



What's Happening at Westside

December 2019

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

West Dental
Downstairs
306-384-6363

Christmas Hours
December 24 9—4
December 25 & 26 Closed
December 31—9—4
January 1 Closed

SWITCH
Closed from
December 21 to
January 6



Monday 9:00 -12 & 1—9
Tuesday 9:00—12 & 1—9
Wednesday 9:00—12 &
1:30—9
Thursday 9:00—12 & 1—9
Friday 9:00—12 & 1—9
Saturday 9-5
Sunday 9-5
Closed all Statutory Holidays

SWITCH Hours
Monday 5:30—8 pm
Wednesday 5:30—8 pm
Saturday 12:30—3 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.



Cranberry Glazed Turkey Cutlets

Recipe on Page 3



Saskatoon Community Clinic Westside Pharmacy

Everyone is Welcome
Located at the back
of the clinic.

Phone: 306-986-2906

Monday—Friday's

9:15 am 12:15 pm

1—5:30pm

Saturday's 11 am —4pm



"Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful." —Norman Vincent Peale

December 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Westside Clinic Extended Hours 9-5	2 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM CHEP Christmas Programming SWITCH Kids with Dana Westside Clinic Extended Hours 5-9	3 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM Westside Clinic Extended Hours 5-9	4 SWITCH 5:30 - 8 PM Self-care with Dr. Jackie Westside Clinic Extended Hours 5-9	5 Fitness, Food & Fun 10 am -12 noon Westside Clinic Extended Hours 5-9	6 Westside Clinic Extended Hours 5-9	7 Westside Clinic Extended Hours 9-5 SWITCH 12:30—3 pm Christmas Craft
8 Westside Clinic Extended Hours 9-5	9 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM Financial Literacy with Affinity Credit Union SWITCH Kids— Christmas Cookies Westside Clinic Extended Hours 5-9	10 Fitness, Food & Fun 10 am -12 noon Christmas Party  Baby Immunization Clinic 1- 4 PM Westside Clinic Extended Hours 5-9	11 SWITCH 5:30 - 8 PM Body Movements Exercises SWITCH Kids with Zoe Westside Clinic Extended Hours 5-9	12 Westside Clinic Extended Hours 5-9	13 Westside Clinic Extended Hours 5-9	14 Westside Clinic Extended Hours 9-5 SWITCH 12:30—3 pm Family Christmas Carols with Wilbur
15 Westside Clinic Extended Hours 9-5	16 SWITCH 5:30 - 8 PM Canadian Mental Health Association with Reanna SWITCH Kids Christmas letters to pen pals Westside Clinic Extended Hours 5-9	17 Baby Immunization Clinic 1- 4 PM Westside Clinic Extended Hours 5-9	18 SWITCH 5:30 - 8 PM Christmas Program Westside Clinic Extended Hours 5-9	19 Westside Clinic Extended Hours 5-9	20 Westside Clinic Extended Hours 5-9	21 Westside Clinic Extended Hours 5-9 NO SWITCH
22 Westside Clinic Extended Hours 9-5	23 NO SWITCH Westside Clinic Extended Hours 5-9	24 Baby Immunization Clinic CANCELLED 1- 4 PM Westside Clinic Extended Hours 1-4	25 	26 HAPPY BOXING DAY! 	27 Westside Clinic Extended Hours 5-9	28 Westside Clinic Extended Hours 5-9 NO SWITCH
29 Westside Clinic Extended Hours 9-5	30 NO SWITCH Westside Clinic Extended Hours 5-9	31 Baby Immunization Clinic CANCELLED 1- 4 PM Westside Clinic Extended Hours 1-4	Note Extended Hours Clinic – Urgent Care Clinic will be open on December 24 & 31 from 1 to 4 pm <i>Merry Christmas to All</i>			

CRANBERRY-GLAZED TURKEY BREASTS CUTLETS



This meal tastes like Christmas dinner, but with only pan!

Ingredients

- 1/3 cup all-purpose flour 75mL
- 1/2 tsp salt 2 mL
- 1/2 tsp freshly ground pepper 2 mL
- 4 Turkey Breasts cutlets, cut 1/2 inch (1 cm) about 1 lb(500 g total)
- 4 tsp canola oil, divided 20 mL
- 1 cup Orange juice 250 mL
- 1 1/2 cups fresh or frozen cranberries 375 mL
- 1/2 cup firmly packed brown sugar 125 mL
- 1 Tbsp all-purpose flour 15 mL
- 1 tsp ground cinnamon 5 mL
- 1/4 tsp ground cloves 1 mL
- 1/4 tsp ground all spice 1 mL
- 1 1/2 Tbsp red wine vinegar 22 mL

Tips

Either ask your butcher to cut turkey breast into cutlets of the proper thickness or if you can only find thicker cuts cutlets, gently pound them with a meat mallet to the desired thickness.

To reduce the carbohydrate in this recipe, use only 1/4 cup (60mL) of brown sugar.

Makes 4 Servings

Diabetic Food Choice Values

**3 Carbohydrates
3 meat & Alternatives**

Cranberries are very tart and often need some type of sweetener to be palatable. Here, the sweet orange juice, brown sugar and spices work together to create a delicious sauce.

Nutritional Information Per Serving

Per Serving

Calories	364
Fat/Lipids	6.4 g
Sugars	33 g
Cholesterol	65 mg
Sodium	313 mg
Carbohydrates	48 g
Fiber	2.6 g
Vitamin A	1 %
Vitamin C	45 %
Calcium	4 %
Iron	11 %

Instructions

Step 1

In a small shallow bowl, combine 1/2 cup (75mL) flour, salt and pepper. Dip each turkey cutlet in the flour mixture, coating evenly and shaking of excess. Set aside on a plate. Discard any excess flour mixture.

Step 2

In large nonstick skillet, heat 2 tsp (10 mL) oil over medium heat. Brown 2 cutlets, turning once, for about 2 minutes per side or until lightly browned on the outside but still pink inside. Remove and set aside on a clean plate. Repeat with remaining cutlets.

Step 3

Add orange juice and deglaze the skillet, scraping up any brown bits . Add cranberries and brown sugar, cook, stirring often, for about 5 minutes or until thickened.

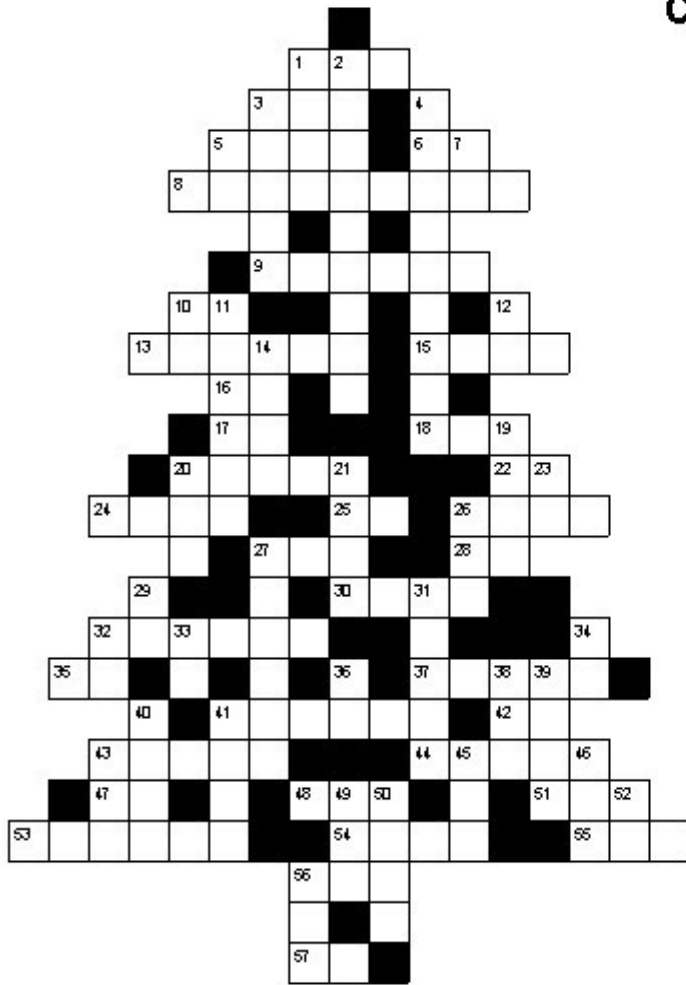
Step 4

Meanwhile, in a small bowl, whisk together 1 Tbsp (15mL) flour, cinnamon, cloves, all spice and vinegar to form a paste. Stir into cranberry mixture and simmer, stirring constantly, for about 2 minutes until thickened.

Step 5

Return turkey to the skillet, turning to coat with sauce. Reduce heat to low, cover with a tight-fitting lid and simmer for 12—14 minutes or until turkey is no longer pink inside.

Christmas



Across

1. President
3. Observe
5. Discuss
6. "And _____ shall reign over the house of Jacob..."
8. Flock watchers
9. Satisfy
10. The great I _____
13. Mary's resting place
15. Mother of Jesus
16. Negative
17. "_____ and search diligently for the young child"
18. Jesus is the _____ of God
20. The baby
22. "...and shall be called the Son _____ of the Highest:"
24. Destitute
25. "...and laid Him _____ a manger"
26. Bearded nanny
27. "And she brought her first born _____"
28. "...and _____ earth peace, good will towards men."
30. Wiseman gift
32. "And _____ him with all the heart" (two words)
35. "...what have we to _____ with thee, thou Jesus..."
37. What the wisemen brought
41. Stepfather
42. Either
43. More accurate.
44. "And all went to be _____, every one into his own city."
47. "For unto you _____ born this day
48. No room here
51. Consume
53. Singing Cherubs
54. Present decorations
55. "For unto you is born, this _____ in the city..."
56. Pro
57. Way to win in boxing

Down

1. Jump
2. Birth city
3. Shepherds flock
4. The Holiday we observe
5. Brand of suger
7. Mr. McMahon
10. "Hee shall be born of Mary, _____ Jerusalem..."
11. Baby's bed
12. Northwestern state
14. Hisses
19. Mid day
20. Happiness
21. What the angels did
23. "_____ la la la la la la la"
26. Jehovah
27. Redeemer
29. "His name was called Jesus, which was _____ named of the angel"
31. Illumination
32. "and it came _____ pass..."
33. "... and _____, the star which they saw in the east..."
34. "When _____ his mother Mary was espoused to Joseph,"
36. "Master what shall _____ do?"
38. Sly canine
39. Decorated pine
40. "...behold, there came _____ men from the east."
41. Not Gentiles
43. Parable of the _____ tree
45. Mary's transportation
46. Father
49. Broadcast TV network
50. Christmas carol
52. Instructor's helper
56. Inquire