

What's Happening at Westside



February 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



February 18
Clinic Closed
For
Family Day



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

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.

Spinach Salad
Recipe on Page 3



Pathways to Wellness

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



February, when the days of winter seem endless and no amount of wistful recollecting can bring back any air of Summer

Shirley Jackson

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 SWITCH 12:30—3 pm Managing Mental Health: Creating Balance with Chalaine—Presented by the Princess Shop
3	4 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM Financial Literacy Pt 5 Credit with READ Saskatoon	5 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM <i>PATHWAYS TO WELLNESS</i> 10 am – 12:15 pm Gambling Awareness	6 SWITCH 5:30 - 8 PM Healthy Relationships with Jackie	7 Fitness, Food & Fun 10 am -12 noon <i>PATHWAYS TO WELLNESS</i> 10 am -12:15 pm Dreamcatchers	8	9 SWITCH 12:30—3 pm Community Kitchen with Mackenzie
10	11 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM Financial Literacy Pt 6: Consumerism with READ Saskatoon	12 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM <i>PATHWAYS TO WELLNESS</i> 10 am – 12:15 pm Intergenerational Trauma with Judy	13 SWITCH 5:30 - 8 PM TBA with Nursing Students	14 Fitness, Food & Fun 10 am -12 noon <i>PATHWAYS TO WELLNESS</i> 10 am -12:15 pm Valentine's Day Craft	15	16 No SWITCH
17	18 Clinic Closed	19 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM <i>PATHWAYS TO WELLNESS</i> 10 am – 12:15 pm Str8 Up	20 SWITCH 5:30 - 8 PM Michael-Roy programming—Food Security	21 Fitness, Food & Fun 10 am -12 noon <i>PATHWAYS TO WELLNESS</i> 10 am -12:15 pm Rock Painting	22	23 SWITCH 12:30—3 pm TBA
24	25 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM Financial Literacy with Sarah and Jill Presented by the Princess Shop	26 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM <i>PATHWAYS TO WELLNESS</i> 10 am – 12:15 pm Lateral Violence	27 SWITCH 5:30 - 8 PM TBA with Nursing Students.	28 Fitness, Food & Fun 10 am -12 noon <i>PATHWAYS TO WELLNESS</i> 10 am -12:15 pm Healing Arts		

DIABETES CANADA



Nutritional Information Per Serving

SPINACH SALAD

Tips

Fresh spinach is available throughout the year and makes a nice change from lettuce.

Vitamin C in oranges and other fruits and vegetables improves the body's absorption of iron from grains and dark green vegetables, such as spinach.

Makes 4 servings

Cooking Time n/a

Per Serving

Calories 69

Total Fat 2 g

Saturated Fat 0 g

Cholesterol 0 mg

Sodium 169 mg

Carbohydrates 11 g

Fiber 2 g

Protein 2 g

• Cooking time: n/a

Ingredients

- 6 cups lightly packed baby spinach (about 5 oz./150 g) 1.5 L
- 1 large sweet onion, such as Spanish, Vidalia or other 1
- mild onion, cut into rings
- 1 large orange 1
- Unsweetened orange juice
- 1 clove garlic, finely chopped 1
- ¼ tsp salt 1 mL
- ¼ tsp freshly ground black pepper 1 mL
- 2 tsp vegetable oil 10 mL

1. In a salad bowl, combine spinach and onion.
2. Peel orange and cut into sections. Cut each section in half and add to the spinach mixture.
3. Squeeze juice from remaining orange membranes into a measuring cup and pour in enough orange juice to make ¼ cup (60 mL). Stir in garlic, salt, pepper and oil.
4. Pour dressing over salad and toss to coat. Cover and refrigerate for 4 to 6 hours to let the flavors mellow. .

Notes

Canada's Choice per Serving: 1/2 Fat ,1 Extra

Recipe reprinted with permission from Complete Canadian Diabetes Cookbook, Katherine E. Younker, Robert Rose Inc., 2005,

<http://www.robertrose.ca>.

Across

- 1. Tear companion
- 5. Strongbox
- 9. "Get lost!"
- 14. Symbol of goodness
- 15. Org. founded in 1920
- 16. Leather strip
- 17. "Cunning hunter" of the bible
- 18. Impolite glance
- 19. Disorderly disturbances
- 20. Patti Page hit
- 23. CSI identifier
- 24. Danny of "White Christmas"
- 25. Moves abruptly
- 28. Tolerate
- 30. Overwhelm
- 33. Turkish leader
- 34. Azov is one
- 35. Scorching
- 37. Beach Boys hit
- 40. Bowling alley head
- 41. Move aimlessly
- 42. Word with bar or area
- 43. X-ray unit
- 44. Name names
- 46. Pendant feature
- 47. Greek cheese
- 48. Fez, e.g.
- 49. Ferko String Band tune
- 56. Word of praise
- 57. Moby Dick pursuer
- 58. Temporary calm
- 59. South Pacific tourist site
- 60. Miner's pursuit
- 61. Opera offering
- 62. Prepared for action
- 63. Observed
- 64. Intuitive ability

1	2	3	4	5	6	7	8	9	10	11	12	13	
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	49	50					51	52			53	54	55
56						57				58			
59						60				61			
62						63				64			

Down

- 1. Sharpen, as a blade
- 2. Alleviate
- 3. Football Hall-of-Famer Page
- 4. Like some tickets
- 5. Latin American music
- 6. Experts
- 7. Cut and run
- 8. "I've found it!"
- 9. Part of a pound?
- 10. Santiago's country
- 11. Tooth part
- 12. Animated movie of 1998
- 13. Booker T. and the
- 21. USN officer
- 22. Classified blurb
- 25. Style of furnishing
- 26. Kenmore competitor
- 27. Rubbed the wrong way
- 28. Sun. deliverance
- 29. Ham operator's letter
- 30. Keyboard symbol
- 31. Playwright Oscar
- 32. Collectible flop
- 34. Beethoven's "Moonlight ____"
- 36. Baked potato alternative
- 38. Dockside flame fighter
- 39. Fleming of fiction
- 45. Cornhusk-wrapped edible
- 46. Certain punch
- 47. Take after
- 48. Diced
- 49. Diminishing sea
- 50. Type of duck
- 51. On-board shout
- 52. Green ornamental stone
- 53. Angler's decoy
- 54. Novelist Wiesel
- 55. Israeli airline
- 56. Youth org.

Puzzle Solution © OnlineCrosswords.net

W	E	A	R		S	A	F	E		S	C	R	A	M
H	A	L	O		A	C	L	U		T	H	O	N	G
E	S	A	U		L	E	E	R		R	I	O	T	S
T	E	N	N	E	S	S	E	E	W	A	L	T	Z	
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