

# Spirit

## HONOURING FAMILY DR. NICOLETTE SINCLAIR

### LEONARD AND HELEN KUTZ

DONATION INSPIRED BY YEARS IN RESIDENCE  
AT ST. PAUL'S HOSPITAL SCHOOL OF NURSING

### LEAVING A LEGACY

DEBI DUBÉ-DEAN AND THE PURE GIFT OF LOVE AND FAITH

### CREATIVE FUNDRAISING

MISTLETOE BALL PIVOTS IN THE FACE OF THE PANDEMIC

(l-r) Patricia Sinclair with daughter Dr. Nicolette Sinclair, and Interventional Radiologist at St. Paul's Hospital.



St. Paul's Hospital



ST. PAUL'S  
HOSPITAL  
FOUNDATION INC.



# Message From SPH Foundation

This issue of the Spirit Newsletter is not only a testament to the diverse and far reaching support of our community, it is a spotlight on our collective commitment to delivering compassionate and holistic care to all those who enter our doors.

If you've ever visited the Foundation office before, you'll know that we are located right near the main entrance to the Hospital; the offices are adorned with large glass windows, and as such, we get somewhat of a snapshot of the stories and sentiments of the individuals and families coming to our Hospital. Daily, we see not only those we will care for entering our Hospital, we see those joining them

on their health care journey: moms and daughters, fathers and sons, friends and cousins, dedicated nurses, alongside compassionate physicians and staff. We see smiles, sadness, laughter and hope on the faces of those coming and going.

We know that individuals entering our Hospital face all manner of circumstances, and for whatever those circumstances might be, it is our goal to ensure that patients and their loved ones feel supported on their health care journey. In the pages to follow, you will learn all about the creative and thoughtful ways St. Paul's Hospital and its Foundation work with one another to steward and thoughtfully allocate the gifts so generously shared by

our donors in the spirit of delivering excellent holistic, compassionate and considerate care.

I share my sincere gratitude to you, our committed donors once again, and truly hope it pleases you to read just how much of a far-reaching impact your gifts make on the patients and families who find themselves within our Hospital, and the dedicated individuals responsible for their care. Whether it by way of paintbrush, prayer or portable x-ray, your support makes all the difference.

Lecina Hicke,  
St. Paul's Hospital Foundation CEO

## SPH Foundation Volunteer Board of Directors 2020 – 2021

*Standing centre (l-r) Dr. Bruce Berscheid, St. Paul's Hospital Local Council; Dr. Vivian Walker, Board Chair.  
Back row (l-r) Nicholle Povhe, Treasurer; Neil Weber, Past Chair; Lecina Hicke, CEO; Ron Hyggen; Chris Boychuk; Tracy Muggli, St. Paul's Hospital Executive Director.  
Seated (l-r) Steeg Holmes; Doreen Howlett; Arlene Jorgenson; Gwen Dueck; Shari Watson, Secretary; Kevin Sharfe  
Missing: Larry Long.*



St. Paul's Hospital's Interventional Radiologist Dr. Nicolette Sinclair with her sister Siobhan Sinclair, a Registered Nurse in St. Paul's Hospital's Emergency.

# Spirit



Feature

## HONOURING FAMILY

PAGE 4

### Inside

- 4. HONOURING FAMILY THROUGH AN ENDOWMENT GIFT
- 6. DONATION INSPIRED BY ST. PAUL'S NURSING SCHOOL ALUMNI
- 8. CREATIVE FUNDRAISING IN THE FACE OF A PANDEMIC
- 10. LEAVING A LEGACY FOR FUTURE GENERATIONS
- 12. HOLISTIC CARE IMPROVES PATIENT RECOVERY
- 15. THANK YOU NOTES

### The Spirit

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# HONOURING FAMILY

through an Endowment that  
Gives Back to the Community

Tears come to her eyes when Dr. Nicolette Sinclair speaks about her grandmother Ivy Hadley – a nurse and “the ultimate caregiver” who recently passed away at the age of 95. “With my grandmother’s death, I have had time to reflect on how lucky I was to be born into my particular family,” says Dr. Sinclair, an interventional radiologist at St. Paul’s Hospital and a member of Associated Radiologists.

Affectionately known by the nickname “Coco”, Dr. Sinclair began working at St. Paul’s in July, 2015, and has seen first-hand how donor funds can make a big difference in patient care. “Without the Foundation’s support, a lot of the improvements that have been made would not be possible.”

She has been particularly inspired by mentor and Interventional Radiologist Dr. Bruce Berscheid and his wife Barbara, who have had a tremendous positive impact on the Hospital through their volunteer commitments and donations to the Foundation.

Dr. Sinclair recently gifted \$100,000 to SPH Foundation to create an endowment to support St. Paul’s Hospital’s greatest needs: “I like the idea of creating a legacy there, and I encourage other physicians to do so as well.” Dr. Sinclair is naming the endowment the Hadley Family Endowment after her mother’s maiden name because she wanted to honour her mother, grandmother and the extended family she grew up with in Prince Albert, Sask. for the role they have played in supporting her career.

Raised by their single mother Patricia, Coco recalls her and her two sisters Alana and Siobhan (a nurse at St. Paul’s Hospital) seeing their mother work exceptionally hard to provide for the family: “I am happy to be able to acknowledge the impact she and the rest of my family have had in my life. When I was 10 years old, I was doing a science fair project on viruses and I remember my mother telling me that I could be a doctor if I wanted to. She always believed in us and encouraged us to follow whatever dream we may have. Thankfully I believed her!”

Her mom, Patricia, says the extended family also played a large role in Coco’s life: “She had more mothers than just me. She had a lot of family role models to inspire her and to encourage her.”

Coco says her family is incredibly important to her - she has shared some of her most impactful memories with cousins Josh and Jana Eidem; Jessica, Christina and



*Dr. Nicolette Sinclair with her mother, Patricia Sinclair*

Ian Harris; Johnathan and Mariah Norum; and Alan Vincent Hadley Logue, who heartbreakingly passed away after a courageous battle with leukemia in 2012.

“I had the opportunity to grow up surrounded by all the love and encouragement I could have ever asked for,” she says. “This endowment is a way to acknowledge the amazing support I have received from my family over the years and give back to a fantastic hospital that does so much for patients, their families, physicians and staff.”



*(l-r) Siobhan Sinclair, Registered Nurse with her sister Dr. Nicolette Sinclair, Interventional Radiologist and Lecina Hicke, SPH Foundation CEO.*

A photograph of an elderly couple, Leonard and Helen Kutz, standing outdoors. Leonard, on the left, is balding with glasses, wearing a patterned cardigan over a checkered shirt and a large gold medallion. Helen, on the right, has short white hair and glasses, wearing a light blue jacket over a striped shirt. Leonard has his arm around Helen's shoulder. The background shows green foliage and a white building.

# INSPIRED GIVING

# Donation Inspired by Years in Residence at St. Paul's Hospital School of Nursing

Living in residence as a nursing student at St. Paul's Hospital School of Nursing has given Helen Kutz a deep connection to the Hospital that lasts even to this day.

"We learned a lot," she says. "It was quite an experience. It was three intense years of living in the community."

Helen recalls that when she was training, a Sister Superior occupied the front office and there were "nuns everywhere." She remembers one particular elderly nun, Sister Buckley, who worked on the first floor and on holidays would arrive singing and wearing festive outfits: "She was the life of the party!"

Graduating in 1951, Helen's last class reunion was in 2016, and she hopes they'll be able to gather again once the pandemic has ended. "We just love to get together and act like 18-year-olds," she says with a laugh.

The impact of the Grey Nuns' presence is still felt in the Hospital today. Helen says that spirit is reflected in the way people feel special and welcome when they arrive at St. Paul's Hospital.

"When I step in through the doors at St. Paul's, I immediately feel a particular friendliness and closeness," Helen says.

Her strong and storied connection to the Hospital is one of the reasons why Helen and her husband Leonard Kutz support St. Paul's Hospital. They recently provided an extremely generous gift of \$500,000 to SPH Foundation that will support end-of-life care at the Hospice at Glengarda, the Kidney Health Project at St. Paul's Hospital and two matching gifts for our Foundation's appeal letters – the Easter Seeds of Hope and the Christmas Dove letters.

Both Leonard and Helen were born and raised in the Elrose area. Leonard farmed for almost 70 years before he retired and transferred his land to their seven children. He was in the construction business for about 15 years and loved carpenter work.

Woodworking is a passion for Leonard. At Helen and Leonard's home in Saskatoon, a beautiful grandfather clock crafted by Leonard greets you at the entrance, and through the years he has made intricate toys for each of his 7 children and 28 grandchildren.

Leonard shares credit for his success with family and others who supported him. They understood his diverse goals and played key roles in expressing and executing those ideas. "I had such good help on the farm that I could get away and do these other things," he says. "They

knew more about what I wanted to do than I did!"

Helen was a stay-at-home mom after their first child was born, working alongside Leonard to build their family farm business and volunteering in the community wherever help was needed.

Now, they're winding down their estate. Their children are looked after, and they want to make a difference and give back to the communities they love so much.

"We've been fortunate enough to get to this stage in our life," says Helen. "We've always tried to help out however we could with both family and community."

"We do what we think is best," adds Leonard.

Leonard particularly likes to give a matching gift because he knows it helps to encourage other people to give. Because of their generosity, some immediate friends have already also been inspired to give.

Helen, too, agrees that she likes to lead by example.

"I sow the seeds or bring up the idea and encourage others think about what they might do to help," Helen says. "All of us are always going to need hospitals, and good doctors and nurses."

Members of the Mistletoe Ball Committee enjoying a wine tasting at Co-op Liquor.

(standing l-r) Barbara Berscheid, Nicholle Povhe, Jesse Greenwood, SPH Foundation Annual Giving Officer, Janna Dutton, Pam Prosofsky, Committee Chair, Carol Yelland

(seated l-r) Michelle Neufeld, SPH Foundation Manager of Annual Giving, Doreen Howlett

# CREATIVE FUNDRAISING

## Pivoting in the face of the pandemic

The much-loved Mistletoe Ball is a signature fundraiser for St. Paul's Hospital Foundation, and has become an annual tradition for many people, kicking off the Christmas season. The sparkling event offers donors a glamorous evening with delectable treats and music that inspires you to move while spending quality time with friends, family, and coworkers.

It was a heart-wrenching day in spring 2020 when the dedicated Mistletoe Ball volunteer planning committee decided to cancel the in-person event due to the COVID-19 pandemic. Planning was already well underway, but the need to raise funds remained, especially considering the additional strain COVID-19 was causing to the health care system.

The Mistletoe Ball committee knew they had to do something wonderful in place of the Ball.

"We pulled ourselves together and came up with a creative way to fundraise," said Mistletoe Volunteer Committee Chair Pam Prosofsky. "We needed to pivot and we wanted to do something fabulous."

The Mistletoe Baskets filled the void and were designed to bring the joy of the Ball to donors in the comfort of their own home. The gift baskets

were filled with goodies reflective of the Ball, including desserts made by Chef Robin Andreas.

"Everybody knows Mistletoe for Chef Robin's desserts and the chocolates and the beautiful decor and the flowers — we wanted to bring that to everybody at home," Pam said.

In total, 190 Baskets were sold and thanks to the generous support from our sponsors, we raised \$162,575 for the Foundation.

The Baskets ended up being such a big hit, the Mistletoe committee is bringing them back in 2021 alongside an in-person Ball. The Committee is thrilled to announce that The Mistletoe Ball will make its return on November 20, and Mistletoe Basket delivery day will be December 11.

Get your Tickets and Baskets today!



ST. PAUL'S HOSPITAL FOUNDATION

# Mistletoe Charity Baskets

Presented by **Nutrien**  
Feeding the Future™

## The Mistletoe Charity Baskets are back!

Proceeds will expand our acclaimed Healing Arts Program to offer culturally-inclusive music therapy that is respectful of traditional languages and practices for all our dialysis patients, many of whom are of First Nations descent.

This year, we will again be offering our beautiful Mistletoe Baskets. Bring the beauty and elegance of the Mistletoe Ball to your home, or gift one to a friend.

Baskets will be delivered on **Saturday, December 11, 2021** within Saskatoon City Limits.

Basket Options:

Diamond \$500 | Emerald \$300 | Ruby \$100

A partial charitable tax receipt will be issued by December 31, 2021

**To purchase your baskets, please call 306-655-5821 or visit [sphfoundation.org/mistletoe](https://sphfoundation.org/mistletoe)**



### Thank you to the 2021 Mistletoe Volunteer Committee

Pam Prosofsky (Chair) | Carol Yelland | Barbara Berscheid | Doreen Howlett  
Nicholle Povhe | Carrie Jamieson | Arlene Jorgenson | Laurie Thomas | Tanya Wur  
Jennifer Bow (SPH Foundation Executive Assistant)  
Jesse Greenwood (SPH Foundation Annual Giving Officer)  
Michelle Neufeld (SPH Foundation Manager of Annual Giving)



St. Paul's Hospital

Before the pandemic Debi Dubé-Dean and her husband Bill would host a Sunday family supper each week, up to 14 people would gather at their home to share stories over good food.

She and Bill have been married for 48 years and have three children and 10 grandchildren.

“We feel deeply blessed to have them,” Debi said. “They are the light of our lives.”

She had her family in mind when she recently made the decision to leave a gift for St. Paul’s Hospital Foundation in her Will.

“I believe philanthropy really begins at home,” she said. “I want to be a good example for my children and grandchildren, and teach them how important it is to advocate for other people.”

Debi said part of what makes St. Paul’s Hospital unique is its dedication to holistic care.

“Everyone, at some point in their lives, is going to need health care. I believe it’s important to treat the whole patient — physically, spiritually, and mentally,” she said. “We do not live forever, but we can play a part in ensuring those in future generations have the best health care available to them by virtue of a legacy gift.”

“You have to think bigger than yourself,” Debi said. “Leaving a legacy is a pure gift of love and faith in the future. It shows that you are a caring,

loving, considerate person with foresight.”

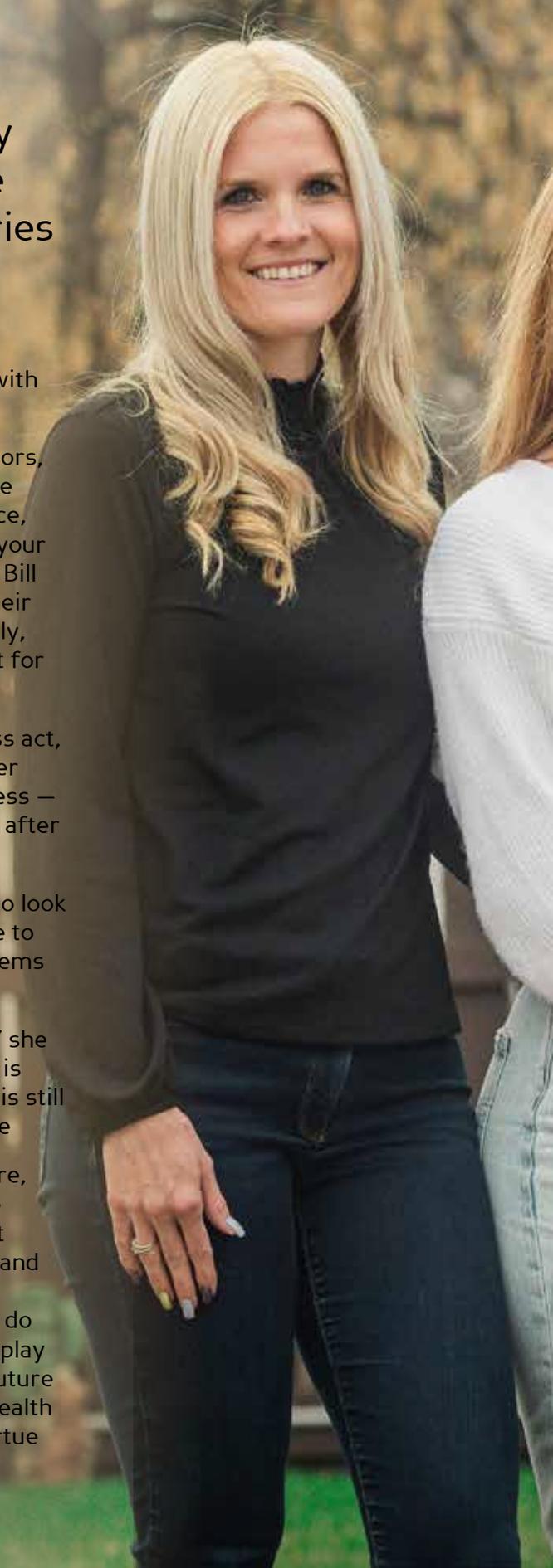
Working with financial advisors, she learned that you can give through shares, life insurance, or through a percentage of your estate in your Will. Debi and Bill made a plan that included their future needs, and their family, and established a legacy gift for St. Paul’s Hospital.

“Leaving a legacy is a selfless act, it shows you care about other people,” she said. “It is painless — you do not need that money after you are gone.”

Debi encourages everyone to look into what they might be able to give, even if that amount seems small.

“The only bad gift is no gift,” she said. “It does not matter if it is \$20 or \$200 or \$200,000, it is still going to be caring for people

“People will always need care, and to provide the best care possible, you need the latest equipment, the best people and a compassionate and caring environment,” she said. “We do not live forever, but we can play a part in ensuring those in future generations have the best health care available to them by virtue of a legacy gift.”





# LEAVING A LEGACY

“a pure gift of love and faith in the future,”  
says Debi Dubé-Dean

*The Dean Family: (l-r) Aimée Stein-Gay, Sydnea Stein, Bill Dean, Debi Dubé-Dean, Jazmine Stein*

# Holistic Care Improves Patient Recovery

## We Are More than Physical Beings

### How Holistic Care Improves Patient Recovery

St. Paul's Hospital and its Foundation are truly pleased to be working together to provide a wide array of holistic care programming for patients and families at St. Paul's Hospital and the Hospice at Glengarda.

Holistic care means ministering to the whole person – the mind, the body and the spirit. With significant donor support alongside funds from St. Paul's Hospital, we are able to complement the excellent clinical care we provide with music therapy, art therapy, and spiritual care.

These holistic care services are unique and inspired by the mission, vision and values of our Hospital and Hospice. "There are many patient stories that have inspired countless donors to provide financial support for holistic care," said St. Paul's Hospital Foundation CEO Lecina Hicke. "We are particularly grateful for these funds because not only do they positively impact patient care, they help ensure these programs will continue to exist in the future."

Our holistic care team at St. Paul's Hospital includes ten Spiritual Care Advisors who work

around the clock, an artist in residence, two music therapists, a palliative care music therapist and a writer in residence. The Hospice at Glengarda hosts a creative arts coordinator, a music therapist, a life enhancement coordinator and a spiritual care advisor.

### "We Are More than Physical Beings"

As a music therapist at St. Paul's Hospital, Tinaya Entz brings a guitar, a keyboard and a host of rhythm instruments to patients' bedsides. "Basically, I fit into my cart anything that makes noise," she says.

On any one day she offers music wherever and in whatever way it's needed: "Music can help patients process the changes that are happening in their lives, and offset the isolation that can result from those changes," she says. "It also can relieve boredom."

Tinaya points out that while patients are brought to the Hospital seeking physical healing, often other kinds of healing are also needed because our mental, emotional, and spiritual dimensions play huge roles in physical wellness.

"We are more than physical beings," she says. "And although

our staff is primarily dedicated to delivering physical wellness, why not have practitioners who are dedicated to healing all the other aspects too?"

She adds, too, that while nurses and other health care staff may try or want to listen to patients' stories, often they simply don't have time. That's where a holistic care practitioner can step in and help advance patient recovery.

### "Calling Us Back to Our Humanity"

Samuel Ezeogwum is the Spiritual Care Manager at St. Paul's Hospital. He provides support to patients, families and staff, and upon request, coordinates with faith leaders from different religious backgrounds to offer support as needed within the Hospital.

He says that lifting a patient's spirits is critical to their recovery because when patients feel depressed, they're less likely to feel motivated to engage in activities that will help improve their well-being. He says: "Our work calls us back to our humanity; to the dignity of our being, and to seeing and responding to who that person is, rather than just to the sickness that they are struggling with."



*(l-r) Samuel Ezeogwum, Spiritual Care Manager at St. Paul's Hospital; Tracy Muggli, Executive Director at St. Paul's Hospital; Tinaya Entz, Music Therapist at St. Paul's Hospital; Monique Blom, Creative Arts Coordinator at the Hospice at Glengarda.*



*St. Paul's Hospital Executive Director Tracy Muggli alongside SPH Foundation CEO Lecina Hicke.*

Although St. Paul's is a Catholic hospital, Spiritual Care moves outside Catholicism by respecting and supporting everyone's religious background and belief system.

Patients also sometimes ask for the presence of Spiritual Care staff at doctor-patient conferences to help provide support and courage when asking questions of their doctors.

"We aim to advocate for both patient and family, in an effort to ensure that all needs are being met," Samuel says.

### **"The Full Spectrum of Care"**

Tracy Muggli, Executive Director of St. Paul's Hospital, is a social worker by trade. Most of her time in that field was spent working in mental health and addictions.

She says she has seen many circumstances where patients made real gains when provided with spiritual support, or by being enabled to express themselves through art.

"A lot of healing happens through both listening to and making music, as well as through writing poetry

and journaling," she says. "When you can bring the full spectrum of care to somebody's wellness journey, you're going to see improvements much faster."

In one month, the Hospital's Spiritual Care providers alone had more than 1,000 contacts with patients, Tracy reports. "That tells me that people are looking for these services and for this approach to wellbeing."

And not only patients have access to the range of holistic care services — staff are encouraged to ask music therapists for the loan of an instrument, to stop by the Healing Arts workshop to create some art, or to talk to a Spiritual Care provider.

### **Bringing Light Through Creativity**

In January of 2021, the Hospice at Glengarda opened its doors, and thanks to the remarkable generosity of our community, and the Leslie and Irene Dubé Holistic Care Endowment, the Holistic Care Team was in place and ready to serve the patients and families within the Hospice from the first day of its opening.

Monique Blom, Creative Arts Coordinator for the Hospice at Glengarda, says "Creative arts goes beyond painting and drawing, though certainly those activities may be involved." In her view, communication also can be a critical creative dimension, so she spends time getting to know the patient and their family and tries to loosen the tension that can result from transitioning into the Hospice.

"Families are aware that they've crossed the threshold into the end," she says. "Even if they're at peace and relaxed, often there also is a dark weight." To bring light into such situations, one approach is simply to help make people laugh or enjoy a moment through creativity. Monique and her team also help patients work on legacy projects where they can write a message or make a video for their families.

Monique notes that many holistic care practitioners have trained at least as long as or longer than some of their clinical health care counterparts, and that their work similarly is an integral part of the healing process.

Monique's services at the Hospice are also available to staff there: "When you have a healthy staff that can care for themselves, that's holistic care on every level for everyone."

She sees her work, and the work of other holistic care practitioners, as bringing out the innate creativity in people and integrating it into physical care. "We are more than just cells," she says. "Our cells are more than just processes. Our cells have energy and spirit and we need to animate that."

## Thank-You Notes

Thank you to all the people on the front line. Thank you for your dedication. - L.E.

St. Paul's Hospital has been a very important place for our family. My children were born at St. Paul's as one example. Combining the health care with the spiritual is crucial. The latest technology advances seem amazing. - A.M.

Thank you to all the amazing compassionate staff who work so hard! - E.F.

## Become One of Our Angels



"I support the Circle of Angels because I have felt surrounded and uplifted by others throughout my life and this is my way of giving back"

*-Pari Padmanabh*

Join our Circle of Angels today by making a monthly gift to help improve the lives of patients and families in your community.

For more information and to join, contact:  
St. Paul's Hospital Foundation: 306-655-5821  
[info@sphfoundation.org](mailto:info@sphfoundation.org)  
or sign up online at [sphfoundation.org](http://sphfoundation.org)

**Pari Padmanabh**  
Circle of Angels Monthly Donor



*We love our Angels! It's an easy way to give AND it reduces our annual mailing costs.*

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