



# THE SP NEWS

A newsletter for, and about our USask Simulated Patients



## quick info

- If you have never set up your PAWS account, you will first need your USask NSID. If you do not know your NSID please email us at [sp.program@usask.ca](mailto:sp.program@usask.ca). Once you have your PAWS account set up, you can click the link below to access your T4
- [How to access your T4](#)
- [How to access your Record of Employment](#)
- 2020 External Exam dates:
  - NAC - September 12th & 13th 2020
  - PEBC OSPE - September 20th 2020
  - MCC QE2 - October 24th & 25th 2020
  - PCE - November 15th 2020
  - *Please be advised that though these dates are currently confirmed, they are subject to change based on the developing COVID-19 situation.*

## hello again!

**You've probably been wondering what we've been up to the last few weeks at the CLRC.**

Since all USask classes are now online and we have been required to work from home, things have looked a little different for all staff at the CLRC. We are currently working with the Health Sciences programs to look at different ways to deliver their face-to-face encounters online. The SP Program Coordinators are working hard on program development including an SP Handbook, promotional video, updating your personal information, and collaborating with other SP programs to draft essential policies.

Our SIM team has also been busy working with the Saskatchewan Health Authority to support PPE training and COVID-19 simulations. [You can read about it here](#), and [also here!](#)

Don't forget that the CLRC is fully social! We'll continue to post information on our various pages, so please click the icons below to join us in our social channels.



# how are you doing?

## COVID-19 health and wellness

*Saskatchewan has been doing a tremendous job of flattening the curve, but we aren't out of the woods yet! We recognize that this is a stressful time, fraught with new and strange challenges. The university has a number of resources that we encourage you to explore. Below are some tips from us to you to try and help fight off the isolation blues.*



### take up a new hobby (or get reacquainted with an old one)

If Grandpa's guitar is just gathering dust, maybe it's time to pick it up and learn a chord. YouTube is full of free resources to help get you started. It doesn't have to be something you take up long term. The point is to keep busy, not start a new career.



### try to do something that moves your body every day

When your body moves, your brain releases mood improving chemicals. YouTube has hundreds of thousands of resources for free, all you need is an internet connection. Here are a few links you might like!

[The \*Footloose\* choreography you always wanted to know](#)

[Essential 80's Dance Party](#)

[Yoga with Adriene](#)



### set goals and stick to a routine

Now more than ever, a routine is essential to getting through the day. Try to maintain proper sleep hygiene and consistent meal times. Set goals for what you'd like to accomplish each day. Big or small, having tasks to focus on keeps you engaged and moving forward.



### reach out

It's okay if you are struggling right now. Normalizing those feelings is a healthy part of coping. No matter what challenges you are facing, you are not alone. Try to connect with friends or family as much as you can. Check in with loved ones as often as possible and let them know they are on your mind. Call them on the phone, make a Zoom date, write letters - whatever it takes. Don't be afraid to ask for help if you need it. The resources provided in the links below are available to you judgement free.

### *wellness resources*

*If you or someone you know is in crisis, please contact:*

[Saskatoon Crisis Intervention](#)  
306-933-6200

[Canadian Mental Health Association](#)

[USask Wellness](#)

[USask COVID-19 Updates](#)

[USask Employee Family Assistance Program](#)

[Canadian Psychological Association: Managing COVID Anxiety](#)

# meet a simulated patient!



*We often forget just how BIG our SP family truly is. We thought this newsletter would be a good opportunity to introduce you to a few of your fellow SPs. In this edition, say hello to Deb Hockley! We were able to connect with Deb virtually to learn a little more about her, and to talk to her about the work she does with Lead Pilates here in Saskatoon.*

## **How long have you been an SP with us?**

Since 2013. The flexibility and purpose of being an SP was exactly what I was looking for - a way to take an active role in education, continued learning, and meet new people.

## **What can you be found doing whenever you're not at the CLRC?**

I like to spend my days caring, creating, working, volunteering, moving, and learning. Dean and I have three children (19,17, and 15), three dogs, and my parents live across the street. Life is pretty full. Since July 2019 I have been working as the Client and Community Liaison at Lead Pilates.

## **If someone has never done Pilates before, what do they need to know?**

Pilates is suitable for a wide range of people - from athletes, to kids, and seniors. This form of movement utilizes your core muscles to improve strength, flexibility, and balance. Pilates treats the entire body as multiple interconnected systems. If we have a lower back issue, it could be due to alignment issues or lack of movement around a joint. What I love about Pilates is that you are always learning the "why" behind the movement, and that, with proper alignment and control, we can create a better environment for our bodies to move in.

## **Tell us about how people can access these classes, and what kind of options there are for folks who want to try it out.**

First, check out our [Facebook page](#). There are lots of videos available - from chiropractic and kids classes, to stretching, meditation and reflexology. We also have 34 live classes a week that you can do with us from your home. And if you are looking for ways to engage your kids, we have Camp Energy Blast which provides 30 minutes of physical activity for kids aged 5-12. And finally, when you sign up for the [newsletter](#) you will receive a 30-minute "Align & Tone" workout, a video on diaphragmatic breathing, and a video on glute strengthening.

**If you would like to be featured in our 'meet a simulated patient' section, send us an email at [sp.program@usask.ca](mailto:sp.program@usask.ca)!**

# WHAT'S COOKING IN AUDRA'S KITCHEN?

*You all know Audra as the friendly face at the CLRC's front desk. But did you know that Audra is a fantastic chef? We asked her to share some of her secret family recipes with us. She said "no, they're a secret". Instead, she offered us some comfort food favourites to keep you eating well.*

## CABBAGE ROLL SOUP

FROM [DINNERATTHEZOO.COM](http://DINNERATTHEZOO.COM)

### Ingredients:

- 2 tsp olive oil
- salt and pepper to taste
- 1 lb extra lean ground beef
- 1 onion, diced
- 2 tsp minced garlic
- 4 cups coarsely chopped green cabbage
- 2 carrots peeled, quartered, and sliced
- 4 cups beef broth
- 3 8oz cans tomato sauce
- 1/2 cup uncooked long grain rice
- 1 bay leaf
- 3 tbsp brown sugar
- 2 tbsp parsley



### Instructions:

1. Heat the olive oil in a large pot over medium-high heat. Add the ground beef and season with salt and pepper.
2. Cook, breaking up the meat with a spatula until beef is browned, approximately 4-5 minutes. Add onion and garlic and cook for 2-3 more minutes.
3. Add cabbage, carrots, beef broth, tomato sauce, rice, bay leaf, and brown sugar. Season with salt and pepper to taste.
4. Bring to a simmer and cook for 25 minutes or until rice is tender. Remove bay leaf and discard.

*If you're craving some delicious buttermilk bread to go with your soup, fellow SP Joe Obirai and his wife Blessing are still baking up a storm at their bakery, BeeRain. If you can, supporting local business is one way to help our local economy. You can contact Joe through email or phone.*

[www.beerain.ca](http://www.beerain.ca)  
[jobirai@beerain.ca](mailto:jobirai@beerain.ca)  
306-881-3435

**BeeRain**



# UNIVERSITY OF SASKATCHEWAN



From everyone at the  
CLRC, we wish you to be  
well, happy and healthy.  
Until next time!