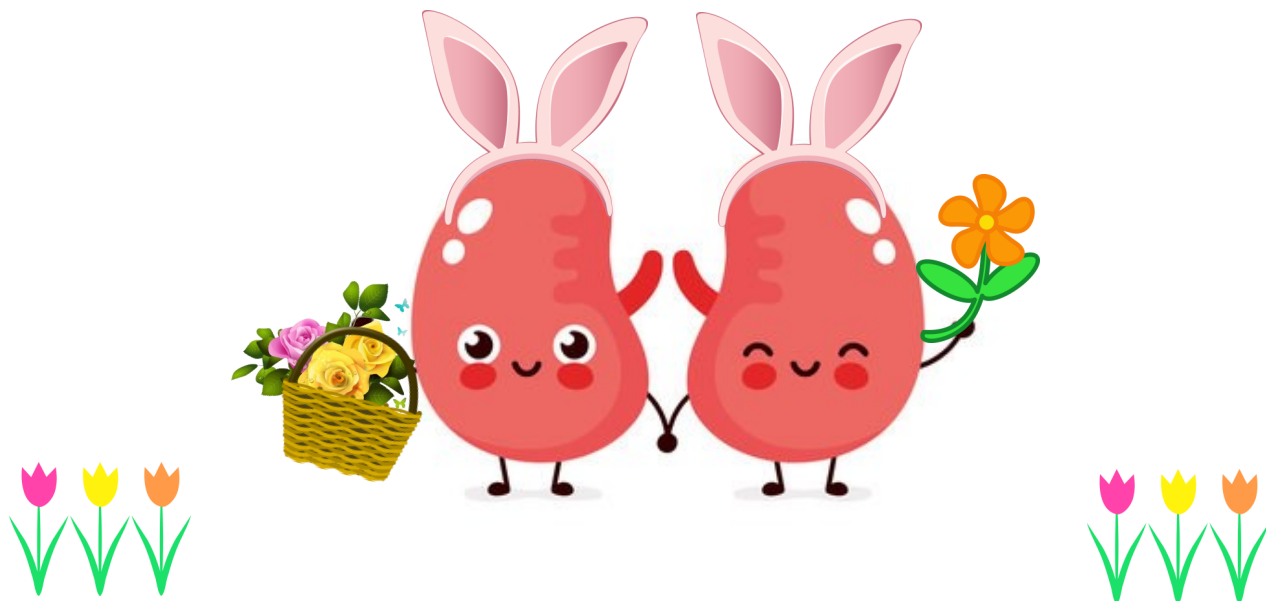


April 2026

## The Kidney Connection

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



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# Almond Pear Salad

Recipe by Nicole, hemodialysis dietitian

## Ingredients:

6 cups Spring mix lettuce

2 medium pears, sliced

2 Tbsp slivered almonds

1/4 cup dried cranberries

Roast the almonds in a frying pan over medium heat until they slightly brown. Stir often and watch they don't burn.

Combine everything together with dressing, and enjoy! Makes 6 (1 cup) servings.

## Dressing:

2 Tbsp. oil

2 Tbsp. lemon juice

1 Tbsp. honey



## Need Help Filing Your Taxes?

### Food Bank and Learning Centre

Register online at <https://saskatoonfoodbank.org/tax-filing>

For more information or help registering call

LauraLee at 306-200-2839

Monday – Friday, 9 am-3pm

### SWITCH

Westside Community Clinic

Free Tax Clinics - Wednesday evenings 5:30-7:30

Please call to book: 306-956-2518

### Saskatoon Services for Seniors

Starting March 1.

Please call to book: 306-668-2762

## Green Shirt Day — April 7, 2026

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Green Shirt Day was created to honour, remember, and recognize all the victims and families of the Humboldt Broncos bus crash and to continue Logan Boulet’s legacy by inspiring Canadians to talk to their families and register as organ donors.

While in 2018 it was estimated that almost 150,000 Canadians registered in the weeks following the Humboldt crash, The “Logan Boulet Effect” continues to inspire Canadians.

Visit [greenshirtday.ca](https://greenshirtday.ca) for more information about organ and tissue donor registry in Canada.

# Chicken & Edamame Pasta Salad

## Ingredients:

- 5 cups (454 g) dry penne pasta
- 1.5 cups unsalted edamame
- 1 cup cooked shredded chicken or rotisserie chicken
- 1 cup sliced red pepper
- 1/2 cup low sodium mayonnaise
- 1/4 cup fresh dill (or sub for 1 tbsp dried dill)

## Directions

1. Bring a large pot of water to a boil. Add pasta and cook until tender.
2. Drain the pasta and rinse well under cold water. Transfer to a large bowl and stir in the edamame, shredded chicken, and sweet peppers.
3. Add in the mayonnaise and dill and mix well.

The pasta salad can be enjoyed immediately or made a day in advance and refrigerated. Makes about 10 servings (1 serving= 1 cup)



## Estimated Nutrient Analysis

|            |        |
|------------|--------|
| Potassium  | 267 mg |
| Phosphorus | 159 mg |
| Sodium     | 25 mg  |

Note: Edamame is a quick and easy plant protein source you can add to your meals and snacks! Find it in the frozen section of your local grocery store. Keep your portion size to 1/2 cup or less.


Have some fun — try a Sudoku!

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## 9 x 9 Sudoku

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

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# Bingo Prizes Needed!

Three times a year, music therapist, Tinaya Entz, hosts music bingo for patients at the SPH In-center Dialysis Unit and the SPH Outpatient Dialysis Center.

We are looking for donations to the prize cart! It could be a gift card, coupon, or merchandise (no food items please).

If preferred, you can also provide an invoice showing the dollar value of your donation to be recognized by our hospital foundation.

**To donate, or for more information, please contact Tinaya Entz at 306-655-5857 or [tinaya.entz@saskhealthauthority.ca](mailto:tinaya.entz@saskhealthauthority.ca)**

## Administrative Professionals Day

**Wednesday, April 22, 2026**

Let's celebrate and show some appreciation to our administrative staff.

Thank you for all you do!



## Holiday Meal Tips

By making kidney-friendly substitutes and enjoying favorites in moderation, holiday meals can still be something to look forward to.

With Easter at the end of the month, many family traditions revolve around food. This can feel tricky to know what to do with holidays for patients with kidney disease.

Here are a few tips to help you out this Easter:

- Plan ahead and bring a dish you know is low sodium and also lower potassium and phosphate if that is what has been recommended to you.
- Bring your medications if travelling and take your phosphate binders at the start of your meals.
- Read labels on food products that you are not familiar with and avoid phosphate additives.
- **Limit** your intake of **potatoes**, processed meats like **ham** and **sausage**. Choose roasted turkey, chicken, fresh pork.
- Include lots of vegetables such as salads, boiled cauliflower, raw peppers, cooked asparagus or broccoli or green beans.

It is easy to take in more salt than normal and more fluid at holidays, but you may not feel well after you do. Keep your fluids to a minimum if possible.



## Sudoku Answers

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### 9 x 9 Sudoku

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

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