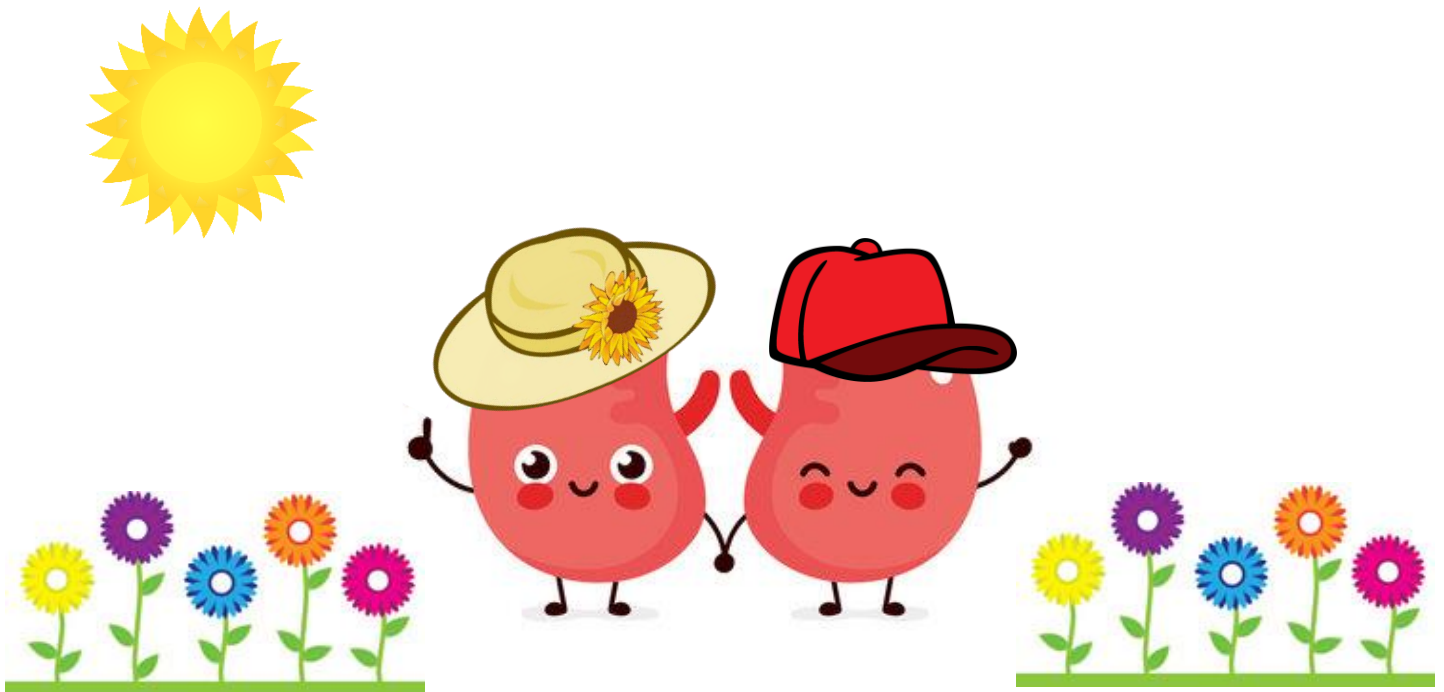


June 2026

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

## The Kidney Connection

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# Staying Cool in the Summer – Tips for Dialysis Patients



Warm summer days are great, but sometimes, they can get too warm! When you are on dialysis, hot days can be challenging. You may feel dehydrated and thirsty, but drinking more fluid is not the best way to stay cool. It can push you over your recommended daily fluid allowance and cause complications.

## A few tips to stay safe this summer:

**Never sit in a car that is not running:** Sometimes dialysis patients sit in their car to rest after dialysis. Even with the windows down, the temperature is much warmer than outside. Just a few minutes in your car can be very dangerous. Try to find a bench in the shade outside if you need to rest. When driving, use the air conditioner or roll the windows down if you don't have air conditioning. Avoid waiting in a parked car that is not running while a family member runs errands.

**Outdoor activities:** Avoid activities outside during the heat of the day. If you like to walk, find an air-conditioned place such as the mall or a treadmill at the gym.

**Staying cool:** Try to stay inside when the day is at its hottest. (i.e. between 10:00 am and 5:00 pm) If possible, use a fan or air conditioner to keep cool. You may want to put ice in front of a fan to cool the air. Put wash cloths in the freezer to place on your neck or forehead; this may help you cool down. Visit air conditioned places such as the mall or the library.

**Fluid intake:** People on dialysis are more sensitive to hot weather, but you could harm yourself by drinking too much fluid. Ask your dialysis team how much you should drink when the weather is hot. You can limit your thirst by avoiding salt, sugar, and sports drinks (often higher in sodium).



## Try some of these ideas if you need to limit your fluid intake:



- Use frozen treats like popsicles to cut the amount you drink.



- Drink cold liquids instead of hot ones.



- Snack on low-potassium vegetables and fruits that are ice cold, like chilled sliced, cucumbers, pears, apples or strawberries.



- Try freezing grapes or blueberries for a cold, refreshing snack.



- Use small cups or glasses for your beverages.



- Suck on ice cubes to help fluids last longer



- Try swallowing pills with cold applesauce instead of a liquid.

Talk to your kidney team if you have questions or need more information.

# Lemon Orzo Salad

Adapted from Chef Leslie Cairns, Kidney Community Kitchen

## Ingredients

1 cup orzo pasta  
1 red pepper, diced  
1 green onion, diced  
2 tbsp tarragon, chopped  
2 tbsp parsley, chopped  
2 tbsp lemon juice  
1 tsp garlic, minced  
1 tbsp extra virgin olive oil  
1/2 tsp black pepper

## Preparation:

- Cook orzo in boiling water for 8 to 10 minutes.
- Drain and cool under running water.
- Add the remaining ingredients and mix them together.
- Note: You can serve it alongside your favourite grilled meat or fish.

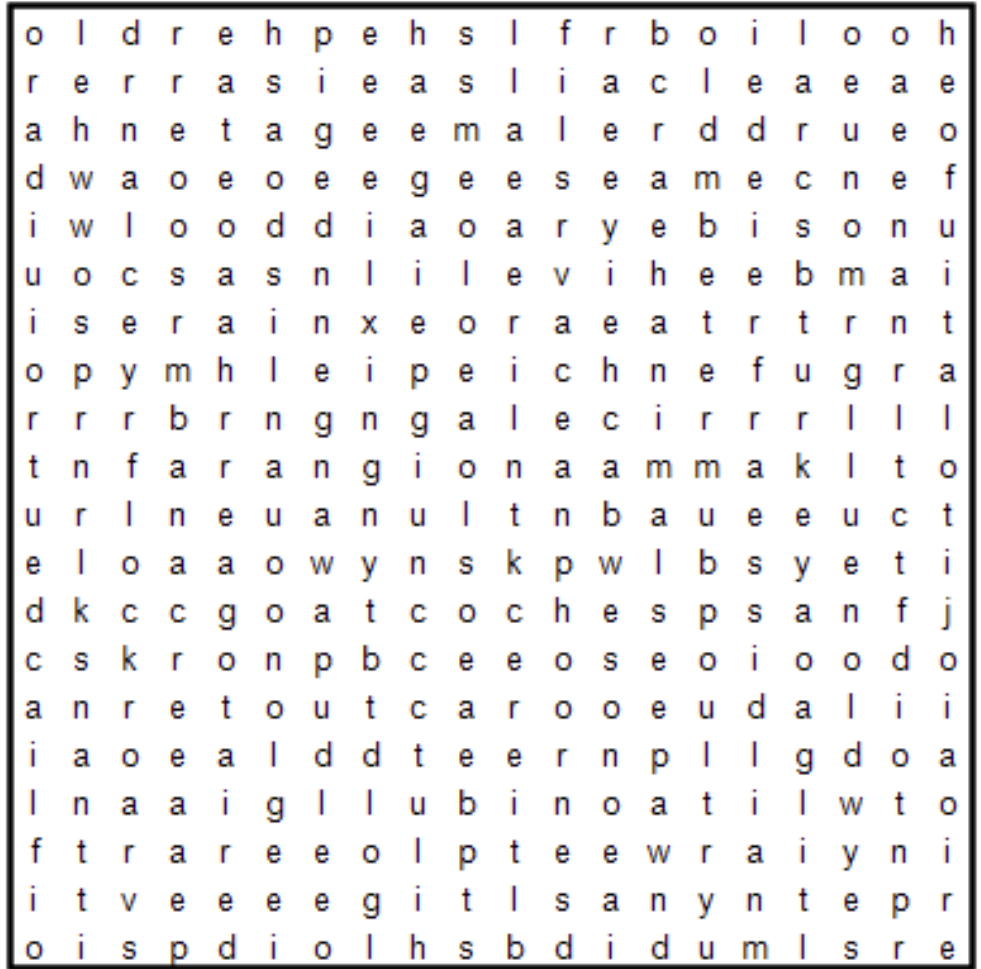


Sodium: 11 mg

Phosphorus: 124 mg

Potassium: 442 mg

# Farm Word Search



See if you can find the farm related words in our word search?

**Animals**

**Bull**

**Farm**

**Foal**

**Goose**

**Rye**

**Turkey**

**Beehive**

**Coop**

**Fence**

**Geese**

**Poultry**

**Seeds**

**Wheat**

**Bison**

**Egg**

**Flock**

**Goat**

**Rice**

**Shepherd**

# Behind every step, there's someone **we walk** for.



**Register. Fundraise. Walk.**

**Regina - September 20**  
**Saskatoon - October 4**

Registration: 9:00 AM Program: 10:00 AM



Register today at [kidneywalk.ca](http://kidneywalk.ca)

**Questions?**

T: 1.833.664.8588

E: [info.sk@kidney.ca](mailto:info.sk@kidney.ca)

  @KidneySask

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# Honey Grilled Pork and Pear Kabobs

Recipe courtesy of Kidney Community Kitchen

## Ingredients

- 1 lb (454 g) Canadian Pork Loin or Shoulder Blade Roast or Chops, boneless, well trimmed
- 1/2 cup (125 ml) apple juice
- 2 tbsp (30 ml) Dijon mustard
- 2 tbsp (25 ml) honey
- 1 medium pear, cut in 4 wedges
- 1 medium red onion, cut in 8 wedges
- 1 sweet red or green pepper, cut into 1"/2.5 cm pieces

## Directions

If using bamboo skewers, presoak in water 1 hour. Place pork cubes in a resealable plastic bag, non-metal bowl or sealable container. In a separate bowl, combine apple juice, Dijon mustard, and honey and pour over pork. Seal or cover and refrigerate for 4 to 24 hours.

Remove pork from marinade, reserving marinade in a small saucepan. Bring marinade to a boil and boil for at least 1 minute. Thread pork onto skewers, alternating with pieces of pear, red onion, green or red peppers

Preheat barbecue on high; reduce heat to medium. Place kabobs on lightly oiled grill and brush with marinade; close barbecue cover and grill over medium heat for 10 to 12 minutes, turning occasionally and basting with apple juice marinade. Serve with rice.



Photo from: <https://www.tasteofhome.com/recipes/marinated-pork-kabobs/>

## Nutrient Analysis

Sodium: 202 mg

Phosphorus: 193 mg

Potassium: 334 mg




There are many opportunities to take part in the celebration of National Indigenous Peoples Day across our beautiful province.

- Saskatoon – Victoria Park. June 19, 2026 from 10:30-2:30 pm
- Wanuskewin Heritage Park. June 20, 2026 from 9:30-4pm
- Battleford – Fort Battleford National Historic Site. June 20, 2026 from 11-4 pm
- Regina – Victoria Park. June 19, 2026 from 10-1pm

# UPCOMING EVENTS JUNE 2026

For kidney patients and their families



	<b>WHEN OUTREACH GETS TOUGH</b> Tuesday, June 2   7:30-9:00 pm CT <a href="https://kidneywellnesshub.ca/classes/p/when-outreach-gets-tough">kidneywellnesshub.ca/classes/p/when-outreach-gets-tough</a>	
	<b>A HEALTHY LIFESTYLE THROUGH EXERCISE</b> June 3, 2026   5:30 PM – 7:00 PM CT <a href="https://kidney.ca/events">kidney.ca/events</a>	
	<b>BEYOND THE BAG: THE FUTURE OF PD</b> Tuesday, June 9   6:00 - 7:30 pm CT <a href="https://kidney.ca/events">kidney.ca/events</a>	
	<b>YOUR KIDNEY HEALTH INFO</b> Wednesday, June 17   2:00pm- 4:00 pm CT <a href="https://kidney.ca/events">kidney.ca/events</a>	
	<b>LAUGHTER FOR HEALTH!</b> Tuesday, June 23, 2026   12:00pm - 1:00pm CT <a href="https://kidney.ca/events">kidney.ca/events</a>	
	<b>KIDNEY CONNECT</b> Various weekly online, by phone or on demand <a href="https://kidney.ca/en/support/peer-support">kidney.ca/en/support/peer-support</a>	
	<b>KIDNEY RHYTHM AND GROOVE</b> Wednesdays, June 3 - 24   5:00 - 5:30 pm CT <a href="https://kidneywellnesshub.ca/classes/p/dance-snack">kidneywellnesshub.ca/classes/p/dance-snack</a>	
	<b>EXERCISE SNACKS</b> Mondays, April 13 - June 29   7:30 - 8:00 pm CT <a href="https://kidneywellnesshub.ca/classes/p/exercise-snacks">kidneywellnesshub.ca/classes/p/exercise-snacks</a>	
	<b>KIDNEY WALK</b> Various locations and times <a href="https://kidneywalk.ca">kidneywalk.ca</a>	

Contact: [info.sk@kidney.ca](mailto:info.sk@kidney.ca) or 306-664-8588 | 1-833-664-8588