



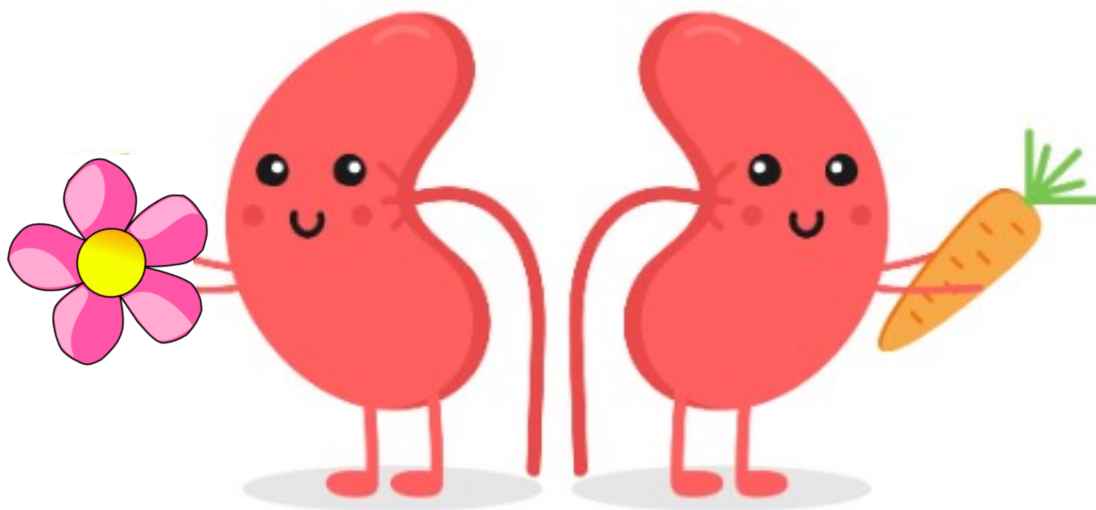
Saskatchewan  
Health Authority

# Newsletter

April 2025

## The Kidney Connection

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



### What's Inside?

2

Recipe: Veggie  
Scrambled Eggs

3

Talking Stick

4

Tax Clinic Locations

5

Recipe:  
General Tao Tofu

6

Organ Donation  
Awareness

7

Holiday Meal Tips

8

Activity: Earth Day  
Wordsearch

9

Springtime  
Music Bingo

## Caregiver Appreciation Day

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The first Tuesday of April is National Caregivers Day in Canada. On this day, we honour and celebrate people in Canada who provide personal care, physical and/or emotional support to those in need. Caregivers make a difference in the lives of many people across the country.

Thank you!



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### Veggie Scrambled Eggs

#### Ingredients

- 4 whole eggs
- 1 tablespoon oil
- 1/4 teaspoon black pepper
- 1/2 tsp garlic powder
- 1/4 cup bell pepper chopped
- 1/4 cup onion chopped
- 1 cup cauliflower, chopped
- 3 cups fresh spinach
- parsley and green onion to serve



Recipe adapted from [kidneynutritioninstitute.com](http://kidneynutritioninstitute.com)

#### Directions

1. In a bowl, beat eggs with black pepper and garlic powder until light and fluffy. Set aside.
2. Heat oil over medium heat in large pan.
3. Add chopped onions and peppers to skillet and sauté until peppers are translucent and golden.
4. Add cauliflower and spinach.
5. Sauté vegetables, turn heat to medium-low and cover for 5 minutes.
6. Add egg mixture, and stir to combine with vegetables.
7. When the eggs are cooked thoroughly, top with parsley and green onions.



# Need someone to **chat** with?



**Chat anonymously with an Indigenous peer advocate anytime using Talking Stick.**



Download the Talking Stick app or chat online at **my.talkingstick.app**



## Spring 2025 Free Tax Clinics

Organization/Location	Returns Prepared	Delivery Method	Date/Time	Eligibility	Languages Offered	Contact
Saskatoon Food Bank & Learning Centre <i>202 Ave C S</i>	2024 and prior years	Virtual <b>Appointment Required</b>	February 18 – May 30 Mon-Fri 8:00 AM – 4:00 PM	General Public	English French Ukrainian Yoruba Central Khmer	306.664-6565 ext. 226 or 306.371.7808 or fill out form on website <a href="https://saskatoonfoodbank.org/tax-filing">https://saskatoonfoodbank.org/tax-filing</a>
Westgate Alliance Church <i>3315 Centennial Dr</i>	2024 and prior years	<b>Appointment Required</b>	April 1 – April 29 Mon & Thurs 6:00 PM – 8:00 PM	General Public	English	306.382.6512
Connect X Elevate Solutions Inc.	2024 and prior years	Drop-off, Virtual, Walk-In	March 8 – November 30 Saturdays Only 10:00 AM – 6:00 PM	General Public	English	306.351.3017 <a href="mailto:yourtaxguy@yahoo.com">yourtaxguy@yahoo.com</a>
Saskatoon Services for Seniors <i>103 – 115 19<sup>th</sup> St E</i>	2024 and prior years	Virtual & Drop Off <b>Appointment Required</b>	March 15 – May 1 Mon – Fri 9:00 AM – 5:00 PM	Seniors, Persons with Disabilities, Social Assistance Recipients	English	306.668.2762 <a href="mailto:saskatoonservices4seniors@sasktel.net">saskatoonservices4seniors@sasktel.net</a>
T3 Community Financial Services	2024 and prior years	Virtual <b>Appointment Required</b>	March 15 – December 31 Monday – Friday 10:00 AM – 6:00 PM	General Public	English	306.351.4988 <a href="mailto:Cvtp.t3financials@gmail.com">Cvtp.t3financials@gmail.com</a> or <a href="mailto:cvtp1.t3financials@gmail.com">cvtp1.t3financials@gmail.com</a>
SKTSO	2024 and prior years	Virtual <b>Appointment Required</b>	March 1 – April 30 Monday – Friday 8:00 AM – 5:00 PM	General Public	English	<a href="mailto:joyce.msilva@usask.ca">joyce.msilva@usask.ca</a>
Lilico Accounting Corporation	2024 and 2023 only	Virtual, Drop-Off <b>Appointment Required</b>	February 24 – April 30 Monday - Friday 9:00 A.M. – 5:00 P.M.	General Public	English	1.368.887.4399 ext. 001 or 1.368.887.4399 ext. 003 <a href="mailto:taxclinic@lilico.ca">taxclinic@lilico.ca</a> or <a href="mailto:yulia@lilico.ca">yulia@lilico.ca</a>

February 2025

## Spring Time Laughter

How do you know flowers are friendly?

— They always have new buds!

If I ride my bike twice...does that count as RE-CYCLING?

Which vegetable is the angriest?

— A steamed carrot





## Recipe: General Tao Tofu



Eating more plant proteins, such as tofu, as well as reducing red and processed meat, can positively effect health and they have a lower environmental impact!

**Yield:** 4 servings

### Ingredients

#### Sauce:

1/4 cup no salt added [vegetable broth](#)  
2 tablespoons [sugar](#)  
2 tablespoons low sodium [soy sauce](#)  
2 tablespoons unseasoned [rice vinegar](#)  
2 tablespoons [ketchup](#)  
1 teaspoon [cornstarch](#)  
1 teaspoon [Sriracha sauce](#)

#### Stir-fry:

1 pound firm [tofu](#) pat-dried with paper towel, cut into small cubes  
2 tablespoons [cornstarch](#)  
2 tablespoons [canola oil](#)  
4 [green onions](#) chopped (keep some for garnish)  
1 teaspoon fresh [ginger](#) minced

### Instructions

1. In a small bowl, mix all ingredients of the sauce and set aside.
2. In a big bowl, mix the tofu cubes and the cornstarch. Put the cubes on a plate and set aside.
3. In a non-stick frying pan or wok, heat the oil over medium-high heat. Fry the tofu in stages until all cubes are slightly browned.
4. Line a plate with a paper towel and transfer the tofu to the plate to absorb excess oil.
5. Add the green onions, ginger and garlic to the frying pan or wok and fry for 1–2 minutes. Add a bit of oil if necessary.
6. Add the sauce and bring everything to a boil while stirring constantly (approximately 2 minutes).
7. Add the tofu and stir until all ingredients are hot and ready to serve.
8. Serve with steamed rice, broccoli or grilled red peppers.



### April 7th — Green Shirt Day

It was created to honour, remember, and recognize all the victims and families of the Humboldt Broncos bus crash and to continue Logan Boulet's legacy by inspiring Canadians to talk to their families and register as organ donors.

### Saskatchewan's Organ & Tissue Donor Registry

Organ and tissue donation saves lives. If you support donation, talk to your family and let them know your wishes.

[Register Now](#)



### Why Be a Donor?

The need for organs and tissues for transplants far outweighs the available supply in Saskatchewan. Thanks to donors, more and more transplant patients are living longer and healthier lives.

[Becoming a Donor](#)

### How to Register

Registering your decision for organ and/or tissue donation is easy – all you need is your Saskatchewan Health Services Card number, first and last name and date of birth.

[Organ and Tissue Donor Registry](#)

April 23, 2025 Administrative Professionals Day. Thank you to our clerks and support staff. We appreciate you!



## Holiday Meal Tips

By making kidney-friendly substitutes and enjoying favorites in moderation, holiday meals can still be something to look forward to.

With Easter at the end of the month, many family traditions revolve around food. This can feel tricky to know what to do with holidays for patients with kidney disease.

Here are a few tips to help you out this Easter:

- Plan ahead and bring a dish you know is low sodium and also lower potassium and phosphate if that is what has been recommended to you.
- Bring your medications if travelling and take your phosphate binders at the start of your meals.
- Read labels on food products that you are not familiar with and avoid phosphate additives.
- Limit your intake of potatoes, processed meats like ham and sausage. Choose roasted turkey, chicken, fresh pork.
- Include lots of vegetables such as salads, boiled cauliflower, raw peppers, cooked asparagus or broccoli or green beans.
- Choose desserts with apples, lemons or berries.

It is easy to take in more salt than normal and more fluid at holidays, but you may not feel well after you do. Keep your fluids to a minimum if possible.



*be kind*

In consideration for your fellow patients and the staff, please remember to bring headphones to use during your dialysis treatment.

# EARTH DAY — April 22, 2025



## EARTH DAY WORD SEARCH



Find the hidden Earth Day vocabulary items.

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

PROTECTION

ECOLOGICAL

POLLUTANT

RENEWABILITY

SUSTAINABILITY

ECOSYSTEMATIC

GREENHOUSE

PLANETOLOGIST

ENERGY-EFFICIENT

ENVIRONMENTALIST

ECO-FRIENDLY

BIODIVERSIFICATION





*SPH Healing Arts Program Presents*

# MUSIC BINGO!

**Featuring music to celebrate  
Springtime!**

St Paul's Hospital In-Centre Saskatoon

**APRIL 29TH AND 30TH**

Community Renal Health Centre Saskatoon

**MAY 6TH AND MAY 7TH**



St. Paul's Hospital Vision Mission Values