



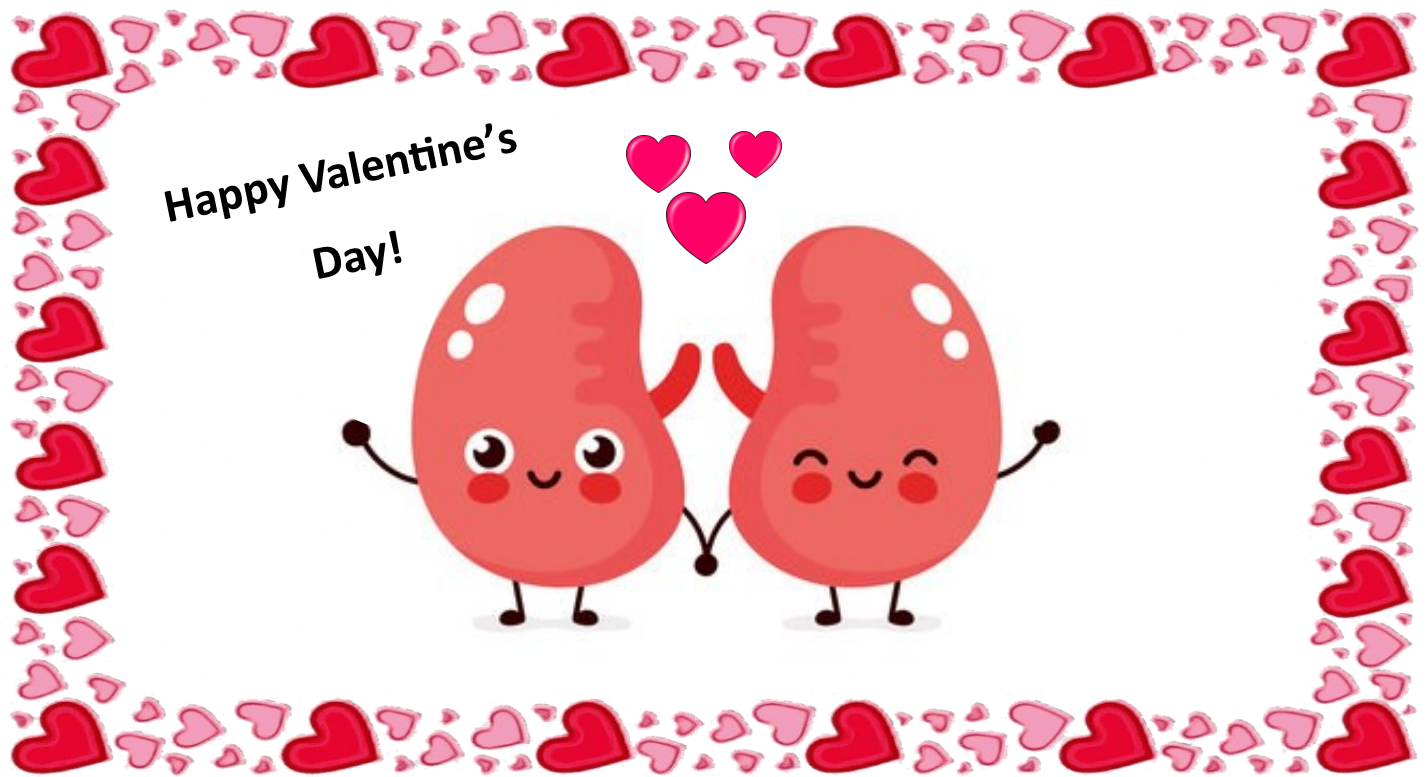
Saskatchewan
Health Authority

Newsletter

February 2026

The Kidney Connection

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



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St. Paul's Hospital Front Doors

The reopening of St. Paul's Hospital front doors occurred on Thursday, January 29th. The Avenue R doors will no longer be open to the public. Please use the front doors of the hospital and make your way up to the 3rd floor for Kidney Health Services.



**St. Paul's Hospital
& Foundation**

World Kidney Month Virtual Patient Forum—February 25 and 26

Living Well with Kidney Disease

This free virtual event will bring together leading healthcare professionals, people living with kidney disease, caregivers, and kidney care advocates over two engaging afternoons for powerful conversations and practical takeaways.

Our agenda is full of well-rounded and exciting sessions! We will discuss proven strategies to slow the progression of kidney disease and a breakdown of treatment options and how to choose the one that best fits your life. You'll also gain clarity on living donation through a candid discussion that separates facts from common myths, as well as other topics important for your kidney journey.

To wrap up each day, we're excited to bring you hands-on, kidney-friendly cooking demonstrations. On February 25, Chef Paul Nartall will showcase delicious Indigenous cuisine, and on February 26, we are thrilled to welcome back celebrity chef and baker Anna Olson, who will prepare a mouthwatering menu. As a special bonus, Anna will be giving away three signed copies of her latest cookbook, each one personally addressed to the lucky winners.

This is more than a forum; it's a chance to learn, connect, and feel empowered during your kidney journey. Register today and don't miss out on two days of expert insight, community, and culinary inspiration.

Go to Kidney Foundation of Canada's website to register for this free event.

<https://kidney.ca/Support/Resources/Virtual-Forums#>



kidney
FOUNDATION

Music Mad Lib

First, creatively complete the list of word on this page. Then flip to the next page and transfer your word list to the blanks in the song.

Noun: _____

Verb: _____

Verb ending in -ing : _____

Noun: _____

Verb: _____

Noun: _____

Verb ending in -ing : _____

Noun: _____

Noun: _____

Verb ending in -s: _____

Adverb: _____

Pet name: _____

Plural noun: _____

Noun: _____

Verb: _____

Verb ending in -ing : _____

Noun: _____



QUICK TIPS:

A **NOUN** IS A PERSON, PLACE, OR THING.
EXAMPLES ARE TEACHER, PALACE, AND BAG.

A **VERB** IS AN ACTION.
EXAMPLES ARE RUN, JUMP, AND SWIM.

AN **ADVERB** USUALLY ENDS IN "LY" AND DESCRIBES AN ACTION.
EXAMPLES ARE QUICKLY, BUSILY, AND SLOWLY.

AN **ADJECTIVE** DESCRIBES A PERSON, PLACE, OR THING.
EXAMPLES ARE FUZZY, SILLY, AND COLD.



Transfer your words from the list on the previous page to the blanks in the song. Read your new song and laugh. How does your new masterpiece sound?

Can't Help Falling in Love

Wise _____ say, only fools _____ in
(noun) (verb)

But I can't help _____ in _____ with you
(Verb ending in -ing) (noun)

Shall I _____
(Verb)

Would it be a _____
(noun)

If I can't help _____ in _____ with you?
(Verb ending in -ing) (noun)

Like a _____
(Noun) (verb ending in -s)

_____ to the sea
(Adverb)

_____ so it goes
(Pet name)

Some _____ are meant to be
(Plural noun)

Take my _____
(Noun)

_____ my whole life too
(Verb)

For I can't help _____ in _____ with you?
(Verb ending in -ing) (noun)





Raspberry Cheesecake Mousse

Ingredients

- 1 cup light, whipped topping
- 8 oz or 1 pkg. cream cheese, room temperature
- 3 /4 cup SLENDA® No Calorie Sweetener, Granular
- 1 tsp finely grated lemon zest
- 1 tsp vanilla extract
- 1 cup fresh or frozen raspberries

Directions

1. Beat cream cheese until fluffy and beat in ½ cup SLENDA® Granular until melted. Stir in lemon zest and vanilla.
 2. Reserve some raspberries for garnish. Crush remaining raspberries with a fork and stir in remaining ¼ cup SLENDA® Granular until melted.
 3. Fold light, whipped topping into cream cheese mixture and gently but quickly fold in crushed raspberries.
- Spoon mousse into 6 serving glasses and chill until ready to serve.
4. Garnish mousse with fresh raspberries and a sprig of fresh mint before serving.



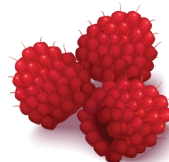
Nutrient Analysis

Sodium: 148 mg

Phosphorus: 58 mg

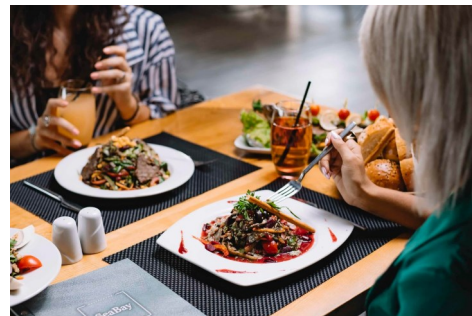
Potassium: 104 mg

Recipe from: [Raspberry Cheesecake Mousse – Kidney Community Kitchen](#)



Living with Kidney Disease: Dining at family restaurants

Written by: [Emily Campbell, RD CDE MScFN](#), [KidneyNutrition.ca](#)



When dining out with kidney disease, communication with your server is key. Don't hesitate to inform them of your dietary restrictions and ask questions about menu options. Many restaurants are willing to accommodate special requests or make modifications to dishes to meet your needs. Requesting sauces or dressings on the side and asking for vegetables to be prepared without added salt can help tailor your meal to fit your dietary requirements.

Before arriving at the restaurant, take some time to review the menu online if available. Look for dishes that are lower in sodium, potassium, and phosphorus. Focus on lean protein sources like grilled chicken or fish, and seek out vegetable-based sides or salads. Be cautious of menu items that may be high in hidden salts or phosphorus additives, such as processed meats or cheese.

Eating out at family restaurants with kidney disease doesn't have to be daunting when living with kidney disease. By understanding your dietary restrictions, choosing the right restaurant, reviewing the menu, communicating with your server, practicing portion control, and mindful eating, you can enjoy a satisfying and health-conscious dining experience with your loved ones. With these tips in mind, you can navigate family restaurants with confidence while prioritizing your kidney health. Remember, making informed choices today can lead to better outcomes for your kidneys tomorrow.

[Living with Kidney Disease: Dining at family restaurants - Kidney Nutrition](#)

Open-faced chicken sandwich



Ingredients:

- 4 oz chicken breast
- 2 pieces of lettuce
(optional : Boston lettuce)
- 1/2 cup (approx. 15)
seedless grapes, halved
- 1/2 cup celery, diced
- 1 tbsp mayonnaise
- 1 tbsp lemon juice
- 2 slices bread, toasted

Directions:

1. Grill chicken or use leftover cooked chicken.
2. In a large bowl combine chicken, grapes and celery.
3. Combine mayonnaise and lemon juice. Stir and spread small amount over toast. Top with lettuce.
4. Add remaining dressing to chicken mixture and toss.
5. Spoon mixture onto lettuce topped toast.
6. Serve.

To save time, use leftover cooked chicken from supper the night before. You can also cook a few chicken breasts and freeze individually. Thaw in the fridge when you would like to make this sandwich.