

The
LifeLine
 St. Paul's Hospital Staff Newsletter



ST. PAUL'S HOSPITAL

A Community of Health, Hope and Compassion for All



A Perfect Christmas

The motto of the SPH School of Nursing was written in Latin — *In Minimis Perfectio*. It means “Perfection, Even in the Little Things.” It does beg the question, perhaps, of what “perfection” means.

What, for example, would a perfect Christmas be? I recently had a conversation with someone who, when her family was young, wanted the tree-decorating event to be a perfect “Hallmark” event, with everyone happy and cooperating to end up with a beautifully decorated tree. Instead the kids squabbled, put things where they wanted them instead of the aesthetically pleasing position, knocked a couple of things over, and broke one or two decorations.

Which is the more perfect? I suspect the answer we’d give depends on our perspective. From the inside, the squabbling kids scenario is disappointing relative to our expectations about the event, the kids, and the tree. But once a parent has been through that and watches the same event happening to a younger family, she sees that the messiness is life. This is exactly how love and life happen, how bonds are negotiated and built. Outsiders might say, “This is so normal. It is exactly the way it should be. It is perfect.”

There is a parallel in the original Christmas story. We see the perfect nativity scene, with Jesus peacefully sleeping, Mary and Jesus in exquisite peace, and the angels singing “Joy

to the World” under a beautifully starlit sky. The reality, as told in the gospels, involves a childbirth out of wedlock, a journey several days long by a late term pregnant mother-to-be on a donkey. Mary can hardly have been happy about this. Nor could she have been impressed about Joseph’s failure to obtain a hotel room and having to go to a stable. Imagine her frustration. Some of it was surely directed towards Joseph whose own feeling of helplessness at being unable to fix any of this must have been intense. The angels may have been singing, but no one else was.

And yet there is something perfect in all of this. It is real life, with all its messiness and struggles, drudgery and plainness, that somehow is as it is supposed to be.

When we think God is too clean and neat and perfect to be part of the messiness of our life, we have not understood God very well. The story of Christmas is about God coming into our lives exactly as they are.

Advent, then, is a time of preparing our minds, hearts, attitudes, and behaviors to understand our lives and God in a fresh way. I hope there will be some classically beautiful moments in our Christmas. But I hope that we will know God is present just as much, perhaps more so, in all the rest, even in the little things. That would be perfect.

*-- Brian Zimmer
 Director of Mission*



For unto us a child is born

*Sharing with you the Glory, the Wonder,
the Miracle of this Holy Season.*

May you be richly blessed now and throughout the New Year!



Christmas Blessings

from the Board and Staff of St. Paul's Hospital

Jean Morrison, St. Paul's Hospital President & CEO, and
St. Paul's Hospital Volunteer Board of Directors:

Lise de Moissac (Chair)
Darryl Bazyluk
Dr. Bruce Berscheid
Chris Boychuk (SPH Foundation)
Mary Donlevy-Konkin (Emmanuel Care)

Gene Dupuis
David Eberle
Bishop Mark Hagemoen
Bob Kirkpatrick
Pina Melchionna

Dr. Sarah Cosman
David Patola
Sr. Ermline Pena
Doug Schmeiser
Dr. Hugh Wood

The LifeLine

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

www.stpaulshospital.org

Please contact the Mission
Office at 655-5808 for
permission to reproduce
articles. Submissions may be
subject to editing.



SEASON'S GREETINGS

MAY THE YULETIDE SEASON BRING HAPPINESS, JOY, PEACE
AND PROSPERITY TO YOU AND YOUR FAMILY.

MERRY CHRISTMAS FROM THE STAFF AND BOARD OF
ST. PAUL'S HOSPITAL FOUNDATION.



Check out how staff members think
about the [Spirit of St. Paul's](http://www.stpaulshospital.org) in three
short videos. Hard copy readers go to
<http://www.stpaulshospital.org>
Click on Mission Office, then Mission
Office Publications

St. Paul's Hospital Mission Office



Vision Mission Values

Rebuilding Spirituality from the Bottom Up

Quaker pastor Philip Gulley superbly summarizes how we must rebuild spirituality from the bottom up in his book, *If the Church Were Christian*.

Here Franciscan priest Richard Rohr paraphrases Gulley's message, which offers a rather excellent description of Emerging Christianity:

- Jesus is a model for living more than an object of worship.
- Affirming people's potential is more important than reminding them of their brokenness.
- The work of reconciliation should be valued over making judgments.
- Gracious behavior is more important than right belief.
- Inviting questions is more valuable than supplying answers.
- Encouraging the personal search is more important than group uniformity.
- Meeting actual needs is more important than maintaining institutions.
- Peacemaking is more important than power.
- We should care more about love and less about sex.
- Life in this world is more important than the afterlife (eternity is God's work anyway).

Visitor Parking Changes

In mid-December, the visitor parking areas of St. Paul's (SPH) and Saskatoon City Hospitals (SCH) will change from an entry ticket/gated system to a pay on entry by license plate system. Royal University Hospital will also adopt this system by the end of February 2018.

This will mean that mid-December, the entrance/exit gates and pay kiosks will be removed in the visitor parking areas at SPH and SCH, and replaced by pay on entry license plate machines, similar to those found in downtown Saskatoon. Royal University Hospital will see the same system implemented by the end of February.

Each hospital will be equipped with several machines placed throughout the building for easy access. In addition, an easy-to-use free

phone app will be available, allowing visitors to remotely add more time to their plate. Passes will continue to be available from the pay machines.

We wish to thank Commissionaires for their years of service in our kiosks. Commissionaires, as well as trained Ambassadors from Impark, will be on site to help with the transition to this new system and continue to direct traffic within our parking areas.

We believe this change will better serve our visitors. Our old system was reaching the end of its operational life and replacement of a similar system was cost prohibitive. If you have questions, please contact Parking Services at 306-655-1400.

- - Edited from a memo sent out by Lisa White, Director
Parking Services

**Happy
Birthday
Sanctum**

November 2, 2015 Sanctum opened its doors for the first time! Sanctum provides respite and supportive care for people living with and affected by HIV/AIDS. It is located near us, at Avenue O and 21st Street. Congratulations and Thank You!

Long Service Award Recipients

The total years of service by this year's award recipients is 3,515. If one person had worked it all, she would have had to begin in 1498 B.C.

Thutmose I was pharaoh of Egypt

Moses would have been a contemporary

The Shang dynasty ruled China

The Rig Veda passages were being compiled in India

Not sure what some of these are? Don't worry.

The point is the immeasurable goodness that has been done through the dedicated service these individuals have provided.

Thank you to you all.

10 Years of Service

Anderson, Annika	Funk, Alisa	Paquette, Danyelle
Barabash, Wade	Hamilton Pylypchuk, Shelda	Penner, Laurie
Barty, Jo Ann	Hammerlindl, Angela	Qually, Amanda
Beaulieu, Jennifer	Hayward, Courtney	Reid, Leah
Beeds, Simone	Irvine, Lorelei	Renwick, Melissa
Block, Jennifer	Kovacs, Heather	Saworski, Carla
Bowers, Tammy	Linklater, Joan	Schroh, Shantel
Cairns, Erin	Lu, Donna	Schrutek (Nee Andris), Robyn
Chometa, James	Mackenzie, Lori	Soldo, Julia
Chometsky, Melissa	Matschke-Neufeld, Rhianna	Sunley, Shannon
Clark, Rebecca	May, Laurie	Walker, Tera
Courchene, Cherise	Mcculloch, Erica	Wasend, Teresa
Drincic, Vesna	Megyesi, Darwin	Wesolowski, Marlessa
Dumond, Amanda	Miller, Jessica	Whitrow, Rebecca
Ernst, Camille	Murza, David	Will, Maricris
Fabian, Romuald	Neuls, Chelsey	Windsor, Nicole
Fredrickson, Barbara	Nordick, Brian	

Thank you Janice Walker, manager of 6th Medicine, whose joyful emcee presence led us to be appropriately ordered even as we had a lot of fun.

Special thanks to Heather Solie (30 Year recipient) for leading us in grace before meals, and to Eloyce Puhl for her reflection on living our mission over her 35 years.

You can read it on pages 6 & 7. And thank you to the organizing committee: Diane Boechler, Wendy Nystuen, and Brian Zimmer.

15 Years of Service

Baliski, Ryan
Beavis, Bonnie
Benard, Kirk
Berglund, Stella
Bodnar, Evangelin
Brecht, Cheryl
Burgess, Jennifer
Coombs, Maureen
Duero, Angie
Eischen, Roxanne
Ewashko, Michael
Ferguson, Janie
Ginther, Penny
Haugen, Holly
Hayes, Jerilyn
Hiltz, Roberta
Holmes, Michael

Javinal, Jeanne
Johnson, Virginia
Krahn, Pamela
Kzyzyk, Joanne
Larson, Jennifer
Loessl, Tamara
Lustig, Laurie
Macpherson, Megan
Marcinkiw, Joseph
Marin, Jennifer
Mercer, Nelda
Morrison, Jean
Murfitt, Naomi
Murphy, Karen Ann
Ngo, Vien
Olynyk, Chris
Percival, Joelle

Petersen, Colin
Reaume, Chris
Rojas, Roberto
Russell, Barbara
Sampson, Erin
Schimpf, Erin
Spencer, Tara
Stalker, Tina
Tatchell, Nicole
Threlfall, Melissa
Tomkins, Pete
Villamil, Marilou
Webster, Destinie
Wiebe, Helen
Wiechnik, Natisha
Wildeman, Jeannesta

20 Years of Service

Cannon, Lloyd
Chutskoff, Patricia
Dundas, Todd
Evans, Cathy
Flynn, Michael
Freimark, Donna
Gill, Isabelle

Howey, Lenore
Kamineski, Cheryl
Karle, Darrin
Lusher, Jasmine
Michaels, Conley
Oucharek Mantyka, Alicia
Peiffer, Lara

Powell, Gladys
Prosser, Nola
Sadler, Lorraine
Thomas, Carrie
Toovey, Shawn

25 Years of Service

Adhanom, Ghenet
Adrian, Debbie
Boechler, Diane
Boyko, Roger
Cardinal, Louise
Copeland, Josephine

Elek, Shauna
Fitzsimmons, Lynne
Happ, Jennifer
Hazen-Vavrik, Tracie
Hope, Bonnie
Lichtenwald, Linda

Mandzuk, David
Molnar, Kathy
Myslicki, Kimberly
Rindall, Michelle
Wenzel, Michelle



30 Years of Service

Blais, Aleta
Blom, Michelle
Braun, Patricia
Brehon, Brenda
Deroose, Loretta
Gartner, Pius
Giocoli, Michelle
Hay, Maureen

Lang, Michelle
Layton, Karen
Mah, Jean
Mair, Jane
Mclean, Katherine
Mcmahon, Shirley
Nguyen, Ha
Sakowsky, Colleen

Skibinsky, Darcy
Solie, Heather
Spaven, Julie
Sproxton, Katherine
Tegenkamp, Jill
Thiessen, Sandra
Watson, Shari

35 Years of Service

Bloom, Verna
Bradley, Earl
Clancy, Sheila
Foth, Bernice
Frederiksen, Wendy

Galatiuk, Shirley
Harnish, Mary
Hegyi, Jayne
Mackay, Laura
Maclachlan, Joy

Nordick, Stella
Puhl, Eloyce
Williams, Ruth
Wolfe, Betty

40 Years of Service

Doering, Ardis
Gobeille, Yvonne

Groshok, Unah
Pines, Yolanda

Stewart, Ralph

Ralph Stewart is pictured being congratulated by SPH President and CEO Jean Morrison. By now he has completed over 41 years of service, all of it spent at St. Paul's. He has decided to retire at the end of 2017. Congratulations Ralph! And opposite is Eloyce Puhl receiving her award from Jean. Eloyce gave the response from a recipient. Thanks Eloyce!



Response from a Recipient: Eloyce Puhl

Hi everyone. My name is Eloyce and I'm a ward clerk on 6th Medicine. Thanks Brian for asking me to do the response of the recipients.

We are exceptionally blessed and fortunate that we can share our special day with so many co-workers, friends, and family.

I'd like to take a small walk back to our earlier years.

Who can forget the cafeteria? The cafeteria

was a great meeting place for all the floors — everyone had

their tables. When Dr. McFadden came down from the O.R. with an ash on his smoke — this long (gesturing at least 3 cm). And when he got his soup the ash never did fall off.

When they started the salad bar and they sold it by the size of the containers, we were

all the greatest at stacking that small dish — it would fill a whole dinner plate. They caught on and started weighing it.

The evening grill! Pat was our gal. The Intern Burger, fries, and gravy were the best.

The Residence. The creepy elevator! We can't forget T.G.I.F. — on Fridays we would have a few drinks and listen to B. C. Reid and others.

We can't forget the Calder Center being in the Res. We all had to hurry from the wards to beat the Calder line up in the cafeteria.

The patient Hostel was also in Res. And in the 80's we had a very bad snow storm and some of us spent the night in the Res.

The laundry: How easy it was to run downstairs for linen. If the mangle went down everyone in the whole building knew. And the sewing room. Those ladies could fix anything.

Nursing: The Director of Nursing, RNs, CNAs, what cap are they wearing, where is it from, what school, province. The cap was part of the whole nurse.

The nurses coming in at least 1/2 hour early to pour their meds! Med cards white, yellow, pink, and blue.

Mixing chemo in the back of the nursing station — no hoods back then.

The heart monitors — if you saw it go by, that's what it was. No alarms. NO PRINTOUTS!

BLACK INK ONLY. Otherwise it wouldn't microfilm in health records.

The evening and night supervisors, to name a few: Ms. Stang, Mrs. Korchinski, Mrs. Constantinoff, Mrs. Parchewski, and Mrs. Stranka.

Eunice in staffing — she knew everyone

and where they worked.

Housekeeping — throwing the glass IV bottles down the "chute" at 1:pm every day.

The fax machine, and we could finally fax an x-ray down.

The new building — it was an exciting time. We held public tours over a couple of evenings. It was all brand new and exciting for ICU, Labor and Delivery, the OR, and PACU. All who needed more room.

Ahh the parkade controversy — all the neighbors being upset that the walkway was casting a shadow on their gardens.

Spiritual Care was run by the Grey Nuns back then — now we have a spiritual care team.

We have come a long way in the past 35 years. We only had a handful of male nurses and orderlies. We now have co-ed patient rooms. It doesn't seem weird anymore with male nurses looking after female patients. We now have a lot of services: Respiratory Techs, nursing coordinators, MONs CPAS, ACAL, PT, OT, SW, Speech, Music Therapy, Healing Arts — to name only a few, in keeping with the

core values of Marguerite d'Youville, "The Mother of the Poor" and the Grey Nuns, Emmanuel Care, and the Saskatoon Health Region.

It's the life's work of showing their compassion, tender love, and concern for every person.

The long service personnel still to this day carry on the legacy of marguerite d'Youville by caring and helping others. Thank you for this evening of recognition — A Community of Health, Hope, and Compassion for All.



Mosaic Laboratory and National Philanthropy Day

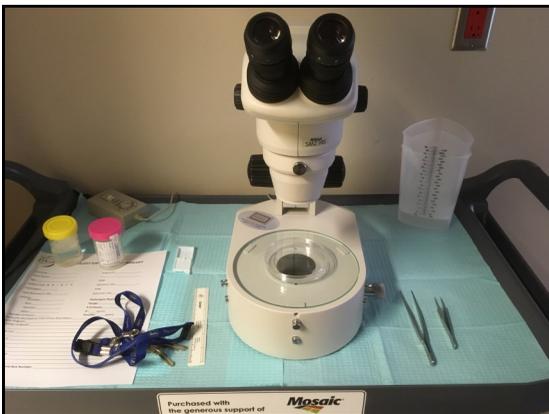
Philanthropy is “the love of humankind” and SPH Foundation celebrated National Philanthropy Day on November 15 – the day people all over the world come together to put that word into action. Congratulations to our 2017 Honoured Supporter – Mosaic, a strong supporter of our Hospital for many years, outfitting our lab, now known as The Mosaic Laboratory, with a state of the art Electron Microscope and most recently, a Nikon Stereomicroscope and Leica Ultramicrotome.

Generally, these two pieces of equipment ensure that The Mosaic Laboratory can better meet the needs of our patients, supporting our healthcare professionals with the technology they need to be most effective in their role in the healthcare team.

Mosaic is a leader in social responsibility and community development. We are very grateful.



SPH Foundation CEO Bruce Acton with Mosaic Senior Director of Public Affairs Sarah Fedorchuk and Mosaic Senior Vice-President Bruce Bodine



Nikon Stereomicroscope:

This piece of equipment is a part of the lab, but also has the capability to do bedside assessments. The most common assessment performed at the bedside is a renal biopsy, where a small amount of kidney tissue is extracted and examined—using the Stereomicroscope—right at the bedside. The new Stereomicroscope allows an exceptionally clear image of a smaller amount of tissue. This means less repeat biopsies, faster diagnosis, and ultimately quicker treatment.

Leica Ultramicrotome:

The Ultramicrotome lives in The Mosaic Laboratory, next to the Electron Microscope. It is one of two Ultramicrotomes that are used to cut and prepare specimens for testing. An additional Ultramicrotome was much-needed due to the high number of scans being done in the Lab, for diagnosis of renal, neural, bronchial, and cardiac illnesses in both adult and children from all around Saskatchewan. The additional Ultramicrotome also assists in training new lab technologists—as one healthcare worker trains and practices on one Ultramicrotome, the other one is used for patient specimens, allowing the workflow and diagnostic testing to continue.



Supporting the Health of the Men in Your Lives!

Donate today to bring a new GreenLight Laser XPS to the Leslie and Irene Dube Urology Centre of Health at St. Paul's Hospital.

The GreenLight Laser is used to treat men with an enlarged prostate (which most men do develop naturally as they age). There is currently only a GreenLight at SCH. Having one at SPH as well would allow improved access for patients: there is limited OR time available at SCH. And it makes sense because we are the urology centre. Additionally this will allow the doctors to provide a safer procedure here at SPH as the GreenLight is often only a day procedure.

Twelve Days of Christmas

Christmas, traditionally, begins Christmas Day and ends 12 days later at Epiphany. Different traditions celebrate this in unique ways. The Personnel Association celebrates all twelve days by randomly selecting twelve of its members to receive a gift of \$25.00. This year the recipients are:

Larry Kardash	Energy Center
Dana Zwack	Sterile Processing
Shana Marsh	Peritoneal Dialysis
Sandra Bodnar	Medical Imaging
Deb Berscheid	Laboratory
Theresa Serfas Munoz	Surgery 5B
Jacquelin Nadon	Medical Imaging
Cheryl Fransoo	Hemodialysis
Ken Lepage	Pharmacy
Joanne Kzyzyk	IPP
Dale Sangray	Housekeeping
Rachelle Perez	Sterile Processing

St. Paul's Hospital Giftshop



Whether shopping for yourself or for a patient, St. Paul's Hospital Gift Shop is sure to have just what you need. All proceeds from Gift Shop sales support St. Paul's Hospital employee professional development and training.

**Gift and Flower Orders:
306-655-5856**

Closed Sundays and holidays

Spotlight on Safety: It's Everyone's Responsibility

Safety, a critical component to the delivery of high quality care is essential for patients, families, staff, volunteers, visitors, and the community we serve, and a priority for St. Paul's Hospital.

When it comes to safety, it pays to be proactive as well as reactive. "Proactive" means always thinking about what risks exist or might arise, and working so as to mitigate that risk and ensure safe practice. "Reactive" means learning from near misses and harmful events in order to prevent them in the future. Both are essential to a culture of safety and to a safe workplace.

We believe safety is everyone's responsibility, and is best managed collaboratively to support an integrated approach to a healthy and safe hospital.

That is why we are pleased to present our first article in a new feature called **Spotlight on Safety**.

Spotlight on Safety will provide updates on the many continuous improvement efforts we are working on that impact safety at St. Paul's Hospital. In this edition, we offer helpful tips about what YOU can do to improve personal safety at our Hospital.

Please remember **you can never be too cautious**, as the unexpected can occur at any time, at any place, and without warning. Here are some things **you can do today** to increase your personal safety:

- Be aware of your surroundings. You should always be conscious of other people around you; if people seem to be hanging around do not get out of your car or walk out of the building alone.
- Walk with others. When possible incorporate the "Buddy System" – walk in groups or pairs, or contact SPH Security for assistance.

- Be visible. Stay in well-lit areas and where other people are in the near vicinity.
- Security supports safe walks of up to a one block radius from the hospital, AND safe drives up to a five block radius. If they have more urgent demands, they may delay or reject a request. At an officer's discretion, they may sometimes go further than the one- and five-block distances.

Use the Safety Alert System!

- STOP any unsafe activity or procedure
- Assess the patient or staff's safety
- Fix the issue if you can do so safely
- Escalate the issue to a supervisor/manager if you can't safely fix it yourself
- Report the issue! **Call 306-655-1600**

A safety issue is anything you know, feel, see, smell or hear that has the potential to cause yourself, a loved one or anyone harm.

Types of safety issues to report:

Everyone needs to use their best judgement when it comes to their own safety, but here are some examples of issues that need to be reported:

Good Catch or Near Miss - ie. Catching a mistake on a patient identification armband

Little to No Harm Done - ie. Sample collected from incorrect patient, or employee receives minor cut or burn

Harm Happens - ie. A patient or employee slips and falls, or the wrong medication is given to a patient.

Serious Event - ie. Someone is seriously harmed or even dies while at work under our care.

Spiritual Care Week

A hospital stay can trigger lots of things. Maybe it is a difficult diagnosis or prognosis. Maybe it was good news but a close call with something very scary. Or maybe it is just having lots of time to think. For some, this is a time when they are ready to have important conversations. The compassionate non-biased presence of our non-denominational spiritual care givers is a treasure at these times.

We celebrate them and the work they do.

They provide on-site coverage 0800—2300h daily.



Some of the Spiritual Care Team:
Samuel Ezeogwum, Connie Lachapelle
(manager), Irene Klughart, Dorothy
Schick, Sr. Emiline Pena.

People were asked to complete the sentence, “I take care of my spirit by ...”

Here are some of the responses:

- Prayer, going to mass
- Spending time in the garden or fields
- Meditation
- Yoga before work
- Quiet time alone in prayer
- Reading inspirational books
- Giving thanks
- Song, listening to music
- Painting, drawing, and petting my cats
- Fellowship and conversation with friends
- Not being opinionated
- Turning my life over to the care of God
- Singing and making love
- Laughing at myself
- Playing, swinging, painting
- Slowing down and refocusing on what needs to be done
- Working my AA program
- Reading and spending time with my family
- Engaging in self-care activities : massage, coffee dates, co-worker get-togethers
- Accepting others as they are, helping guide others when asked
- Remembering my deceased grandparents, mom, brother
- Taking time to tune in to how I’m feeling
- Forgiving those who have forsaken me



Mission In Action

Each year a “Mission in Action” award is presented for each core value to five employees who’ve been nominated by their co workers. In celebrating them we celebrate how everyone at SPH strives to live these values. Thank you, everyone.



Michelle Friesen
Holistic Care



Kelsey Demmans
Compassionate
Caring



Jackie Silzer
Respect for All



Mariette Jean
Stewardship



Brenda Thiessen
Collaborative
Partnerships



In addition our owners, Emmanuel Care, provide a Foundress Charism Award. At St. Paul’s, departments are asked to write a description of how they contribute to our living of the charism of our foundresses, the Grey Nuns. The recipient is drawn from the group of departments who did so. This year the recipient department was the Intensive Care Unit. Manager Betty Wolfe accepted the award from Emmanuel Care Board Chair Leona Burkhardt and Francis Maza, Executive Lead, Mission, Ethics, and Spirituality.

*Photo credits this page: Greg Hargarten
ricassolink.com*

SPH Mission Week Quiz: Answers

1. The outbreak of what disease in 1906 in Saskatoon spawned the founding of St. Paul's Hospital in 1907?

Typhus, or Typhoid Fever ___

2. One point for the name of each of the following (last name suffices):

- The first two Grey Nuns involved in the founding of SPH

o ___ **Guay** ___

o ___ **Phaneuf** ___

- The doctor whose house became the first SPH

o ___ **Willoughby** ___

- The Foundress of the Grey Nuns (requires first and last name)

o ___ **Marguerite d'Youville** ___

3. Name the five SPH Core Values:

- ___ **Respect For All** ___

- ___ **Collaborative Partnerships** ___

- ___ **Compassionate Caring** ___

- ___ **Holistic Care** ___

- ___ **Stewardship** ___

4. Members of the Board of Directors of St. Paul's Hospital and St. Paul's Hospital Foundation receive an honorarium -- True or **False** (Circle correct response.)

5. What is the SPH Vision Statement?

A Community of Health, Hope, and Compassion For All

6. What is the value of the Fall 2017 Hospital Home Lottery Showhome (not including \$10,000 cash)?

___ **\$1.3 Million** ___

7. Which of the following was the first hospital established in Saskatchewan

- Regina Wascana
- **Ile-a-la-Crosse Hospital**
- St. Paul's Hospital
- Saskatoon City Hospital

8. The three official "sacred spaces" at SPH

Chapel on 3rd Floor
First Nations Prayer & Ceremonial Room
Multifaith Stillness Room

9. The name of the Grey Nun who was the first supervisor of what was then called the X-ray department at SPH. (Hint: the answer is on one of the murals.)

Sr. Letarte ___

10. The name of the SPH Foundation program of staff donations through payroll deduction?

___ **Circle of Angels** ___

11. St. Paul's Hospital is not owned by the Saskatoon Health Region, but by a Catho-

lic organization called “Emmanuel Care”.

True or False?

12. One point for the name of each of the following (must have first and last name):

- the current SPH President and CEO

___ **Jean Morrison** ___

- the current Chair of the SPH Board of Directors

___ **Lise de Moissac** ___

- the CEO of the SPH Foundation

___ **Bruce Acton** ___

- the ethicist at SPH

___ **Mary Deutscher** ___

- the manager of Spiritual Care

___ **Connie Lachapelle** ___

13. Sanctum opened its doors November 3 2015. It provides a community residential setting for all of the following, except one. Circle the service NOT provided for there.

- IV treatment of endocarditis
- Support and training so people can live with HIV instead of die with AIDS

- **Hemodialysis**

- Addictions recovery

14. Which of the following programs and services does SPH **NOT** manage for SHR?

- Emergency Services and Air Ambulance

- Chronic Disease Management

- **Surgery**

- Ethics

- Kidney Health

- Medical Imaging & Nuclear Medicine

- Palliative Care

- Laboratory Medicine

- **Food and Nutrition**

- Mental Health and Addictions

- Spiritual Care

15. Every December St. Paul's Hospital staff purchase Christmas presents for students at St. Mary's and Pleasant Hill schools. What is the name of this activity/event?

___ **Project Christmas Angel** ___

16. St. Paul's Hospital sponsors a nationally-accredited program to train people to provide spiritual care. What is the full name of this program?

Clinical Pastoral Education or **Spiritual Care Education** ___

17. Painted ceiling tiles adorn many areas in SPH. What is the name of the program that makes this possible?

___ **Healing Arts Program** ___

18. All of the following events are sponsored by the SPH Personnel Association except one. Which one is the exception?

- Pancake breakfast

- Harvest Fest

- **Community Day**

- Cinnamon Bun Day

- Children's Christmas Party

Quiz Winners

Nine people got all 32 possible points. We drew names from among them for the first nine prizes. Then drew names from among those who got 31 points for the remaining prizes. Below, the nine are in color font. Congratulations to all.

Rhonda Huculak (NPE)Keurig
 Jen Block (Pharmacy)Keurig
 Lianne Korte (Home hemo).....Keurig
 Carrie Emberley (Home Hemo)
 Krazy Kiley card
 Rhianna Matschke-Neufeld (Transplant)
Gift basket
 Amber Zilkowsky (Home hemo) Alarm clock
 Randa Shikosky (Endo)YMCA pass
 Annette Helmink (VW).....YMCA pass
 Melissa Renwick (IPC).....YMCA pass
 Karen Shantz (%B)..... YMCA pass
 Lorrie Laframboise (IPC) YMCA pass
 Erin Angel McCallum (4B) YMCA pass
 Rosemary Nazar (Admin)..... YMCA pass
 Mary Olsen (Registration)..... YMCA pass
 Renee Pitka (Health Records)..... YMCA pass
 Tricia Hutton (Home Based Therapies)
 YMCA pass

These bookmarks are available for staff or patients/families. Ask ethicist Mary Deutscher, your nurse educator, or the Mission Office.

Who Can Make Decisions For You?

The Health Care Directives and Substitute Health Care Decision Makers Act
 (Chapter H 0.001 of the Statutes of Saskatchewan 1997, Amended 2000, 2004)

Capacity: ability to

- understand info relevant to health care decision re: proposed treatment
- appreciate reasonable consequence of decision
- communicate a health care decision on a proposed treatment

Legal order of making health care decisions is as follows:

1. Individual with capacity

2. Directive:

- Can be made by a person 16 or older who has capacity
- Takes effect when person who made the directive does not have capacity to make a health care decision
- To be valid must be written, dated, signed

3. Proxy:

- A person/s appointed by the person in a directive to make health care decisions
- A proxy cannot delegate his/her authority as proxy

If no proxy or clear directive is available, the nearest relative will become the substitute decision-maker:

4. Nearest relative

- The person first described in the following list who is willing, able and has capacity to make a health care decision
- Spouse or person with whom the person requiring treatment cohabits and has cohabited as a spouse in a relationship of some permanence
- Adult son or daughter
- Parent or legal custodian
- Adult brother or sister
- Grandparent
- Adult grandchild
- Adult uncle or aunt
- Adult nephew or niece

*The elder or eldest of two or more relatives listed in the clause is preferred.

5. If no relative can be found, the treatment provider may provide treatment in a manner deemed necessary and in the best interests of the patient.

The substitute decision-maker is expected to make decisions they believe are according to the patient's wishes.

Questions? Contact CHAS at
 306-955-CHAS(2427)
 catholichealth@chassk.ca
 or visit www.chassk.ca



Support for Comfort Care Baskets

SPH Nurse Manager Janice Walker (right) leads the program that provides a comfort care basket for the family of patients that are receiving end of life care at St. Paul's Hospital. Thanks to all who give generously to help ensure that this expression of care is shared with families in a time of need. Each basket contains much appreciated comfort items, such as teas, tissues, a notebook and even a handmade blanket.



Kindred Spirit

SPH Foundation Donor Report

You are making a difference!
Thanks to you, St. Paul's Hospital
\$5.2 million in 2016 to support
advancements and education and

Thank you to the community
volunteers who give generously

Don't miss the latest news!

Sign up for Kindred Spirit today!

Donors to SPH Foundation can receive the latest issue of the Kindred Spirit Donor eReport, delivered by email directly to your inbox.

Simply call or email SPH Foundation to sign up!

(306) 655-5821
info@sphfoundation.org



Franki's Christmas Wish

"I'm a retired St. Paul's Hospital RN and I have a genetic heart condition called cardiomyopathy, but I stay committed to St. Paul's by being a volunteer and a donor. This year, St. Paul's is raising money to buy a very important piece of equipment – a new 2D Echo Cardiac Machine. Ensuring this essential tool is available at St. Paul's is even more personal – and more urgent – for me. My 26 year old son Curt has the same genetic heart condition I do. He lives in Saskatoon too, and sometimes has to visit St. Paul's Emergency Department. I'll sleep so much better at night, knowing St. Paul's has the equipment they need to help him." Franki Stuart, SPH Retired RN, patient and volunteer. Contact the Foundation office at 306 655 5821 or info@sphfoundation.org



Did you Know?

You can designate your donation to a project or department of your choice. Your own home department has a designated account, for example. Consider joining the Circle of Angels, like Sheri McCrystal.

Become One of Our Angels

Sheri McCrystal
Circle of Angels Monthly Donor

"I give monthly because St. Paul's is like a little family, and I loved working there. Even though I don't work there anymore, I still have a donation automatically taken off my cheques. I have more, so I give to those who have less."

We believe angels are watching over us and guiding us in our work every day, and the Circle of Angels Monthly Giving Program is another way you can impact the lives of St. Paul's Hospital patients and families.

You can join today! Contact:
St. Paul's Hospital Foundation: 306-655-5821
info@sphfoundation.org
or sign up online at sphfoundation.org.



Help Us Fight the Flu!

Protect
your
patients



Protect
your
colleagues



Protect
your
yourself



Protect
your
family



Our overall staff immunization rate as of November 22 is **49.87%**
and at St. Paul's Hospital our staff rate is **45.25%**

WE NEED YOU

- To get the flu shot
- To be an advocate for your patient and for your family's health
 - To book an appointment, call or stop by the OH&S office (655-5495).
 - If you got your flu shot at a participating physician's office, pharmacy or public health clinic, call 1600 or 8040 and share your status information with us.

BETTER EVERY DAY

better health • better care • better value • better teams

ST. PAUL'S HOSPITAL FOUNDATION

Mistletoe Charity Ball

Presented by



THANK YOU TO ALL THE
SPONSORS AND ATTENDEES.

This year's gala raised \$191,500

to help bring a 2D Echo Cardiac Machine to St. Paul's Hospital, providing advanced comfort and care to heart health patients across Saskatchewan and improving heart ultrasound wait times by up to 50%.



Rodgers; Mrs. Tanya Wur; Mrs. Kari Sinkewicz (SPH Foundation Manager Of Annual Giving); Ms. Brenda McLean (SPH Foundation Executive Assistant).

What a great event!

Through the generosity of sponsors and donors, this gala event, presented by PotashCorp for the seventh year in a row, raised \$191,500.

Funds raised through the Mistletoe Ball will help St. Paul's Hospital Foundation purchase a new 2D Echo Cardiac Machine, increasing the hospital's capacity to provide clearer images and offering twice as much clinical information as the current model does in the same amount of time, making a significant difference for the more than 1300 patients who access St. Paul's Hospital's Heart Health program each year. With two machines on hand, the staff at St. Paul's Hospital will be able to help even more patients every day.

Since its inception in 1990, Mistletoe Charity Ball supporters have raised over three million dollars for medical equipment and patient care items.

We celebrate our generous supporters and thank our dedicated volunteer Mistletoe Ball Committee members: Mrs. Carol Yelland (Chair); Ms. Michelle Bell; Mrs. Barbara Berscheid; Ms. Darlene Cooper; Mrs. Marie Gormley; Mrs. Doreen Howlett; Mrs. Janet Postle; Ms. Pam Prosofsky; Mrs. Anne Reddekopp; Mrs. Louise

Everyone Has a Story

We Ask Because We Care

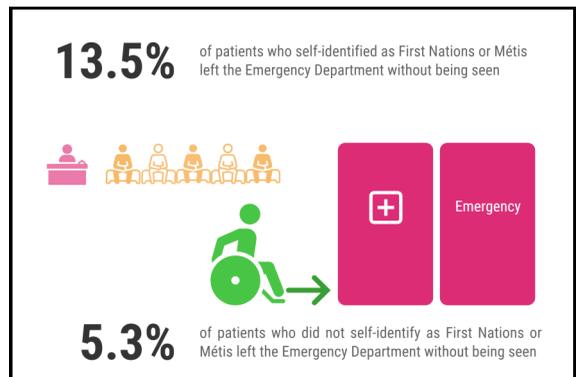
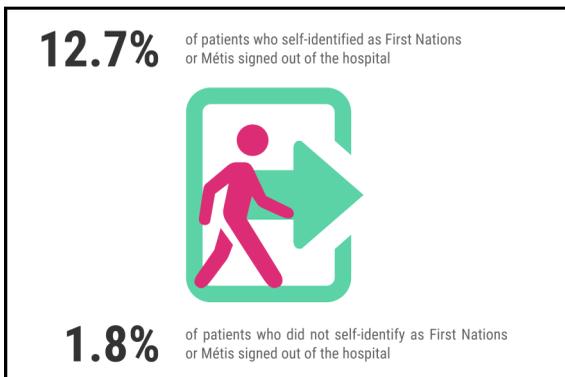
Patient stories and research tell us that there are many social factors that impact our health, such as race or ethnicity, income, housing, social support, and education. In fact, our social and physical environment makes up 50% of our health. However, our health system does not typically ask patients and families about social issues – which means we sometimes miss opportunities to provide better care.

In an important step towards ensuring all patients receive the best care we can provide, building a better understanding of who our patients – and what their needs – are, and having better information about individual and community health, in 2016 SPH began a pilot project where all patients who registered in our hospital were asked whether they self-identified as First Nations or Métis. This question was chosen because this information would facilitate a connection to support – inpatients who responded ‘yes’ would be connected with Patient Navigators and Cultural Advisors through the First Nations and Métis Health Service, which was

an opportunity to dramatically improve access to this service.

With the leadership of CEO Jean Morrison, we have continued to collect this information at SPH for over a year, and are beginning to see results. Linking responses to this question with our inpatient and ED data has allowed us to identify areas for further exploration and improvement. For example, nearly 13% of inpatients who self-identified as First Nations or Métis signed out of the hospital (rather than being discharged or transferred), compared with about 2% of people who did not self-identify. In our Emergency Department, 13.5% of patients who self-identified left without being seen, compared with 5% of people who did not self-identify. We are responding to this new knowledge by working with First Nations and Métis Services to provide staff training, and have a new Patient Navigator who will work to support patients in the ED.

- Submitted by: “We Ask Because We Care” Team



Hospital News

Let there be light!

Thank you to Facilities for installing brighter lights at the front entrance exterior, which will improve safety for patients and visitors. Thank you also to St. Paul's Hospital Foundation for the purchase of new Christmas lights for the building. The installation of these lights creates a warm and welcoming environment over the Christmas season.

Designated Smoking Area:

A reminder that there is a designated smoking area for patients and families located outside across from the Admitting entrance. Please encourage patients and visitors to use the area.

SPH Beauty Salon:

Patients, Visitors and Staff are encouraged to make use of the St. Paul's Hospital Beauty Salon with stylist Donna Crawford. Hours of Operation: Monday, Tuesday and Wednesday from 8:00 a.m. to 3:00 p.m. Telephone: 306 655 5024

Parkade Repairs:

Phase 1 of St. Paul's Hospital parkade repairs are scheduled for completion December

23rd. Phase 2 will begin May of 2018, including repair to the concrete surface of the top 2 levels and application of a protective traffic coating. We would like to thank everyone for their patience as this work continues to progress ensuring a safe parkade for all.

Lockers for Inpatients

In response to concern for the security of inpatient's belongings, installation of locks in a block of patient lockers on 5B Surgery is underway. The intent is a trial of the locks in this area to ensure the effectiveness and usability of the locks for patients and family members before an expansion of lock installation throughout the hospital.

Many thanks to everyone who has provided their feedback and thoughts on how to better serve our patients and families. Special thanks to SPH Facilities staff, particularly Dave McLean, who installed them. Given the retrofit that must occur to install the locks, the work has proven challenging and time consuming, and we are grateful for all the hard work on this project.

Having Trouble Quitting Smoking? Want Help?

Did you know that creating a "quit plan" that is personal and tailored to the individual's lifestyle, as well as finding the right support can double your chance of success at becoming smoke free.

There's a program that provides not only support throughout the quit process, but assists individuals with developing a personalized "quit plan" that helps people learn skills to manage withdrawal and cravings, explore concerns such as weight gain and stress management and discuss Nicotine Replacement Therapies and medications.

Services are free to Saskatchewan residences with a valid Saskatchewan Health Card.

Counselling is offered in person or via phone or email. Group sessions are available such as the Thinking of Quitting information session in Saskatoon on January 16, 2018 from 5:00-6:00pm at #156 - 122 3rd Avenue North – Sturdy Stone Building. For more information or counselling services call 306-655-7777.

What Has Happened to This Person?

A trauma-informed approach to hospital care.

Most people find hospital visits stressful. However, for people who have experienced trauma – whether it is due to violence, abuse, political conflict, residential school, substance use, familial conflict, poverty, or racism (or a combination of these) – coming to a hospital can trigger a powerful trauma response. By understanding trauma and its connection to human functioning and relationships, we can better respond to the needs of patients and families and also create safer, more caring workplaces.

Trauma-informed care recognizes the connections between traumatic experiences and health, and views what are often seen as “problematic behaviors” as ways of adapting to and coping with the effects of trauma. Reframing how we see “problematic behaviors” can assist caregivers to diffuse and support patients who may be experiencing heightened responses. This approach also

acknowledges that health care settings can also be a source of trauma, and thus asks how we can avoid unintentionally causing trauma to patients, families, and staff.

Trauma-informed care is based on five principles:

- compassionate, person-centred care;
- safety and trust;
- choice and collaboration;
- empowerment-oriented and strengths-based care;
- cultural competency and cultural safety.

In practice, these principles can come to life in a variety of ways, such as:

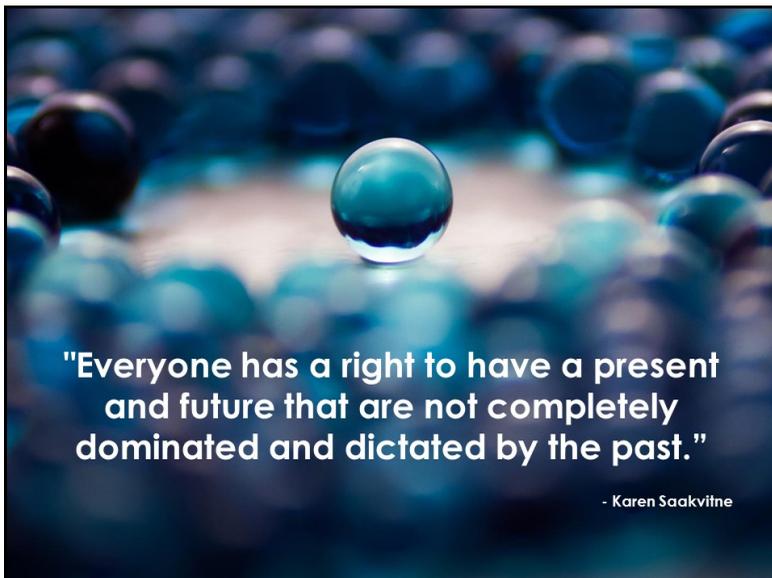
- offering a safe, welcoming, and friendly environment;
- relationship-focused, compassionate care;
- offering patients and families choice and control whenever possible;
- supporting staff wellness and self-care.

A first step on the journey to becoming trauma-informed is to shift our focus from, “What is wrong with this person?” to “What happened to this person?”

If you would like to learn more about trauma-informed care, visit the Manitoba Trauma Information and Education Centre at:

trauma-informed.ca

*Submitted by Erin Beckwell
and Sharon Clarke*

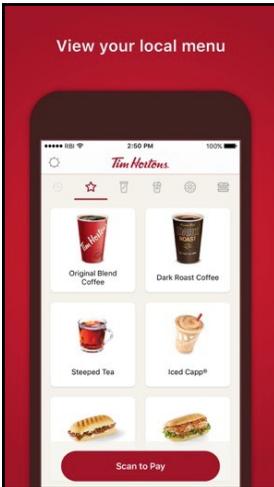


"Everyone has a right to have a present and future that are not completely dominated and dictated by the past."

- Karen Saakvitne

Tired of Tims Lineups?

There's now an app for that for your iPhone or Android. Once set up, you can place your order. For a coffee order you just need to allow three minutes before pickup. Food orders may take a bit longer, of course.



After you have placed your third order using the app, your fourth coffee is free. This offer expires December 31.



Upon opening the Tim Hortons app for the first time, it will ask for permission to use your location, plus while the app is open, which is required for mobile orders to be made efficiently based on your location to a store.

To place a mobile order, you'll need to login, either via Facebook, Google or with an email. You will then be able to set your 'name' for orders, then it will ask you to choose your local store, which will be shown on a map plus include a picture of the store front.

At the checkout screen, it will summarize your store address, items ordered, plus show how much it will deduct from your balance. Plus—it supports Apple Pay for in-app payments!

Thank You Personnel Association



With raisins or without? White-sugar glazing or brown? Lots of goo or not? With butter too, or just as is? Eat with your fingers or with a knife and fork?

Our Personnel Association knows we like cinnamon buns and annually treats us in recognition of our work at living our mission and values. This year they came from Nutana Bakery. And we enjoyed.

Nevada Winners

- Kim Pocha (2x) Maintenance
- Bev Arno Sterile Processing
- Vivian Hostland Food and Nutrition
- Rob Deslauriers Security
- Isabelle Gill Sterile Processing
- Rose West Distribution
- Marj Markwart Food and Nutrition

Nevada ticket sales are managed on behalf of the Foundation by the SPH Personnel Association. All proceeds go towards the professional development of SPH employees.

World Day of the Poor

Pope Francis proclaimed the third Sunday of November to be the first [World Day of the Poor](#). A little quote from the proclamation:

“I invite the whole Church, and men and women of good will everywhere, to turn their gaze on this day to all those who stretch out their hands and plead for our help and solidarity. They are our brothers and sisters, created and loved by the one Heavenly Father. This Day is meant, above all, to encourage believers to react against a culture of discard and waste, and to embrace the culture of encounter.everyone, independent of religious affiliation, is invited to openness and sharing with the poor through concrete signs of solidarity and fraternity.”

Our Facebook Page

Follow St. Paul’s Hospital and its Foundation on Facebook and Instagram. You’ll recognize some of the people.

For both Facebook and Instagram the address is simply:

@stpaulshospitalfoundation

Or, for Facebook follow this link:

<https://www.facebook.com/stpaulshospitalfoundation>

The SPH Gift Shop is also now on Facebook at **SPH Gift Shop Saskatoon**. Please Like, and Share posts. This is a direct link to it, if you’re interested.

<https://www.facebook.com/SPH-Gift-Shop-Saskatoon-139066070045651/>

Navigator Brian Favel in Pilot Project in ED



The SPH Foundation is providing \$120,000 in funding through proceeds from Cameco Care Concert Series featuring Canadian singer/song writer Sarah McLachlan back in July 2016. Cameco put on 4 consecutive summer concerts in support of Saskatoon hospital Foundations from 2014-2017. SPH Foundation was the 2016 beneficiary. The intention of the pilot project is to determine the effectiveness of the navigator position in SPH Emergency Room with the hope the position will become permanent following the pilot period.

Some of the key roles of the navigator include:

- Being a link of understanding between First Nations or Metis patients and the healthcare system
- Overcoming language barriers
- Recognizing misunderstanding, and assisting the resolution of concerns that arise from it
- Helping address concerns that patients and staff have about the care being provided.

Brian will work together with ED to schedule his shift during usual peak hours. When demand there is low, he will assist other navigators in the hospital

You can view a color version of this issue of The LifeLine, or view past issues. Go to this link and follow the prompts: <http://www.stpaulshospital.org/about/mission/lifeline.php>