



Saskatchewan  
Health Authority

# Newsletter

October 2025

## The Kidney Connection

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



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**Kidneywellnesshub.ca**



## Fun and Games



# HALLOWEEN



## Word Search

Find the hidden Halloween words.

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

GHOST

WITCH

SCARY

CANDY

COSTUME

PUMPKIN

MUMMY

TREATS

BROOMSTICK

VAMPIRE

HAUNTED

SKELETON

## Important Update: New Dialysis Machines

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In the month of September, St. Paul's Hospital Incentre Hemodialysis and Community Renal Health Centre introduced new dialysis machines. For the month of October, the staff are still undergoing training so there will be **reduced flexibility for patients to come in earlier than their scheduled 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.

# Is oatmeal okay for me?

With the colder weather upon us we might gravitate to a warm breakfast such as oatmeal. But you might be thinking, is oatmeal okay for me to eat? And the answer is **YES**.

Many people think oatmeal is higher in potassium and phosphorus. However, some of the phosphorus is not absorbed because it is bound to phytates in the oat grains. In 1/3 cup dry oats there is some potassium, but it is not considered a high amount. Oats are also naturally low in sodium. If you are choosing instant oats in the small flavoured packets, there will be a higher salt and sugar content.

So what type of oats can I have? **All unflavored oats can fit in your diet!**

- ⇒ Compare labels and choose the lowest sodium brand.
- ⇒ Add berries, hemp hearts, or flaxseed to increase fibre.



## Benefits of Oats

- Improves heart health
- Improves digestion
- Lowers cholesterol
- Regulates blood sugars

**Oats are very versatile!** Not only do they make great porridge, but they can also be added to cookies, muffins, and granola bars. Enjoy oats hot by cooking them on the stove or in the microwave using water or low-potassium and phosphorus milk alternatives. You can also try overnight oats by mixing oats with milk or yogurt and refrigerate overnight. This creates a cold and creamy option for your breakfast in the morning.

As with any meal or snack, portion control is important. We hope you can feel relieved to know that **even with chronic kidney disease, you can enjoy a bowl of oatmeal in the morning!**

## Cranberry Apple Oatmeal Plus Eggs

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Recipe from Davita.com

### Ingredients:

- 2 cups water
- 1 small apple, diced
- 2 Tablespoons dried cranberries
- 1/4 teaspoon cinnamon
- 2/3 cup oats, quick-cooking
- 2 large eggs



Portions: 2      Serving size: 1-1/3 cup

### Preparation:

1. Combine water, diced apple, cranberries, and cinnamon in a small saucepan. Bring to a boil, cover and simmer until apple is tender.
2. Stir in the oats and bring to a boil. Cook for 1 minute. The mixture will seem watery and that is okay.
3. Gradually add half of the oatmeal to the beaten eggs. Once mixed in, add that mixture back to the oatmeal in the saucepan and cooking for another 10 seconds. (This method will avoid cooking the eggs too fast and prevent you from making scrambled eggs).
4. Serve with milk or milk alternatives, berries or sweetener of your choice.





## October Coloring Page

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## Grilled Lemon Herb Chicken

|                                    |                 |
|------------------------------------|-----------------|
| chicken breast, boneless, skinless | 1 ½ lbs (600 g) |
| lemon rind, grated                 | 2 tsp (10 mL)   |
| lemon juice                        | ½ cup (125 mL)  |
| olive oil                          | 2 tbsp (30 mL)  |
| water                              | 2 tbsp (30 mL)  |
| basil, dried                       | 1 tbsp (15 mL)  |
| rosemary, dried                    | 1 tsp (5 mL)    |
| thyme, ground                      | 1 tsp (5 mL)    |
| black pepper                       | ¼ tsp (1 mL)    |
| garlic, minced                     | 2 cloves        |

### Instructions:

1. Combine all ingredients, except the chicken, in a large zip-top plastic bag. Mix well.
2. Save 2 tbsp (30 mL) of marinade in a small bowl, to use later for basting.
3. Cut chicken breasts in half (like a hamburger bun is cut in half).
4. Add chicken breasts to zip-top plastic bag. Seal bag and marinate in the refrigerator for 8 hours.
5. Preheat barbecue to medium-high heat.
6. Put chicken on the barbecue and baste it with marinade (from step 2) every 5 minutes until cooked.

### Estimated Nutrient Calculation per Portion

|              |        |
|--------------|--------|
| Calories     | 161    |
| Protein      | 22.8 g |
| Fat          | 6.2 g  |
| Carbohydrate | 3.1 g  |
| Fibre        | 0.7 g  |
| Sodium       | 40 mg  |
| Potassium    | 240 mg |
| Phosphorus   | 170 mg |



### Makes 6 Portions

#### Notes

In this recipe the chicken needs to be marinated for 8 hours before it is ready to be cooked.

This is a barbecue recipe but the chicken can also be baked or broiled in the oven.


#### Tip

1 ½ lbs (600 grams) of chicken breast is 3 or 4 raw chicken breasts.



## Need a Laugh?

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I have a skeleton  
joke, but I'm not sure  
if it's humerus.

Why did the nurse need a red crayon?

— She needed to draw blood.

What did Dracula say to the nurse?

— “Please call the doctor. I can’t stop coffin.”

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## Attention Travellers!

If you are hoping to travel for holidays or vacation and desire hemodialysis at another location, please let your coordinators know as soon as possible. It requires a lot of paperwork and planning! If you do not let the coordinators know with at **least 1 month** notice, your travel may not be accommodated. Thanks.

