



Saskatchewan
Health Authority

Newsletter

January 2026

The Kidney Connection

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



What's Inside?

2

Managing Seasonal
Depression with Music

3

Warm-Up Locations
Saskatoon

4

Activity: Wordsearch

5

Recipe: Fettuccini
with Creamy Tofu
Alfredo

6

Article: Are you getting
enough fibre?

7

Recipe:
Salad on the Go

8

Activity Solutions

Managing Seasonal Depression with Music

As we enter a new year, recover from the holidays and brace ourselves for the throws of winter, I tend to start feeling quite down. This must be a pretty common experience, since January 19 (this year anyway) has been dubbed “Blue Monday”...apparently the most depressing day of the year. Whether you experience this emotional slump or not, it is important to care for our mental and emotional health all year round.

Below is a helpful excerpt of an article from Ekko Performing Arts Society about how music can help manage the winter blues.

If you receive dialysis treatments at St. Paul's Hospital or St. Paul's Outpatient Dialysis Centre and would like a visit from a music therapist, please contact me at 306-655-5857.

I wish you a hopeful, musical New Year.

Tinaya Entz, Certified Music Therapist

Music as a Tool in Managing Symptoms

We often think of music as a form of entertainment, but music can also be therapeutic in nature and also offer comfort and support.

Here are some ideas how music can be used to help manage the [symptoms of SAD](#):

Mood Regulation:

Music often has the ability to evoke emotions. Listening to music that resonates with you can stimulate the release of endorphins, and can promote a positive shift in mood and alleviate feelings of sadness.

Stress Reduction:

Music can act as a powerful stress-reliever and create a tranquil atmosphere (or an energized one!). This can be particularly beneficial for managing anxiety and/or restlessness associated with SAD.

Mindful Practices:

When we focus intently on the music we are listening to, that is an aspect of mindfulness and also fosters relaxation. This can be instrumental (pun intended!) in combating insomnia and promoting better sleep quality, addressing one of the key symptoms of SAD.

Emotional Expression:

Playing music provides a medium for emotional expression. Listening to or creating music allows individuals to process and express emotions, and can contribute to a sense of emotional well-being.

Cognitive Distraction:

Engaging the mind and immersing oneself in music provides a cognitive distraction from negative thoughts and rumination, redirecting focus towards positive and enjoyable experiences.

For the rest of the article, visit: <https://ekkomusic.ca/blog/seasonal-depression>.



Saskatoon Winter Emergency Response Plan

WARMING LOCATIONS

For questions about the strategy,
please email emo.eoc@saskatoon.ca



PARTNERS

DAYTIME

- Canadian Mental Health Association**
 1301 Avenue P North
 306-384-9333
 Mon-Thurs 8:30am-4:30pm
- EGADZ**
 485 1st Avenue North
 306-931-6644
 Mon-Fri 9:00am-5:00pm
 Sat 1:00pm-5:00pm
 Youth (Ages 12-19)
 Closed for Statutory Holidays
- Prairie Harm Reduction Drop-In**
 1516 20th Street West
 306-242-5005
 Mon-Fri 10:00am-4:30pm
- Saskatoon Friendship Inn**
 619 20th Street West
 306-242-5122
 Warm Up: 10:15am-11:30am
 Dine-in Meals: 8:00am-9:00am & 11:30am-1:00pm
 Take Away Meals: 8:00am-9:30am & 11:30am-1:30pm
 Open Daily
- Station 20 West**
 1120 20th Street West
 306-343-9378
 Mon-Fri 8:00am-4:00pm
- Former STC Bus Depot Building (Operated by Saskatoon Tribal Council)**
 50 23rd Street East
 306-956-6100
 Every day, 24 hours
 Women (18+)
- The Bridge on 20th Fellowship Centre**
 1008 20th Street West
 Mon-Fri 8:05am-11:30am & 12:00pm-2:00pm
 Closed Dec 25-Jan 5
 Closed for Statutory Holidays

EVENING

- EGADZ**
 485 1st Avenue North
 306-931-6644
 Mon-Sat 5:00pm-9:00pm
 Youth (Ages 12-19)
 Closed for Statutory Holidays
- Former STC Bus Depot Building (Operated by Saskatoon Tribal Council)**
 50 23rd Street East
 306-956-6100
 Every day, 24 hours
 Women (18+)
- St. Mary's (Operated by Salvation Army)**
 211 Avenue O South (Entrance on 20th Street)
 306-244-6280
 Every day 6:00pm-9:00pm
 Men (18+)

OVERNIGHT

- Former STC Bus Depot Building (Operated by Saskatoon Tribal Council)**
 50 23rd Street East
 306-956-6100
 Every day, 24 hours
 Women (18+)
- St. Mary's (Operated by Salvation Army)**
 211 Avenue O South (Entrance on 20th Street)
 306-244-6280
 Every day 9:00pm-8:00am
 Men (18+)
- White Buffalo Youth Lodge**
 602 20th Street West
 306-653-7676
 Every day 10:00pm-8:00am
 Youth (25 or younger)

SASKATOON TRANSIT

SAFE BUS



Saskatoon Transit offers the Safe Bus Program designed to assist anyone, of any age, that needs immediate shelter or needs to contact emergency services. If you need help, simply and safely flag down a bus or go to a parked bus. Transit operators can contact emergency services directly through the on-bus radio system and will give the person in need a safe place to wait.



BITTER
 BLIZZARD
 CALENDAR
 CELEBRATION
 FIREPLACE
 FREEZING
 FROST
 FROSTY
 HIBERNATION
 HOLIDAY
 HOT CHOCOLATE
 ICICLE
 INDOOR
 JANUARY
 MITTENS
 MLK DAY
 NEW YEAR
 PARKA
 POLAR
 RESOLUTION
 SCARF
 SKIING
 SLEDDING
 SNOWFLAKE
 SNOWMAN
 SWEATER
 WINTER

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

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

Fettuccini with Creamy Tofu Alfredo

Ingredients:

- 8 ounces linguine pasta (or any pasta of choice)
- 16 ounces silken tofu
- Juice from ½ lemon
- 2 garlic cloves (may substitute with garlic powder)
- 1/2 cup shredded mozzarella cheese
- 2 Tablespoons olive oil
- ⅛ teaspoon black pepper
- ⅛ teaspoon dried rosemary
- ⅛ teaspoon dried basil
- ⅛ teaspoon dried oregano
- ¼ teaspoon dried parsley



Directions:

1. Prepare pasta according to package directions.
2. For the sauce: To a blender, add tofu, lemon juice, garlic, olive oil, black pepper, dried rosemary, dried basil, dried oregano, and dried parsley. Blend on high until fully combined.
3. In a large skillet, pour sauce mixture. Turn on heat to low to warm sauce, stirring occasionally. Before draining pasta, reserve 1 cup pasta water.
4. Drain pasta and add to the skillet with sauce. Add shredded cheese and toss pasta and sauce to combine, adding small amounts of pasta water as needed until desired consistency is reached.

Serve immediately. Refrigerate leftovers in an airtight container for up to three days.

Are You Getting Enough Fibre? Tips to Make It Your Friend for Better Health

By: By Nicole Wang RD, MNSP
Kidney Community Kitchen

Dietary fibre is the non-digestible nutrient found in carbohydrates (specifically, in plants). Thus, fibre is found in fruits, vegetables, beans, legumes, whole grains, and nuts.

- There are 2 types of fibre: soluble and insoluble. Each is different and has its own characteristics that provide different benefits to the body.
- For example, insoluble fibre bulks up stool and is important in maintaining regular bowel movements.
- Soluble fibre supports the growth of good bacteria in the gut. Good gut bacteria produce substances that may be beneficial to health, such as reducing inflammation in the body and decreasing the risk of certain diseases.

Eating a variety of high fibre foods allows you to enjoy the benefits of both types of fibre.

What about potassium?

You might have been told to limit high potassium foods, many of which are naturally found in fruits, vegetables, and beans. However, these healthy, high fibre foods should not be eliminated from your diet and are part of a healthy dietary pattern. There are a variety of factors impacting blood potassium levels, not just food. Your potassium level may also be impacted by the processing method of the food you consume. For example, a fresh orange is less likely to raise your potassium levels compared to orange juice because the fibre in the orange reduces the amount of potassium your body absorbs. A lot of that fibre is removed when oranges are made into juice

Tips to increase fibre in your diet:

- Choose more plant-based protein like beans and lentils.
- Try to have some fruit or vegetables at least 2 out of 3 meals of the day. You can also have fruits and vegetables as a snack, such as having an apple and peanut butter or vegetable sticks and hummus.
- Top your morning hot cereal with nuts and seeds like chia seeds, hemp hearts, unsalted mixed nuts, or sunflower seeds. They are also a good source of healthy fat and protein!
- Use whole-grain bread to make sandwiches for lunch



PREPARATION: 30 MINUTES

2 SERVINGS

SALAD ON THE GO



INGREDIENTS

Dressing

¼ cup plain Greek yogurt
 2 tablespoons olive oil
 2 tablespoons crumbled feta cheese
 1 tablespoon lemon juice
 ½ tablespoon water
 Zest of ½ lemon
 1 teaspoon honey
 ½ teaspoon dried oregano
 Black pepper to taste

Salad

¾ cup cooked chicken, diced
 1 ½ cups cooked rotini pasta (¾ cup dry pasta)
 ½ cup radish, sliced
 ¾ cup cucumber, diced
 ¾ cup coloured bell pepper, diced
 ¼ cup red onion, thinly sliced
 4 kalamata olives, thinly sliced
 1 cup lettuce, torn in pieces

PREPARATION

- 1 In a small bowl, whisk together all ingredients for the salad dressing.
- 2 Distribute the dressing among two containers with a lid, for example two 1-liter mason jars.
- 3 Place half of the salad ingredients in each jar, preferably in the following order: chicken, pasta, radish, cucumber, peppers, onion, olives. Place the lettuce on top and close the lid.
- 4 When ready to eat, mix the dressing with the salad by turning jar upside down. Enjoy salad out of the jar or transfer to a serving bowl.

Other cheeses can be used if you do not have access to feta, however the flavour of feta helps to make this recipe unique!
This is a great way to use leftover pasta and chicken.

Nutrient Analysis

PER SERVING: ½ of recipe	
RENAL EXCHANGE: 2½ Protein + 2 Starch + 3 Vegetable	
Calories	494 kcal
Protein	29 g
Carbohydrates	48 g
Fibre	4 g
Sugars	10 g
Total Fat	20 g
Saturated Fat	4 g
Cholesterol	55 mg
Sodium	223 mg
Potassium	620 mg
Phosphorus	309 mg

Do you have empty jars at home? Do you have leftover pasta or chicken in the fridge? Will you be travelling during a meal time?

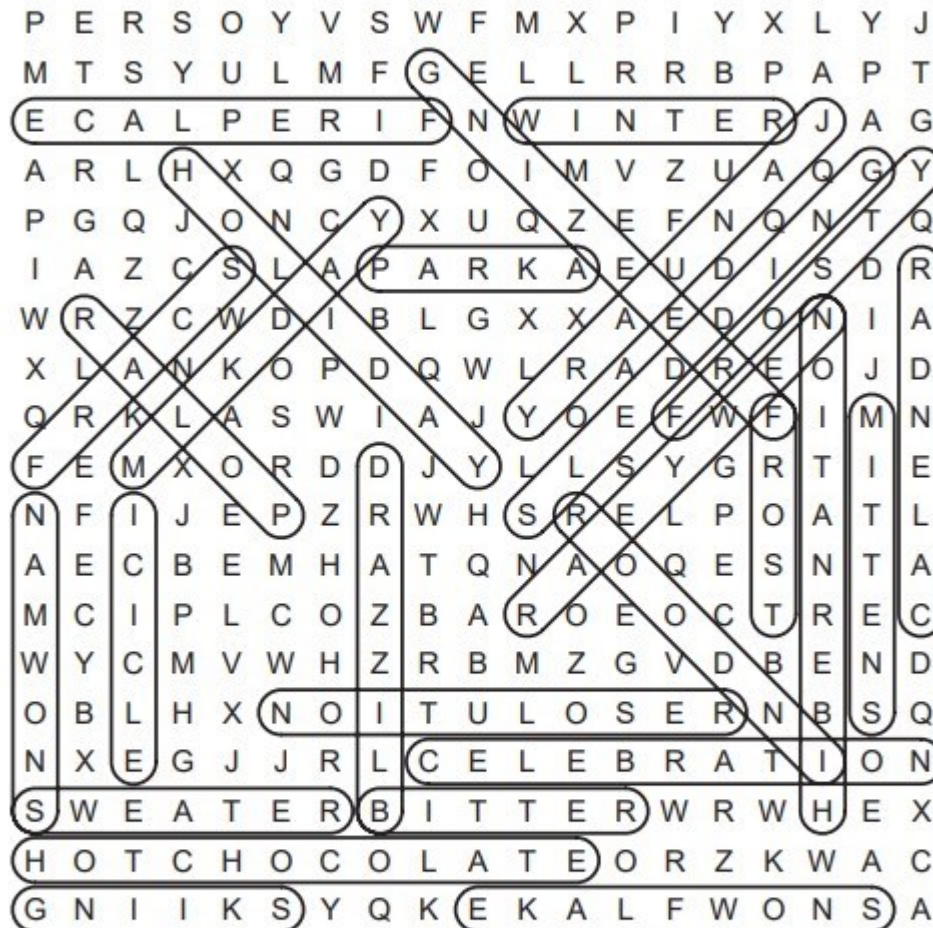
Then these salads are for YOU.

Prep ahead when you know you will be busy later.

Change up the ingredients to your liking. Ex: Add rice and black beans instead of the pasta and chicken, omit the olives and radishes.

Word Search

SOLUTION



Find more [holiday themed word search puzzles](#) on Puzzles to Print.