



# What's Happening at Westside

## June 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.

Mediterranean Chicken  
Pita



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.

Pathways to Wellness

**Last Day until Fall  
June 20**

*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.

Summer is a promissory note signed in June, its long days spent and gone before you know it, and due to be repaid next January.

Hal Borland

Read more at: [https://www.brainyquote.com/quotes/hal\\_borland](https://www.brainyquote.com/quotes/hal_borland)

## June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Westside Clinic Extended Hours 9-5
2 Westside Clinic Extended Hours 9-5	3 Fitness, Food & Fun 10 am -12 noon  Westside Clinic Extended Hours 5-9	4 Fitness, Food & Fun 10 am – 12pm  Baby Immunization Clinic 1- 4 PM  <b>PATHWAYS TO WELLNESS</b> 10 am – 12:15 pm Intergenerational Trauma Westside Clinic Extended Hours 5-9	5 <b>SWITCH 5:30 - 8 PM</b> Self-Care with Jackie  Tax Clinic 6 – 8  Westside Clinic Extended Hours 5-9	6 Fitness, Food & Fun 10-12  <b>PATHWAYS TO WELLNESS</b> 10 am – 12:15 pm Healing Arts  Westside Clinic Extended Hours 5-9	7 Westside Clinic Extended Hours 5-9	8 Westside Clinic Extended Hours 9-5
9 Westside Clinic Extended Hours 9-5	10 Fitness, Food & Fun 10 am -12 noon  Westside Clinic Extended Hours 5-9	11 Fitness, Food & Fun 10 am – 12pm  Baby Immunization Clinic 1- 4 PM  <b>PATHWAYS TO WELLNESS</b> 10 am – 12:15 pm Nutrition with Calysta Westside Clinic Extended Hours 5-9	12 <b>SWITCH 5:30 - 8 PM</b> Stress Awareness & regulation with Connie & Tanis  Tax Clinic 6 – 8  Westside Clinic Extended Hours 5-9	13 Fitness, Food & Fun 10-12  <b>PATHWAYS TO WELLNESS</b> 10 am – 12:15 pm Cooking Day  Westside Clinic Extended Hours 5-9	14 Westside Clinic Extended Hours 5-9	15 Westside Clinic Extended Hours 9-5
16 Westside Clinic Extended Hours 9-5	17 Fitness, Food & Fun 10 am -12 noon  Westside Clinic Extended Hours 5-9	18 Fitness, Food & Fun 10 am – 12pm  Baby Immunization Clinic 1- 4 PM  <b>PATHWAYS TO WELLNESS</b> 10 am – 12:15 pm Practicing Wellness Westside Clinic Extended Hours 5-9	19 <b>SWITCH 5:30 - 8 PM</b> Family Story Time (*See Below) Tax Clinic 6 – 8  Westside Clinic Extended Hours 5-9	20 Fitness, Food & Fun 10-12  <b>PATHWAYS TO WELLNESS</b> 10 am – 12:15 pm Certificates and Celebration!  Westside Clinic Extended Hours 5-9	21 Westside Clinic Extended Hours 5-9	22 Westside Clinic Extended Hours 9-5
23 Westside Clinic Extended Hours 9-5	24 Fitness, Food & Fun 10 am -12 noon  Westside Clinic Extended Hours 5-9	25 Fitness, Food & Fun 10 am – 12pm  Baby Immunization Clinic 1- 4 PM  <b>PATHWAYS TO WELLNESS</b> 10 am – 12:15 pm	26 <b>SWITCH 5:30 - 8 PM</b> Family Arts & Crafts  Tax Clinic 6 – 8  Westside Clinic Extended Hours 5-9	27 Fitness, Food & Fun 10-12  <b>PATHWAYS TO WELLNESS</b> 10 am – 12:15 pm  Westside Clinic Extended Hours 5-9	28 Westside Clinic Extended Hours 5-9	29 Westside Clinic Extended Hours 9-5
30 Westside Clinic Extended Hours 9-5	<p><b>June 19 SWITCH – Family Story Time</b>                      *Ages 1-5 6 pm – 6:20 pm                      *Ages 6 and up 6:30 pm – 8 pm (story and craft time)                      *Caregivers and Parents are encouraged to participate with                      their children</p>					

**Clinic Closed on July 1**



This recipe featured in:



## Mediterranean Chicken Pita

### Nutritional Information Per Serving

This recipe makes for a simple delicious sandwich. Enjoy it for lunch or dinner with a salad or another quick vegetable side dish!

**Serving Size: 4**

### Ingredients

- 2 cups Cubed cooked chicken (leftover or from a rotisserie chicken)
- 1/2 cup Low-fat tzatziki sauce
- 2 whole grain pocket style pitas (cut in half to make 4 pita pockets)
- 1 cup diced cucumber
- 1 cup diced tomato
- 1/2 cup Unsalted, sliced dry-roasted almonds
- 1/4 cup skim milk
- 1 tbsp. soft margarine
- 1 cup frozen peas, thawed
- 1/4 cup Shredded reduced-fat Cheddar cheese

### Per Serving 1/4 of Recipe

Serving size	1 pita pocket
Calories	310
Total Fat	13g
Saturated Fat	2.5g
Trans Fat	0g
Cholesterol	85mg
Carbohydrates	25g
Fiber	4g
Sugars	3g
Protein	26g
Potassium	510g
Phosphorus	310g
Sodium	490 mg

### Directions

1. In a medium mixing bowl, mix together the chicken and tzatziki sauce. Stuff 1/2 cup of the chicken mixture into each pita pocket.
2. Top each filled pita pocket with 1/4 cup cucumbers, 1/4 cup tomatoes, and 2 Tbsp sliced almonds.

\* Choices/Exchanges:

1 Starch, 1/2 Carbohydrate, 3 Lean protein, 1 1/2 Fat

**Across**

- **1.** Mentioned as a reference
- **6.** Atkins no-no, briefly
- **10.** It has six sides
- **14.** Without dissent
- **15.** Nautical direction
- **16.** Royal sport
- **17.** Butcher's tools for negotiations?
- **20.** Cowboys' emblem
- **21.** Prescribed ceremony
- **22.** Dentist's direction
- **23.** Stravinsky ballet
- **25.** Ancient France
- **27.** Where the butcher's money is kept?
- **33.** Chops finely
- **34.** Patsy created by Jim Davis
- **35.** Harper Valley org.
- **36.** Word in a Poitier film title
- **37.** Sugar portions
- **39.** Methodical
- **40.** Backwash creator
- **41.** Sound unit
- **42.** Singer Haggard
- **43.** Tease the butcher?
- **47.** "Trading Spaces" activity
- **48.** Canine holders
- **49.** Foolish time
- **52.** Norse goddess of fate
- **54.** Dull sound
- **58.** What the high-rolling butcher does?
- **61.** Henry VIII's fourth wife
- **62.** Hilo neckwear
- **63.** "Quo \_\_\_?"
- **64.** Shambles
- **65.** Promising exchanges

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			

**DOWN**

- **1.** They form an airport queue
- **2.** "The time \_\_\_ hand"
- **3.** Pearl Harbor movie word
- **4.** Finalizes a trophy
- **5.** Initials of a crack team?
- **6.** Flogging
- **7.** Dismounted
- **8.** Loose cannon
- **9.** Entreat
- **10.** Type of battle
- **11.** "Who Framed Roger Rabbit" character
- **12.** "The Magic Mountain" locale
- **13.** Flexible tube
- **18.** Driver's selection
- **19.** Oil, before refining
- **24.** Grunts
- **26.** Black tropical American cuckoo
- **27.** Mountain for Moses
- **28.** Bitter
- **29.** Not pickled
- **30.** Lincoln Center show
- **31.** Asti locale
- **32.** Basketball great Archibald
- **33.** Way in or out
- **37.** Like some dorms
- **38.** Out of the ordinary
- **39.** "1984" utterances
- **41.** Beach find
- **42.** Movie studio inits.
- **44.** Choctaw and Chickasaw
- **45.** Shrek's mate, e.g.
- **46.** Sisters
- **49.** Fired gardener
- **50.** Johnnycake
- **51.** Sprints
- **53.** Cuyahoga Falls locale
- **55.** Put aboard
- **56.** "The Grapes of Wrath" type
- **57.** Verbal elbow in the ribs
- **59.** Old Testament judge
- **60.** Some RCAs

Puzzle Solution © OnlineCrosswords.net

C	I	T	E	D		C	A	R	B		U	T	A	H	
A	S	O	N	E		A	L	E	E		P	O	L	O	
B	A	R	G	A		I	N	I	N	G	C	H	O	P	S
S	T	A	R			R	I	T	E		R	I	N	S	E
				A		G	O	N			G	A	U	L	
	S	A	V	I		N	G	S	A	N	D	L	O	I	N
D	I	C	E	S				O	D	I	E		P	T	A
O	N	E	S			C	U	B	E	S		N	E	A	T
O	A	R		S		S	O	N	E		M	E	R	L	E
R	I	B	T	H		E	W	R	O	N	G	W	A	Y	
				R		E	D	O			G	U	M	S	
A	P	R	I	L		N	O	R	N		P	L	O	P	
D	O	U	B	L		E	T	H	E	S	T	E	A	K	S
A	N	N	E			L	E	I	S		V	A	D	I	S
M	E	S	S			I	D	O	S		S	K	E	E	T



## Saskatchewan needs to catch up on mental health funding



By Joanne Schenn, MSW, RSW, Director, Counselling & Community Services

I have worked in the field of mental health counselling and/or management for much of my professional life, including a Health District, a Health Region and now a holistic Primary Care Cooperative. Change and progress is occurring rapidly in many areas of health care in general, however, attention to mental health services seems to have lagged behind until recently. Tragedies such as the La Loche shooting, an increase in suicide rates, the crisis with substance use deaths from fentanyl and crystal meth, and the impact of trauma with the Humboldt bus crash have put the need for mental health services in the public eye. I, and my family have been personally hit with two suicides and have experienced a range of mental illnesses over the years, as I'm sure most other families have as well. Mental illness is as common as physical illness. So why do we not have the same funding for mental health?

I highly commend the work of the Bell Let's Talk initiative, the work of the Canadian Mental Health Association and various other projects designed to help reduce the stigma of mental illness so people feel more comfortable talking about mental health and asking for help. The message appears to be getting through as our services and other mental health services such as Saskatoon Crisis Intervention Services have seen huge increases in demand.

This is all good news, except for the fact that funding for Mental Health programs has not kept up, even despite clear recommendations to the government funders in the 2001 Fyke Report and the 2014 Sask. Mental Health and Addictions Report. In fact, Saskatchewan now lags behind all other provinces in mental health funding. Wait lists abound both at our Primary Care Clinic, the Regional Health Authority and other Community Based Organizations that work in the area of mental health and addictions. People that identify that they may have a mental illness are asking for help and we are now essentially turning them away by putting them on lengthy waitlists or referring them to private counsellors that they can't afford. The most effective mental health interventions are often initiated when motivation is high and people initially ask for help. We are missing that opportunity with so many people when they must wait for the help they are requesting. The motivation slowly disappears, people give up and some become desperate. Common depression moves toward desperation, hopelessness and thoughts of suicide. No wonder suicide rates are high.

My belief is that it is ethically and morally wrong to set people up with expectations that there is a life-line available for them and then pull it away when they finally try to grasp hold. People living with mental illness need individual attention, and that can only be achieved through providing the resources of crisis workers, counsellors, social workers, mental health therapists and community mental health nurses who can form therapeutic helping relationships and provide expertise to help people grab hold of that life-line.

Testing and diagnosis by psychologists has its' role, as does the diagnostics and medication provided by psychiatry. These resources are underfunded as well, but mostly we hear from patients that they need a well-trained human being to meet with them regularly to walk with them on their journey towards mental health. It is time that Crisis Intervention work is seen an essential emergency service and funded in the same way as the police and fire services. Mental health focussed services and agencies should not have to resort to funding through bake sales and raffles, but this is where we seem to be heading. We must remember that, "There is no health without mental health" (World Health Organization).

*This opinion piece was written partially in response to Murray Mandryk's impressive editorial: Province must get serious about commitment to mental health supports, Regina Leader Post, Jan 23, 2019. The piece was also published in the Saskatoon Star Phoenix, March 12, 2019.*