



# What's Happening at Westside

## February 2020

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  
Closed February 17

February 17  
Clinic Closed  
All Day

SWITCH  
Closed from  
February 15 & 17



**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.



Sesame Chicken



**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  
CLOSED February 17



Recipe on Page 3

## Family Day February 17



**"February**, when the days of winter seem endless and no amount of wistful recollecting can bring back any air of summer.

Shirley Jackson

# February 2020

February 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> Westside Clinic Extended Hours 9-5 <b>SWITCH</b> 12:30—3 pm Wellness Group
<b>2</b> Westside Clinic Extended Hours 9-5	<b>3</b> Fitness, Food & Fun 10 am -12 noon  <b>SWITCH 5:30 - 8 PM</b> Financial Literacy: Credit SWITCH Kids: Valentine's Cupcakes  Westside Clinic Extended Hours 5-9	<b>4</b> Fitness, Food & Fun 10 am -12 noon  Baby Immunization Clinic 1- 4 PM  Westside Clinic Extended Hours 5-9	<b>5</b> <b>SWITCH</b> 5:30 - 8 PM Mentoring life Skills with Dr. Jackie Maurice SWITCH Kids: Colors in the Community  Westside Clinic Extended Hours 5-9	<b>6</b> Fitness, Food & Fun 10 am -12 noon  Westside Clinic Extended Hours 5-9	<b>7</b> Westside Clinic Extended Hours 5-9	<b>8</b> Westside Clinic Extended Hours 9-5  <b>SWITCH</b> 12:30—3 pm Adult: Community Kitchen with MacKen- zie
<b>9</b> Westside Clinic Extended Hours 9-5	<b>10</b> Fitness, Food & Fun 10 am -12 noon  <b>SWITCH 5:30 - 8 PM</b> Financial Literacy: Con- sumerism SWITCH: Kids: Valentine's Mug Painting with Chandel  Westside Clinic Extended Hours 5-9	<b>11</b> Fitness, Food & Fun 10 am -12 noon  Baby Immunization Clinic 1- 4 PM  Westside Clinic Extended Hours 5-9	<b>12</b> <b>SWITCH</b> 5:30 - 8 PM Adult: Quilting with Tara SWITCH Kids: Science with Zoe  Westside Clinic Extended Hours 5-9	<b>13</b> Fitness, Food & Fun 10 am -12 noon  Westside Clinic Extended Hours 5-9	<b>14</b> Westside Clinic Extended Hours 5-9	<b>15</b> Westside Clinic Extended Hours 9-5  NO SWITCH
<b>16</b> Westside Clinic Extended Hours 9-5	<b>17</b> <b>Family Day</b> <b>Clinic Closed</b>  	<b>18</b> Fitness, Food & Fun 10 am -12 noon  Baby Immunization Clinic 1- 4 PM  Westside Clinic Extended Hours 5-9	<b>19</b> <b>SWITCH</b> 5:30 - 8 PM Family Literacy Program- ing: Sask Odyssey with READ Saskatoon  Westside Clinic Extended Hours 5-9	<b>20</b> Fitness, Food & Fun 10 am -12 noon  Westside Clinic Extended Hours 5-9	<b>21</b> Westside Clinic Extended Hours 5-9	<b>22</b> Westside Clinic Extended Hours 9-5  <b>SWITCH</b> 12:30—3 pm Adult Self-care with Chandel
<b>23</b> Westside Clinic Extended Hour 9-5	<b>24</b> Fitness, Food & Fun 10 am -12 noon  <b>SWITCH 5:30 - 8 PM</b> Adult: Knitting with Kitten Kafters SWITCH Kids: Cree Lan- guage Games  Westside Clinic Extended Hours 5-9	<b>25</b> Fitness, Food & Fun 10 am -12 noon  Baby Immunization Clinic 1- 4 PM  Westside Clinic Extended Hours 5-9	<b>26</b> <b>SWITCH</b> 5:30 - 8 PM Electronic Health Rec- ords Access with Court- ney SWITCH Kids: Science with Zoe  Westside Clinic Extended Hours 5-9	<b>27</b> Fitness, Food & Fun 10 am -12 noon  Westside Clinic Extended Hours 5-9	<b>28</b> Westside Clinic Extended Hours 5-9	<b>29</b> Westside Clinic Extended Hours 9-5  <b>SWITCH</b> 12:30—3 pm Adult: The Princess Shop

# Sesame Chicken

**Sesame Chicken** is tender and delicious with Asian flavours of soy, garlic and ginger, brown sugar and sesame seeds. This dish is perfect served over rice with a side of steamed broccoli or bok choy for an easy meal that is way tastier than take out!

## Ingredients:

- 3 Tbsp. cornstarch
- 2 Tbsp. Soy Sauce
- 1 Egg
- 1 lb. chicken breast diced
- 2 Tbsp. vegetable oil

## Sauce:

- 1 clove garlic minced
- 1 tsp ginger minced
- 1/4 cup brown sugar
- 3 Tbsp. soy sauce
- 3/4 cup chicken broth
- 2 Tbsp. cornstarch
- 2 Tbsp. sesame seeds toasted



## Instructions:

Toss chicken with egg, cornstarch and soy sauce, refrigerate for 15 minutes

Combine sauce ingredients in small bowl

Heat vegetable oil over medium high heat

Add chicken in batches and cook through, about 5 minutes

Add sauce and simmer until thickened, about 3-4 minutes

Garnish with sesame seeds and green onions

Prep Time	25 minutes
Cook Time	15 minutes
Total time	40 minutes
Servings	4 servings
Author	Holly Nilsson
Course	Chicken, Main course
Cuisine	American, Asian Fusion

## NUTRITION INFORMATION

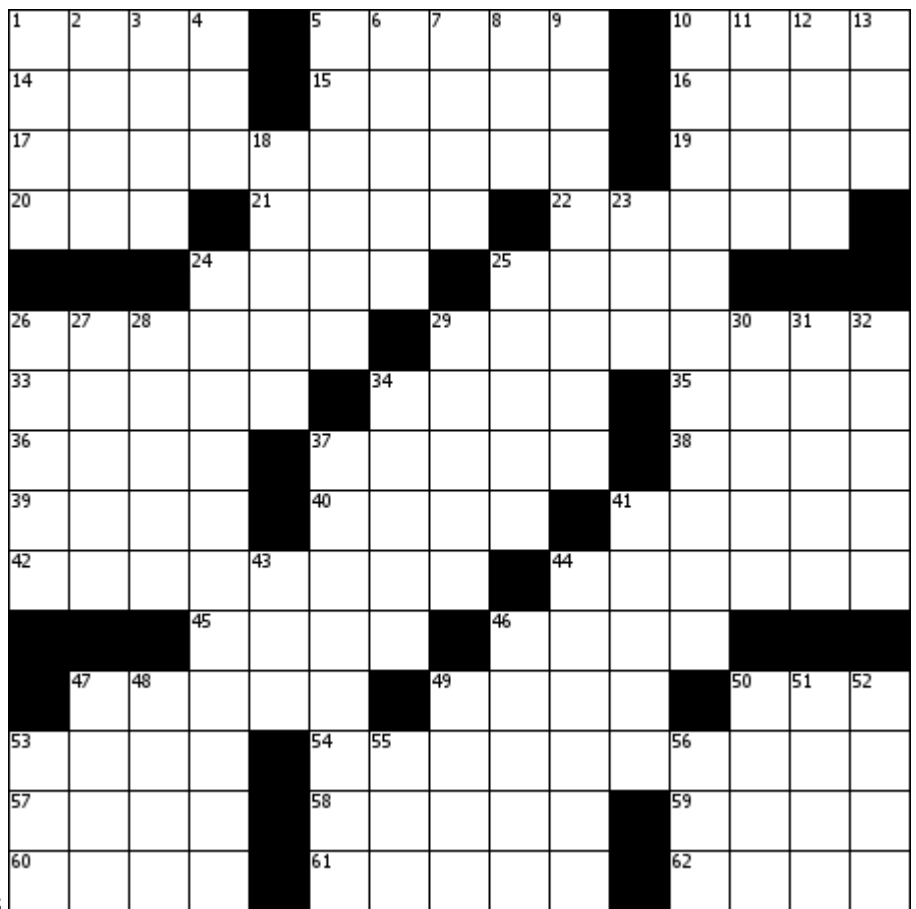
Calories: **310**, Fat: **10g**, Saturated Fat: **3g**, Cholesterol: **113mg**, Sodium: **1571mg**, Potassium: **555mg**, Carbohydrates: **25g**, Fiber: **1g**, Sugar: **14g**, Protein: **29g**, Vitamin A: **93%**, Vitamin C: **5%**, Calcium: **68%**, Iron: **2%**

*(Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.)*

SpendWithPennies.com. Content and photographs are copyright protected. Sharing of this recipe is both encouraged and appreciated.

## Across

- 1. Nourish
- 5. Rare African antelope
- 10. Rod's mate
- 14. Good-sized plot
- 15. Book of public records
- 16. Shoppe type
- 17. Jerry Lewis comedy
- 19. Cheers from Charo
- 20. Request to be rescued
- 21. Remove
- 22. Pyle of Mayberry
- 24. Employ
- 25. Jet set garb
- 26. Highbrow
- 29. Landlubber's malady, maybe
- 33. Warms
- 34. Jeanne \_\_\_\_
- 39. Daredevil Knievel
- 35. Showy flower
- 36. Art Deco illustrator
- 37. Castle illumination
- 38. Yea or nay
- 40. First-class
- 41. Let go
- 42. Sweat
- 44. Indy entrants
- 45. Bothers
- 46. Red-carpet treatment
- 47. Cigar residue
- 49. Stare slack-jawed
- 50. Kind of rally
- 53. Colorado River feeder
- 54. Neil Simon comedy
- 57. Smell
- 58. Cruise stopovers



## Down

- 1. Domino of music
- 2. Reverberate
- 3. "\_\_\_ Tu": 1974 hit
- 4. One to throw a ball for
- 5. Queen of sleuthing
- 6. City in northern France
- 7. 6-Down cleric
- 8. New beginning?
- 9. Ambush
- 10. Marx Brothers comedy
- 11. Couture magazine
- 12. River through Hesse, Germany
- 13. Brown of renown
- 18. Does publishing work
- 23. Former California fort
- 24. De Carlo/Ustinov comedy
- 25. Travesty
- 26. Flock members
- 27. Moxie
- 28. Western
- 29. River to the Seine
- 30. "Ordinary People" actress
- 31. Acid-alcohol compound
- 32. Marsh grasses
- 34. Morrison's group, with "The"
- 37. Critical downturn
- 41. Goddesses of destiny
- 43. Cake alternative
- 44. Meal
- 46. Stuns
- 47. Verdi opera
- 48. Place for a coin
- 49. Big wind
- 50. Hummus holder
- 51. List shortening abbr.
- 52. Saucy
- 53. Came down with
- 55. WWII carrier
- 56. Battleship inits.

Puzzle Solution © OnlineCrosswords.net

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





## Vitamin D Tests: *When you need them—and when you don't*

*Reprinted from Choosing Wisely Canada*

Many people don't have enough vitamin D in their bodies. Low vitamin D increases the risk of broken bones. It may also contribute to other health problems. That's why health care providers often order a blood test to measure vitamin D. But many people do not need the test. Here's why:

### **A test usually does not improve treatment.**

Many people have low levels of vitamin D, but few have seriously low levels. Most of us don't need a vitamin D test. We just need to make simple changes so we get enough vitamin D. We need to get a little more sun and follow the other advice provided below.

Even if you are at risk for other diseases, like diabetes and heart disease, a vitamin D test isn't usually helpful. The test results are unlikely to change the advice from your health care provider. It is much more important for you to make lifestyle changes first—to stop smoking, aim for a healthy weight and be physically active. And, like most other Canadians, you should try to get enough vitamin D from sun and foods. And talk to your health care provider about supplements.

### **Extra tests lead to extra treatments.**

Getting tests that you don't need often leads to treatments you don't need, or treatments that can even be harmful. For example, if you take too much vitamin D, it can damage your kidneys and other organs.

### **When should you have a vitamin D test?**


Talk to your health care provider about your risks. Here are some conditions where you might need a vitamin D test:

- If you have osteoporosis. This disease makes your bones weak, so that they are more likely to break.
- If you have a disease that damages your body's ability to use vitamin D. These are usually serious and ongoing diseases of the digestive system, such as inflammatory bowel disease, celiac disease, kidney disease, liver disease and pancreatitis.

If your health care provider suggests getting a vitamin D test, ask about your risks. If your risk is high, you should get the test. If your risk is low, ask if you can avoid the test. Ask if you can boost your vitamin D with sunlight and food, and

possibly supplements. If your health care provider needs to keep track of your vitamin D, make sure the same test is used each time. Ask your health care provider which tests are best.

### **About Choosing Wisely Canada**

Choosing Wisely Canada is the national voice for reducing unnecessary tests and treatments in health care. The Saskatoon Community Clinic recommends that you consult their website for important information about medical testing [www.choosewiselycanada.ca](http://www.choosewiselycanada.ca). 

### **Health Canada Vitamin D Recommendations**

#### **How can you get enough vitamin D?**

Get some sun. The sun's ultraviolet rays create vitamin D in your skin cells. All you need is about 10 minutes outside each day during spring and summer.

Eat food sources of vitamin D. Fatty fish, eggs and liver are naturally rich in vitamin D. Vitamin D is added to foods like fluid milk, fortified milk alternatives, some yogurts and margarine.

Talk to your health care provider about supplements. Health Canada recommends anyone over age 50 take a daily supplement of 400IU. Taking more than 4000IU of vitamin D a day may be harmful.

The Community Clinic dietitians recommend the following resources:

- Health Canada Vitamin D and Calcium: Updated Dietary Reference Intakes
- National Institutes of Health Office of Dietary Supplements Vitamin D Factsheet
- Institute of Medicine of the National Academies Dietary Reference Intakes: The Essential Guide to Nutrient Requirements

Consult the above resources for recommended dietary allowances.

*Source: Saskatoon Community Clinic Focus newsletter, Winter 2018.*