

What's Happening at Westside

JULY 2018

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

SWITCH Summer Hours
Wednesday's 5:30—8 pm
We look forward to resuming the
Monday and Saturday Hours in
the fall.

**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



**West Dental
Downstairs**
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
Wednesday 5:30—8 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.

Pathways to Wellness
Ends On June 14—Resumes in
the fall.

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.

Clinic Closed
Monday, July 2



Fruit and Feta Salad



From berries to crumbled feta cheese, this salad is a kaleidoscope of bold flavours and compelling textures



Clinic Closed
Monday, August 6

Try the Country Music Crossword
Puzzle on Page 4

"It is wonderful to feel the grandness of Canada in the raw, not because she is Canada but because she's something sublime that you were born into, some great rugged power that you are a part of." – Emily Carr

July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Clinic Closed <i>Happy</i>  CANADA <i>Day</i>	2 Clinic Closed	3 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM	4 SWITCH 5:30 - 8 PM Building your Resume with QUINT	5 Fitness, Food & Fun 10 am -12 noon	6	7
8	9 Fitness, Food & Fun 10 am -12 noon	10 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM	11 SWITCH 5:30 - 8 PM Gambling Awareness Program with Jenna	12 Fitness, Food & Fun 10 am -12 noon	13	14
15	16 Fitness, Food & Fun 10 am -12 noon	17 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM	18 SWITCH 5:30 - 8 PM Letting Go and Breathing with Kelley	19 Fitness, Food & Fun 10 am -12 noon	20	21
22	23 Fitness, Food & Fun 10 am -12 noon	24 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM	25 SWITCH 5:30 - 8 PM Move your Body with Lacey and Claire	26 Fitness, Food & Fun 10 am -12 noon	27	28
29	30 Fitness, Food & Fun 10 am -12 noon	31 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM	Clinic Closed Monday, August 6 for Civic Holiday			

Cross Word Puzzle on Next Page

Country Music Hall of Fame Inductees Our free entertainment crossword puzzles cover a wide range of topics. In this one, we're calling on all country music fans to remember some big names of the past. The Country Music Hall of Fame has inducted singers, song-writers, music executives, and even a comedian almost every year since it opened in 1961. We've chosen one big name from each of those years, with our apologies to all the others. Place the last name of the person mentioned in each clue into the crossword puzzle

DIABETES CANADA



Nutritional Information Per Serving

Fruit and Feta Salad

Ingredients:

- 6 cups assorted greens 1.5 L
- ¼ cup Basil Buttermilk Dressing 50 mL
- 1 cup each blueberries, raspberries and sliced strawberries 250 mL
- ¾ cup crumbled feta cheese (110g) 175 mL

Basil Buttermilk Dressing:

- Yield: 1 cup (250 mL) (see Tip)
- Prep: 10 minutes
- Refrigerate: 1 hour or longer
- 2/3 cup well-shaken buttermilk 150 mL
- 1/3 cup light mayonnaise 75 mL
- 2 tbsp finely chopped fresh basil or 2 tsp (10 mL) dried 25 mL
- 1 small clove garlic, minced 1
- Pinch of each salt and freshly ground pepper

Salad (¼ of recipe)

Calories	160
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Total Fat	8 g
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Saturated Fat	4 g
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Sodium	381mg
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Carbohydrates	16g
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Fiber	5 g
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Protein	7 g
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Dressing (1 tbsp or 15 mL)

Calories	19
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Total Fat	2 g
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Saturated Fat	0 g
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Sodium	53 mg
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Carbohydrates	27 g
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Fiber	0 g
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Protein	0 g
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Instructions

1. Place greens in large bowl. Drizzle with dressing; toss gently to coat.
2. Divide salad evenly among 4 plates, and top each serving with ¾ cup (175 mL) of the mixed berries and one-quarter of the cheese.
3. Serve Immediately top each serving with ¼ cup (175 mL) of the mixed berries and one-quarter of the cheese. Serve immediately.

Notes

Salad: Canada's Choice per Serving: ½ Carbohydrate, 1 Meat & Alternatives, 1 Fat

Tips

Save extra dressing for another salad or use as a dip for raw vegetables.

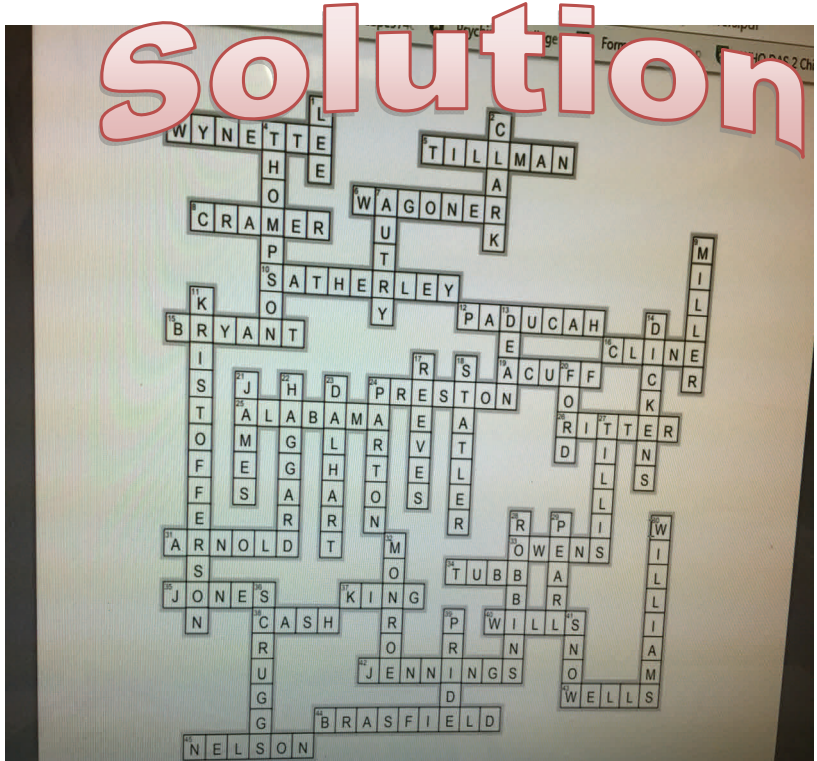
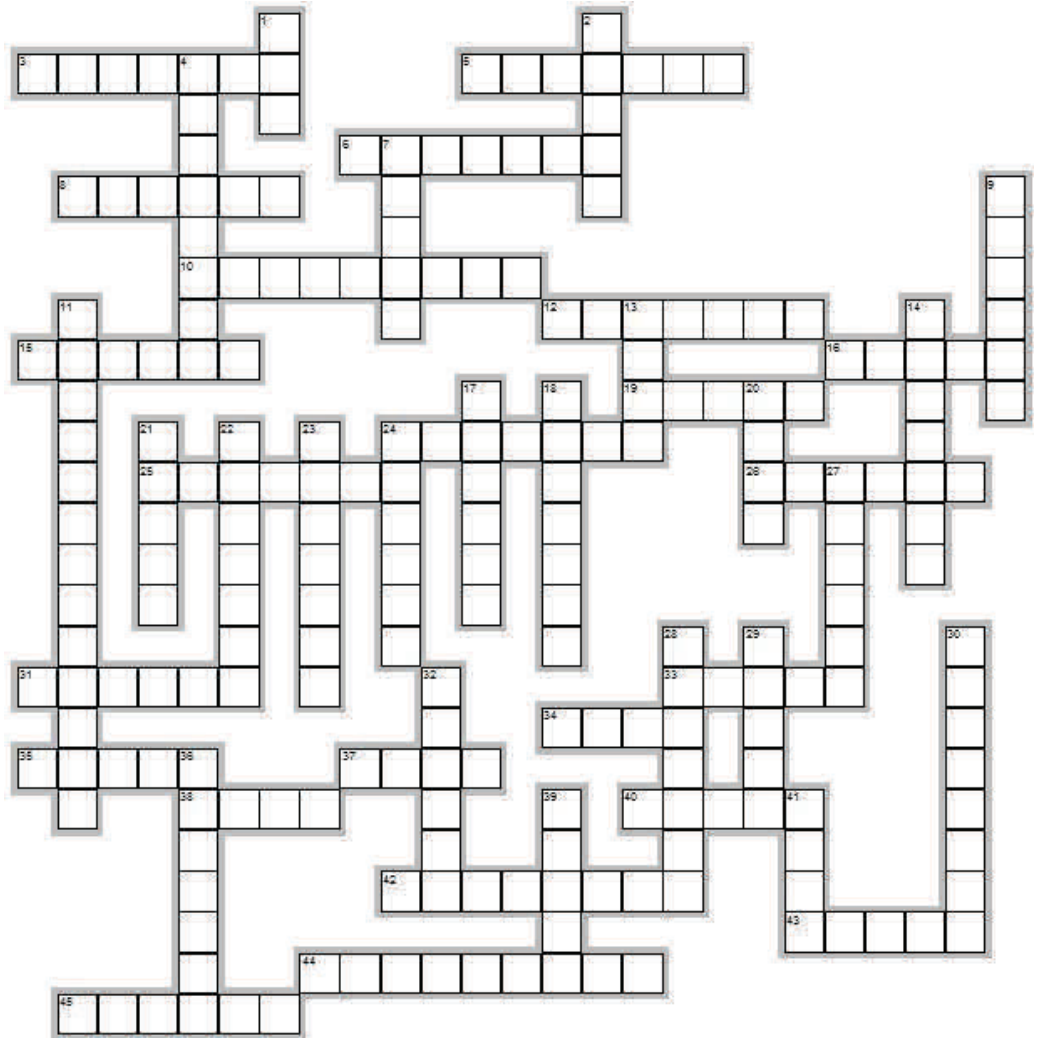
Use pre-packaged assorted salad greens or any combination of lettuces. Add fresh berries, such as raspberries, blueberries and strawberries.

Recipe reprinted with permission from Canada's 250 Essential Diabetes Recipes, Sharon Zeiler, Robert Rose Inc., 2011, <http://www.robertrose.ca>

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Across

- 3. 1998, Tammy ____
- 5. 1984, Floyd ____
- 6. 2002, Porter ____
- 8. 2003, Floyd ____
- 10. 1971, Music executive, Arthur E. ____
- 12. 1986, The Duke of ____ (Whitey Ford)
- 15. 1991, Songwriters Felice and Boudleaux ____
- 16. 1973, Patsy ____
- 19. 1962, Singer-songwriter Roy ____
- 24. 1992, Music executive, Frances ____
- 25. 2005, a band
- 26. 1964, Tex ____
- 31. 1966, Eddy ____
- 33. 1996, Buck ____
- 34. 1965, Ernest ____
- 35. 1978, Grandpa ____
- 37. 1974, Pee Wee ____
- 38. 1980, Johnny ____
- 40. 1968, Bob ____
- 42. 2001, Waylon ____
- 43. 1976, Kitty ____
- 44. 1987, Comedian Rod ____



Down

- 1. 1997, Brenda ____
- 2. 2009, Roy ____
- 4. 1989, Hank ____
- 7. 1969, Gene ____
- 9. 1995, Roger ____
- 11. 2004, Kris ____
- 13. 2010, Jimmy ____
- 14. 1983, Little Jimmy ____
- 17. 1967, Jim ____
- 18. 2008, The ____ Brothers
- 20. 1990, Tennessee Ernie ____
- 21. 2006, Sonny ____
- 22. 1994, Merle ____
- 23. 1981, Vernon ____
- 24. 1999, Dolly ____
- 27. 2007, Mel ____
- 28. 1982, Marty ____
- 29. 1975, Minnie ____
- 30. 1961, Hank ____
- 32. 1970, Bill ____
- 36. 1985, Flatt and ____
- 39. 2000, Charley ____
- 41. 1979, Hank ____