



# What's Happening at Westside

## March 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**

### 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



**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

### 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.

### Homemade Baked Chicken Nuggets



Recipe on Page 3

## You Are Invited to Our Open Circle with Elders



Thursday March 26th

4:00 pm — 7:00 pm

Westside Clinic

1528-20th Street West

Doors will be open for entry between  
3:30 pm and 4:00 pm

*We will begin with a smudge.*

*Our Indigenous facilitator will introduce two Elders  
who will share their stories of struggle, survival and  
success.*

*Those present will be invited to share their stories  
if they choose.*

**Stay for Soup &  
Bannock following the  
Sharing Circle**

May the road rise to meet you. May the wind be always at your back. May the sun  
shine warm upon your face. May rains fall soft upon your fields.

- Irish Saying

	March 2020					
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> Westside Clinic Extended Hours 9-5	<b>2</b> Fitness, Food & Fun 10 am -12 noon  <b>SWITCH 5:30 - 8 PM</b> Family Literacy Programming: Sask Odyssey with READ Saskatoon  <b>Westside Clinic</b> Extended Hours 5-9	<b>3</b> Fitness, Food & Fun 10 am -12 noon  <b>Baby Immunization Clinic 1- 4 PM</b>  <b>Westside Clinic</b> Extended Hours 5-9	<b>4</b> <b>SWITCH</b> 5:30 - 8 PM  <b>Westside Clinic</b> Electronic Health Records Access <b>SWITCH Kids:</b> Plants in Spring  <b>Extended Hours 5-9</b>	<b>5</b> Fitness, Food & Fun 10 am -12 noon  <b>Westside Clinic</b> Extended Hours 5-9	<b>6</b> Westside Clinic Extended Hours 5-9	<b>7</b> <b>Westside Clinic</b> Extended Hours 9-5  <b>SWITCH</b> 12:30—3 pm <b>Adult:</b> Brain Health Awareness with Alzheimer Society of Saskatchewan <b>SWITCH Kids:</b> Colours of the Medicine Wheel pt.1
<b>8</b> Westside Clinic Extended Hours 9-5	<b>9</b> Fitness, Food & Fun 10 am -12 noon  <b>SWITCH 5:30 - 8 PM</b> <b>Adult:</b> Saskatoon Sexual Health <b>SWITCH Kids:</b> Colours of the Medicine Wheel Pt. 2  <b>Westside Clinic</b> Extended Hours 5-9	<b>10</b> Fitness, Food & Fun 10 am -12 noon  <b>Baby Immunization Clinic 1- 4 PM</b>  <b>Westside Clinic</b> Extended Hours 5-9	<b>11</b> <b>SWITCH</b> 5:30 - 8 PM <b>Adult:</b> Mental Health and Coping Skills <b>SWITCH Kids:</b> Storytime  <b>Westside Clinic</b> Extended Hours 5-9	<b>12</b> Fitness, Food & Fun 10 am -12 noon  <b>Westside Clinic</b> Extended Hours 5-9	<b>13</b> Westside Clinic Extended Hours 5-9	<b>14</b> <b>Westside Clinic</b> Extended Hours 9-5  <b>SWITCH</b> 12:30—3 pm <b>Adult:</b> Penny Drops with the Princess Shop <b>SWITCH Kids:</b> Movie Day
<b>15</b> Westside Clinic Extended Hours 9-5	<b>16</b> Fitness, Food & Fun 10 am -12 noon  <b>SWITCH 5:30 - 8 PM</b> <b>Adult:</b> Canadian Mental Health Association with Reanna <b>SWITCH Kids:</b> Letters to Pen pals  <b>Westside Clinic</b> Extended Hours 5-9	<b>17</b> Fitness, Food & Fun 10 am -12 noon  <b>Baby Immunization Clinic 1- 4 PM</b>  <b>Westside Clinic</b> Extended Hours 5-9	<b>18</b> <b>SWITCH</b> 5:30 - 8 PM <b>Adult:</b> College of Veterinarian Medicine <b>SWITCH Kids:</b> Cree Language Games  <b>Westside Clinic</b> Extended Hours 5-9	<b>19</b> Fitness, Food & Fun 10 am -12 noon  <b>Westside Clinic</b> Extended Hours 5-9	<b>20</b> Westside Clinic Extended Hours 5-9	<b>21</b> <b>Westside Clinic</b> Extended Hours 9-5  <b>SWITCH</b> 12:30—3 pm <b>Adult:</b> Community Kitchen with Mackenzie <b>SWITCH Kids:</b> Tech Day
<b>22</b> Westside Clinic Extended Hours 9-5	<b>23</b> Fitness, Food & Fun 10 am -12 noon  <b>SWITCH 5:30 - 8 PM</b> <b>Adult:</b> Wellness and Nutrition Group <b>SWITCH Kids:</b> Storytime and Button-making with Clare  <b>Westside Clinic</b> Extended Hours 5-9	<b>24</b> Fitness, Food & Fun 10 am -12 noon  <b>Baby Immunization Clinic 1- 4 PM</b>  <b>Westside Clinic</b> Extended Hours 5-9	<b>25</b> <b>SWITCH</b> 5:30 - 8 PM <b>Adult:</b> College of Pharmacy: Using over the counter medicine safely <b>SWITCH Kids:</b> Storytime  <b>Westside Clinic</b> Extended Hours 5-9	<b>26</b> Fitness, Food & Fun 10 am -12 noon  Sharing Circle 4 pm—7 pm Soup and Bannock served after the Sharing Circle  <b>Westside Clinic</b> Extended Hours 5-9	<b>27</b> Westside Clinic Extended Hours 5-9	<b>28</b> <b>Westside Clinic</b> Extended Hours 9-5  <b>SWITCH</b> 12:30—3 pm <b>Adult:</b> Discussing Bullying with Dr. Jackie <b>SWITCH Kids:</b> Movie Day
<b>29</b> Westside Clinic Extended Hours 9-5	<b>30</b> Fitness, Food & Fun 10 am -12 noon  <b>SWITCH 5:30 - 8 PM</b>  <b>Westside Clinic</b> Extended Hours 5-9	<b>31</b> Fitness, Food & Fun 10 am -12 noon  <b>Baby Immunization Clinic 1- 4 PM</b>  <b>Westside Clinic</b> Extended Hours 5-9				

# Homemade Baked Chicken Nuggets



Homemade baked chicken nuggets are crispy on the outside, tender and juicy on the inside, easy to make, and make a delicious meal or snack.

Prep Time 20 minutes  
Cook Time 25 minutes  
Total Time 45 minutes

Servings 4 (6 nuggets each)

Serving Suggestion: Serve with fresh vegetables

## INGREDIENTS

### Breading

1 cup plain bread crumbs  
1/2 tsp garlic powder  
1/2 tsp smoked paprika  
1/4 tsp salt  
1/4 tsp cracked pepper  
2 Tbsp oil (Canola or Vegetable oil)

### Yogurt Slurry

1/3 cup Greek or regular Yogurt  
1/8 tsp salt  
3 Tbsp water (use less water if using regular yogurt)

### Chicken

1 boneless Chicken breast (about 2/3 lbs)

## INSTRUCTIONS

1. Preheat oven to 425 °F. Place a wire cooling rack, or two, over a baking sheet to hold the nuggets as they bake.
2. In a wide shallow bowl, combine the breadcrumbs, garlic powder, smoked paprika, salt and some fresh cracked pepper.
3. In a separate small bowl, stir together the Greek or regular yogurt, salt, and water until smooth. You want the yogurt to be similar consistency to buttermilk or heavy cream. It should be thick enough to coat the chicken.
4. Trim any excess fat from the chicken breast, then cut it into small, 3/4 to one-inch pieces. For 2/3 lb. Chicken breast you should get about 22-24 pieces.
5. Dip each piece of chicken into the yogurt slurry, then roll it in the seasoned breadcrumb mixture until the chicken piece is fully coated. Place each coated nugget onto the wire cooling rack on the baking sheet.
6. Once all of the chicken pieces are fully coated, transfer the baking sheet to the oven and bake for 23-25 minutes, or until the breading is browned on the edges. Remove the chicken nuggets from the oven and let cool for 3-5 minutes, then serve with your favorite dip.

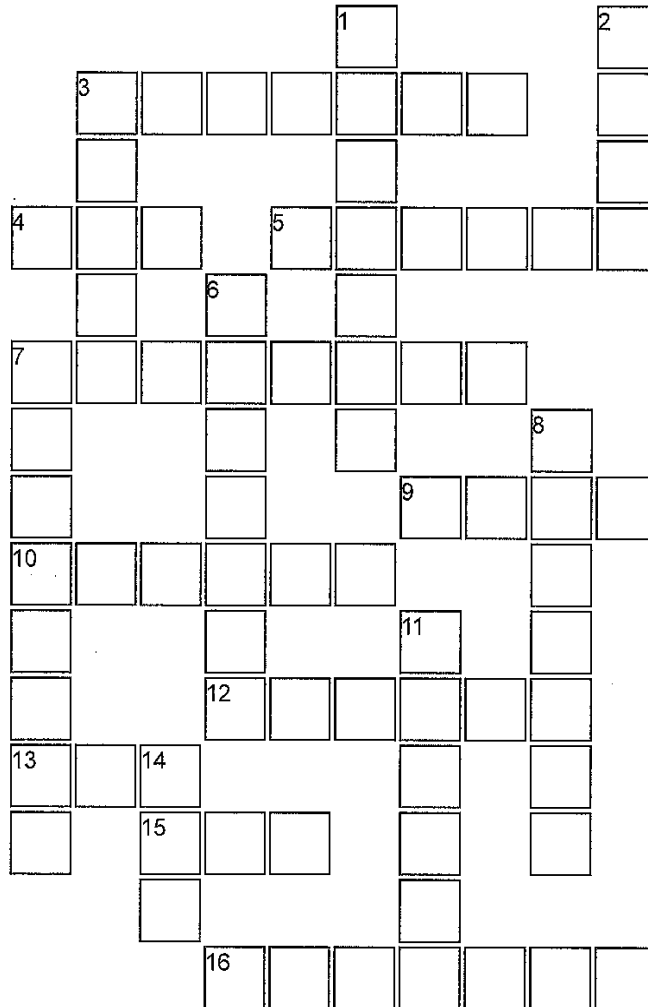
Serving	1 Serving
Calories	279 kcal
Carbohydrates	22 g
Protein	22.9 g
Fat	10 g
Sodium	641 mg
Fiber	2 g



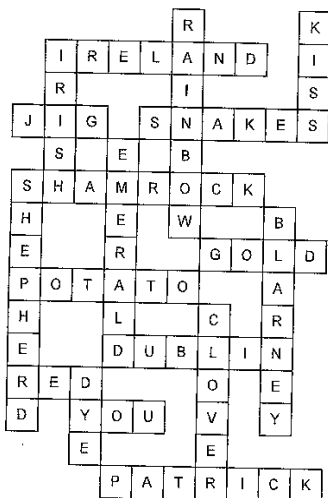
# St. Patrick's Day Crossword Puzzle

## ACROSS CLUES

3. Saint Patrick is the patron saint of this country.
4. Lively Irish folk dance
5. According to legend, St. Patrick drove these legless reptiles out of Ireland.
7. The three-leaf clover that's a symbol for Ireland
9. It's what's in the pot at the end of the rainbow.
10. A blight destroyed this very important crop resulting in the Great Famine.
12. The capital of the Republic of Ireland
13. Both an Irish Setter and a rose are this color
15. "May the road rise to meet \_\_\_\_." - an Irish blessing



16. He's a saint and March 17 is his day.



## DOWN CLUES

1. The leprechaun's pot of gold is at the end of one.
2. Do this to the Blarney Stone to get the gift of gab
3. What everybody is on St. Patrick's Day
6. \_\_\_\_\_ Isle - Ireland's nickname, due to its lush green landscape
7. Somebody who herds sheep, as Saint Patrick did in his youth
8. Kiss this Stone to get the gift of gab
11. A shamrock is the three-leaf type of this plant, the four-leaf type is lucky, they say
14. They pour it in the Chicago River on St. Patrick's Day

Visit: [wordville.com/stP/stPCrossword.html](http://wordville.com/stP/stPCrossword.html)



## Board of Directors Semi-annual Report

*By Karen Cederwall, President*



*Karen Cederwall, President*

In my first message as president of the CHSA Board I want to express how proud I am to serve as a representative of such a diverse and active health cooperative, where our board, staff and members share one very important thing in common: a desire to make a positive impact in our community.

Some highlights from the past six months:

- Those of you who have attended the Downtown Clinic may have had an opportunity to be greeted by members working at Membership Days tables in the back door waiting area with the goal of engaging patients in discussions about becoming a member of the Community Clinic if they are not already members. The Board recognizes that ongoing renewal of the membership base is an important strategic priority.

- In November, a letter was sent to all members encouraging donations to the Saskatoon Community Clinic Foundation; thank you to all who have contributed to this campaign. Your contributions are very important to the quality of service we can provide in the community. In this issue of Focus you will find a description of the items funded through your donations in the past year.

- We are pleased to welcome Marianne Jurzyniec, Sherri Swidrovich and Patti Warwick to the Board of Directors. Thank you to our outgoing Board members Carol Eaton, Keeley Phillips and Bill Davies for their many contributions while serving on the Board. I would like to give a special thank you to Bill Davies for his leadership as Chairperson of the Board and

President over the past several years. Bill led the Association through some significant organizational changes including a governance review. This review has resulted in a new set of Board policies and bylaw changes which have helped us move from an operationally focussed board to a governance board. His strong leadership, sense of humour and compassion for others will be greatly missed.

These are very exciting times for the Association; we continue to move forward with progress on our twenty year capital master plan, expand our role in Connected Community Care Phase II in addition to the expansion of hours at the Westside location, and work in conjunction with the Saskatoon Community Clinic Foundation to raise our profile and have our clinics recognized for their outstanding work as interdisciplinary community health centres.

Through our interactions with staff, patients, and members, our Board has heard the same clear and overwhelming message - that our clinics are running, in one manner or another, at capacity. Recently, the Board met for our annual retreat and came away re-energized about our focus for the future, which will allow us to finalize our strategic plan over the coming weeks. Providing exceptional person-centred care will always be top of mind as we move forward with the steps and initiatives required to make our plans become reality.

Admittedly, there may be some bumps along the way as we address challenges that need to be overcome in order to move forward in a meaningful way. I find comfort in the realization that the will and determination of our CHSA founders is still very evident in our membership today; I'm sure as we collaborate and coordinate our efforts there is no hurdle that can stand in our way. ♦

*Source: Saskatoon Community Clinic Focus newsletter, Winter 2019.*