b>16</b> Fitness, Food & Fun 10 am -12 noon  How Depression Holds You Back from What You Enjoy—with Flo  SWITCH 5:30 - 8 PM	<b>17</b> Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM  OASIS 10:20 -11:30 Effective Family Presentation OASIS 12:10 – 1:45 Sexual Health Presentation	<b>18</b> SWITCH 5:30 - 8 PM  Rethink your Drink with Amanda from CHEP  Homework Help Centre	<b>19</b> Fitness, Food & Fun 10 am -12 noon  OASIS 10:20 -11:30 Addiction Presentation  OASIS 12:10 – 1:45 TBC	<b>20</b>	<b>21</b> SWITCH 12:30 – 3 pm  Oral Health with Christopher and Rhianna
<b>22</b>	<b>23</b> Fitness, Food & Fun 10 am -12 noon  Judicial Process with FLAC  SWITCH 5:30 - 8 PM	<b>24</b> Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM  OASIS 10:20 -11:30 Halloween Decorating OASIS 12:10 – 1:45 Halloween Decorating	<b>25</b> SWITCH 5:30 - 8 PM  Sexual Assault: Do You Need Information or Support? with Health  Homework Help Centre	<b>26</b> Fitness, Food & Fun 10 am -12 noon  OASIS 10:20 -11:30 Cooking with Calysta  OASIS 12:10 – 1:45 Residential Tenancies	<b>27</b>	<b>28</b> SWITCH 12:30 – 3 pm  Community Kitchen
<b>29</b>	<b>30</b> Fitness, Food & Fun 10 am -12 noon  The Kids Are Alright: Talking to Children about Sex with Natalya  SWITCH 5:30 - 8 PM	<b>31</b> Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM   OASIS 10:20 -11:30 TBC OASIS 12:10 – 1:45 TBC				

# DIABETES CANADA

## CHICKEN AND MANGO IN A WARM COCONUT SAUCE

A delightfully different way to enjoy mango.



### Tips

If desired, cubes of pre-roasted squash or pumpkin can be used in place of the mango.

Makes 6 servings

Cooking time: n/a

### Ingredients

2 Tbsp (30 mL) all-purpose flour

1 Tbsp (15 mL) Spanish paprika

1 Tbsp (15 mL) pumpkin pie spice

1/8 tsp (0.5 mL) cayenne pepper or crushed red chili flakes

4 chicken breasts, boneless, skinless, cubed

2 Tbsp (30 mL) canola oil

1/2 cup (125 mL) diced red onion

1 can (14 ounces/398 mL) light coconut milk

1 can (14 ounces/398 mL) diced, unsalted tomatoes

1 cup (250 mL) mango chunks, fresh or frozen, thawed

### Instructions

1. Preheat oven to 350°F (180°C).

2. In a large zip seal bag, combine flour, paprika, pumpkin pie spice and cayenne pepper or red chili flakes. Shake to mix well. Add chicken, about 1/4 at a time and shake to coat.

3. In a large oven-safe saucepan, heat canola oil over medium-high heat. Add chicken and brown for approximately 5 minutes per side. Remove chicken from pan.

4. Add onions and cook for about 3 minutes or until just softened. Add coconut milk, tomatoes, mango and return chicken to oven safe saucepan.

5. Bake for 25 minutes. Serve on its own or with steamed rice.



## Carbohydrate exchange information

1 Carbohydrate Choice

2 Meat & Alternative Choices

Yield: 6 servings

Serving Size: 1 cup (250 mL)

Recipe courtesy of [www.CanolaInfo.org](http://www.CanolaInfo.org) (<http://www.CanolaInfo.org>)

([https://crm1.diabetes.ca/bbis\\_CRMLive/donate](https://crm1.diabetes.ca/bbis_CRMLive/donate))