

# The LifeLine

St. Paul's Hospital Staff Newsletter



ST. PAUL'S HOSPITAL

A Community of Health, Hope and Compassion for All



## Recognition Banquet

Sometimes it happens that the most profound things are the most simple and obvious, but only if we pay attention.

Take the word "recognize", for example, in the sense of offering someone recognition. Really, the word simply means, "to know again".

In giving a small gift to recognize what someone has done for us, we are saying, "I really did notice and appreciate what you did for me." But it is deeper than that. When we offer the gift, we are "knowing again" the joy of what we have received in the first place.

In both instances, however — the initial act and the re-knowing or recognition — it is necessary to pay attention. And this requires first, however briefly, that we simply stop. Stop thinking about other things. Stop doing something else that requires our attention. Stop wishing we had something else right now that would make us happy. Stop moving. Stop.

And it requires that we notice. Notice what was given. The time. The effort. The thoughtfulness. The care-full heart. The generosity.

Notice what, in the end, was received. Comfort. Joy. Kindness. Belonging. A sense of importance. Relief. Newfound strength. Hope. Stop and notice.

On October 22, a representative part of St. Paul's Hospital stopped to recognize 201 of our employees for what turns out to be over

60 million hours of work time. If on average each employee did something good only ten times an hour (a conservative estimate, to be sure) this represents well over half a billion good things done.

When you think about the good experience produced by just one single act of goodness, the amount of goodness represented by this number is quite overwhelming.

So just how does one recognize this? How can we possibly re-know it?

Sometimes the most profound things in life are the most simple ones. Perhaps a simple "Thank-you", sincerely offered in full awareness, is the only appropriate response.

Thank you.

-- Brian Zimmer,  
Director of Mission



## Decorative Designs .....

Tracy Redlich (kneeling in the photo below, left), of Home Based Therapies said, "I love Christmas and I wanted to bring some Christmas cheer to the staff and patients of our department. The staff voted me to be the Christmas Elf this year so to make our areas festive we did some decorating, hung stockings and had a friendly competition for a Christmas-themed door decorating challenge, it was a lot of fun." Also in the photo are Amanda Alkestrup, Tracy Redlich, Nancy Fortier, Chantele Palmer, Shana Marsh. Then others got into the mood, such as social workers in the area: Michelle Lang, Rachel Charpentier, and Tricia Hutton with the snowman door in the photos below in the middle and right.



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Published by St. Paul's Hospital  
1702-20th Street West, Saskatoon, SK, S7M 0Z9  
for and by its employees.

[www.stpaulshospital.org](http://www.stpaulshospital.org)

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St. Paul's Hospital Mission Office



Vision Mission Values

## ..... And Festive Fun

They weren't the only ones to get into the Christmas spirit. Below are doors decorated in the Transplant Program, and at the entrance to SHIPS (gingerbread doors). The gingerbread house is one created by Saskatchewan Transplant Program Staff.

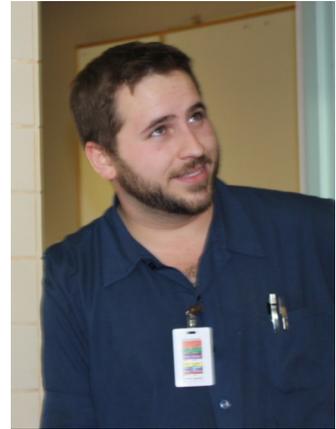


### **Congrats to the SPH Personnel Association's "Twelve Days of Christmas" Draw Winners**

Valerie Burron, Laboratory  
Maureen (Mo) Benolkin, Linen Services  
Ruth Williams, Community Renal Health Center  
Zoey MacIntyre, ICU  
Carol Gudmundson, Community Renal Health Center  
Colleen Sakowsky, Nursing Practice and Education  
Angela McKinnon, Chronic Kidney Disease  
Tracey Collins, Community Renal Health Center  
Brent Wilde, Pathology  
Stephanie Urton, SPD  
Sonia Sokyrka, Post Anaesthesia Care Unit  
Darren Haugen, SPD

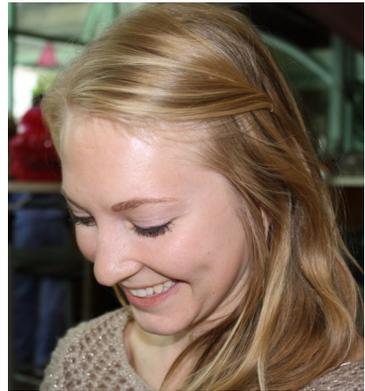


Project Christmas Angel provided gifts to 246 children from St. Mary's Wellness and Education Centre and Pleasant Hill School. Thank you to everyone for your generosity!



**Staff  
Christmas  
Tea  
2015**





## Citations for our 25 Year Award Recipients

*B*ernice Bardick is originally from Heartshill, Saskatchewan, but attended school in Major. She first worked as a waitress and then went to school to be a dental assistant. She went back to school for Home Care and studied as a Special Care Aide through Kindersley Community College. Bernice later worked at Pioneer Haven in Kerrobert, Saskatchewan.

In 1989, Bernice began work at Parkridge Centre where she stayed for 20 years. In 2005, Bernice went back to school while still working, to get her Power Engineer Ticket.

Bernice came to work at St. Paul's Hospital in 2010 where she started working as a CCA on 6<sup>th</sup> Medicine, and then shortly after transitioned to a full-time position on 5<sup>th</sup> Medicine.

Her co-workers say they can always count on Bernice, and she is always making them laugh. She is considerate, kind and caring towards her co-workers and patients, and is always willing to help where needed. Bernice is a "Mrs-Fix-It" and a "Jack-of-all-trades".

Congratulations Bernice on 25 years of service!

*M*arian Been began her career with the Health Region in 1989 at Royal University Hospital in Security. She worked as a casual Security Officer while attending the University of Saskatchewan taking Psychology. Following university, Marian

later worked at Royal University Hospital in Food and Nutrition and Environmental Services Departments. In 2002, Marian returned to Security Services and took a permanent full-time Security Officer position at St. Paul's Hospital where she has now been working for the past thirteen years. Marian has served in several rolls while a Security Officer at St. Paul's Hospital. She has been a Training Officer and has also served in a temporary supervisory position, putting her experience and "people skills" to good use. Marian has been described as a "Community" person; always friendly, respectful, kind and compassionate when dealing with patients and others who are often anxious and emotional.

On days off, Marian is very active in her church activities which is evident in her caring and compassion for others. Marian is a valuable member of the St. Paul's Security Department, described by fellow co-workers as a real genuine person; a hard worker who never says a bad word about anyone or anything and is always there and willing to offer her colleagues a helping hand, a true reflection of St. Paul's core values. Congratulations Marian on your 25 years of service. We are very proud you are on our Team.

*D*eb Berscheid has been employed by the Saskatoon Health Region since June 1989. She started as a new graduate filling maternity leaves in Hematology and Microbiology at SPH. In 1991 she got a permanent job in Microbiology at SPH and worked there until lab amalgamation in 1996. Deb worked for another year at RUH in the Microbiology Department after amalgamation and then came back to St. Paul's Specimen Management Department for one year. She transferred to the Hematology Department at SPH in 1998 and then transferred to the leadership position for technical support as a Hematology Tech 2 position in 2004 until present.

Deb has a daughter Brittany and a son Danny. She married Max Berscheid in the



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summer of 2011 and has lately been setting up a new home in Martensville. She has no human grandchildren yet but her and Max are happy to be bringing a new puppy into their home. Deb is a very caring individual and is always willing to help out a friend or co-worker anyway that she can.

We appreciate your service Deb and are glad to have you on our team. Congratulations. We are so proud to celebrate with you.

**C**arrie Bomok has been employed since July 31, 1989 in the Housekeeping Department at St. Paul's Hospital. She is very welcoming, cheerful, friendly and compassionate to all patients, visitors and staff.

Carrie enjoys the company of her two sons, granddaughter, family and friends. She is looking forward to her retirement next year to spend time traveling and to be part of the Blue Jay games hoping to catch a ball.

When Carrie was asked "What do you like about St. Paul's Hospital?" she replied, "We are all family."

Congratulations Carrie on 25 years of service!

**T**erry Bradley has been employed by the Saskatoon Health Region since 1989. Terry completed her studies as a Medical Laboratory Technologist in 1984 at SIAST in Saskatoon but jobs in this field were very hard find (How times have changed). She started at St. Paul's Hospital working within the Laboratory on the Phlebotomy team. Terry liked the work and the hours were great for her family. She transferred into the Specimen Management Department in 1996 and then in 2008 transferred to Chemistry when she wanted a new challenge for her spoken career. Keeping busy is Terry's passion so she transitioned well to a High Volume Lab System after amalgamation in 1996.

Terry married her high school sweetheart, Earl, after meeting in the Northern Manitoba Town of Snow Lake. She followed Earl to Calgary after a move to Brandon, and then moved to Saskatoon where they raised 2 sons, Kyle and Daron. Terry cherishes her grandson Kayden and is looking forward to

her second grandchild in March 2016.

Terry has fond memories of all the great staff she has worked with in the lab at SPH. Microbiology had great staff but this type of work was not for her as she was consoled by the wash up sink and other moments of work had her in tears of happiness as she danced with a co-worker. The people she works with have contributed to a great career of making a difference for patient care.

We appreciate your service Terry and are glad to have you on our team. Congratulations. We are so proud to celebrate with you.

**S**haron Chartier: St. Paul's has played an important role in Sharon's life right from the beginning. She and her four brothers were all born at St. Paul's, as was her oldest son.

Sharon grew up in the neighborhood, attending St. Mary's Church and banking at St. Mary's Credit Union, both situated across the street from the hospital.

Sharon graduated from Kelsey as an R.N. in 1989 and started working on the orthopedics ward. The new wing of St. Paul's had just opened. Alice Risling was Sharon's manager and Sharon still appreciates the support she received from Alice.

In approximately 1994, Sharon started working on 5<sup>th</sup> Surgery where she learned excellent nursing skills. The work was hard, the hours were long, and



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the patients were very sick, but Sharon says, "boy I learned a lot!"

Sharon stayed on 5<sup>th</sup> Surgery for about four years then decided to move back to Orthopedics where she worked for a few more years. There Deb Hicks became the nurse manager. Deb worked in the operating room for many years. During the summer slowdown, Deb allowed the nursing staff to go down to the operating room to watch orthopedic surgery.

Sharon was able to scrub in, stand next to Dr. Reilly and watch a total knee replacement. She was hooked! During this time, nurses were offered an opportunity to train through the O.R. Program and Sharon was lucky enough to get in to the program. She has worked in the St. Paul's Hospital Operating room since then.

Sharon still feels lucky to work in the Operating Room and still looks forward to coming to work. She has met a lot of great nurses, doctors and other staff over the years whom she will always remember and appreciate.

Sharon thanks St. Paul's for 25 years; however, St. Paul's and the OR staff of the Operating Room are most thankful to Sharon as well for her great service. Congratulations Sharon on your 25-year achievement.



**R**osemarie Coroy, is known to her department as Rose and known to some as Moona.

Rose has been with the Saskatoon Health Region for 25 years. She has worked for Housekeeping, Switchboard and at Visitor Information at St. Paul's Hospital.

Rose was born around the Hafford area and attended high school in Estevan. She has been married to Gord for 31 years and has a daughter Kimberly and a son Scott. Rose is very family oriented and dedicated to her family.

One of Rose's hobbies is Bingo.

Recently Rose and Gord downsized from their home in Saskatoon and moved to a new home in

Martensville.

Rose is very friendly and some say she has the gift of gab. Rose is a dedicated employee and a valuable member to the Visitor Information and Switchboard team.

Congratulations Rose on 25 years of service.

**D**anette Currah has been employed by SHR since September 12, 1989. She started her career at RUH and worked in dietary until 1993. When she came to St. Paul's Hospital she started on 6<sup>th</sup> Floor and worked as a Unit Aide. After that Danette portered in the X-Ray Department before coming to 7<sup>th</sup> Floor which was then Urology, Plastics and ENT, as a Unit Clerk in 1994. She has continued to be a part of the team on 7<sup>th</sup> Floor which is now 7<sup>th</sup> Medicine, and is a valuable team member.

Danette is married to her husband Al and she has two children, and four grandchildren. When Danette has time away from work she enjoys travelling, camping and spending time with her grandchildren.

Danette will be retiring at the end of October. Thank you Danette and congratulations on your 25 years of service. We are fortunate to have you on our team.

**G**iles Cyr attended Sion High School and graduated in 1989. He began his career with the health region on April 18, 1989 with the Housekeeping Department at Royal University Hospital. He worked for 18 years at RUH before moving to Parkridge Long Term Care where he worked for 2 years eventually circling to St. Paul's Hospital Housekeeping Department where he has worked diligently for the last four years.

Giles is always friendly, respectful, kind and compassionate when dealing with patients, visitors, coworkers and other health care staff. He is always willing to assist with helping out whenever called by housekeeping supervisors and coworkers, which he does in a timely manner. No

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wonder he was a recipient of a Bravo Award last year following nomination by his fellow coworkers. He is a true definition of being a team member.

On days off, Giles enjoys travelling to see new places. He is quick to give fun details and stories about his trips.

He is a very important member of the Housekeeping team, a hard worker who is always willing to offer his colleagues a helping hand, and a true reflection of St. Paul's core values.

Congratulations Giles on 25 years of service!

*B*erthe Denis was born as the middle child of a family of 6. They lived on a ranch near a French town, named Lisieux in southern Saskatchewan on the Montana border. She was influenced by eight aunties and cousins who are RN's in both official languages.

As a child, Berthe was greatly influenced, in particular, by her Auntie Lucille, who lived with the family and was a Grey Nun in the jungles of Chapadinha, Brazil. Auntie Lucille worked with traditional Western medicine, herbal medicine, and was an awesome artist. She taught Berthe a lot about medicine and herbs, as well as art. (And, No, Bev, Berthe doesn't know what to do with a goat's bladder, LOL). This interest in allopathic and herbal medicine continues for Berthe.

Berthe's early education was entirely in French, as she went to a French grade school in Lisieux, a French elementary school in Willow Bunch (home of the "Giant", an 8" 4' French boxer), and a French high school, "College Mathieu" in Gravelbourg, SK. Berthe graduated with her RN diploma from Saskatoon Kelsey in 1980.

Berthe's twenty-two year career at Saskatoon City Hospital included time on general surgery, plastic surgery, neurology, orthopedics, pediatrics, urology, endoscopy, maternity, gynecology, oncology, and emergency. She transferred to RUH gynecology/ oncology in 2002. Berthe joined the St. Paul's Community Dialysis family in September of 2008.

Although Berthe married and farmed in St. Denis for 21 years, she divorced in 2002, and is still single (wink wink). She

took some time off nursing to have 3 children. Her eldest son Cedric, was born in 1987, and graduated as a fire fighter in Vermillion, Alberta, and then proceeded to graduate as a Paramedic here in Saskatoon. Daughter Roxanne followed in 1988. She was also educated completely in French, and now works as a French/Spanish teacher in Vonda, Saskatchewan. Youngest son Joel, was born in 1992. 2015 was a banner year for him, as he both graduated as an Agricultural Biological Engineer, and also married Sarah. He farms with his dad in St. Denis, Saskatchewan.

As you can tell, Berthe is very proud of her children and her accomplishments of multi-site work experience. The many challenges were all rewarding.

Today, Berthe is very interested in Saskatoon Arts and music, world travel, and the art of flipping houses.

*D*arcy Engel was hired on July 10, 1989 to work in the department of Sterile Processing Department (SPD) at St. Paul's Hospital. After approximately one year of training, Darcy took the Sterile Processing Course through SIAST. She worked a temporary half-time position on 5<sup>th</sup> Medicine as a unit assistant and remained casual in Distribution.

In September of 1995 Darcy started a permanent half-time position in Day Surgery as a Unit Assistant which worked out well since she had her 2<sup>nd</sup> and 3<sup>rd</sup> child shortly thereafter. Eventually, Darcy found another half-time position in





Darcy is adding to her Day Surgery position to bring her hours up to full-time.

The years have definitely flown by for Darcy and she states that she has enjoyed St. Paul's Hospital because of the wonderful staff and patients she has encountered over the years.

Darcy currently works in the Pre-op Unit and Day Surgery Department in a full-time 12-hour position, which she really enjoys! Darcy looks forward to many years ahead and one day, retirement.

Darcy is an asset to the Day Surgery Unit in providing support to the nursing staff as well as providing a friendly voice at the front desk, whether it be answering phones or providing information to patients and their families. We are very happy to have Darcy as part of our team.

**C**oleen Erickson graduated from nursing in 1989 from SIAST. She started her career at RUH working casual on Unit 5100, which at that time was Ophthalmology and Urology. Coleen was encouraged to come over to St. Paul's Hospital by her mother, Merna who had worked at St. Paul's for many years. Coleen took a part-time position on 5<sup>th</sup> Medicine where she worked for 5 years. For the

last 20 years, Coleen has been working in the Emergency Department and can't imagine working anywhere else.

Coleen is married to Terry and has two grown sons Brodie and Logan, and a grandson Will. Coleen also has three step children and a step grand-daughter.

Coleen spends a lot of time with her large family. There are always family suppers, trips to the lake and now that her son Brodie has moved to Abbotsford, Coleen is also spending a lot of time enjoying the Coast.

Coleen is proud to call St. Paul's her work home. She has developed many friendships amongst her coworkers sharing with them lots of laughs, frustrations and accomplishments.

Coleen credits the many years she has spent in Emergency to the great group of friends she works with. As Coleen puts it, "We are like one big family!"

Coleen is a great asset to the Emergency team and we congratulate Coleen on attaining her 25 year Long Service Award this year.

**M**aryanne Fedora has been in various roles with the Saskatoon Health Region including: Continuing Care Assistant at Sherbrooke, Porter with Diagnostic Imaging and Continuing Care Assistant with Home Care.

Maryanne exudes joy when working with patients. She is a very hard worker and known for her wonderful attitude. Her dedication to the areas she has worked and her positive outlook has made her a great employee and friend.

Away from work, Maryanne enjoys spending time with her husband Roger and daughter Shaylene. Maryanne enjoys needlepoint, gardening and quading and looks forward to visiting with friends over a good cup of coffee.

Congratulations Maryanne on this milestone!

**R**on Flach started working with St. Paul's Hospital on May 15, 1989 as a Controls Technician looking after heating and ventilating systems. He was hired on from one of the contractors working on the expansion.

Through Ron's knowledge and caring of the building, and the people in it, he has saved St. Paul's Hospital many times over the past years,

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both in money and repairs. Ron is always willing to help with projects and equipment installations.

Ron completed his 4<sup>th</sup> and 3<sup>rd</sup> Class Power Engineer Certificates while at St. Paul's Hospital. He was also Chair for SEIU at St. Paul's for 15 years helping negotiate many contracts.

Ron loves to spend time at Candle Lake working on his cabin and also on friends' cabins. He also finds time to go fishing with his wife and grand kids.

Ron is a very valuable asset to St. Paul's Hospital. Congratulations Ron on your 25 year service achievement award.

*Donna* Flahr was born and raised in Saskatoon, graduating from City Park Collegiate. Following graduation she went to the U of S College of Nursing and graduated in 1980. Donna has had a busy career working in a variety of different positions while pursuing many educational opportunities.

During the first years of her 25 years with the Health Region she worked in Medicine, Urology/Gynecology, and Home Care (working as a Supervisor and as a Clinical Educator).

During her time as Clinical Educator Donna started the Wound Care Resource Team while completing the Interdisciplinary Interprofessional Wound Care Course out of the U of T.

Following this she worked in a Regional Skin and Wound Care position as Equipment and Product Standardization Nurse at RUH. In 2008 Donna was awarded her Masters in Wound Healing and Tissue Repair from the University of Wales. She worked in this position at RUH until she joined the General Medicine Staff at SPH as a Clinical Nurse Specialist. During this time Donna also found time on the side to work for Health Canada as a wound expert consultant for on-reserve nurses and as a Canadian Association of Wound Care Faculty member. Currently Donna is still teaching part time at the College of Nursing; working as a wound expert at a LTC facility and teaching wound care workshops provincially for Continuing Education & Development for nurses at the U of S.

Donna is married and has a son and a daughter. She has travelled to many parts of the world during her career and will continue to do so. Between 2006 and 2009 she had taken a leave to

travel to Jordan and live there for 3 years with her husband while he was working as Chief Financial Officer for Arab Potash.

Donna has and will be missed by all. She was an extraordinary wealth of knowledge and was instrumental in developing and implementing some key changes with patient care. We will all miss her great sense of humor, approachable personality and the genuine care she had for all patients.

Congratulations Donna on 25 years of service.

*Nancy* Fortier has been employed by the Saskatoon Health Region since June 12, 1989. She completed her Degree in Nursing at the University of Saskatchewan in April and started working as a new grad on 3<sup>rd</sup> Medicine at St. Paul's Hospital. In the fall of that year, she moved to 5<sup>th</sup> Medicine when that unit opened. Nancy worked on 5<sup>th</sup> Medicine for eleven years before moving to the Hemodialysis Unit in 2000. In the fall of 2002, Nancy moved to the Peritoneal Dialysis Program as a Patient Educator and has been there for the past 13 years.

Nancy has enjoyed the experience of training numerous patients over the years. She has found that each patient is unique and even though she is the instructor, her patients have taught her many important lessons. Developing new training tools and policies challenge her creativity and keep the job interesting after all this time. Nancy also appreciates working closely with all the members of the Home Based Therapy team who make the workplace fun.

Nancy has been married for 26 years and has 2 children. In the winter, she enjoys travelling to warm destinations to escape the cold and snow. Summertime is spent at the lake camping with her family and friends. Nancy also enjoys gardening, yard work, baking, and spending time with friends.

Congratulations Nancy on your 25 years of service.

*Doriana* Frassetto Meakin was born in Saskatoon to parents who had recently immigrated from Italy. She grew up in Saskatoon and attended SIAST to take her nursing training graduating in 1988. She worked in the ICU department at the Regina General Hospital for 1 year and then came to St.

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Paul's Hospital ICU where she continues to work.

Doriana and her husband Tim have an 8 year old son, Luca. Doriana is always busy – she enjoys being a hockey Mom, reading, crocheting and cross stitch. In the summer time she looks forward to spending time at the lake.

Congratulations Doriana on achieving 25 years of service.

**D**ianne Freilinger's career in Nursing began when she moved to Saskatoon from Moose Jaw to begin training as a Certified Nursing Assistant. Dianne's first position was at Royal University Hospital on Unit 3AB Respiratory, where she worked for a year before deciding to return to school. The Saskatchewan Institute of Applied Science and Technology (SIAST) was offering a bridging program and two years later, Dianne graduated with a diploma in Nursing. It was during the first year of her Nursing education that Dianne met Ron. They married in 1977, the year Dianne graduated.

In January 1978, Dianne began work on a Medical Unit. A year later, Dianne and Ron welcomed their first daughter, Shannon. Two years later, a sister for Shannon, Christine, was born. When Dianne made the decision to return to work, she applied for a job-share position on what was then 3<sup>rd</sup> Floor Medicine at St. Paul's Hospital. After three years, Mathew was born – a brother to his two older sisters.

One of Dianne's friends, Melody, had an interest in working on the Palliative Care Unit in the new A

Wing at St. Paul's, so Dianne joined her on a tour of the area. In the end, it was Dianne who met with Nancy Guebert, Manager, Palliative Care, and accepted a part-time position working a four-hour shift on the Unit. Sadly, a year later Dianne and two others faced lay off. Dianne was able to continue working as a casual on the Palliative Care Unit and sought opportunities to return to a permanent position.

Genuine and compassionate with patients and their families, Dianne is a life-long learner with many skills and abilities. Over the last 25 years, Dianne worked primarily on the Palliative Care Unit as a part-time and casual nurse providing direct care to patients and support families; as a Palliative Care Coordinator; and as a Research Nurse working with Dr. S. Chary and participating in studies related to pain management and physician assisted death.

Dianne has a love of learning, life-long friendships, a genuine caring and interest in people, and is the keeper of the memories, the photographs and history of the Palliative Care Unit at St. Paul's Hospital. Dianne remembers bereavement teas held for staff and families and lots of celebrations. Dianne is the first to ask when the Christmas tree will be delivered to the Palliative Care Unit and the first to volunteer to decorate!

When asked what is special about St. Paul's Hospital, Dianne said, "It's the family feel; it began with the Grey Nuns and I really miss the Nuns; knowing the people you work with; a big house and everybody is family".

It is evident in all Dianne says and does, that family and friends are very important to her. Dianne particularly enjoys spending time with her grandchildren, Anna, age five and a half, and Oliver, age two and a half. Two years ago, Ron retired and now Dianne has decided to begin a new adventure in the New Year – retirement.

Congratulations, Dianne, on your 25 year long service award, and on your upcoming retirement. Thank you for keeping the history and tradition of the Palliative Care Unit at St. Paul's hospital at the forefront of all we do.



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**C**indy Gallucci has been employed with the Saskatoon Health Region since 1988. She started her career at Sherbrooke and worked there for 18 years as a special care aide. In 2006, Cindy came over to St. Paul's and worked in dialysis as a Dialysis Assistant, then moved over to 7<sup>th</sup> Surgery (Plastics/Urology/ENT) as a CCA and has remained on 7<sup>th</sup> as it transitioned to a Medicine Unit.

When Cindy has time away from work she enjoys spending time with her family and grandchildren. As well, she enjoys shopping, restoring antique furniture and doing home decorating.

We are fortunate to have Cindy on 7<sup>th</sup> Medicine. She is a valuable team member.

Thank you Cindy for your 25 years' of service and your continued commitment to 7<sup>th</sup> Medicine and St. Paul's Hospital.

**C**arol Grant: Saskatchewan Air Ambulance is very fortunate to have her as one of our flight nurses. Her compassion and expertise as a Registered Nurse exemplifies the highest level of care to our patients we serve throughout the province.

Carol obtained her bachelor's degree in nursing with distinction from the University of Saskatchewan in 1989 and began her nursing career on Surgery 3000 at Royal University Hospital in May of that year. In 1991 she moved to the Intensive Care Unit at RUH and practiced in critical care for over 20 years as a bedside practitioner and Clinical Coordinator. Additionally, she practiced as a Clinical Nurse Educator in temporary positions on 5<sup>th</sup> Medicine at St. Paul's and ICU at RUH. For a few years Carol was also an Infection Control Professional in the health region.

Carol's desire to return to direct patient care in

the fall of 2011 was a win for Saskatchewan Air Ambulance and is recognized by her peers and other health care professionals as an experienced, valued member of the air-medical crew with Air Ambulance.

Carol has demonstrated leadership and mentorship throughout her nursing career through active participation in such endeavors as the Canadian Critical Care Collaborative, as a reviewer of the Canadian Nurses Association registration examination and more recently as an active member of the Saskatchewan Air Ambulance quality assurance program and lead in re-design of Air Ambulance's supply management through application of Lean processes that have streamlined the on-hand inventory of supplies at the hangar.



Carol is married to her husband Chris and they are very proud of their 2 sons Alex and Tristan. Carol is active outside of work with walking and canoeing as some of her activities she enjoys and is very active in her church.

Saskatchewan Air Ambulance congratulates Carol on 25 years of service to the citizens of Saskatchewan and we are proud of her!

**M**elanie Hounjet grew up in Saskatoon. She took her nursing at SIAST, graduating in 1988. Once completing her nursing training, Melanie worked at Saskatoon City Hospital on surgery; and Royal University Hospital on surgery, cardiology and cardiovascular surgery. In 1998 she came to St. Paul's Hospital ICU where she continues to provide exceptional care for patients and their families

Melanie is a hard worker who enjoys a challenge. She is always furthering her knowledge and looking at methods to improve care.

Melanie has two boys and one daughter; Lionel age 24, Carlin age 23 and Celine age 19. Lionel is

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organic farming and Carlin and Celine are attending University. Melanie enjoys reading and going for long walks with her dog.

Congratulations Melanie on achieving 25 years of service.

*P*eggy Kachur started her nursing career as a CNE. She worked at Melville Hospital for two years, then moved to Saskatoon and got married. She worked in a family physician's office for seven years. After that time Peggy decided that she needed more of a challenge and returned to the Hospital setting. She was hired as a CNE at St Paul's Hospital in 1989.

Peggy then decided to further her education and took the Advanced Placement Bridging Program and became a Registered Nurse in 1991.

Throughout her nursing career at St. Paul's, Peggy worked on Medicine/Surgery, Orthopedics, Gynecology, Urology/Plastics/ENT and Diagnostic Imaging. Currently she is working on 7th Medicine. The majority of Peggy's career has been working part time, and mostly nights to accommodate her family life. Sometimes she refers to 7<sup>th</sup> floor as "7<sup>th</sup> heaven" because of the amazing team.

Peggy and her husband have been married for

33 years and have two children.

Peggy enjoys spending time with her family, gardening, cooking, curling, shopping, and ice fishing and summer fishing. She and her husband also enjoy renovating and restoring their old farm house where her husband grew up.

Peggy states that her nursing career has served her well and it is one of her best life choices, and she also feels blessed to have St Paul's Hospital as her employer. Peggy is a valuable team member on 7<sup>th</sup> and we feel fortunate to have her on our team.

Thank you Peggy for your 25 years' of service and your continued commitment to 7<sup>th</sup> Medicine and St Paul's Hospital.

*P*am Kemp is Saskatchewan girl through and through. She graduated from Kamsack High School then went on to obtain a Nursing Assistance Certificate from Kelsey Campus (SIAS) in 1974. With this certificate Pam started working at St. Paul's Hospital Emergency Department where she stayed until 1976. Pam then transferred to 3<sup>rd</sup> Floor Medicine where she continued to work as a Nursing Assistant until 1977. In 1977 Pam took a position as a Nursing Unit Clerk and remained working on 3<sup>rd</sup> Floor SPH until 1984.

Pam decided it was time for a career change and took the Respiratory Therapy Program at the Southern Alberta Institute of Technology where she graduated in 1989. Following graduation Pam briefly worked in Edmonton, Alberta but returned to her St. Paul's Hospital roots in October 1989 where she joined the Respiratory Therapy Department. Pam has remained at St. Paul's Hospital her entire Respiratory Therapy career and moved into the Respiratory Therapy Supervisor position in 2006.

Although Pam is only being recognized for 25 years of service, she has actually worked at St. Paul's Hospital for a total of 36 years.

Pam is married to her husband Roy and they have a daughter Stephanie. Pam has two step-daughters Chelsea and Allison.

Pam enjoys gardening and spending time at Candle Lake in the summer. Pam has been in a few choir groups with the last one being the Choraliers. Her interests are crocheting afghans, scrap booking, travel and collecting pencils/pens from different parts of the world.



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Congratulations on your many years of service.

*D*ana Kroeker decided on a career in Nursing after carefully considering her options. Graduating from Kelsey in 1987, Dana's first position was on Oncology at Royal University Hospital. Working on Oncology, Dana recalls being drawn to end of life care and supporting patients and families throughout.

Seeking adventure and nursing experience, Dana went to Spiritwood and Leoville and worked in a variety of areas including acute care, emergency care, and long term care. Although the people and the experience were wonderful, Dana missed life in the city and her friends.

A call to Nancy Guebert, Manager, Palliative Care Unit at St. Paul's resulted in a permanent full-time position for Dana! She was thrilled to be working in an area she was passionate about, with co-workers who quickly became friends. Sadly, Dana was one of three palliative care nurses who were laid off from their positions in 1991. Although it was a difficult time, Dana was resourceful and found work in Orthopedics, Post-Partum, Home Care, Palliative Home Care and even as a casual and job-share partner on the Palliative Care Unit. A new chapter in Dana's career began when Nancy Guebert offered her a position in the first Pain Clinic at the Saskatoon Cancer Center. Dana worked for two years in the Clinic and then for 15 years in Radiation Oncology.

A proud mother, Dana's eldest son, Josh, is in Germany completing a masters' degree in global history and plans to enter law. Her daughter, Jade, is living in Regina and attending university. Lucas, her youngest, is in grade six and made city wide PeeWee in his first year! Supporting the team all the way is Dana, a very proud Mom and the manager of the team.

Two step-sons, Ryan and Mathew, complete Dana and Tim's family. Ryan is in third year at the University of Saskatchewan and played with the Hilltops. Mathew is in grade 11, a teenager whose full-time job, Dana sometimes thinks, is to surprise, amaze, and possibly drive her crazy!

Today, Dana's career has come full circle, and she works as part of a team with clients and their families at the Saskatchewan Cancer Center Symptom Management Clinic.

When asked about St. Paul's Hospital and how it influenced her career, Dana said, "I can't see myself doing anything else. There's so much joy in working in Palliative Care. Between all of us, patients, staff, everyone, there was a sense of community and always a feeling of being supported. It was a good place to come to work!"

Congratulations, Dana, on your 25 year award for long service and for being part of the Palliative Care team from the beginning.

*S*usan Lamarche has been a valued employee of SHR since 1990. Her career began in 1984, where she started as a Registered Nurse in Maple Creek Saskatchewan. From there Susan, with her husband Ray, enjoyed life and work in several cities in western Canada. Calgary and Nanaimo were called home for Susan and Ray and where their first two children, Jerad and Kelsey, were born.

Susan and her young family moved back to Saskatchewan where a third child, Danielle, was welcomed to the family. On moving to Saskatoon, Susan soon started at St. Paul's Hospital in 1990. Working primarily on the medical wards, Susan worked as a float nurse for a time. Several departments at St. Paul's have been lucky enough to be Susan's "home" over the years: 5 Medicine, Renal Unit, CRI & PD, and most recently the Saskatchewan Transplant Program. In 2004, while working and caring for her busy family, Susan completed her Bachelor of Science in Nursing.

During her time at the Transplant Program Susan has seen and assisted in changes and new program developments. Most recently this has included: Kidney Paired Donation program, Highly Sensitized Patient registry, CORR research, as well as many awareness campaigns to name a few. More importantly Susan has been an essential part in dozens of individuals with kidney disease receiving renal transplants. Her dedication and knowledge were crucial in assisting these patients and their families through the complicated process of transplantation.

Susan is certainly no less busy at home. Her love and commitment to her family, both immediate and extended, is obvious in all she does. This is an important value that she has passed on to her children and inspired in all who know her. Her three beautiful children have kept her busy over the years

with Irish dance, sports, and hundreds of events and occasions. A love of travel has also kept the family busy traveling all over the world. Most recently, a trip to Japan with her husband Ray.

Congratulations Susan on 25 years of service with Saskatoon Health Region and 30 years as a Registered Nurse. The Saskatchewan Transplant Program and the individuals we serve are fortunate to have you supporting us. The impact your care has made to the quality of life for so many cannot be measured. We thank you and are proud of all you have accomplished.

*J*ami Leedhal has been employed by the Saskatoon Health Region since February 13, 1990 and she has been with St. Paul's Hospital Housekeeping Department since she came into the region. She graduated from E.D Feehan High School in 1977.

Tami is one of our charge people; she is both a leader and a team player coordinating other coworkers while offering a helping hand to ensure that the work gets done on time. She also gets along well with patients, visitors and other hospital staff.

On days off, Tami enjoys gardening but her true pride and joy is her family. Tami is married with one daughter and three grandchildren and she enjoys spending time spoiling each of her grand kids.

Tami is a very important member of the Housekeeping team at St. Paul's, a hard worker who is a true reflection of St. Paul's core values.

Congratulations Tami on 25 years of service!

*B*ernard Lepage trained as a Medical Laboratory Technologist at SIAST 1987/88 and then did his practical training at Saskatoon City Hospital 1988/89. Bernard started his career at Medical Arts Laboratory in Saskatoon on Dec 18, 1989 initially in a float position where he would arrive at work every morning and then depending on operational need would be driven to a satellite lab to work for the day. He then moved into a full time position in Hematology after one year. In 1996, following lab amalgamation, he transferred to St Paul's Hospital where he worked part-time in the Specimen Management department and then transferred to a full-time position in the Hematology department.



He accepted a Technologist 2 position in the Hematology department in June, 2000. Bernard is now expanded his learning in the leadership role of Supervisor for the Department of Pathology and Laboratory Medicine within the Lab at SPH.

Bernard and his wife Diane married in November, 1989 and have one son, Zachary. He enjoys his time at the lake in the summer. He is an avid computer aficionado, always willing to give advice to people that are less savvy than he is.

Bernard is a hard worker who is always willing to help out other staff. He is very methodical and always gets projects done on time. We look forward to his leadership within the laboratory as well as the community of SPH.

We appreciate your service Bernard and we are glad to have you on our team. Congratulations. We are so proud to celebrate with you.

*K*en Lepage started his career in Pharmacy at St. Paul's Hospital in May 1989 and has been a valued employee here for the past 25 years. Over this

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time there have been many changes, starting with the department move from its old spot on 2<sup>nd</sup> floor B wing, to the current location. In his early career, Ken's work focused on drug distribution; ensuring the right patient received the right drug at the right time. This core function continues to be critically important. Today, however, Ken is accountable for medication use, safety and outcomes. A typical shift includes best possible medication histories, medication reconciliation, medication order review, care plan development, drug level monitoring, pharmacokinetic calculations, drug information, medication counseling and discharge planning.

Ken collaborates with our pharmacy technicians to ensure drug distribution and medication reconciliation processes run smoothly. His work no longer takes place solely within Pharmacy. Clinical shifts are spent on the nursing units, consulting with physicians, nurses, patients and their families to ensure the best possible outcomes from drug therapy.

Ken is recognized as a leader by his coworkers. He performs well in both his clinical and distribution roles. Ken is a quick learner, adaptable and exceptionally proficient in the dispensary. He has a strong work ethic. His years of experience and his amazing breadth of knowledge make him an excellent clinician particularly in his ICU practice. Ken is an excellent teacher and supports new staff, residents and students as they gain experience.

Ken has strong computer knowledge. He looks for creative ways to use technology to improve workflow and has made many contributions to process improvements within Pharmacy. Stewardship of resources is important to Ken and he encourages us to implement processes that make the best use of our time while reducing paper, ink and printing costs.

Ken contributes to the changes and improvements within our department by sharing his ideas. He is a good critical thinker and always

brings alternate viewpoints to our discussions. Ken challenges us to consider different solutions and offers contrasting perspectives on pharmacy practice. He contributes to our success.

Ken has a great sense of humor and loves to share stories. He makes a conscious effort to ensure the workplace is fun because he believes this is very important for good teamwork & productivity. Many of Pharmacy's greatest practical jokes can be traced back to Ken.

We are so proud to celebrate Ken's 25 years of service to St. Paul's Hospital and look forward to many more.



Sheldon Loveridge began work in the Region on September 29, 1989. He began his career at Central Laundry, and later transferred to Parkridge Centre. Sheldon finally ended up at St. Paul's Hospital where he settled down.

Sheldon is married with two teenage children who keep him very busy. He enjoys working on his house and yard, recently completing an extensive renovation to house. It is believed that he will have to take a break after that.

In his spare time, Sheldon enjoys fishing and playing his guitar. Just ask him about his trophy fish and you will have his attention.

Sheldon is a great asset to our team. Congratulations Sheldon on your 25-year achievement award.

Phung Lu first started in the Laundry Department at St. Paul's Hospital. When the Laundry Department was centralized, Phung made the move in 1993 to come to Food and Nutrition Services at SPH. All these years, Phung has been a very dedicated worker.

Phung comes to work whenever you need her, she full fills her duties with accuracy on the tray line and is very courteous with the patients she is delivering meals to, and is an important and great part of the team. Phung says she loves her work here!

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Outside of work, Phung loves to spend time with her family and visiting her son and daughter. She stays fit by going to the gym and loves to walk her family's puppy. Phung also loves to cook and on occasion she has shared with us some pretty fabulous Spring Rolls. Congratulations Phung on 25 years of service!

Lorraine Marquis received her BA at the University of Saskatchewan then went on to complete her BSW at the University of Regina during which she completed a practicum on Psychiatry at SCH. She later completed her MSW in Calgary.

She has been employed with in the region in several different areas: SCH (Emergency and Geriatrics); RUH (Pediatrics and NICU); Community Services (staff social worker then a Senior); Senior at SCH and PRC; IPP Policy Consultant; Senior for Critical Care at SPH.

Lorraine has been a co-recipient of the Dr. F. J. Gathercole memorial Scholarship and she served on the ADAT Development Team that was awarded a Quality Award in 2006.

Lorraine completed the SHR Leadership and Management Succession Program in 2011. She has been instrumental in developing policies and procedures for SHR Social Work as well as Interprofessional Practices.

Lorraine and her husband Michael have raised three children together. Lorraine enjoys travelling with her family, time with her grandchildren, painting, gardening, fishing, and friends.



Darlene Nagy started in December 1989 and worked at Central Laundry until it closed in 1992. She bounced to several positions including an Emergency Aide and 6<sup>th</sup> Floor Aide. She settled in with SPD at St. Paul's Hospital Processing, then Royal University Hospital Processing and later St. Paul's Hospital Distribution. For the last two years Darlene has been a store person at St. Paul's.

Darlene is married with twins, a boy and a girl. She has a jovial sense of humor. Her nick name is Donkey. Darlene likes to bake cinnamon buns in her spare time which she shares with staff at work.

Darlene is very dedicated. She always comes to work with a smile on her face. She is a pleasure to work with and has an upbeat personality. Darlene brings out the positive in every work situation. She is a great asset to the stores staff.

Congratulations Darlene on 25 years of service.

Maureen Nazar started in 1989 with Food and Nutrition Services as a casual staff member. She then moved to part time in 1990, and then in 1998 Maureen became a full-time employee with Food and Nutrition Services.

Maureen comes to work every day and exemplifies excellence in all she does, from working on the tray line, to delivering meals to patients and working in the dishroom. She is very kind and compassionate with the patients when she is delivering their meals to them. Maureen has a sense of humor and is a good listener.

Outside of work Maureen loves to visit with her family. She also loves to work in her yard with her plants and have wiener roasts.

Congratulations on 25 years of service!

Shirley Pawluk has been with the Saskatoon Health Region since 1978 starting as a clerk in Non-Invasive Cardiology. Shirley furthered her education by becoming a Cardiology Technologist from 1979-1995, then by writing the American Registration of Diagnostic Sonographer exam in 1997.

Shirley continues to work in Non-Invasive Cardiology at SPH as a Cardiac Echocardiographer, where she is a highly valued and respected member of the SHR

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team.

Everyone who has had a chance to work with Shirley knows she is a hardworking, dedicated professional who always puts the patients first. When asked to reflect on her career, Shirley commented that “she has seen lots of changes and loves what she does.”

Congratulations Shirley!

**K**athy Perrin, RN, BScN, CMSN (C) graduated from Medicine Hat College Diploma Nurse Program in 1985, and earned her Bachelor Of Science in Nursing at the University of Saskatchewan in 2005. As a new graduate she worked in rural Saskatchewan in the Maple Creek Hospital. She moved to Saskatoon in the fall of 1989 and worked many areas of St. Paul’s Hospital, starting out in Labor and Delivery, then to 5B, 5<sup>th</sup> Medicine and on to Intensive care in 1996. Kathy has been a Clinical Nurse Educator since 2006 supporting the Medical Units at SPH.



Kathy serves on many committees, Nursing Practice, Insulin Task Force, Quality Improvement, SRNA (Internationally Trained Nurses ) to name a few. She has been the lead for developing and maintaining the SHR High Acuity Curriculum course for nurses. Kathy is a skilled teacher, her credo: Keep teaching simple and applicable.

Her goal has always been patient safety. Kathy is a champion for evidence-based standards of patient care, and works very effectively with nursing and other disciplines to make those standards a reality in clinical practice. She is a leader and mentor for many nurses, including her Clinical Educator colleagues.

Congratulations to a valued member of the SHR Nursing Practice & Education department.

**D**eb Ridgway started her career in the Saskatoon Health Region as a Special Care Aide in 1989 in

Long Term Care and transferred to Saskatoon City Hospital in 1997.

Deb continued casual as a SCA until 2000. Deb then clerked until she transferred to St. Paul’s Hospital in 2007, where she currently works full time as a Unit Clerk.

Deb is married and enjoys traveling in her down time and spending time with her grandchildren.

Deb is a valuable member of Surgery 5A. She takes her job seriously, and enjoys working with patients, families, and staff. Team 5A staff described Deb as a knowledgeable, hard-working, caring and industrious person, with a crazy infectious laugh. She is a tremendous asset to our team.

We appreciate your service Deb and recognize the contributions you have made to the 5A Team and the Region over the years.

Congratulations on 25 years of service Deb.

**S**helley Romanski started with Food and Nutrition Services as a casual aide in 1989, she then moved to part time in 1990, and then finally full time in 2001. Shelley works with confidence to

complete her duties.

Shelley works quickly and efficiently while she is working on the trayline, and in the dishroom and while delivering meals to patients. She is respectful and kind while working with her co-workers and also when she is delivering the meals to the patients.

Shelley is an important part of the team.

Shelley loves to go to the gym to keep fit, and spending time with her family, and her friends tell me she loves to laugh.

Congratulations Shelly on 25 years of service!

**R**anda Shikosky’s mantra is: A Stranger is just a friend you haven’t met!

Randa is a well-known person around SPH. Everyone knows Randa and Randa knows everyone. She always has a smile on her face and an entertaining story to tell!

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Randa graduated from SIAST Kelsey diploma course in 1980. She worked from 1980- 1983 on 3<sup>rd</sup> Floor Medicine. She then moved to PACU till 1987. Randa then left her beloved SPH to move to Regina to work in ICU in the Plains Health Center for a change and to gain new experience.

She returned back to Saskatoon in 1989 and started working in ICU (planning only to stay a year and then move to BC), however she stayed. In 1991 Randa accepted a position in PACU, (after 20 years she was still the lowest in seniority for full-time staff and she always reminded everyone how young she was!) Randa did a temporary Clinical Nurse Educator job in 1995. During the early 1990's she was laid off 2x to operational reduction but then reinstated as the layoffs didn't occur. She was meant to be here! She then moved to Endoscopy in 2010 where she remains full time.

Randa has been very active in the SUN union and was president of Local 101 for many years. She has served on the SPH Personnel Association executive and has been a member of the OH and S Committee.

Randa and Craig have two daughters, Jordyn and Bailey, and one grand cat. Randa's mom was a RN and all she ever heard when she was young was "are you going to be a nurse like your mom?" And, obviously she did follow in her mom's footsteps. J

SPH is fortunate to have experienced Randa for all these years. Randa definitely lives the values of SPH. Randa is someone I can always count on to bounce ideas off, she is always willing to pitch in and do whatever is needed and can see the big picture.

Randa is a great Historian of SPH, you just need to ask her and she will remember something about whatever you are talking about! Randa loves to play jokes so the physicians and staff of Endoscopy always have to be on their toes!

Congratulations Randa on 25 years of service.

**S**elena Schrader graduated from SIAST in 1988

with a diploma in nursing. She began her career at RUH, Unit 6300 and then in 1990, Selena moved to St. Paul's Hospital to work in Saskatchewan's first ever Palliative Care Unit.

Selena has worked on many floors throughout her employment with St. Paul's, with the majority of her time being spent on 5<sup>th</sup> Surgery and in



Emergency.

Selena has been married to Terry for 28 years and they have two children, Melissa and David. Family is extremely important to Selena.

Selena is a strong advocate for organ and tissue donation and when Selena is not at work, she enjoys reading, cross stitching, crafts and Christmas.

Selena is a valuable member of our team. Congratulations on 25 years of service.

**C**arol Snider grew up in Vonda, about 40 minutes North East of Saskatoon.

Her first job in health care was in Food Services at St. Paul's Hospital in 1999. Carol spent many years in Food Services, and did many jobs. Among these: she delivered food to inpatients, worked nights to prepare food trays for the next day, and served staff and patients in the cafeteria.

Carol later moved to Housekeeping where she worked for a number of years at both St. Paul's Hospital and Royal University Hospital.

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For the past 2 years, Carol has been working in the Department of Medical Imaging at St. Paul's as a porter.

When not at work, Carol spends a great deal of time supporting her kids' athletic activities. She also enjoys scrapbooking and relaxing at home.

Carol's dedication to the department and friendly caring nature with staff makes her a great asset to the Department.

Congratulations Carol on 25 years of service!

**S**onia Sokyryka graduated from Canora Composite High School in 1967 and went into nurses training at the Winnipeg General Hospital, now the Health Sciences Centre, graduating in 1970. She was fortunate that this was one of the last schools to phase out training nurses in the hospital setting and allowing students to live in an on-site residence. She would never have been able to develop the lifelong friendships that came of this experience. Every five years she and her classmates get together at the HSC/WGH Alumni Dinner in Winnipeg to meet and remember the fun times of living in the residence. This last May her class celebrated its 45<sup>th</sup> Anniversary.

After graduating, Sonia's first job was in the Recovery Room at the WGH. Out of the 115 nurses who graduated, every grad was offered a job at the hospital. How times have changed. Since Recovery was considered a critical care area, she was fortunate to be offered the chance to take the 1-year critical care course offered by the hospital. Sonia also worked at the Grace Hospital and did some casual work at the Deer Lodge Veteran's Hospital before moving to Moose Jaw with her husband in 1975. This is where her three daughters were born.

Because of family commitments, Sonia decreased her hours and took on a position as part-time relief night supervisor and the responsibility of 150+ beds at Moose Jaw Union Hospital on the night shift. In 1989 she and her family moved to Saskatoon and Sonia joined the staff at St. Paul's Hospital first taking a position in ICU. After securing a position in PACU, with some casual work in Day Surgery and ER, Sonia feels she has come full circle once again, working in an area she loves, witnessing firsthand the changes and advances in this specialty area.

Sonia has been married for over 40 years to Harold, and has three daughters Christina, Elaine and Theresa and is a proud Baba to four grandchildren. She is very involved with her church and the Ukrainian community and is very proud of her Ukrainian heritage.

Sonia is very glad to have been a part of the St. Paul's workforce where she has always felt like this was her second family. She has always respected the faith-based mission of the hospital, and has never regretted working there even though she has witnessed many changes. Sonia will also never forget the tremendous outpouring of support from these friends and co-workers when her daughter Theresa was competing in Canadian Idol in 2004.

In the last 25 years these people have become her lifelong friends, and she knows that when she decides to retire in the next couple years, it will be a traumatic experience but she will have no regrets of ever choosing nursing as her career.

Sonia is a very hard working nurse who is a strong asset to the PACU staff. She brings many years of knowledge to the department and we thank her for continued dedication to the Recovery Room.

**M**andy (Amanda) Starkell graduated from SIAST Wascana Campus with a Diploma in Nursing in June 1989 and began her nursing career on August 3, 1989 on Level 5 Medicine at St. Paul's Hospital. Although Mandy was nervous coming to Saskatoon, it was almost like she was at home right from the start having been employed at the Pasqua Hospital (Grey Nuns) in Regina since she was a teenager.

She worked on several different units over the years (Dr. R. Baltzan teases her telling her she can't hold down a job!) and she has called Day Surgery her home for the past several years.

Mandy is very proud to be an RN and St. Paul's and feels blessed to have developed many long lasting friendships with both staff and her patients over the years.

Mandy is a strong member of our Day Surgery team. She works well alongside her colleagues and is a strong advocate for the patients who we serve. She is always willing to take on challenges and be supportive of our ever changing environment. Mandy is a definite asset to the Day Surgery Department.



**R**ayann Steel has been an employee of the Saskatoon Health Region since October 3, 1989. She started at St. Paul's Hospital on 6<sup>th</sup> Medicine as a part-time Special Care Aide then returned to school in 1993 and completed her Diploma Nursing Program at Kelsey Campus (SIAST) in 1995. Rayann transitioned from a Special Care Aide position to a Registered Nurse position on 6<sup>th</sup> Medicine in 1997.

In May of 2000, Rayann moved to work in the Kidney Health area at St. Paul's Hospital where she has had the opportunity to work in various roles throughout the service. This included Hemodialysis Nurse from 2000-2010 at the St. Paul's In Centre Unit & CRHC; Hemodialysis Clinical Coordinator 2010-2011 at the St. Paul's In Centre Unit; she assisted with data collection for Dialysis Outcomes and Practice Patterns Studies since 2010; was employed as a Hemodialysis Nurse in the North Battleford Satellite Unit as well as St. Paul's in 2011-2012, and in 2012, Rayann started her most challenging role in Kidney Health as the Dialysis Access Clinician where she remains today.

Rayann enjoys traveling as well as various outdoor activities such as hiking, kayaking & watching sports.

Congratulations Rayann on your 25 years of service.

**V**icki Strelieff has been employed by the Saskatoon Health Region since August 1989. She

began her career as a Medical Transcriptionist in Health Records at St. Paul's Hospital, after receiving an Honors Secretarial Diploma from Saskatoon Business College. Vicki moved to the Department of Pathology and Laboratory Medicine at St. Paul's Hospital in 1991, relocating to Royal University Hospital in 1995, and returning to St. Paul's Hospital in 2005.

Vicki has been married to Bob Forsyth for 16 years, and has three children; Derek, residing in Ottawa, Katie currently in Grade 10 and Bobby in Grade 7. In her spare time, she serves as president on the Saskatoon Highland Dancing Association, which hosts the Scottish Pavilion at Folkfest. She is also politically active with the Green Party of Canada, and was a candidate for the Green Party in both the last federal and provincial elections. Vicki enjoys travelling, and is looking forward to her first trip to Scotland in 2016.

We appreciate your service Vicki and are glad to have you on our team.

Congratulations. We are so proud to celebrate with you.

**K**im Taylor has been employed by the Saskatoon Health Region since July 1989. She started as a new graduate working as a casual within the Laboratory at SPH. She did a 6 month maternity leave in Chemistry and then moved to a part-time position on the Phlebotomy team. In 1992 she moved to a full-time position in Microbiology at SPH. In 1996 Kim started in Hematology following lab amalgamation, starting first as part time and now has been working full time since 2012.

Kim and her husband Kevin have two sons. The whole family are avid car and racing enthusiasts.

Kim is an excellent and patient teacher for our students and any new staff members. She is willing to spend the time and energy to ensure that her work is up to the highest standards at all times. Her ability to work within an environment of change has made her a great asset to our department.

We appreciate your service Kim and are glad to have you on our team.

Congratulations. We are so proud to celebrate with you.

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**O**live Van Nes was employed by the Saskatoon Health Region from June 1989 to January 2015, working the majority of those years at St. Paul's Hospital. It was in August of 2004 that Olive moved into the health records clerk position and this is where she remained until earlier this year.

Olive obtained her medical dicta-typist diploma through the Saskatoon Business College and indeed had done some dicta-typing in her career with us.

During her 25 years in the health region Olive was witness to remarkable changes in healthcare and Health Records was no exception. Computers became the way of the world during these past 25 years and Olive experienced Health Records during those days of the manual processes and learning the computer programs as her job evolved.

At the beginning of the year Olive left her position in the region. In addition to her contributions to Health Records we will also remember her cooking, baking, crocheting and the quilts she made.

We wish Olive all of the best in this new phase of her life!

**O**wen Westad first started working at Royal University Hospital in 1986 while he was employed by Saskatoon General Electric doing contract work for the RUH Planning Department. In his position as a Journeyman Electrician, Owen was tasked with doing numerous renovation projects within the hospital as well as network cabling for the IT Department. After 4 years of contract work Owen was hired on as a full-time employee of Royal University Hospital in 1990.

Owen worked as an Electrician at Royal University Hospital from 1990 until 2002, when he transferred to an Electrician position at St. Paul's Hospital. During Owen's time at St. Paul's Hospital he has been an active volunteer with numerous Personnel Association functions and a regular ticket seller at the Nevada Table. Owen is one of the key members of the SPH Maintenance Department staff, therefore, his expertise & advice is regularly sought after by our Managers and the Capital Planning Department.

During his time doing work for the IT

Department, Owen met his wife to be, Trudy, who is now a Manager in the IT Department. Owen & Trudy were married in 1992 and have 3 children, 2 daughters and a son. Owen lives on the family farm he took over from his parents, near Langham. Owen currently raises approximately 50 head of cattle on the farm and grows feed for them as well as 6 horses they have. In 2015 the farm received recognition from the Province of Saskatchewan as a Century Farm. Owen's hobbies include, Curling, Golfing, Camping, Traveling and of course Farming.

Congratulations Owen on 25 years of dedicated service!

**M**argaret Wiebe began her career with the Saskatoon Health Region at Saskatoon City Hospital where she worked in the Housekeeping Department for 19 years. She transferred to St. Paul's Hospital and continued working in the Housekeeping Department for 5 more years.

Margaret went back to school and received her CCA Diploma in 2013 and is presently working as a CCA/Dialysis Assistant in the St. Paul's Hospital Hemodialysis In-Centre.

Margaret has been happily married for 25 years and she is a mother of four children, two boys and two girls, ages 15 to 20 years.

Margaret enjoys reading on her spare time and loves to travel with her family.

Margaret is a hardworking, reliable and works well with her team. She is compassionate, respectful and always has a smile for everyone! She is always happy and



appears to be enjoying her work and she is always fun to work with. Congratulations Margaret on achieving your 25 year long service award.



**G**ail Wilson spent her first 17 years in Swift Current and then came to the big city of Saskatoon to attend the University of Saskatchewan. There she earned her Pharmacy degree and met her husband. Gail worked as an inpatient staff Pharmacist at St. Paul's Hospital from 1989 to 2010 where she learned from the best and developed her skills. Five years ago Gail transferred to the Cameco Community Renal Health Centre as a Renal Pharmacist.

Gail feels her biggest professional achievements are the small things she does each day. One of the first things she did at CRHC was to suggest a change in the formulation of one of her patients' medications. This resulted in control of an electrolyte level the patient had been struggling to control previously. Gail realized that both she and the patient had achieved something.

Gail lives in Saskatoon with her husband and two young adult children who study at the U of S. She is interested in gardening and is happy to say that most of what she has planted in her new yard has grown. Some of her biggest accomplishments include completing six 10K runs and she hopes there are a few more in her future.

Gail is a great asset to our team and we congratulate her on 25 years of service.

**W**endy Wolitski grew up in the Melfort area. She initially started her career in nursing in 1979 as a Nurses Aid at St. Paul's Hospital and at Royal University Hospital. Wendy graduated from SIAST in Saskatoon in 1981. Except for a short period of time spent working at Lethbridge Regional Hospital, Wendy's years as a RN have been spent in various areas at SPH including Orthopedics, Medicine, Emergency, Gynecology and lastly ICU from 1992 until her retirement in June of 2014.

Wendy excelled at keeping things tidy and organized. If things were quiet one could find

Wendy cleaning and making sure that everything was in its place. She was an advocate for her patients and was committed to doing the best. Wendy really enjoyed St. Paul's family atmosphere and the people whom she worked with.

Since her retirement, Wendy has been enjoying life with her husband Gary. They are avid campers and fishing partners. Spending time with her great nephews and gardening are also very important to Wendy.

Congratulations Wendy on achieving 25 years of service.

**L**inda Ziebart received her nursing education in Alberta where she stayed and worked for a short time and then went on the move. She lived and worked in four different provinces, finally settling in Saskatoon in 1989.

Linda's first job at St. Paul's was on Surgery 5B. From there, she transferred to Day Surgery/Pre-assessment Clinic six years ago and plans to finish out her career in this department.

Linda is hardworking and a very knowledgeable asset to the department. We are happy to have her as part of our team.

## Nevada Winners

Sarah Brann..... Health Records  
 Jill Biblow ..... Interprofessional Practice  
 Rose West ..... Materials Management  
 Visitor .....