

January 2025

# The Kidney Connection

A publication of Northern Saskatchewan  
Kidney Health Services based out of  
St. Paul's Hospital, Saskatoon



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Saskatoon Warming  
Locations



**Like** and **Follow** the Kidney Health Community Program on Facebook to stay updated on kidney-related topics and events!



Check out [kidneywellnesshub.ca](http://kidneywellnesshub.ca)

**Travelling this winter? Let us know ASAP!**

If you are hoping to travel for holidays or vacation and desire hemodialysis at another location, please let your coordinators know 6 months in advance or as soon as possible. It requires a lot of paperwork and planning! Thanks!



PREPARATION: 10 MINUTES

2 SERVINGS

# TUNA POCKETS

## INGREDIENTS

*1 can (170g) tuna (light, in water, unsalted or regular)*

*¼ cup apple, diced*

*¼ red onion, diced*

*2 tablespoons mayonnaise*

*2 drops Tabasco sauce (optional)*

*1 teaspoon lemon juice*

*black pepper to taste*

*½ cup romaine lettuce, shredded*

*½ cup carrots, shredded*

*1 whole wheat pita*



## PREPARATION

- 1** Drain the tuna (or rinse well when using regular tuna), and flake it with a fork.
- 2** In a small bowl, combine the tuna, apple, onion and the mayonnaise. Add Tabasco sauce, lemon juice and pepper to taste.
- 3** Fold the lettuce and carrots into the tuna mixture.
- 4** Cut the pita bread into two halves. Carefully open each half to make a pocket. Fill each pocket with half of the salad.

### Nutrient Analysis

#### PER SERVING:

½ of recipe

#### RENAL EXCHANGE:

3 Protein + 1 Vegetable + 1 Starch

Calories	303Kcal
Protein	25g
Carbohydrates	24g
Fibre	4g
Total Fat	12g
Saturated Fat	2g
Cholesterol	31mg
Sodium	295mg
Potassium	418mg
Phosphorus	216mg

Recipe from [myspiceitup.ca](http://myspiceitup.ca)

**Sandwiches** can be quick and easy to make and provide calories, protein and nutrients. Sandwiches are a popular item to eat before or after a dialysis treatment. Some store-bought or fast food sandwiches may be less kidney-friendly. Making a sandwich at home can save money, time and may be a more healthful option. Homemade tuna, egg or roast chicken salad sandwiches are great protein options for a

## Small Wins, Big Impact: Finding Joy & Balance on Dialysis

Living with kidney disease can feel overwhelming at times and it's easy to feel like life revolves around your dialysis treatments. However, finding small moments of success, balance, and joy in your day can make a big difference—boosting your mood, energy, and quality of life.

### 1. Celebrate Small Victories

- **Managing Fluids:** Did you stick to your fluid goals today? That's a win worth celebrating! Staying on track helps you feel better and makes dialysis easier.
- **Meal Success:** Maybe you found a kidney-friendly recipe that you enjoyed or swapped out a high-potassium food for a better option. These small food wins make a big impact on your health.

**Celebrating small victories builds motivation and gives you something positive to focus on**

### 2. Focus on What Brings You Joy

Dialysis can take up a lot of time and energy, but it doesn't have to take away the things that bring you happiness. Find ways to bring small joys into your routine:

- **Hobbies You Love:** Whether it's knitting, reading, puzzles, or listening to music, doing something you enjoy during treatment or at home can make your day brighter.
- **Connect with Others:** Even a quick phone call or visit with a family member or friend can lift your spirits. Sharing a laugh or a story goes a long way.
- **Practice Gratitude:** Each day, try to think of one small thing you're thankful for—like a good meal, a warm blanket, or a kind conversation. This simple practice can shift your mindset over time.

**Joy is often found in the small things we choose to focus on each day.**

### 3. Find Your Balance

Dialysis can be draining, so it's important to balance activity and rest. Pay attention to what your body needs and give yourself grace.

- **Listen to Your Body:** Some days you'll have more energy than others, and that's okay. Rest when you need to, and pace yourself when tackling tasks.
- **Set Manageable Goals:** Break larger tasks into smaller, bite-sized pieces. For example, instead of cleaning the entire house, focus on one room—or even one countertop—at a time.
- **Keep Moving in a Way That Works for You:** Gentle movement, like stretching or walking short distances, can boost your energy and mood. Even a little activity makes a difference!

**Remember, progress isn't about perfection—  
it's about finding balance, celebrating your efforts, and creating space for joy in your daily life.  
What small win can you celebrate today?**

# Bundle Up

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

SNOW PANTS

EARMUFFS

MITTENS

GLOVES

BOOTS

SCARF

COAT

COLD

MASK

SNOW

WALK

WIND

FUN

HAT

ICE



During December, music therapist Alanna Barr held holiday music bingo for the St. Paul's Hospital Hemodialysis Unit and the Cameco Community Renal Health Centre in Saskatoon. Over the course of 4 days, over 130 dialysis patients and their families participated. Music bingo has become a highlight of the holiday season – for patients and staff alike! The rooms filled with dance, laughter and music.



**A HUGE thank you to the hemodialysis staff and the mission office team for helping to make this happen.**

**Be on the lookout for more music bingo fun in the New Year!**

## Sheet Pan Chicken with Green Beans and Potatoes

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Portions:4 Serving Size:1/4th recipe

### Ingredients

- 2 cups red potatoes
- 1 teaspoon olive oil
- 16 ounces chicken, raw
- 10 ounces fresh or frozen cut green beans
- 4 tablespoons unsalted butter
- 1 tablespoon Italian seasoning

### Preparation

1. Preheat oven to 400° F. Chop the potatoes into bite sized pieces. See helpful hints for instructions on potassium reduction if needed. Toss potatoes in 1 teaspoon olive oil.
2. Spray a 9 x13-inch sheet pan with cooking spray. Place the raw chicken strips down 1/3 of the pan. Place the potatoes down another 1/3 of the pan. Finally, lay the fresh or frozen green beans down the last 1/3 of the pan.
3. Melt the butter and drizzle over the entire pan of chicken, potatoes and green beans. Sprinkle Italian seasoning over the entire pan.
4. Bake for 20 to 30 minutes. Check chicken for doneness after 20 minutes.

### Helpful hints

- Nutrient analysis based on leached potatoes. Potassium content is 545 mg per serving. If you do not leach the potatoes, the potassium content is 766 mg per serving.
- **To reduce potassium in potatoes:** Chop potatoes. Place in a large pan and cover completely with water. Bring to a boil, then drain. Refill water over the potatoes, to cover by 1-inch. Bring to a boil again and boil for 10 minutes.
- Drain and toss with 1 teaspoon olive oil before adding to the sheet pan.

Recipe retrieved from [Davita.com](http://Davita.com) Recipe submitted by DaVita renal dietitian Jackie from Virginia.



## Saskatoon Winter Emergency Response Plan

### WARMING LOCATIONS

For questions about the strategy,  
please email [emo.eoc@saskatoon.ca](mailto:emo.eoc@saskatoon.ca)



### PARTNERS

#### DAYTIME

- Canadian Mental Health Association**  
 1301 Avenue P North  
 306-384-9333  
 Mon-Thurs 8:30am-4:30pm
- Prairie Harm Reduction Drop-In**  
 1516 20th Street West  
 306-242-5005  
 Mon-Fri 10:00am-4:00pm
- Station 20 West**  
 1120 20th Street West  
 306-343-9378  
 Mon-Fri 8:00am-4:00pm
- EGADZ\***  
 485 1st Avenue North  
 306-931-6644  
 Mon-Fri 9:00am-5:00pm  
 Sat 1:00pm-5:00pm  
 Youth (Ages 12-19)
- Saskatoon Friendship Inn**  
 619 20th Street West  
 306-242-5122  
 Warm Up: 10:15am-11:30am  
 Dine-in Meals: 8:00am-9:00am & 11:30am-1:00pm  
 Take Away Meals: 8:00am-9:30am & 11:30am-1:30pm
- The Bridge on 20th Fellowship Centre\***  
 1008 20th Street West  
 Mon 8:30am-2:00pm  
 Tues-Fri 8:15am-2:00pm  
 CLOSED Daily 11:30am-12:00pm

#### EVENING

- EGADZ\***  
 485 1st Avenue North  
 306-931-6644  
 Mon-Sat 5:00pm-9:00pm  
 Youth (Ages 12-19)
- Saskatoon Indian and Métis Friendship Centre (SIMFC)**  
 168 Wall Street  
 306-244-0174  
 Every day 6:00pm-11:00pm  
 Men & Women (18+)

#### OVERNIGHT

- Saskatoon Indian and Métis Friendship Centre (SIMFC)**  
 168 Wall Street  
 306-244-0174  
 Every day 11:00pm-9:00am  
 Women (18+)
- St. Mary's (Operated by Salvation Army)**  
 211 Avenue O South (Entrance on 20th Street)  
 306-244-6280  
 Every day 11:00pm-8:00am  
 Men (18+)

\*Closed for Statutory Holidays

### SASKATOON TRANSIT

#### SAFE BUS



Saskatoon Transit offers the Safe Bus Program designed to assist anyone, of any age, that needs immediate shelter or needs to contact emergency services. If you need help, simply and safely flag down a bus or go to a parked bus. Transit operators can contact emergency services directly through the on-bus radio system and will give the person in need a safe place to wait.



## Saskatoon Winter Emergency Response Plan

### WARMING LOCATIONS

For questions about the strategy,  
please email [emo.eoc@saskatoon.ca](mailto:emo.eoc@saskatoon.ca)



### LIBRARIES

#### DAYTIME (10:00am-5:00pm)

- |   |  |   |
|---|--|---|
| <ul style="list-style-type: none"> <li>• <b>Alice Turner Library</b><br/>110 Nelson Road<br/>306-975-8127<br/>Mon-Wed 10:00am-5:00pm<br/>Thur-Sat 10:00am-5:00pm<br/>Sun 1:00pm-5:00pm</li> </ul> | <ul style="list-style-type: none"> <li>• <b>Dr. Freda Ahenakew Library</b><br/>100 - 219 Avenue K South<br/>306-975-7508<br/>Mon-Sat 10:00am-5:00pm<br/>Sun 1:00pm-5:00pm</li> </ul>           | <ul style="list-style-type: none"> <li>• <b>Mayfair Library</b><br/>602 33rd Street West<br/>306-975-7591<br/>Mon-Sat 10:00am-5:00pm<br/>Sun 1:00pm-5:00pm</li> </ul>                                   |
| <ul style="list-style-type: none"> <li>• <b>Carlyle King Library</b><br/>3130 Laurier Drive<br/>306-975-7592<br/>Mon-Sat 10:00am-5:00pm<br/>Sun 1:00pm-5:00pm</li> </ul>                          | <ul style="list-style-type: none"> <li>• <b>Frances Morrison Central Library</b><br/>311 23rd Street East<br/>306-975-7558<br/>Mon-Sat 10:00am-5:00pm<br/>Sun 1:00pm-5:00pm</li> </ul>         | <ul style="list-style-type: none"> <li>• <b>Round Prairie Library</b><br/>170 - 250 Hunter Road<br/>306-986-9700<br/>Mon-Thu 10:00am-5:00pm<br/>Fri-Sat 10:00am-5:00pm<br/>Sun 1:00pm-5:00pm</li> </ul> |
| <ul style="list-style-type: none"> <li>• <b>Cliff Wright Library</b><br/>1635 McKercher Drive<br/>306-975-7550<br/>Mon-Fri 10:00am-5:00pm<br/>Sat 10:00am-5:00pm<br/>Sun 1:00pm-5:00pm</li> </ul> | <ul style="list-style-type: none"> <li>• <b>J.S. Wood Library</b><br/>1801 Lansdowne Avenue<br/>306-975-7590<br/>Mon-Fri 1:00pm-5:00pm<br/>Sat 10:00am-5:00pm<br/>Sun 1:00pm-5:00pm</li> </ul> | <ul style="list-style-type: none"> <li>• <b>Rusty Macdonald Library</b><br/>225 Primrose Drive<br/>306-975-7600<br/>Mon-Fri 10:00am-5:00pm<br/>Sat 10:00am-5:00pm<br/>Sun 1:00pm-5:00pm</li> </ul>      |

#### EVENING (5:00pm-9:00pm)

- |   |   |   |
|---|---|---|
| <ul style="list-style-type: none"> <li>• <b>Alice Turner Library</b><br/>110 Nelson Road<br/>306-975-8127<br/>Mon-Wed 5:00pm-9:00pm<br/>Thur-Sat 5:00pm-6:00pm<br/>Sun 5:00pm-5:30pm</li> </ul> | <ul style="list-style-type: none"> <li>• <b>Dr. Freda Ahenakew Library</b><br/>100 - 219 Avenue K South<br/>306-975-7508<br/>Mon-Sat 5:00pm-6:00pm<br/>Sun 5:00pm-5:30pm</li> </ul>           | <ul style="list-style-type: none"> <li>• <b>Mayfair Library</b><br/>602 33rd Street West<br/>306-975-7591<br/>Mon-Sat 5:00pm-6:00pm<br/>Sun 5:00pm-5:30pm</li> </ul>                                  |
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All Libraries are Closed for Statutory Holidays