



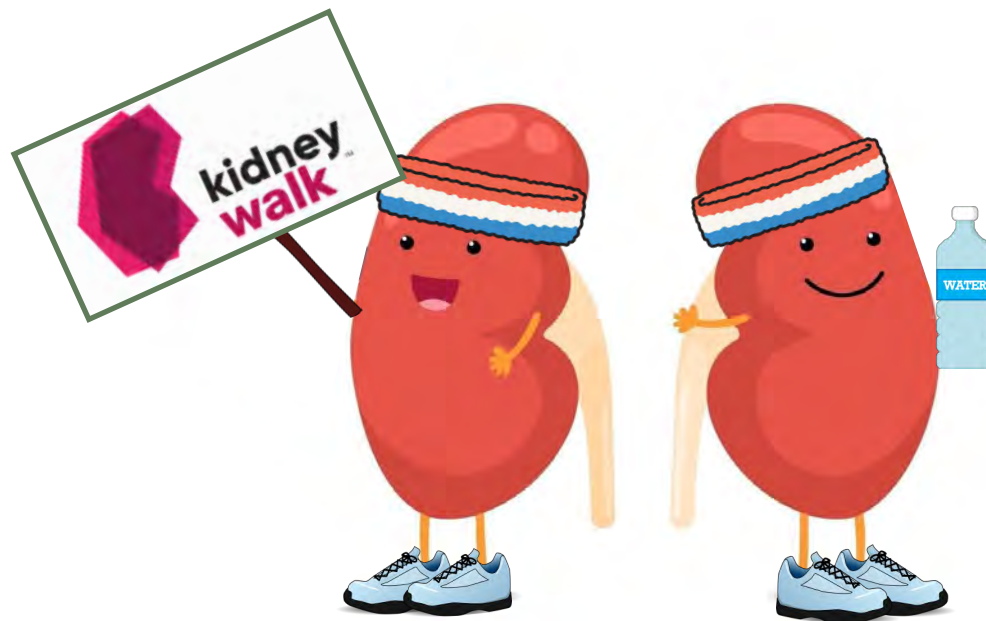
Saskatchewan
Health Authority

Newsletter

June 2025

The Kidney Connection

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



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Summer Activity

KIDNEY WALK - SASKATCHEWAN 2025

SASKATOON

Date: Sunday, June 1, 2025

Registration Time: 9:00 AM

Start Time: 10:00 AM

Location: Amphitheater at River Landing

CONTACT

306-664-8588 | info.sk@kidney.ca

REGINA

Date: Saturday, June 7, 2025

Registration Time: 9:00 AM

Start Time: 10:00 AM

Location: Regina Senior Citizens Centre

CONTACT

306-664-8588 | info.sk@kidney.ca



Did you know?

Please refrain from wearing scented products when you come to the hemodialysis units, peritoneal dialysis unit or kidney health clinics.

In particular, **essential oils, scented dryer beads, and scented lotions** are causing allergic reactions, including headaches, nausea, coughing and even wheezing.



All Saskatchewan Health Authority (SHA) facilities are designated scent-free environments.

Happy Father's Day!

If your house is cold, just stand in the corner. It's always 90 degrees there.

What do you call an elephant in a telephone booth? — stuck

Kid: I'll call you later

Dad: Please, call me Dad.



Homemade Salad Dressing Ideas

Simple Apple Cider Salad Dressing



| | |
|---------------------|----------------|
| olive oil | 4 tbsp (60 mL) |
| apple cider vinegar | 2 tbsp (30 mL) |

Instructions:

1. Combine all ingredients. Mix well in a bowl using a whisk or put the ingredients in a jar with a tight-fitting lid and shake well.
2. Store leftover dressing in the fridge.

Makes ⅓ cup (90 mL)

1 portion = 1 tbsp (15 mL)

Serving Idea

This dressing tastes light and fresh on top of a tossed salad.

Tip

To make smaller or larger amounts of dressing, use twice the amount of oil compared to the amount of vinegar.

Herb Balsamic Vinaigrette



| | |
|------------------------|---------------|
| balsamic vinegar | ¼ cup (60 mL) |
| olive oil | ¼ cup (60 mL) |
| basil, dried | 2 tsp (10 mL) |
| oregano leaves, dried | 2 tsp (10 mL) |
| thyme leaves, dried | 1 tsp (5 mL) |
| garlic, finely chopped | 1 clove |
| black pepper | to taste |

Instructions:

1. Combine all ingredients. Either mix ingredients in a small bowl using a whisk or put ingredients in a jar with a tight-fitting lid and shake well.
2. Store leftover dressing in the fridge for up to 4 days.

Makes ½ cup (125 mL)

1 portion = 1 tbsp (15 mL)

Tip

This dressing will stay mixed longer if you use a blender or food processor to mix it.

Caution

Store bought salad dressings are often high in sodium and may contain phosphorus additives.



Low Sodium Pasta Salad

Ingredients

Yield: About 5 cups

- 4 oz (1.5 cups) uncooked pasta
- 1/2 cup red onion, diced
- 1 zucchini small, diced
- 1/2 English cucumber, diced
- 1 pint cherry tomatoes, halved
- 1 cup shredded carrots
- 1/2 cup radishes, thinly sliced
- 1 bell pepper, diced
- 1/2 cup mozzarella cheese, diced
- 2 tbsp fresh parsley minced

Dressing:

- Herb Balsamic Vinaigrette (see recipe on page 3)

Instructions

1. Cook pasta according to directions on box. Drain and rinse with cold water.
2. Cut up vegetables, mozzarella, and parsley.
3. Combine dressing ingredients in a bowl and whisk to combine
4. Combine all ingredients in a bowl and mix to combine.

Enjoy!



**Tip: Mix in plain
shredded chicken to
add more protein!**

National Indigenous Peoples Day: Saskatoon and Area Events



Wanuskewin celebrations:
Indigenous Artisan Market,
Powwow dancers, traditional
games and much more

June 21 from 9:30-4:00 pm

Rock Your Roots
Walk for Reconciliation

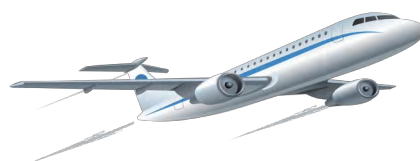
@ Victoria Park June 20 at 10 am

Remai Modern: Film Screening
Lii Michif Niiyanaan: We are Metis

June 21 from 1:00-3:00 pm

Attention Travellers!

If you are hoping to travel for holidays or vacation and desire hemodialysis at another location, please let your coordinators know as soon as possible. It requires a lot of paperwork and planning! If you do not let the coordinators know with **at least 1 month** notice, your travel may not be accommodated. Thanks.



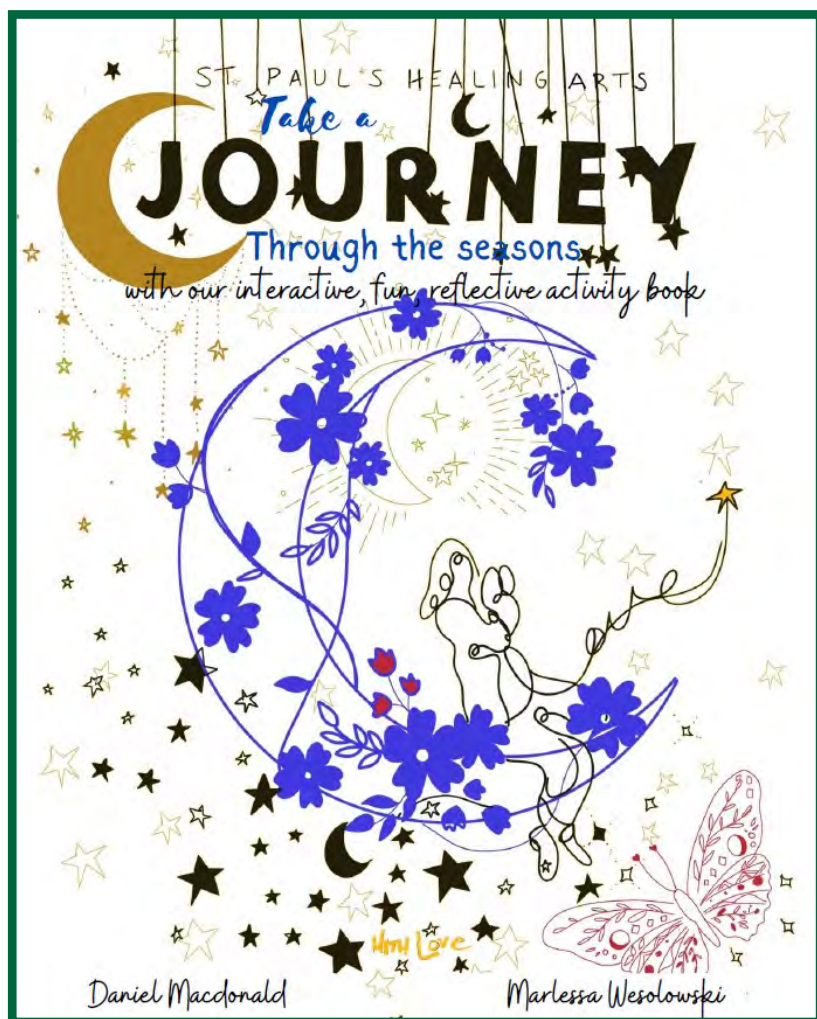


In April and May, music therapist Alanna Barr held a spring themed music bingo the St. Paul's Hospital Hemodialysis Unit and the Community Renal Health Centre in Saskatoon. The music bingo playlist featured songs to celebrate springtime! More than 120 patients and family members participated in music bingo over the four days it was offered and many prizes were won! Thank you to the Hemodialysis staff, mission office, and healing arts team helping to make this event happen.



We would also like to thank our generous sponsors for donating so many wonderful prizes for this event. Thanks to the St Paul's Hospital Foundation, Dutch Growers, Bill's House of Flowers, Quinn & Kim's, The Old Spaghetti Factory, and The Roxy Theatre.





The following pages are an excerpt from an activity book developed by St. Paul's Hospital Artist & Writer's in Residence (You may have seen these familiar faces around!). These reflective activities have been graciously shared with their permission.



The Artists

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Summer is a time for plenty, for joy, for parties and some laughter; for gathering with friends or family at a fire; for camping, late nights and endless days that stretch on till the sun goes down after 10:00PM or later!

Perhaps you canoe or go on hikes or maybe just walk in the summer warmth and the evenings breezes.

Take some time to celebrate yourself and your life in these next few pages. Reflect on what it means to be able to let go of some of your strife and just breathe for a little bit.

Like summer,





Joy



Summer is meant to be a joyful time.
A time to celebrate life a little more. "Make hay while the sun shines"!

What is joyful to you? Is there joy and fun in your life?
What things bring joy to you?

Here's a list: on a scale of 1-5 with 5 being the MOST joyful -
put a number beside each one based how much joy it brings to you.

| | | |
|-----------------------|------------------|-------------------|
| Reading | Food | Family |
| Powwows | Feasts | Friends |
| Visiting | Praying | Hunting |
| Social media | Fishing | Dancing |
| Your home | Canoeing/boating | Holidays |
| Music | Plants | Summer |
| TV show | Your garden | A hobby |
| Holidays | Art | A pet |
| Cooking | Sleeping | Drumming |
| Singing | Drawing | Sports (playing) |
| Playing an instrument | Painting | Sports (watching) |
| Running | Shopping | Playing |
| Gather | Contemplating | Travel |
| Walking | Relaxing | Partying |

Now list the ones that you wish you could engage
in that might bring you more joy.

What could you do to make this happen??

