



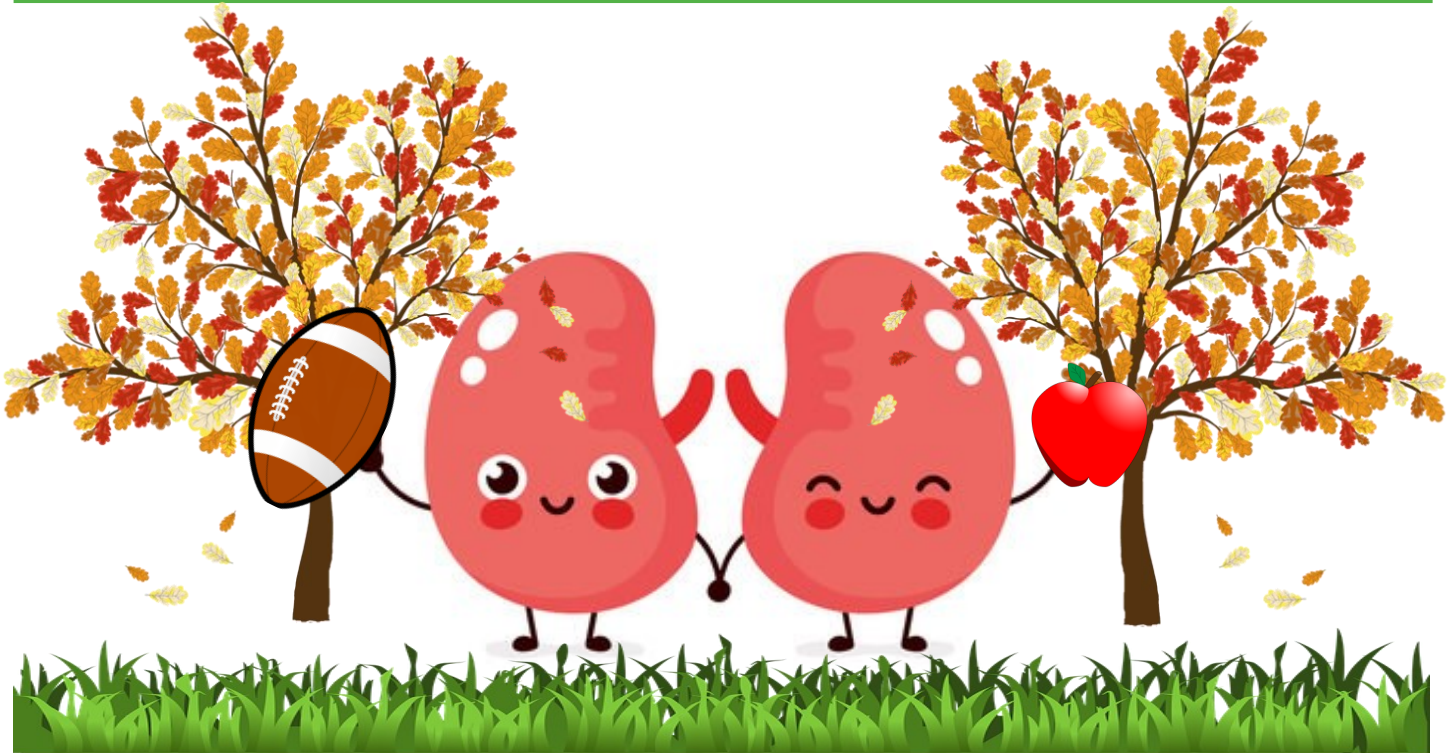
Saskatchewan
Health Authority

Newsletter

September 2025

The Kidney Connection

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



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Important Update: New Dialysis Machines



During the month of September, our unit will be introducing new dialysis machines. While our staff undergo training, there will be **reduced flexibility for patients to come in earlier than their scheduled treatment times or change their treatment times.**

To minimize confusion on the floor and support a smooth transition, we kindly ask that all patients **arrive at their scheduled appointment time.**

We truly appreciate your understanding and cooperation during this exciting change. More information will be shared soon about the new machines and what this means for your care.

Tips for Eating Out with Kidney Disease

General tips when ordering fast food:

1. Choose grilled meats instead of breaded or processed (deli meat, ham, bacon, sausage, etc.). These are lower in sodium and are less likely to contain additives.
2. Ask for your condiments on the side (e.g. ketchup, mustard, soy sauce, etc.). This allows you to decide how much to add or skip all together. Reducing the amount of condiments you use can greatly reduce your sodium intake.
3. Load up on vegetables such as salad greens, cucumber, bell peppers, and onion.
4. Order meals without processed cheeses, as these are high in salt and contain phosphorus additives.
5. Consume smaller portions of fast food meals to limit salt, phosphorus, and potassium.

Before your restaurant visit:

1. Plan ahead! Know what restaurant choices are best for your renal diet. You often can review the nutrition information and ingredients online at home.
2. Cut back on fluids and high potassium foods earlier in the day if you plan to go out for dinner.
3. If you are prescribed phosphorus binders, take them with you to the restaurant in a pillbox. Take them as prescribed with meals eaten away from home rather than waiting until you return home



Fun and Games

Sudoku - Easy

8	2		3	6	7	1	4	9
				2	9	5		
9	4	7	1			2		3
			6	1	3	8		7
7		8	2	9		3		4
		1	7		4	9		6
6	5		9	7		4		
2	7	9	8		1	6	3	
	8			3	6	7	9	2

#t1d1p872

Solution and more free logic puzzles:<https://sudoku-puzzles.net/>

Turkey Burgers

Ingredients

- 1 lb ground turkey (or ground chicken)
- 2 teaspoons paprika
- 6 tablespoons onion, finely chopped
- ½ teaspoon ground black pepper
- 1 egg
- 2 teaspoons parmesan cheese
- 2 teaspoons canola oil
- 4 whole wheat buns
- 4 teaspoons mustard
- 4 teaspoons miracle whip or mayonnaise
- 4 lettuce leaves
- 4 slices tomato (optional)
- Sliced red onions (optional)
- Sliced green pepper (optional)



Directions

1. Combine first 6 ingredients in a bowl, mix gently and form 4 patties.
2. Heat canola oil in a pan and use over medium heat. Brown patties on each side for 4-6 minutes, until cooked. Option: use BBQ instead.
3. Transfer burger to bun and garnish with lettuce, tomato, onion, and green pepper. Spread 1 teaspoon of mustard and miracle whip or mayonnaise.
4. Enjoy!

We invite you to join us for the
***Kidney Health
Celebration of Life***

*A time to remember Kidney
Health Patients who have passed
away over the last year*

*Sunday,
September 21st
1:00 p.m.
St. Paul's Hospital
3rd Floor Chapel
1702 20th St. West
Saskatoon*



If you wish, you may submit a photo
of your loved one for the service.

Please RSVP by September 5th by
calling 306-655-6140
or emailing
Tricia.Hutton@saskhealthauthority.ca

Apple Chips



Skip the store-bought bag of chips full of sodium, potassium and preservatives.

Instead, treat yourself to these crispy apple chips with ingredients you can control.

Prep Time: 10 minutes.

Cook Time: 2 hours.

Servings: 6 servings.

Ingredients:

- 2-3 medium apples
- Cinnamon

Instructions:

1. Preheat oven to 225 degrees. Cover two baking sheets with parchment paper.
2. Slice the apples thin using a mandolin or sharp knife. Lay them out in single row on the prepared baking sheets. Sprinkle lightly with cinnamon. Bake for 1 hour. Flip the apples and cook for 1 more hour.
3. Enjoy warm or after cooled. Store apples in an airtight container at room temperature for 5 days.

Notes: No sugar is needed as apples are naturally sweet. You can use any apple for this recipe. Some favorites are Pink Lady, Granny Smith, Gala or Honeycrisp.





TimBITS Study

BETTER INFORMED TREATS & SNACKS FOR ADULTS WITH CHRONIC KIDNEY DISEASE

Do you have Kidney Disease?

Do you enjoy Tim Hortons?

Do you want to contribute to valuable research?

We are looking for people to fill out a survey about the foods they eat at Tim Hortons. The questions focus on menu items, not personal health information. Commonly reported menu items will be tested to find out how much potassium and phosphorus they have. The information we gather will support dietitians in teaching patients better ways to make healthier food choices when eating out.

This research is funded by the Canadian Association of Nephrology Dietitians.
This research is NOT affiliated with Tim Hortons.



STUDY ID: H25-01133
DATE: 25/05/25

**SCAN HERE
15 QUESTION
ANONYMOUS SURVEY**



THANK YOU!



STUDY PI: KELLY PICARD
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Need a Laugh?



What do teenagers and fall weather have in common?

— They're unpredictable and often give you the cold shoulder

What did the balloon say to the nurse during a routine checkup?

— I feel light-headed

What month does every tree dread?

— Sept-timberrrrrr!

NATIONAL TRUTH AND RECONCILIATION DAY. SEPTEMBER 30, 2025

On September 30th, we encourage everyone to wear orange to honor the thousands of Survivors of residential schools.



The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.