

December 2024

The Kidney Connection

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



What's Inside?

2 Kidney Health
Community Program

3 Music Therapy and
Christmas Dialysis
Schedules

4 Recipe: Homemade
chicken broth

5 Alcohol & Kidney
Disease: What To
Consider

6 Holiday Music Bingo

7 Navigating Holiday
Parties: Tips & Ideas

8 Holiday Party
Wordsearch

9 12 days of
Christmas Dress Up



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

Did you know...

That perfumes, colognes and scented personal care products can cause people with allergies to have headaches, nausea, coughing and even wheezing? Please refrain from wearing scented products when you come to the dialysis unit, peritoneal dialysis unit or kidney health clinics.

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!



Music Therapy: New Face on the Hemodialysis Units



My name is Alanna Barr (she/her) and I am a certified music therapist born and raised in Saskatoon. I trained in Vancouver, BC at Capilano University where I received my Bachelor of Music Therapy in the summer of 2022. I feel very privileged to have had a wide array of populations I have worked with clinically through my schooling and into my career. Highlights have included working in tele-health with women and children escaping domestic violence and creating a program in partnership with a local school and local long term care centre to create a joint music therapy program. I love spending time with my family, being in or around water, and going to concerts.

I will be taking over Tinaya Entz's maternity leave and am looking forward to discovering connection, collaboration and creativity through the power of music!

Dialysis Schedules over Christmas

The dialysis unit closes on Christmas Day, Wednesday, December 25, in order for patients and staff to spend time with family and friends. Therefore, your dialysis schedule will be changing the week of Christmas. The coordinators will be providing you with your new schedule. Please ask for one if you did not receive it.

Pay attention to your schedule and attend on the correct date and time.

Homemade Chicken Broth

(Makes 10–12 cups)

Ingredients

- ★ 1 medium chicken carcass (chicken bones from a store bought rotisserie chicken will make a broth higher in sodium)
- ★ 1 medium carrot peeled and cut into big chunks
- ★ 1 stalk celery cut into big pieces
- ★ 1 medium onion cut in quarters (leave the onion skin on; it gives the broth a golden colour)
- ★ 10 sprigs fresh parsley
- ★ 1/2 teaspoon dried thyme
- ★ 2 bay leaves
- ★ 1/4 teaspoon freshly ground black pepper
- ★ 4 liters (16 cups) cold water
- ★



Directions

1. Combine all ingredients in a large stock pot and bring to a boil.
2. Reduce temperature and let simmer for four hours. From time to time, with a skimmer, remove the gray foam that appears on the surface of the broth.
3. Filter the broth with a sieve. For a clearer broth, you can add cheesecloth or a coffee filter to the sieve. Discard the remaining ingredients.
4. Let cool 30 minutes, then refrigerate for a few hours to form a layer of fat on the surface of the broth. Remove the fat from the cooled broth.
5. Divide the broth and freeze in containers, if desired.

Adapted from: myspiceitup.ca

Alcohol & Kidney Disease:

What to consider before indulging in that holiday cocktail:

Research shows that no amount or kind of alcohol is good for your health. Drinking alcohol, even a small amount of alcohol can be damaging to everyone.

For people living with kidney disease, there are added risks with alcohol consumption. Your kidneys filter waste and regulate fluids and electrolytes. Alcohol disrupts these processes, making it harder for your kidneys to work properly. It can also:

- **Cause dehydration**, which strains your kidneys.
- **Raise blood pressure**, a leading cause of kidney disease.
- **Impact blood sugar levels**, especially if you have diabetes. Drinking alcohol without food can cause dangerous blood sugar drops.
- **Interact with medications**, affecting how they work (such as medicines for blood pressure)

Tips for Kidney-Friendly Holiday Drinks

- Bring **non-alcoholic options** like apple cider, lemonade, or tea to gatherings.
- Try a **mocktail**—a non-alcoholic cocktail. Check out **Kidney Community Kitchen** for some great recipes to try!
- Make a spritzer by mixing 2 oz. of wine with sparkling water.
- If on a fluid restriction, sip slowly to enjoy smaller amounts.

Make Smart Choices

Alcohol is common at celebrations, but your health comes first. **Always check with your healthcare team to see if alcohol is safe for you.** If you choose to drink, do so responsibly and keep your kidney health in mind.

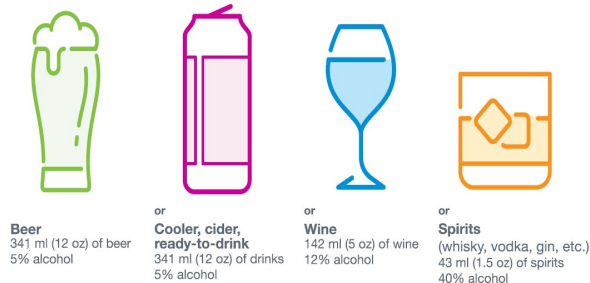
DID YOU KNOW??

Canada's Low-Risk Alcohol Drinking Guidelines were updated in 2024:

- **Women:** No more than 2 drinks per day or 10 per week.
- **Men:** No more than 3 drinks per day or 15 per week.
- **Special occasions:** Limit to 3 drinks (women) or 4 drinks (men).

These are “low-risk,” not “no-risk” guidelines, and the safest choice is to avoid alcohol altogether if you have kidney disease.

A standard drink means:





The Healing Arts Program at SPH Presents



Holiday Music Bingo



December 11th +12th
St. Paul's Hospital In-Centre



Join us for music, treats + prizes!





WHAT TO BRING TO A HOLIDAY PARTY



WHAT TO MAKE



Cheese Ball with Crackers



Veggie Tray



Cookies



Christmas Deviled Eggs



Salad



Meatballs



Dinner Rolls

WHAT TO BUY



Sparkling Cider



Macaroni Salad*



Egg or Spring Rolls*



Veggie Tray



Fruit Tray



Salad Kit

WHAT TO BRING/ NON-FOOD IDEAS



Memory Picture Books



Game



Flowers



Easy Craft Project

TIPS FOR NAVIGATING THE HOLIDAYS



Plan ahead so you can make a dish, bring something else, or eat before the party



Choose meaningful interactions and making memories over the hustle and bustle



Balance people vs personal time so you are recharged enough to enjoy the party



Ask for support! You aren't in this alone



*Check for phosphorus additives



WHAT TO BRING TO A HOLIDAY PARTY

Wordsearch



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



Cheese Ball
Veggie Tray
Cookies
Meatballs

Salad
Dinner Rolls
Deviled Eggs
Sparkling Cider
Macaroni Salad
Spring Rolls

Fruit Tray
Salad Kit
Memory Books
Games
Flowers
Crafts

Plan Ahead
Balance
Memories
Support
Holiday Party
Meaningful Interactions



12 Days of Christmas Dress Up

DAYS 1-6 (Dec 9-14)

Day 1 (Dec 9) -Holiday hair: Festive hat or headband

Day 2 (Dec 10) - Feeling Frosty: White and Blue

Day 3 (Dec 11) - Get as Christmassy as you can

Day 4 (Dec 12) - Feeling Grinchy- Green

Day 5 (Dec 13) - Holiday glow up- Sparkly, shiny or bright

Day 6 (Dec 14) - Mad for plaid or smooth as velvet -

-

DAY 7-12 (Dec 16-21)

Day 7 (Dec 16) - Christmas movie character

Day 8 (Dec 17) -Christmas tree: Ornaments or stars

Day 9 (Dec 18) - Rudolph games: red

Day 10 (Dec 19) - Ugly Sweater weather

Day 11 (Dec 20) - Christmas morning- PJ pants!!

Day 12 (Dec 21) - Best dressed!!!! All the things !

