



What's Happening at Westside

January 2019

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

New Year's Day
January 1, 2019 Closed

SWITCH
Back January 7

West Dental
Open Again
January 7
306-384-6363



Pathways to Wellness
Back
January 8



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

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.

SWITCH Hours

Monday 5:30—8 pm
Wednesday 5:30—8 pm
Saturday 12:30—3 pm

Pasta with Spicy Turkey Tomato Sauce

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



"JANUARY,
The first month of the year,
A perfect time to start all over again,
Changing energies and deserting old moods,
New beginnings, new attitudes"
— Charmaine J Forde

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1 Clinic Closed</p> <p style="text-align: center;">HAPPY NEW YEAR</p>	<p>2 Clinic Open 9 am</p> <p>No SWITCH</p>	<p>3 Clinic Open</p> <p>No Pathways</p>	4	<p>5 Clinic Closed</p>
6	<p>7 Fitness, Food & Fun 10 am -12 noon</p> <p>SWITCH 5:30 - 8 PM Financial Literacy pt. 1: Asset building with READ Saskatoon</p>	<p>8 Fitness, Food & Fun 10 am -12 noon</p> <p>Baby Immunization Clinic 1- 4 PM</p> <p>PATHWAYS TO WELLNESS 10 am – 12:15 Welcome Sharing Circle</p>	<p>9</p> <p>SWITCH 5:30 - 8 PM</p> <p>Creating a Vision for Yourself with Jackie</p>	<p>10 Fitness, Food & Fun 10 am -12 noon</p> <p>PATHWAYS TO WELLNESS 10 am –12:15 pm Vision Boards</p>	11	<p>12 SWITCH 12:30—3 pm Brain Safety 101 with Lisa</p>
13	<p>14 Fitness, Food & Fun 10 am -12 noon</p> <p>SWITCH 5:30 - 8 PM Financial Literacy pt. 2: Banking with READ Saskatoon</p>	<p>15 Fitness, Food & Fun 10 am -12 noon</p> <p>Baby Immunization Clinic 1- 4 PM</p> <p>PATHWAYS TO WELLNESS 10 am – 12:15 Addiction Cycle</p>	<p>16 SWITCH 5:30 - 8 PM</p> <p>CCRW Em- ployment Support for Adults with Disabilities with Celeste</p>	<p>17 Fitness, Food & Fun 10 am -12 noon</p> <p>PATHWAYS TO WELLNESS 10 am –12:15 pm Gratitude Jars</p>	18	<p>19 SWITCH 12:30—3 pm Decoloniza- tion: What Do We Know About It: with Kelley</p>
20	<p>21 Fitness, Food & Fun 10 am -12 noon</p> <p>SWITCH 5:30 - 8 PM</p> <p>Financial Literacy pt. 3: Budgeting with READ Saskatoon</p>	<p>22 Fitness, Food & Fun 10 am -12 noon</p> <p>Baby Immunization Clinic 1- 4 PM</p> <p>PATHWAYS TO WELLNESS 10 am – 12:15 What is Recovery and Wellbeing</p>	<p>23 SWITCH 5:30 - 8 PM</p> <p>Birth Control Options with Hien and Christine</p>	<p>24 Fitness, Food & Fun 10 am -12 noon</p> <p>PATHWAYS TO WELLNESS 10 am –12:15 pm Adult Coloring</p>	25	<p>26 SWITCH 12:30—3 pm Writing Your Story with George- Paul</p>
27	<p>28 Fitness, Food & Fun 10 am -12 noon</p> <p>SWITCH 5:30 - 8 PM Financial Literacy pt. 4: RESPs with READ Saskatoon</p>	<p>29 Fitness, Food & Fun 10 am -12 noon</p> <p>Baby Immunization Clinic 1- 4 PM</p> <p>PATHWAYS TO WELLNESS 10 am – 12:15 Effective Communication</p>	<p>30 SWITCH 5:30 - 8 PM</p> <p>TBA with Nursing Stu- dents</p>	<p>31 Fitness, Food & Fun 10 am -12 noon</p> <p>PATHWAYS TO WELLNESS 10 am –12:15 pm Healing Arts</p>		

DIABETES CANADA



Nutritional Information Per Serving

PASTA WITH SPICY TURKEY TOMATOE SAUCE

Tips

- As a substitute for the turkey, try using ground veal, beef or chicken.
- This meal is an excellent source of vitamin C and B6, niacin, folate and magnesium, and a good source of phosphorus, iron, zinc and vitamin A.
- **Make Ahead:**

Sauce can be prepared up to 2 days before and gently reheated before serving. Do not add coriander or parsley until ready to serve.

Makes 6 servings
Cooking Time n/a

Ingredients

- 12 oz. rotini 375 g
- 2 tsp vegetable oil 10 mL
- 2 tsp crushed garlic 10 mL
- 1 cup diced red onions 250 mL
- 1 cup diced red or green peppers 250 mL
- 12 oz. ground turkey 375 g
- 3 cups crushed tomatoes (canned or fresh) 750 mL
- 1½ tsp dried basil 7 mL
- 1 tsp dried oregano 5 mL
- 2 tsp chili powder 10 mL
- Pinch cayenne pepper Pinch
- ½ cup coriander leaves or parsley, chopped 125 mL

Per Serving

Calories	342
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	37 mg
Sodium	63 mg
Carbohydrates	54 g
Fiber	4 g
Protein	22 g

Instructions

1. Cook pasta in boiling water according to package instructions or until firm to the bite. Drain and place in serving bowl.
2. In large nonstick saucepan sprayed with vegetable spray, heat oil; sauté garlic, onions and red peppers until soft, approximately 5 minutes. Add turkey and sauté on medium heat until cooked, approximately 5 minutes.
3. Add tomatoes, basil, oregano, chili powder and cayenne. Cover and simmer on low heat for 15 minutes, stirring occasionally. Add coriander. Pour over pasta, and toss.

Notes

Canada's Choice per Serving: 3½ Carbohydrates, 2 Meat & Alternatives

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

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

Across

- 1. Flying stinger
- 5. Finds a sum
- 9. Egypt's capital
- 14. Ancient Peruvian
- 15. Jump
- 16. Poker stakes
- 17. Deadlock
- 19. Swipe
- 20. Truman's monogram
- 21. TV Host ____ O'Brien
- 22. Musical pace
- 23. City trains
- 24. Shredded
- 26. Radiated
- 31. Give to charity
- 35. ____ Gras (Fat Tuesday)
- 36. Comedian Jay ____
- 38. Asleep
- 39. Fury
- 40. Renovate
- 43. Association (abbr.)
- 44. Fork feature
- 46. Think
- 47. Certain parasite
- 49. Otherworldly meeting
- 51. Sent another way
- 53. Come ashore
- 55. Make a selection
- 56. Back tooth
- 59. Atmosphere layer
- 62. Lamb's dad
- 65. Love (Ital.)
- 66. Act of leaving
- 68. Burn slightly
- 69. Verbal
- 70. Yachting
- 71. Navigate
- 72. Auctioned off
- 73. Comparison word

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				67		
68								69				70		
71								72				73		

- 10. Insect's feeler
- 11. News story
- 12. Gather crops
- 13. Norwegian capital
- 18. Pastry
- 23. Conclusion
- 25. Aroma
- 26. Sends forth
- 27. ____ Antoinette
- 28. Hockey venue
- 29. Different
- 30. Hinder
- 32. Concerning
- 33. Concise
- 34. Advanced gradually
- 37. Alaskan city
- 41. Biblical locale
- 42. Las Vegas bride, often
- 45. Make bigger
- 48. Not in
- 50. Profession
- 52. President ____ Reagan
- 54. Extinct birds
- 56. Sunday service
- 57. Overlook
- 58. Sole
- 60. Zilch
- 61. October gem
- 62. Make haste
- 63. Range
- 64. Average
- 67. Tit for ____

DOWN

- 1. Dream
- 2. Picnic pests
- 3. Shoo!
- 4. Chum
- 5. Nearly
- 6. School official
- 7. Information
- 8. Depleted
- 9. Cuban leader

Puzzle Solution © OnlineCrosswords.net

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