



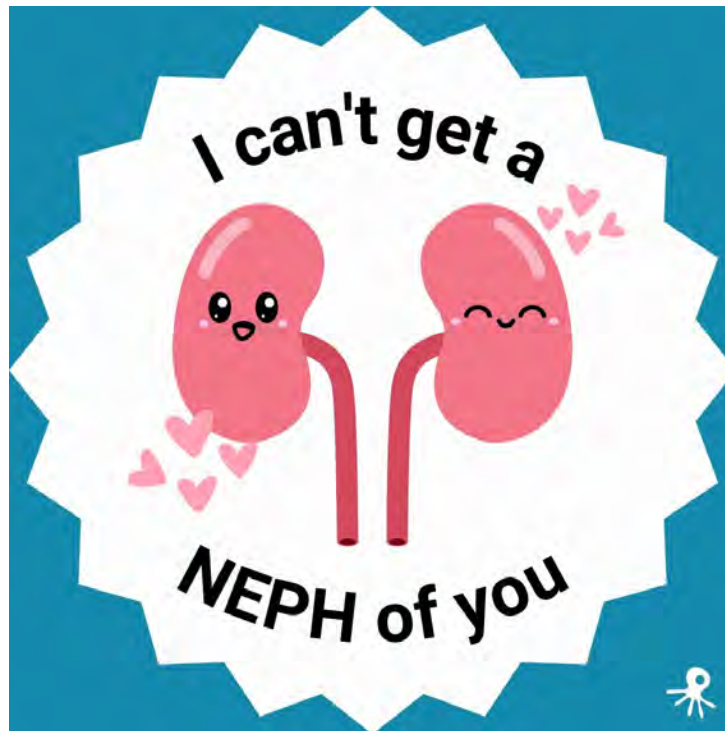
Saskatchewan  
Health Authority

# Newsletter

February 2025

## The Kidney Connection

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



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"THE BEST WAY TO  
CHEER YOURSELF UP IS  
TO CHEER SOMEBODY  
ELSE UP."  
- MARK TWAIN

Let's celebrate Kindness Week this February! Make kindness the norm. Write a note to a friend, be an active listener, donate books, share your favorite recipes, reuse and recycle, or shop local.

## Chocolate-Dipped Strawberries

### Ingredients

- 1 pint fresh strawberries
- 2 cups dark chocolate chips (12 ounces)

### Instructions

- 1) Rinse strawberries and pat dry.
- 2) Fill the bottom of a medium saucepan with water and bring to a simmer over medium-high heat. Pour the chocolate chips into a separate heatproof bowl and set this over the simmering water. Stir occasionally until melted and remove from heat.
- 3) Dip the strawberries into chocolate using a fork or by holding the leaves until completely coated in chocolate.
- 4) Place the coated strawberries on a baking tray and let sit until the chocolate is set and dry to touch.



## How to Use Music to Beat the Winter Blues

It's no secret that winters are tough when you live in the Saskatchewan Prairies. The days are cold, the sun goes down too early in the day, and the season is just too long. It is around this time of year that people need a little boost.

There are many ways to help beat the winter blues – cooking a delicious meal, focusing on a favorite hobby, laughing with loved ones, or having something to look forward to.

Another way to beat the winter blues is through connecting with music. This can be experienced many different ways. A few ideas include:

- 1) Putting on your favorite feel good tunes and move your body!
- 2) Finding calm instrumental music to use for relaxation. You can find videos on YouTube simply by typing in the search bar “Relaxing Music” or “Calming Music”. Let your mind focus in on the music and visualize your ideal day. Where are you? Who are you with? What activity are you doing? What is the temperature? What do you smell? What are the sights and sounds? Let the music guide you as you immerse yourself in your ideal day.
- 3) If you play a musical instrument, learn a new song! Play for yourself or find some friends and have a jam session.





There is a misconception when it comes to music and mood. It is often thought that if you are feeling down, put on an upbeat feel-good song and experience the mood boosting effects – but that is not always the case. A 2015 study found that, surprisingly, patients with depression didn't just prefer listening to sad music – they felt better after hearing it. One of the most effective ways to listen to music for a mood boost is to listen to music that mimics your sad state and then gradually transition towards a desired mood. In music therapy, this is called the "iso-principle".

You don't need to stay glued to your speakers in order to reap the mood modulating benefits of music. A study showed that passive music listening was also effective at helping patients manage their symptoms, showing the therapeutic effects of music, even when it's simply playing in the background.

So whether you're the type to mope to Radiohead's finest, bop along to ABBA, or bring on the Beethoven, tapping into your emotions and matching the music accordingly is key when engaging in music.

Excepts taken from:  
<https://capstonemusic.ca/can-music-help-get-you-through-winter-blues/>  
<https://www.spiritune.com/post/can-music-help-fight-winter-blues>



## CDC Recipes: Renal-Friendly Macaroni & Cheese



### Ingredients

- 2 cups noodles (any shape you want)
- 2 to 3 cups boiling water
- ½ cup grated cheddar cheese
- 1 teaspoon margarine or salt free butter
- ¼ teaspoon dried mustard

### Details

#### Yield

4 servings

- Calories: 163
- Sodium: 114 mg
- Protein: 6 g
- Potassium: 39 mg
- Fat: 7 g
- Calcium: 120 mg
- Carbohydrates: 20 g
- Phosphorus: 138 mg
- Fiber: 3 g
- Cholesterol: 7 mg

### Preparation

1. Boil water, add noodles, cook about 5-7 minutes till tender.
2. Drain.
3. While still very hot, sprinkle with cheese, stir in butter and mustard.

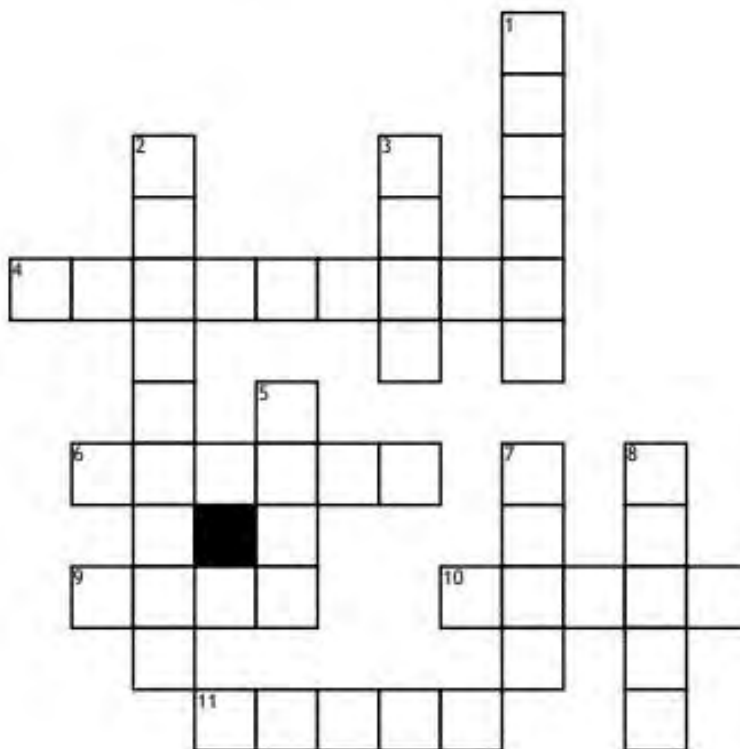
#### Optional

4. Bake at 350 for ten to fifteen minutes or until top is golden brown for an extra yummy crunch.

**Mac and Cheese is best when homemade—and it's super simple too! Packaged mac and cheese varieties like Kraft Dinner are less kidney friendly. Many are higher in salt and contain phosphate additives. Making mac and cheese from scratch is quick and a healthier alternative. Serve with chicken breast for added protein and your favorite vegetable for added fiber!**

Recipe from CDCare.org

# Love Your Heart



## Across

4. Check for the word \_\_\_\_\_ in the ingredient list of food labels to avoid high phosphorus foods.  
 6. I'm a yellow fruit that can cause your potassium to increase and stop your heart.  
 9. Eat lots of \_\_\_\_\_ for adequate protein  
 10. 32 ounces of \_\_\_\_\_ is recommended per day.  
 11. I'm kidney shaped and high in Phosphorus, so love me occasionally

## Down

1. I can use these on my food instead of salt for flavoring.  
 2. High amounts of phosphorus accumulates in arteries and can cause \_\_\_\_\_.  
 3. High phosphorus causes bones to become \_\_\_\_\_.  
 5. Too much of this mineral can retain fluid in your body and make you thirsty.  
 7. I'm a beverage you might drink at the movies that's high in phosphorus.  
 8. \_\_\_\_\_ products are high in phosphorus (Mooooo).

## Word Bank

blockages	spices	cola	Meat	Dairy	Beans
phosphate	weak	Banana	fluid	salt	



## A Love Story: The Heart & Kidneys

February is all about love, but did you know the strongest partnership in your body isn't between you and your Valentine? It's between your **heart** and **kidneys**! These two are a power couple, working together every day to keep you healthy.

### The Perfect Match

- **The Heart:** Pumps oxygen and nutrient-rich blood to all parts of your body, including your kidneys.
- **The Kidneys:** Filter waste and control fluid balance, helping regulate blood pressure.

### When the Relationship Gets Rocky

Sometimes, this partnership hits a rough patch. If the heart isn't pumping well, the kidneys can't get enough blood to do their job. And if the kidneys aren't filtering properly, it puts extra strain on the heart. It's a classic case of "if one suffers, they both suffer."

This connection is why managing heart health is so important for people with kidney disease—and vice versa!



### Keeping the Love Alive

Want to keep this relationship strong? Show them some TLC!

- ♥ **Eat Smart** – Choose kidney- and heart-friendly foods. Limit salt—it's not Cupid's friend!
- ♥ **Stay Active** – A little movement keeps both organs happy.
- ♥ ☐ **Hydrate Wisely** – If you're on dialysis or have fluid restrictions, follow your care team's advice. Drinking the right amount is key to keeping the heart-kidney duo running smoothly.
- ♥ ☐ **Know Your Numbers** – Monitor blood pressure, cholesterol, and blood sugar.
- ♥ ☐ **Listen to Your Team** – Your healthcare providers help keep this duo in sync.

### A Lifelong Commitment

Your heart and kidneys rely on each other, so taking care of one helps the other. This February, celebrate the ultimate love story—and a lifetime of healthy partnerships, inside and out.



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## Virtual Forum Watch Party at the Kidney Foundation Branch Office

February 25 & 26, 2025

**“Living Well with Kidney Disease | Navigating the Kidney Journey”**



The Kidney Foundation Saskatchewan Branch invites you to take part in the 2025 Virtual Forum at our office located in Saskatoon. Gather with new and familiar faces to learn and talk about navigating the kidney journey.

Please **RSVP** to Kathleen Currie (phone or email) by **February 20, 2025** to reserve your seat.

Kathleen Currie  
Program Coordinator  
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Email: [kathleen.currie@kidney.ca](mailto:kathleen.currie@kidney.ca)





Don't miss the **2025 Virtual Forum**, where you will hear firsthand from those living with kidney disease, their dedicated care partners, leading healthcare professionals, and innovative researchers from across Canada. This unique event promises to deliver invaluable insights and foster meaningful connections. Join us and be part of this transformative experience!

**Session topics will include:**

- Understanding treatment options
- Kidney nutrition tips
- Cooking demonstration
- Mental wellness
- Pain management
- Balancing work with CKD
- Latest kidney research
- Seated dancing as an exercise

This forum will be hosted in English and will feature live interpretation in French.

**REGISTER TODAY**  
[bit.ly/VForum-2025](https://bit.ly/VForum-2025)

**SCAN ME**



For more information,  
please visit our website:  
[kidney.ca/Kidney-Health](https://kidney.ca/Kidney-Health)



The Kidney Foundation would like to thank our  
2025 Virtual Forum sponsor for making this event possible.