



What's Happening at Westside

May 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 Hours
Monday 5:30—8 pm
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.

**Westside Clinic and Pharmacy
Will be CLOSED
On Monday, May 20
For
Victoria Day**

Cheesy Shepard's Pie




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.

In the marvelous month of May when all the buds were
bursting, then in my heart did love arise. In the marvel-
ous month of May when all the birds were singing, then
did I reveal to her my yearning and longing.

Heinrich Heine

MAY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 SWITCH 5:30 - 8 PM Healing from Grief & Loss with Jackie Westside Clinic Extended Hours 5-9	2 Fitness, Food & Fun 10 am -12 noon PATHWAYS TO WELLNESS 10 am – 12:15 pm Healing Arts Westside Clinic Extended Hours 5-9	3 Westside Clinic Extended Hours 5-9	4 Westside Clinic Extended Hours 9-5 SWITCH 12:30—3 pm
5 Westside Clinic Extended Hours 9-5	6 Fitness, Food & Fun 10 am -12 noon YXE 10-4 WBYL & City Centre Church SWITCH 5:30—8 PM Westside Clinic Extended Hours 5-9	7 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM PATHWAYS TO WELLNESS 10 am – 12:15 pm Healthy Mother Healthy Baby Westside Clinic Extended Hours 5-9	8 SWITCH 5:30 - 8 PM SWITCH Kids: Cooking with Maya and Keely Parenting and Discipline with Myrna Westside Clinic Extended Hours 5-9	9 Fitness, Food & Fun 10 am -12 noon PATHWAYS TO WELLNESS 10 am – 12:15 pm Firmly Planted Westside Clinic Extended Hours 5-9	10 Westside Clinic Extended Hours 5-9	11 Westside Clinic Extended Hours 9-5 SWITCH 12:30—3 pm
12 Westside Clinic Extended Hours 9-5	13 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30—8 PM Westside Clinic Extended Hours 5-9	14 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM PATHWAYS TO WELLNESS 10 am – 12:15 pm Elizabeth Fry Westside Clinic Extended Hours 5-9	15 SWITCH 5:30 - 8 PM Job Etiquette – with Danielle – Presented by the Princess Shop Westside Clinic Extended Hours 5-9	16 Fitness, Food & Fun 10 am -12 noon PATHWAYS TO WELLNESS 10 am – 12:15 pm Elizabeth Fry Westside Clinic Extended Hours 5-9	17 Westside Clinic Extended Hours 5-9	18 Westside Clinic Extended Hours 9-5 SWITCH 12:30—3 pm
19 Westside Clinic Extended Hours 9-5	20 	21 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM PATHWAYS TO WELLNESS 10 am – 12:15 pm Culture in Recovery Westside Clinic Extended Hours 5-9	22 SWITCH 5:30 - 8 PM Healthy Blood Pressure – Happy Kidneys with Carmen & Eline Westside Clinic Extended Hours 5-9	23 Fitness, Food & Fun 10 am -12 noon PATHWAYS TO WELLNESS 10 am – 12:15 pm Dreamcatchers Westside Clinic Extended Hours 5-9	24 Westside Clinic Extended Hours 5-9	25 Westside Clinic Extended Hours 9-5 SWITCH 12:30—3 pm
26 Westside Clinic Extended Hours 9-5	27 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30—8 PM Westside Clinic Extended Hours 5-9	28 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM PATHWAYS TO WELLNESS 10 am – 12:15 pm Healing from Trauma Westside Clinic Extended Hours 5-9	29 SWITCH 5:30 - 8 PM Westside Clinic Extended Hours 5-9	30 Fitness, Food & Fun 10 am -12 noon PATHWAYS TO WELLNESS 10 am – 12:15 pm Self-Esteem Boosters Westside Clinic Extended Hours 5-9	31 Westside Clinic Extended Hours 5-9	

DIABETES CANADA



Nutritional Information Per Serving

Cheesy Shepard's Pie

NOTES

1. Use a non-stick pan to cook the ground beef so you won't need to add any oil. Pour off any excess fat when the meat is cooked.
2. Replace some of the potato with carrots and parsnips for a variation of the topping. Simply boil, then mash altogether.

Serving Size: 6

Per Serving 1/6 of Recipe

Calories	316
Total Fat	12 g
Saturated Fat	4 g
Cholesterol	41 mg
Carbohydrates	33g
Fiber	4 g
Sugars	8 g
Protein	21 g
Sodium	386 mg

Instructions

Ingredients

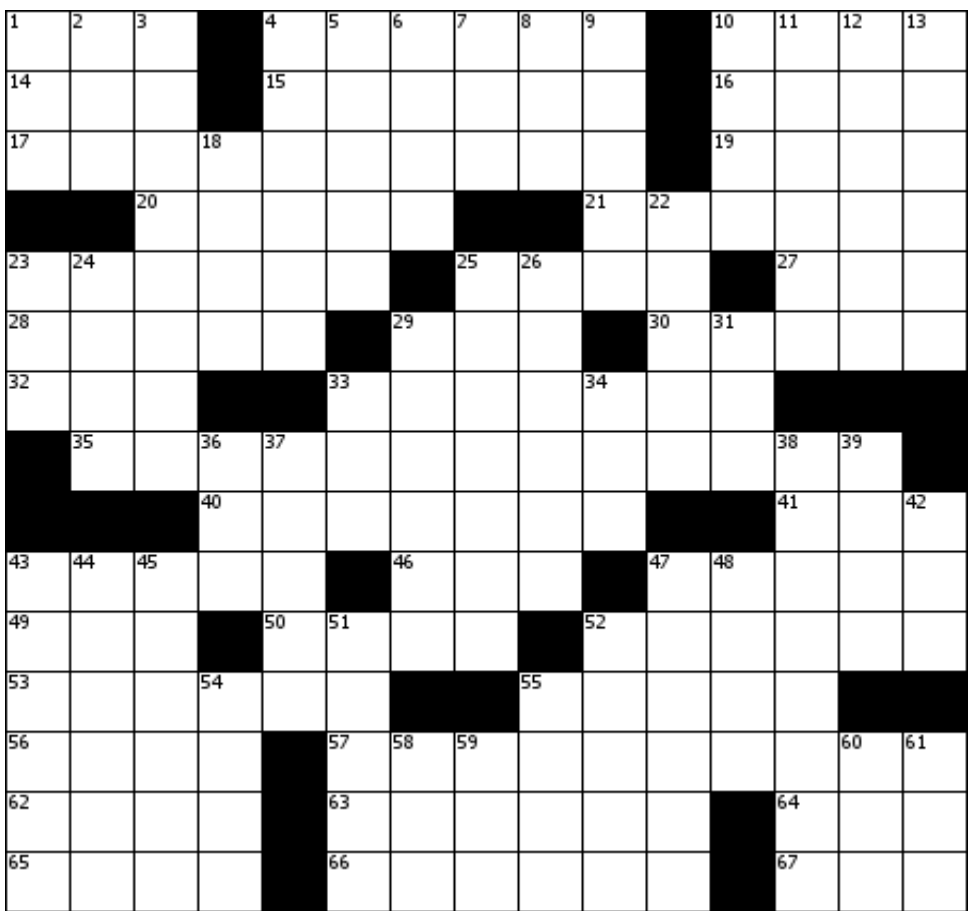
- 1 lb. (500g) lean ground beef
- 1 large onion, finely chopped
- 2 tbsp. (25 mL) tomato paste
- 1 14-oz (398 mL) can tomatoes
- 1 cup (250 mL) beef stock
- Salt and freshly ground black pepper
- 2 lb. (1kg) potatoes, peeled and halved
- ¼ cup (60 mL) skim milk
- 1 tbsp. (15 mL) soft margarine
- 1 cup (250 mL) frozen green peas, thawed
- ¼ cup (60 mL) shredded reduced-fat Cheddar cheese (60 mL)

1. Prepare the filling: cook the ground beef and onion in a large non-stick* pan over medium heat until browned, stirring to break up beef. Drain off the excess fat. Stir in the tomato paste, tomatoes and stock. Season with salt and pepper. Bring to a boil, cover and simmer 45 minutes.
2. Meanwhile, boil the potatoes in lightly salted water until tender. Drain and mash together with the milk and margarine. Season with salt and pepper.
3. Preheat oven to 350°F (180°C). Stir the peas into the beef mixture. Spoon into a 1½-quart (1.5-L) casserole dish. Cover with the mashed potatoes. Bake 25 minutes or until lightly browned and bubbly. Sprinkle with the cheese. Return to oven until cheese melts. Serve hot.

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Diabetes Cookbook.

ACROSS

- 1. Bashful colleague
- 4. Minor Leaguer's goal
- 10. Farmer's locale, in song
- 14. Night predator
- 15. Incite
- 16. "The Time Machine" leisure class
- 17. Showy annual
- 19. Pitcher's error
- 20. Leftover plastic
- 21. Irritate
- 23. Actor Snipes
- 25. Scottish kinsmen
- 27. Slender fish
- 28. April sign
- 29. Rhythm starter?
- 30. Danny Thomas role
- 32. Screw cutter
- 33. Forum participant
- 35. Pottery treatment
- 40. Carriers, of a sort
- 41. Curiosity victim
- 43. Improvise
- 46. Bencher's implement
- 47. Drillmaster's command
- 49. Neckline shape
- 50. Moses laid them down?
- 52. Reprimand
- 53. Clears the board
- 55. Opinion
- 56. Carry on
- 57. Sampling group
- 62. A Jackson
- 63. Twisted at the end?
- 64. Where men hoop it up
- 65. Oinker entree
- 66. Produce
- 67. High-pitched bark



- 22. Conclude with
- 23. Study hall ammunition
- 24. Idle actor?
- 25. Multiplexes
- 26. Habitually idle person
- 29. Roar
- 31. One-time spokesman Fleischer
- 33. Word with bum or bunny
- 34. Foil material
- 36. "Who ___ to judge?"
- 37. Monthly bill
- 38. Searching examination
- 39. Mediocre writer
- 42. Word with end or man
- 43. Deflects
- 44. Run off the tracks
- 45. Rough shed
- 47. Ketcham's Dennis, e.g.
- 48. Watch for the cops, maybe
- 51. Jellied dish
- 52. Revived the pilot
- 54. Tops a different
- 55. Fish lunch meat
- 58. Boston Bruins Hall of Famer
- 59. Macabre writer
- 60. Sash for Madame Butterfly
- 61. Carpet fuzz

DOWN

- 1. Don'ts partners
- 2. Rent alternative
- 3. Of higher grade
- 4. Groups of staff officers
- 5. Set out for display
- 6. Advance
- 7. Nut type
- 8. GI R&R provider
- 9. Contour feather
- 10. 6-down result

Puzzle Solution © OnlineCrosswords.net

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

Managing your Blood Pressure

Submitted by Cindy Nylund, Community Clinic Nurse Practitioner

Editor's note: Heart health, including hypertension management, is an important health concern for patients. Cindy Nylund, NP has speciality training in this area and is available for consultations by referral of another Community Clinic practitioner. The information in this article is drawn from the following sources: Canadian Heart and Stroke Foundation (2018), Hypertension Canada (2018) and the American Heart Association (2017).

What is blood pressure?

Blood pressure is a measure of the force exerted against the walls of your blood vessels known as your arteries and it is measured in millimeters of mercury (mmHg). The systolic (top) number measures the force when your heart contracts and pushes out the blood. The diastolic (bottom) number is a measure of when your heart relaxes between beats.

What should your blood pressure be?

Most adults **should be < 140/90** at the doctor's office or **< 135/85** mmHg at home

Adults > 80 years of age **< 150/90**

People with Diabetes **< 130/80**

High blood pressure (hypertension) may damage your arteries and increase your risk of heart attack, stroke, heart failure, and kidney disease. It has also been associated with erectile dysfunction and dementia. Early diagnosis and treatment of high blood pressure helps to prevent these problems. Unfortunately, people with high blood pressure often have no warning signs or symptoms and that is why it's called the "silent killer".

Blood Pressure Treatment

Lifestyle Modifications

Ideally, all adults should engage in 30-60 minutes of moderate intensity exercise 4-7 days a week. Exercise will help to lower blood pressure, decrease blood sugar, reduce stress, and improve energy levels, mood, and sleep. Try walking, biking, swimming or any other physical activity that you enjoy. Also, it's important to remain active throughout the rest of the day. Try parking further away from the door when you go shopping, stand up and walk when you talk on the phone or take the stairs instead of the elevator.

Healthy Eating

A healthy diet can decrease your blood pressure, improve cholesterol levels, reduce weight, and control blood sugar. A healthy diet consists of 7-10 servings of vegetables and fruit every day. Choose whole grains, low fat dairy products and protein choices such as lean meat, fish or chicken. Prepare meals at home and limit fast foods. Eat less salt (< 2000 mg per day) and remember that highly processed foods contain a lot of salt. Limit canned foods and pre-packaged meals or those high in salt, sugar, saturated fat, or trans fats. Reduce your intake of shortening, palm or coconut oil and lard.

Limit your alcohol intake to one or two standard drinks per day. If you carry extra weight, a loss of 5 or 10% of your body weight will help to lower your blood pressure. If you smoke, it's important to quit as it increases your risks of heart problems and other diseases.

Medications for High Blood Pressure

Many medications that lower blood pressure also help to prevent heart attacks and strokes. Medications that are used to lower blood pressure include: water pills (diuretics), beta blockers, angiotensin converting enzymes (ACE inhibitors), angiotensin receptor blockers (ARB's) and calcium channel blockers. Most people need 2 or more medications to control their blood pressure. It's important to take your medications every day as prescribed to get the most benefit and reduce your risks. You should never stop your medications before speaking to your provider and you should continue with lifestyle modifications to effectively manage your blood pressure.

Helpful Links

<https://myhealthcheckup.com>

https://www.ccs.ca/images/Guidelines/Tools_and_Calculators_En/FRS_eng_2017_fnl1.pdf