



Saskatchewan
Health Authority

Newsletter

May 2025

The Kidney Connection

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



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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



Kidney Wellness Hub

Carrot Walnut Cookie

Portions: 24

Prep: 15 minutes

Bake: 13-15 minutes



Ingredients:

- ½ cup (125 mL) canola oil
- ⅔ cup (150 mL) brown sugar, lightly packed
- 1 egg
- 1 tsp (5 mL) pure vanilla extract
- ¾ cup (175 mL) whole-wheat or all-purpose gluten-free flour
- ¾ cup (175 mL) rolled oats
- ¼ cup (60 mL) ground flaxseed
- ½ cup (125 mL) chopped walnuts
- 2 tsp (10 mL) cinnamon
- ¼ tsp (1 mL) baking soda
- 1 cup (250 mL) finely grated carrots, packed

▪ **Instructions:**

1. Preheat oven to 350°F (180°C).
2. Line a baking sheet with parchment paper.
3. In a mixing bowl, beat together canola oil, sugar, egg and vanilla.
4. In a separate bowl, toss together flour, oats, flaxseed, walnuts, cinnamon and baking soda.
5. Add dry ingredients and carrots to the wet ingredients and stir well by hand to combine.
6. Scoop tablespoon-sized portions onto a cookie sheet, about 2 in. (5 cm) apart.
7. Bake for 13 to 15 minutes.

DID YOU KNOW.....

If you are 50+ and do not have a family doctor you can contact the Community Health Centre at Market Mall in Saskatoon.

You will be seen by a family doctor until you are able to find one.

You don't need a referral but must call to make an appointment: 306-844-4050

**They are open:
Monday to Friday
9:00 am – 4:00 pm**

Springtime Laughter

What is the difference between a superhero and a mom?

— Superheros save the world once. Moms do it every single day.

Why is Yoda such a good gardener?

— He has a green thumb.

I'll probably clean my mirrors this Spring. It's something I can see myself doing.



Kidney Friendly Frozen Dinners

Be mindful when choosing frozen dinners as not all of them are kidney friendly. Frozen dinners can be a quick and easy solution for meals, but it is important to make choices to avoid excess sodium and phosphate additives.



Tips for Buying Frozen Meals:

- Aim to select meals with **less than 600 mg** of sodium per serving.
- **Avoid** meals with phosphate in the ingredient list. To do this, look for words with “phos” in the name. Ex: sodium phosphate or calcium phosphate.
- Consume only a small portion of the frozen meal, save the rest for leftovers the next day. This will help limit phosphate and sodium intake.
- Add fresh sides to enhance the frozen meal. **Add fruits and vegetables** to increase fiber. Ex: sliced apples, berries or a lettuce salad or green beans.

Avoid: Crave, Hungry-Man, Michelina's, KD Deluxe, Smart Ones

Read the labels for: Blue Menu, Swiss Chalet, Healthy Choice Protein Bowls, President's Choice.

With a bit of label reading and thoughtful selection, frozen dinners can be a convenient kidney friendly meal option.

Recipe: Pepperita Pizza



- As a pizza base you can also use naan bread
- Optional to add on drained and rinsed canned chickpeas

INGREDIENTS

ROASTED RED PEPPER SAUCE

- ½ cup roasted red peppers, drained
- 1 clove garlic
- ¼ teaspoon dried basil

PIZZA

- 4 pitas (8-inch diameter)
- ½ cup roasted red pepper sauce
- 1 cup mozzarella cheese, shredded
- 1 cup cooked chicken breast, diced ½"
- 4 teaspoons basil, thinly sliced

Adapted from:

<https://www.myspiceitup.ca/recipe/pepperita-pizza/>

PREPARATION

- 1 Preheat oven to 400°F.
- 2 To prepare the roasted red pepper sauce, add peppers, garlic and basil to a food processor or blender and puree.
- 3 Spread 2 tablespoons of sauce on each pita. Sprinkle with ¼ cup of mozzarella cheese and ¼ cup of diced chicken.
- 4 Place the four pita pizzas on a baking tray.
- 5 Bake for 10–15 minutes or until the crust is crispy.
- 6 Garnish each pizza with 1 teaspoon of thinly sliced basil.

National Nurses Week: May 12-18

Continuing Care Assistant (CCA)
Appreciation Day is May 12.



Miyo-opikihtowin Healing Garden: A Place to Grow, Connect, and Breathe

Spring is finally here—and that means it's time to dig in and celebrate the season of growth at St. Paul's Hospital! Just outside the cafeteria, you'll find the **miyo-opikihtowin garden**, an outdoor space where patients, families, and staff can reconnect with nature away from the heaviness of the hospital environment.

Miyo-opikihtowin garden (meaning “a good place for growing together in knowledge and health” in Cree) is an initiative of the *Green Thumb Committee*, a group of hospital staff, Indigenous Knowledge Keepers, and volunteers who recognize the therapeutic benefits of nature for patients' recovery and the overall health of the hospital community.



The space reflects the group's commitment to restoring a small part of the local prairie ecosystem while engaging with Indigenous culture and knowledge. A variety of native species can be found growing alongside plants used in traditional medicine, like tobacco, sweetgrass, sage, and cedar, creating a space for healing, learning, and reflection.

May is an exciting month in the garden, with a planting party happening on **May 27!**

Patients, visitors, and staff are all welcome to take part or simply stop by to relax and say hi. Whether you're in for dialysis, an appointment, or just passing through, the garden is open and waiting.



PLEASE NOTE: The garden terrace is open and **not affected** by construction at the main entrance.

Access to the garden is through the cafeteria located in A Wing, on Level 0

Happy Mothers Day



APPRECIATION

BEAUTIFUL

BREAKFAST

CANDY

CHARMING

COMFORT

DEVOTED

FLOWERS

FORGIVING

GIFTS

GUIDANCE

HUGS

JEWELRY

JOY

KISSES

LAUGHTER

LOVE

MATERNAL

MOM

MOTHER

NURTURE

PERFUME

PROTECTIVE

SHARE

TELEPHONE

TENDER

THE BEST

WARM

WISE

DIRECTIONS:

Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



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