



What's Happening at Westside

September 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- 8:30
Tuesday 9-12 1-8:30
Wednesday 9-12 1:30-8:30
Thursday 9-12 1-8:30
Friday 9-12 1-8:30
Saturday 9:15-12 1-4:30
Sunday 9:15-12 1-4:30
CLOSED STATUTORY HOLIDAYS

SWITCH Resumes

Monday 5:30—8 pm (September 9)
Wednesday 5:30—8 pm (September 4)
Saturday 12:30—3 pm (September 7)



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.

Pork Tenderloin with
Cider Glazed Carrots
Recipe on page 3



Westside Clinic and Pharmacy
Will be **CLOSED**
On Monday, September 2
For Labour Day



Westside Clinic Now has
Physical Therapy Services
available on some evenings and
weekends.


Pathways to Wellness

Has Moved to White Buffalo
Youth Lodge

Call 306 370-1293
For more information

"No work is insignificant. All labor that uplifts
humanity has dignity and importance and should
be undertaken with painstaking excellence."
Martin Luther King, Jr.

September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Westside Clinic Extended Hours 9:15-4:30	2 CLINIC CLOSED Labour Day BBQ Victoria Park 	3 Fitness, Food & Fun 10 am—12 Noon Baby Immunization Clinic 1-4 pm Westside Extended Hours 5—8:30 pm	4 SWITCH 5:30—8 pm Adult: Community Building: A Searching and Thorough Inventory of Where We Live with Dr. Jackie SWITCH Kids: Back to School Crafts Westside Extended Hours 5—8:30 pm	5 Fitness, Food & Fun 10 am—12 Noon Westside Extended Hours 5—8:30 pm	6 Westside Extended Hours 5-8:30 pm	7 Westside Extended Hours 9:15 —4:30 SWITCH 12:30 –3 pm Community BBQ No programming/tax clinic/child minding services
8 Westside Clinic Extended Hours 9:15-4:30	9 Fitness, Food & Fun 10 am—12 Noon SWITCH 5:30 –8 Adult: FASD Network with Shana SWITCH Kids: Emotional First Aid Westside Extended Hours 5-8:30 pm	10 Fitness, Food & Fun 10 am—12 Noon Baby Immunization Clinic 1-4 pm Westside Extended Hours 5—8:30 pm	11 SWITCH 5:30—8 pm Adult & SWITCH Kids: Kumihimo Weaving Westside Extended Hours 5—8:30 pm	12 Fitness, Food & Fun 10 am—12 Noon Westside Extended Hours 5—8:30 pm	13 Westside Extended Hours 5-8:30 pm	14 Westside Extended Hours 9:15 —4:30 SWITCH 12:30 –3 pm Adult: Technology Info Session with Heather from the Saskatoon Public Library
15 Westside Clinic Extended Hours 9:15-4:30	16 Fitness, Food & Fun 10 am—12 Noon SWITCH 5:30 –8 ADULT: Body Movement Exercises SWITCH Kids: Experiment Lab Westside Extended Hours 5-8:30 pm	17 Fitness, Food & Fun 10 am—12 Noon Baby Immunization Clinic 1-4 pm Westside Extended Hours 5—8:30 pm	18 SWITCH 5:30—8 pm Adult: Health Care Services Provided by Your Pharmacist with Kelly and Oscar Westside Extended Hours 5—8:30 pm	19 Fitness, Food & Fun 10 am—12 Noon Westside Extended Hours 5—8:30 pm	20 Westside Extended Hours 5-8:30 pm	21 Westside Extended Hours 9:15 —4:30 SWITCH 12:30 –3 pm Adult: Community Kitchen with MacKenzie
22 Westside Clinic Extended Hours 9:15-4:30	23 Fitness, Food & Fun 10 am—12 Noon SWITCH 5:30 –8 ADULT: CHEP Good Food with Jaci SWITCH Kids: Storytime Westside Extended Hours 5-8:30 pm	24 Fitness, Food & Fun 10 am—12 Noon Baby Immunization Clinic 1-4 pm Westside Extended Hours 5—8:30 pm	25 SWITCH 5:30—8 pm Adult: HIV and Hepatitis C Through the Medicine Wheel with AIDS Saskatoon. SWITCH Kids: Visual Story Telling Westside Extended Hours 5—8:30 pm	26 Fitness, Food & Fun 10 am—12 Noon Westside Extended Hours 5—8:30 pm	27 Westside Extended Hours 5-8:30 pm	28 Westside Clinic Extended Hours 9:15 —4:30 SWITCH 12:30 –3 pm Adult: Body Movement Exercises
29 Westside Clinic Extended Hours 9:15-4:30	30 Fitness, Food & Fun 10 am—12 Noon SWITCH 5:30 –8 Adult: Orange Shirt Day with Randy Morin SWITCH Kids: Story time for Orange Shirt Day—When I was 8 Westside Extended Hours 5-8:30 pm					



Pork Tenderloin with Cider-Glazed Carrots

For an elegant yet no fuss dinner, try this appetizing dish of sweet carrots and tender pork medallions.

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Serves 4

Serving size 2 kebabs

Ingredients

- 2 Tbsp (30 mL) Olive Oil
- 2 units (3/4 1lb 375 g each) Pork tenderloins
- 1 tsp (5mL) Dried Rosemary crushed
- 1/2 tsp (2 mL) Dried thyme leaf
- 1/2 tsp (1 mL) Pepper
- 6 medium carrots
- 1 cup Apple cider or juice
- 2 Tbsp (30mL) Sherry (optional) or brown sugar

Nutrition Information per serving:

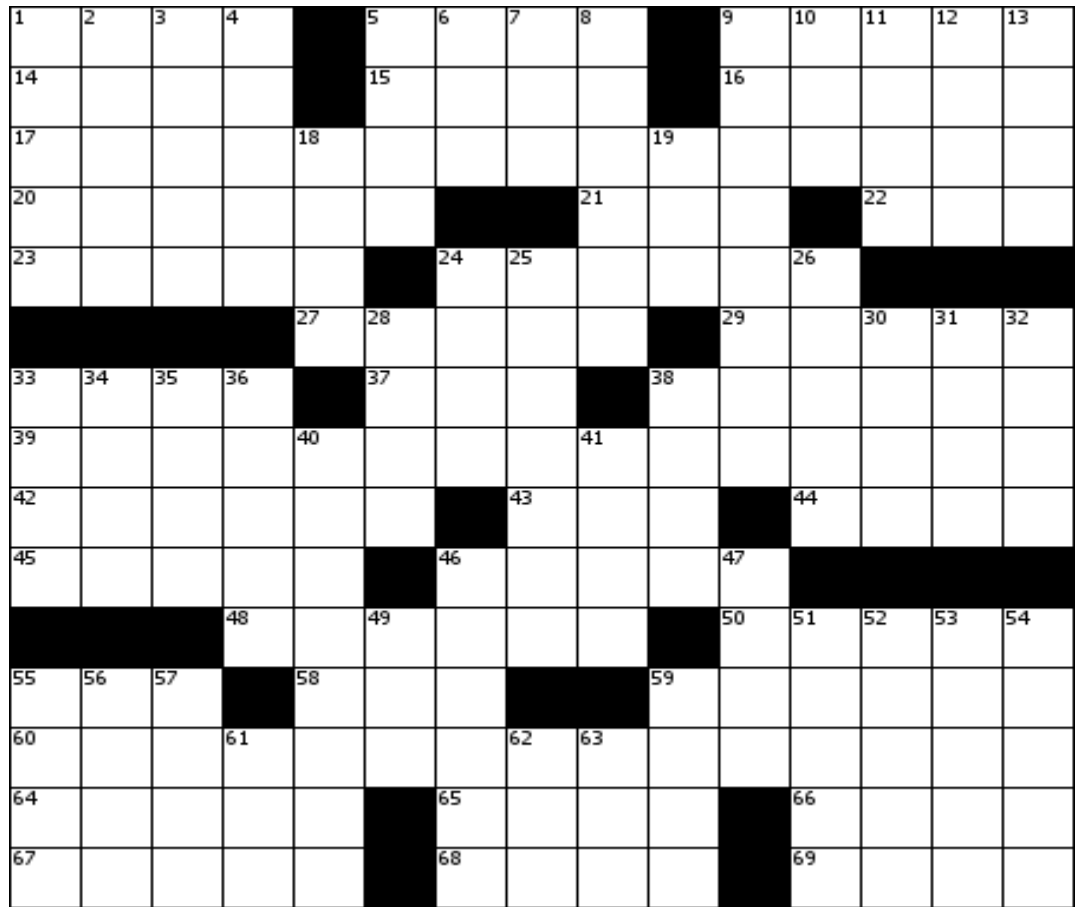
Calories	371 kcal
Fat	13 g
Protein	42 g
Carbohydrate	21 g
Fibre	3 g
Iron	3 mg
Calcium	57 mg
Sodium	150 mg

Directions:

1. Heat oil in wide frying pan over medium heat.
2. Sprinkle tenderloins with rosemary, thyme, and pepper pressing into meat to evenly coat. Add to hot oil and evenly and lightly brown pork, turning often, about 9 minutes.
3. Peel carrots and slice lengthwise into sixths or eighths if large: cut into 1 1/2 inch (4cm) pieces.
4. Push tenderloins to side of pan and stir to loosen browned bits from bottom. Spread carrots out in pan. Place pork on top of carrots and pour cider over all.
5. Cover and cook over medium heat turning meat at least once for 10 to 12 minutes or until meat thermometer registers 160°F to 170°F (70-75°C) and meat feels springy to the touch.
6. Remove tenderloins to cutting board and cover to keep warm.
7. Turn heat to medium-high and boil juice, stirring frequently, until carrots are tender and most of the liquid has evaporated. Then stir in 1 to 2 Tbsp (15-20 mL) sugar as needed.
8. Turn into centre of platter. "Slice pork into medallions and arrange around carrots.

Across

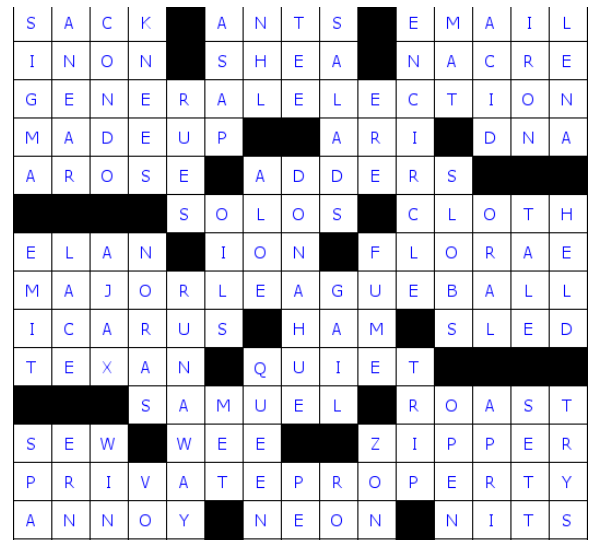
- **1.** Down the quarterback
- **5.** Emmets, e.g.
- **9.** USPS alternative
- **14.** Privy to
- **15.** It went nuts on October 27, 1986
- **16.** Mother-of-pearl
- **17.** November 2000 event
- **20.** Ended an argument amicably
- **21.** Onassis nickname
- **22.** Life's building block
- **23.** "___ by any other name . . ."
- **24.** Venomous snakes
- **27.** Flights with no instructor
- **29.** Word with dish or dust
- **33.** Ardor
- **37.** Cyclotron particle
- **38.** Groups of plants
- **39.** Big-time sport
- **42.** His wings melted in the sun
- **43.** Eggs partner
- **44.** It rides on runners
- **45.** George W. Bush, e.g.
- **46.** Serenity
- **48.** Old Testament book
- **50.** Sunday supper, perhaps
- **55.** Homophone of so
- **58.** Very petite
- **59.** Slide fastener
- **60.** Words of warning
- **64.** Nettle
- **65.** Inert gas
- **66.** Luminosity measurements
- **67.** Rolls of film
- **68.** Satisfy completely
- **69.** Small opening



DOWN

- **1.** Greek letter
- **2.** Lend ___ (listen)
- **3.** Oceanfront flat, often
- **4.** They're covered with caps
- **5.** Memo acronym
- **6.** Art Ross Trophy org.
- **7.** Woods' prop
- **8.** Light dishes
- **9.** Surround
- **10.** Antislip device
- **11.** Hydrochloric solution
- **12.** Word with curtain or lung
- **13.** Horne or Olin
- **18.** Laments
- **19.** Prior to, in poetry
- **24.** Burn relief
- **25.** Former Winfrey rival
- **26.** Untidy ones
- **28.** They can be essential
- **30.** Type of exam
- **31.** An account of incidents
- **32.** Grabbed onto
- **33.** Send forth
- **34.** Intertwine
- **35.** Tragedy by Sophocles

- **38.** Boil
- **40.** Easy victories
- **41.** Olympian Devers
- **46.** New York City borough
- **47.** Cause one to stumble
- **49.** N.Y. museum
- **51.** Starts the bidding
- **52.** Time for an umbrella
- **53.** Brief argument
- **54.** Rendezvous
- **55.** Boom or gaff
- **56.** Sea eagle
- **57.** Dine partner
- **59.** Geographic region
- **61.** Remote letters
- **62.** Pod dweller
- **63.** Malarkey





Canadian Association of Community Health Centres Federal Election Policy Agenda

By Ingrid Larson, Member and Public Relations

The Saskatoon Community Clinic is a member of the Canadian Association of Community Health Centres (CACHC). CACHC is the voice for Community Health Centres and community oriented, people-centred, primary health care across Canada, including representation to the Federal Government.

CACHC has developed a policy agenda for the upcoming federal election calling on federal political parties to commit to action and investment in five key areas. The Association believes that action in these areas will help break down silos in health care and social services, fill gaps in access to critical public services and help prevent major costs to Canadians by making smarter investments ‘upstream.’

Invest in Community Health Centres (CHCs)

Community Health Centres (CHCs) offer the Federal Government a high-impact vehicle to advance numerous federal priorities and commitments. CACHC calls on the Federal Government to establish a CHC secretariat within the Health Portfolio to administer federal policy and investments in CHCs. Two specific areas of focus should be to invest in community infrastructure projects and support the adoption of innovations and best practices.

Implement Universal, Public National Pharmacare

CACHC calls for a universal, public National Pharmacare program by 2020 that ensures coverage of a national formulary of prescription medications for all residents of Canada.

Expand Access to Dental Care

One in five Canadians cannot access dental care due to lack of insurance and high costs of private dentistry. CACHC is calling on the Federal Government to:

- allocate annual federal funding for publicly-funded dental care and to

- flow funding to provinces/territories to expand public dental programs and
- directly fund CHCs and public health units to expand their publicly funded dental care services.

Invest in Affordable Housing and Homelessness

Roughly 1.7 million households are in ‘core housing need’ and 200,000 Canadian experience homelessness. This has a major impact on their health. CACHC calls on the Federal Government to:

- preserve and expand the stock of social, non-profit and cooperative housing across Canada;
- develop and implement an urban, rural and northern Indigenous Housing Strategy;
- enshrine the right to housing in federal legislation; and
- increase investment in services/supports for people experiencing homelessness.

Invest in Supports for Vulnerable Newcomers

By better supporting vulnerable new members of our society to overcome the initial hurdles of settlement and to begin healing from experiences of trauma, CACHC believes that our society is enriched and strengthened for all Canadians. CACHC calls on the Federal Government to invest in trained interpretation and mental health services at community-based health and social service agencies across Canada which provide care and support to refugees and vulnerable newcomers.

For further information visit www.cachc.ca/election2019. 

Source: Saskatoon Community Clinic Focus newsletter, May 2019.