



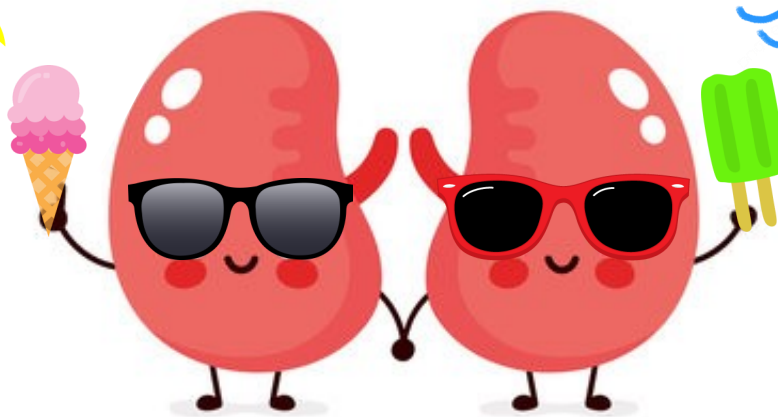
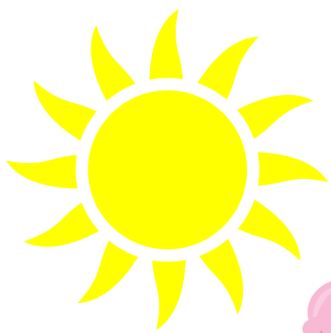
Saskatchewan  
Health Authority

# Newsletter

July/August 2025

## The Kidney Connection

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



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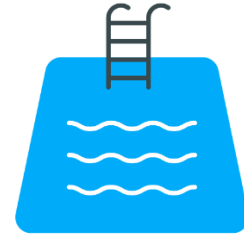
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# SUMMER

## WORD SEARCH



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

AUGUST  
BEACH  
CAMP  
FIREWORKS  
HOT

JULY  
JUNE  
PICNIC  
POOL  
RELAX

SWIM  
SWIMSUIT  
TRAVEL  
VACATION  
WATERMELON



# Chicken Vegetable Kebabs

## Ingredients

- 1 tablespoon peach or apricot jam
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon Mrs. Dash herb seasoning
- 1 pound boneless, skinless chicken
- 1 medium zucchini
- 1 medium yellow summer squash
- 1 red bell pepper



## Directions

1. Mix the jam, olive oil, lemon juice, and Mrs. Dash until well blended.
2. Rinse the chicken and pat dry with a paper towel. Cut into bite sized chunks and place in a zip-lock bag.
3. Add 3 tablespoons marinade to the chicken pieces (save 2 tablespoons marinade to use on vegetables.) Seal the zip-lock bag and place in fridge
4. Cut the vegetables into bite-sized pieces. Place them in a medium bowl and add the remaining marinade. Stir to coat the vegetable pieces.
5. Remove marinated chicken from the fridge. Thread chicken and vegetables onto the skewers.
6. Heat the grill to medium heat. Place the skewers on the grill and cook covered for 12 to 15 minutes. Turn the skewers 2 or 3 times to cook evenly.





August is **Wellness month!** The Global Wellness Institute defines wellness as “the active pursuit of activities, choices and lifestyles that lead to a state of holistic health”. Wellness is so much more than just physical health; it also encompasses mental, emotional, spiritual, social and environmental well being.

Music can be an amazing tool in how we practice wellness. Let’s explore how music can meet us within these different aspects of wellness:


1) Physical Wellness: Music can be a motivator to move our bodies! If we find the right song, sometimes we cannot help but dance along. It can help lower heart rate and blood pressure, and decrease cortisol (stress hormone) levels. Music engagement can also boost brain function, enhancing memory and our ability to process information.

2) Mental Wellness: Our relationship with music can be a very beautiful, vulnerable, and often complex relationship that shifts from moment to moment based on our mood, preferences, and previous experiences. It is a tool that can be used to feel seen and heard within the vastness of the human experience.

3) Emotional Wellness: Music can provide an outlet for emotional expression, helping us process and cope with difficult feelings. Whether we’re sad, happy, or angry, the right song can help us channel these emotions. The songs we listen to can reflect our mood and speak our emotions, much like writing our thoughts down.








4) **Spiritual Wellness:** Music is a connector -it is a tool for developing the body-mind connection, connection with nature or connection to a higher power. Whether you are using music in a ritual or spiritual practice, or for deepening your understanding of self and purpose, music can be a pathway to divine experiences.

5) **Social Wellness:** Music is intrinsically a social activity. Music brings people to a place of unity and cohesion. Socially making music is a shared experience that brings an innate trust and bond that naturally occurs. Making music requires communication, coordination, and cooperation.

6) **Environmental Wellness:** Music is a tool to help individuals engage in environmental and social movements. It helps enhance a voice for advocacy, awareness, action, and fostering a sense of unity and empathy.




Excerpts from:

<https://musicinmotioncanada.ca/positive-effects-of-music-on-mental-health/>

<https://globalwellnessinstitute.org/what-is-wellness/>

<https://www.psychiatry.org/news-room/apa-blogs/power-of-music-in-mental-well-being>

<https://www.health.harvard.edu/blog/can-music-improve-our-health-and-quality-of-life-202207252786>





## Kidney Friendly Summer Favourites!

Use this list to help you choose kidney friendly foods you can enjoy all summer long!

### Choose More Often

#### Entrees:

Homemade hamburgers  
Fresh grilled meats and fish  
Homemade pasta salad  
Corn on the cob  
Homemade garlic bread

#### Sauces and toppings:

Mustard  
Relish  
Homemade salad dressings  
Cucumber slices  
Roasted red peppers  
Grilled onions and mushrooms  
Brie cheese, cream cheese, soft goat cheese

#### Sweet Treats:

Popsicles, sorbet, or sherbet  
Crispy rice treats

#### Drinks:

Water (try adding some fresh lemon or mint leaves!)  
Gingerale™, Sprite™, 7-up™, A&W or Barq's Rootbeer™  
Grape soda, Fresca™, Zevia™  
Plain carbonated water  
Apple, cranberry, or grape juices  
Wine spritzers, hard liquor\*

### Choose Less Often or Avoid

#### Entrees:

Smokies, sausages, hotdogs, bacon  
Potato salad  
Baked potato, fries  
Baked beans

#### Sauces and toppings:

Ketchup, gravy  
BBQ sauce, steak sauce  
Store-bought salad dressings  
Pickles  
Tomato slices  
Processed cheese slices  
Cheese Whiz™

#### Sweet Treats:

Ice cream, puddings  
Brownies

#### Drinks:

Bottled or powdered drink mixes (Check ingredients!)  
Pepsi™, Coca-Cola™, Dr. Pepper™, and other cola sodas (including diet versions)  
Orange and passionfruit juices  
Tomato and Clamato™ juice  
Beer, caesars, wine\*

\*If you choose to drink alcohol, ask your doctor if it is OK for you to drink and limit your intake to one beverage.



# Kidney Friendly Summer Favourites!

## Choose More Often

### Fresh fruit:

Watermelon  
Peaches  
Plums  
Pineapple  
Grapes  
Raspberries, blackberries,  
blueberries, Saskatoon berries,  
boysenberries, chokecherries

### Garden vegetables:

Carrots (boiled in water)  
Cauliflower  
Celery  
Cucumbers  
Lettuce  
Peas  
Peppers  
Radishes  
Zucchini

## Choose Less Often or Avoid

### Fresh fruit:

Cantaloupe, honey dew melon  
Nectarines  
Kiwi  
Mango  
Half a cup or less of:  
Cherries  
Strawberries  
Rhubarb

### Garden vegetables:

Beets (half a cup or less)  
Broccoli (half a cup or less)  
Brussel sprouts  
Kale  
Potatoes  
Sweet potato  
Swiss chard  
Tomato

**Try making this classic hamburger recipe at your next barbeque!**

### Classic Hamburgers (4 servings)

1 pound lean ground beef  
1 egg  
1 small onion, minced or 2 tbsp dried minced onion  
1/4 cup dry bread crumbs  
1 tsp no salt added steak spice (or ground pepper)  
1 tsp Dijon mustard



In a bowl, mix egg with onion, bread crumbs, spices, and mustard. Add beef and mix gently. Shape into patties (makes 4 regular sized burgers - about 3oz protein each). Place on greased grill over medium heat. Grill, turning once, until no longer pink inside and internal temperature reads 160°F (71°C).

Recipe from: [www.kidneycommunitykitchen.ca](http://www.kidneycommunitykitchen.ca)



## 2025 Heat Response COOL DOWN LOCATIONS

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



### PARTNERS



#### Crocus Co-op

135 Ave B South  
306-477-2960  
Mon-Fri 9:00am-4:00pm



#### EGADZ/Saskatoon Downtown Youth Centre Inc.

485 1st Avenue North  
(Drop-in entrance)  
Mon-Sat 1:00pm-9:00pm



#### FASD Network of SK

302 39 23rd Street East  
1-866-673-3276  
Mon-Fri 9:30am-11:30am &  
1:30pm-3:30pm



#### Friendship Inn

619 20th Street West  
306-242-5122  
8:00am-9:30am & 10:15am-1:30pm



#### John Howard Society

218 33rd Street West  
Mon-Wed, Fri 9:00am-4:00pm  
Thurs 9:00am-7:00pm  
(Closed on STATS)



#### Prairie Harm Reduction

1516 20th Street West  
306-242-5005  
Mon-Fri 10:00am-4:00pm



#### Remai Modern

102 Spadina Crescent East  
306-975-7610  
Wed, Sat-Sun 10:00am-5:00pm  
Thurs-Fri 10:00am-9:00pm



#### Saskatoon Crisis Intervention Service

313 Ontario Avenue  
306-933-6200  
Mon-Fri 9:00am-12:00pm & 1:00pm-4:00pm



#### Saskatoon Food Bank & Learning Centre

202 Avenue C South  
306-664-6565  
Mon-Fri 8:00am-11:45am &  
12:30pm-4:00pm



#### Saskatoon Indian & Métis Friendship Center

168 Wall Street  
306-244-0174  
Mon-Fri 9:00am-4:00pm



#### Station 20 West

1120 20th Street West  
306-343-9378  
Mon-Fri 8:00am-4:00pm



#### The Bridge on 20th Street

1008 20th Street  
306-382-2855  
Mon 8:30-11:30am & 12:00-2:00pm  
Tues-Fri 8:15-11:30am & 12:00-2:00pm  
Closed July 29-August 12



#### Westside Community Clinic

1528 20th Street West  
24 hours

### SASKATOON LEISURE CENTRES



#### Cosmo Civic Centre

3130 Laurier Drive  
306-975-3344  
Mon-Fri 9:00am-8:00pm  
Sat-Sun 12:00pm-6:00pm



#### Saskatoon Field House

2020 College Drive  
306-975-3354  
Mon-Fri 6:30am-9:00pm  
Sat-Sun 9:00am-3:00pm



#### Shaw Centre

122 Bowlt Crescent  
306-975-7744  
Mon-Fri 6:00am-9:00pm  
Sat-Sun 9:00am-8:00pm



#### Lakewood Civic Centre

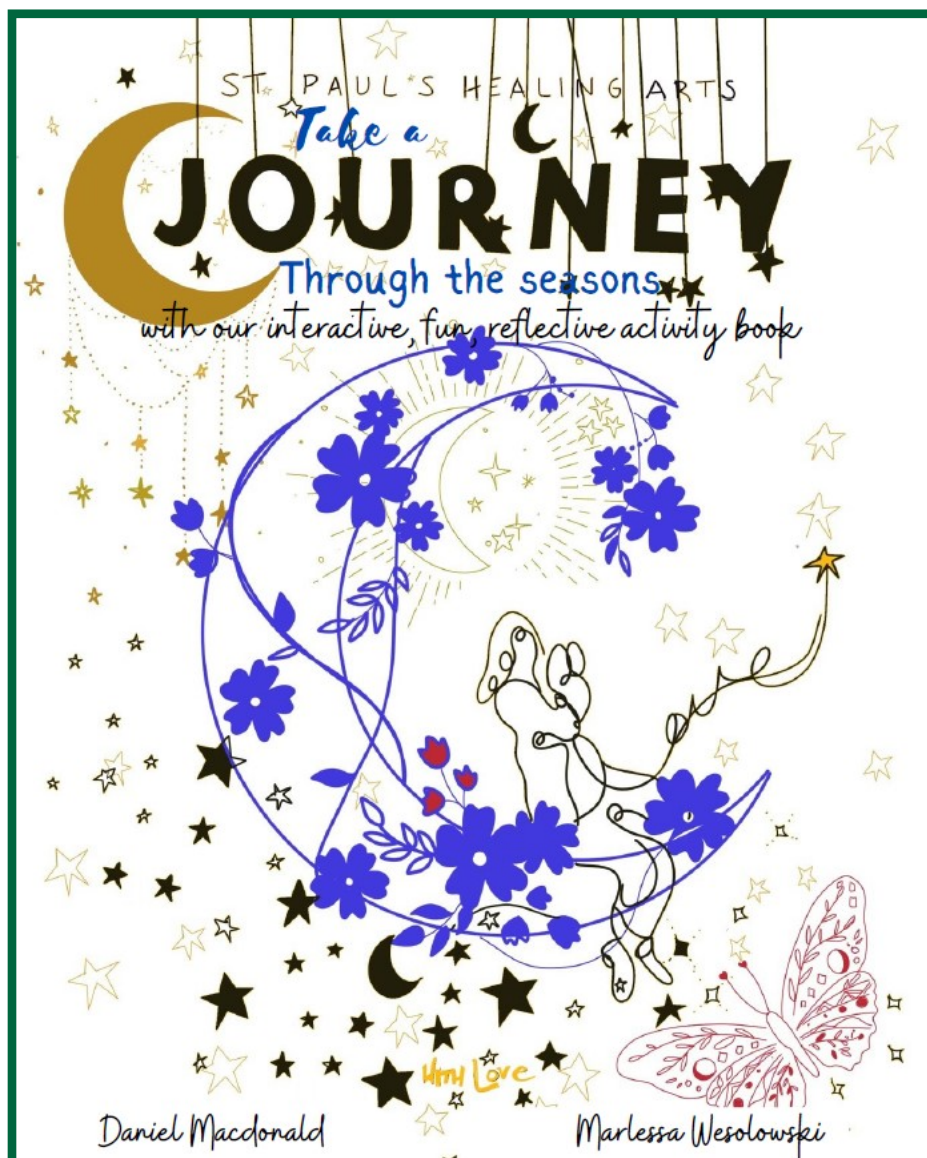
1635 McKercher Drive  
306-975-2944  
Mon-Fri 6:00am-9:00pm  
Sat-Sun 12:00pm-6:00pm



#### Lawson Civic Centre

225 Primrose Drive  
306-975-7873  
Mon-Fri 6:00am-9:00pm  
Sat 12:00pm-6:00pm  
Sun 10:00am-6:00pm



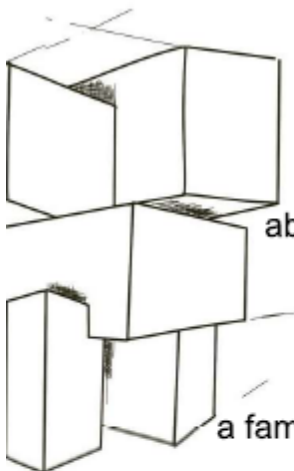


The following pages are an excerpt from an activity book developed by St. Paul's Hospital Artist & Writer's in Residence (You may have seen these familiar faces around!). These reflective activities have been graciously shared with their permission.



Marlessa Wesolowski  
Artist in Residence

Daniel Macdonald  
Writer in Residence

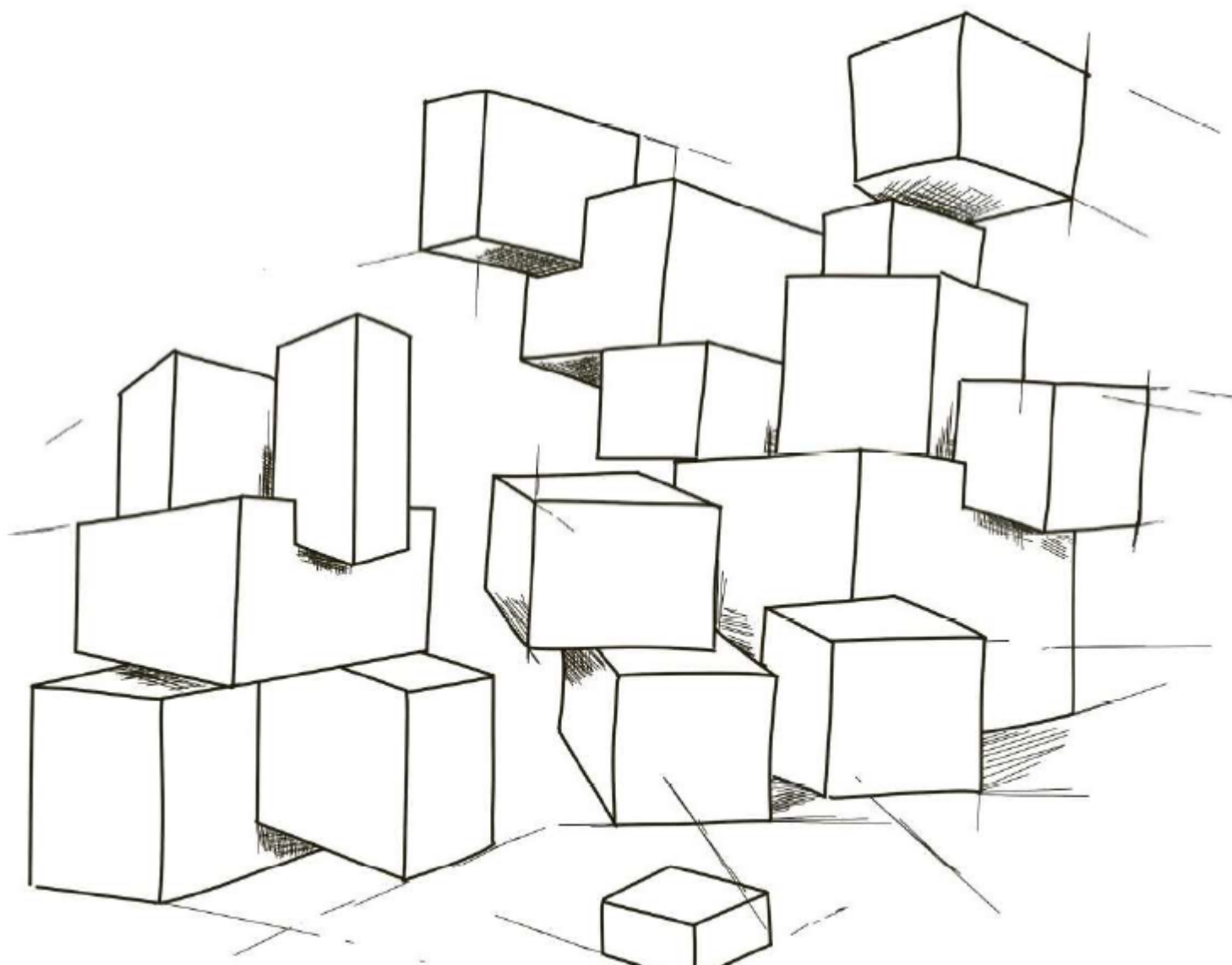


# ABUNDANCE

Summer produces abundance. Being grateful for this abundance helps us put things in perspective when things are scarce.

It may be hard for you to feel grateful right now.  
But we can always reflect on the things we are grateful for:  
The person you are sharing your room with, a caring nurse,  
a family member, a pet. Or maybe home things like a nice bed or good food.

Here's big pile of boxes. In each box write something you're grateful for. Try to fill them all. From the biggest things (at the top?) to lesser things (bottom?). Or things from your past you're grateful for (loved one who's passed), or right now (your phone, a book, etc.) Put them in any order you like.





See this drawing?

Colour or write inside it  
all your most beautiful  
features.

You may be feeling awful. You  
may be feeling depressed.  
You may not believe this right  
now, but you are beautiful.

What are the most beautiful  
things about you? It could be  
physical, spiritual, or  
emotional. What are the nice  
things people say about you?  
You're funny? Caring? Smart?

Make a list! A looong list of the  
things YOU think are beautiful  
about you and what OTHERS  
say about you. Remember:  
only NICE things!

What you say    What others say

