

# The LifeLine

## St. Paul's Hospital Staff Newsletter



**ST. PAUL'S HOSPITAL**

*A Community of Health, Hope and Compassion for All*

...An Emmanuel Health Organization

## The relationship between waiting and celebrating

'Tis the season...of long line-ups and to-do lists, preparing and hosting, adding in extra events and meals amid our regular lives. Standing in line with excited kids this week made me ask myself an unsettling question: How well do I wait?

The answer depends on the day. When life is busy, I am pretty bad at waiting. The clock ticks louder, other people feel irritating, and my capacity to receive the thing I am waiting for is diminished with each second. My irritation clouds my satisfaction when my turn finally arrives. When I fail to wait well, I am more likely to be grouchy with the bank teller, the grocery cashier, or the elves ushering little people onto Santa's lap.

Rushing makes me exhausted when I arrive. Complaining blinds me to everything good. Resentment leaves me lonely.

On better days, I wait with more grace. I notice the people waiting with me, get drawn into surprising conversations, see things I had not noticed before. The time I spend waiting can be an invitation to be where I am, with curiosity, laughter, and even joy.

Unfortunately, we are usually not in control of the circumstances that keep us waiting. The time we have to wait will not change in quantity, no matter what we do. The only thing that changes is the quality of the waiting, and the good news is that we are entirely in charge of our attitudes when we find ourselves

waiting.

The most amazing thing about embracing waiting is the way that the shift in attitude changes the thing, circumstance, or person for whom I was waiting in the first place. When I enjoy the waiting, I enjoy the awaited.

Visiting in line fills me with wonder at the miracle of people. Counting blessings makes me grateful. Turning unexpected waiting time into rest and relaxation fills me up. Then, my turn is just the next great thing to happen.

Advent is a planned four weeks of waiting for Christmas in the Christian tradition. Perhaps someone in our history knew how much we would need to practice waiting well.

Regardless of what holidays we celebrate and what traditions we practice, we all have anticipate special days. These holiday habits prepare us for the seasons of life where we wait for dreams to come true, promises to be fulfilled, hopes to be answered. Life is happening *while* we wait, not only after the waiting is over. How we wait and prepare affects our experience of the celebration itself.

May we wait well, with kindness and a sense of humour, that our celebrations might also be filled with gentleness and joy. May the light of Chanukah, the joy of Christmas, and the gifts of kindness shared over the holidays spill into our hearts, our homes and our hospital for weeks and months to come.

-- Leah Perrault  
Director of Mission



## Emmanuel Health

On December 10 and 11, the Emmanuel Health Board met in Saskatoon to undertake strategic planning for the new organization, and initiate development of vision, mission and values statements. Branding has been approved, including a new logo and tag line to be used in conjunction with current facility logos [...An Emmanuel Health Organization].

Since March, Board meetings have been held in various locations throughout the province, with the goal of having the Board visit all 12 Emmanuel Health facilities over time.

Extending wishes of a blessed Christmas and peace and joy in the New Year to St. Paul's Hospital staff, physicians & volunteers, on behalf of the Emmanuel Health Board of Directors and Administration.



May the magic and the wonder of the holiday season stay with you and your family throughout the coming year!

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



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St. Paul's Hospital

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St. Paul's Hospital Mission Office



Vision Mission Values

## 2018 Christmas Message



St. Paul's Hospital



**DATE:** December 10, 2018  
**TO:** St. Paul's Hospital Physicians, Staff and Volunteers  
**FROM:** Karen Barber, Executive Director, St. Paul's Hospital  
**RE:** **Christmas Message**

*Christmas is a special time of year. For many, it brings the gift of family and friends. It reminds us of our many blessings, and the gift of giving to those less fortunate than ourselves. The Christmas spirit brings joy, reflection, celebration and peace.*

*In my role as Executive Director, it is easy to see that St. Paul's Hospital is a special place, and I am grateful to be part of this family. Together we are "A Community of Health, Hope and Compassion for All", and we live our mission and vision every day. We see it in the ways we interact and in the relationships we build with patients, their family members, visitors and one another.*

*Although I am not always present to witness the work that you do firsthand, I am inspired when I see staff living our Vision, Mission, and Core Values in so many ways, and in every department at St. Paul's. I also receive feedback from managers, the public and those who access our services about the meaningful work that you do, how much you care and how it has impacted their lives.*

*The joy and compassion you share throughout St. Paul's is visible and makes all the difference. I want to take this opportunity to thank each and every one of you, no matter how "behind-the-scenes" your work may be, I thank you sincerely for sharing the best of yourselves on a daily basis.*

*Please accept my very best wishes for a Christmas and New Year filled with joy, peace and love.*

*Sincerely,*

Karen

## Happy Chanukah at St. Paul's

A Menorah was lit at St. Paul's Hospital to celebrate Chanukah from sundown on Sunday, December 2<sup>nd</sup> through Monday, December 10<sup>th</sup>. Chanukah celebrates a second century miracle. When a small group of faithful Jews defeated a large army to take back the Temple in Jerusalem, they went to light the Menorah to rededicate the Temple. There was only enough oil to light one candle, but that one-day supply lasted for the eight days it took for new oil to be prepared according to custom. Since then, Chanukah celebrates faith, miracles, and the idea of light in the darkness.

Jewish people celebrate by lighting one candle from the larger centre candle each

evening of Chanukah. In addition, the holiday is marked with special prayers, donating money, gift giving, and eating food fried in oil, such as jelly donuts and potato pancakes. In Saskatoon this year, Chanukah started with the lighting of a large public Menorah at the Farmer's Market on the first evening.

Judaism follows a lunar calendar with 354 days a year, where Chanukah begins on the eve of the month Kislev. Because Passover must fall in the Spring, every two to three years there is an extra month in a leap year, which means that Chanukah can fall anywhere between the last week of November and the last week of December.



*Rabbi Raphael Kats stands with the Menorah he brought and lit for the lobby of St. Paul's Hospital.*



## Advent Celebration



An Advent Service was held in the 5th floor hub on December 12. The following prayer is shared for those who were not able to attend:

*Jesus, I want Christmas to come  
In the house of my life.  
All year, the rooms have been filled  
With the people and purposes  
Of each passing day.  
When life is full, I forget to return to the rooms  
To prepare them for what is yet to come.  
May this season of Advent waiting and longing  
Prepare the rooms  
Of my heart and my life for you.  
Come in,  
with the wonder of your peace and joy,  
And make your home in me.  
Amen.*

## Christmas Angels

Many thanks to all those staff, community members, friends, and family members who picked up and shopped for Christmas Angels this year. In total, more than 220 gifts were purchased and wrapped to share Christmas with students at St. Mary's and Pleasant Hill Schools. Your joy was infectious as you dropped them off!

A special word of thanks to Diane Boechler in the Mission Office and Annette Helmink in Volunteer Services who coordinate the Angels' arrival, place them on the trees, receive and store the gifts, and ensure that every last angel gets attached to a gift so that no one goes without. Your service makes our participation possible.



## 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.



**Lisa Wutch**  
*Holistic Care*



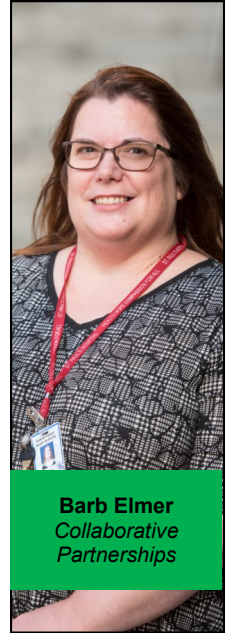
**Roxanne Sperling**  
*Respect for All*



**Les Loberg**  
*Stewardship*



**Christine Boechler**  
*Compassionate Careing*



**Barb Elmer**  
*Collaborative Partnerships*



In addition to the Mission in Action Awards, our owners, Emmanuel Care, award the Charism Award annually. At St. Paul's, departments are asked to describe how they contribute to living out the charism of our foundresses, the Grey Nuns. The recipient is drawn from the group of departments who did so. This year, the Charism Award was presented to 6th Medicine, who worked diligently to end a three year outbreak. Manager Lorrie Laframboise accepted the award from Emmanuel Care Board Chair Leona Burkhardt and Francis Maza, Executive Lead, Mission, Ethics, and Spirituality.

*Photo credits this page: Matt Smith  
[www.mattbraden.com](http://www.mattbraden.com)*



## Witness to Mission

*Submitted by Marissa Alarcon, Catholic Health Association of Saskatchewan (CHAS)*

The Catholic Health Association's five-day ***"Witness to Mission: a mission formation experience"*** program continues to serve our Catholic Health facilities throughout the province. The Fall term started on September 18th, 2018 with 10 participants from St. Paul's Hospital in Saskatoon. This was the fourth offering of the program for St. Paul's Staff.

*Witness to Mission* invites participants to look at their involvement in the ministry of Catholic health care and to explore the question "Why do I do what I do?" Each day has a series of structured activities and experiences that offered participants the opportunity to realize the sacredness of everyday encounters.

One of the participants shared that her Witness to Mission experience helped her learn "how to apply my spirituality in the workplace and that God is present in the struggles of everyday life." She added that working in health care allows her to be compassionate and to love people by responding to their suffering. She continued that "I learned that we all have different values, and to be aware of marginalization around me. I really enjoyed the history of SPH and learning about the legacy of the sisters and how I can carry their mission forward."

The shared stories and experiences is a great opportunity to come together as community, and grow in the work in which we take part - *the healing ministry of Jesus*. Staff members interested in hearing more about the program are welcome to connect with Marissa at the CHAS office, or with Leah in the Mission Office at St. Paul's.



## Long Service Awards

*“The best way to find yourself is to lose yourself in the service of others.”*

~Gandhi

The 2018 Long Service Awards were held November 1st at the Western Development Museum.

Special thanks to Alicia Oucharek Mantyka and Leah Perrault who emceed the event,

David Maroniuk who led us in grace, Janice Walker, who spoke on behalf of the recipients, as well as organizing committee members: Diane Boechler, Wendy Nystuen, and Leah Perrault.

### 10 Years of Service

ACTON, BRUCE  
AHMED, JENNIFER  
AKISTER, TERRENCE  
ANDERSON, JANEL  
ARNO, BEVERLY  
BEAUSOLEIL, ALEJANDRA  
BELHUMEUR, VIRGINIA  
BERGERMAN, DESIREE  
BIEVER, MIRANDA  
BLACKMON, MARIA  
BOYCHUK MCRAE, CINDA  
BOYKO, TRACY  
BUCKINGHAM, JODI  
BUTZ, AMANDA  
CAMERON-TURLEY, JENNIFER  
CARLSON, TAMARA  
CHADNEY, JENNIFER  
COCKRUM, BONNIE  
COSTELLO, KAREN  
CRAWFORD, ABBY  
DECORBY MACKNAK, LISA  
DEVINE, CHELSEY  
DEVREESE, KAYLA  
DOWNING, JENNIFER  
EARL, RAEGAN  
EICHHORN, CYNTHIA  
ELIASON, RUTH  
EVERETT, CINDY  
FIDGETT, WENDY

FRIES, AMBER  
GILECKI, ASHLEY  
GILLGANNON, ANNA  
GRAINGER, DOLORES  
HARRIS, VANESSA  
HEIDT, LAURA  
HODGSON, MAGGIE  
HODSON, ALEXANDRA  
HOLLINGSWORTH, JANA  
HORNER, KELLI  
JOHNSON, LINDSAY  
KLUGHART, IRENE  
KORNBERGER, MARILYN  
LACEY, KRISTIN  
LE GRAND, AMANDA  
LOCKWOOD, DARLENE  
LOWE, POPPY  
MACKAY, ASHLEY  
MACPHERSON, DIANE  
MARTEL, COLLEEN  
MILLER, SHERRY  
MOCHAR, WENDY  
NAGY, CHANTEL  
NELSON, CECYLIA  
PANA, LOURDES  
PATOLA, KAYLEE  
POOCHAY, DARREL  
POOL, PAT  
POTTS, TERRY

RAMAGE, CRYSTAL  
RAMAZANI, SUZAN  
REGNIER, KRISTIN  
ROBERTSON, STUART  
ROLFE, WARREN  
SANDER, KRYSTAL  
SANDRINO, JULIUS  
SAXINGER, JAMES  
SCHELL, MADELINE  
SCHICK, DOROTHY  
SCHWAB, HEATH  
SEPHTON, ALYSHA  
SERFAS MUNOZ, THERESA  
SIMPSON, MEAGHAN  
SLANEY, CHLOE  
STACK, JACLYN  
STARK, TERA  
STEPHENS, BRENDA  
THOMPSON, GWEN  
THOMPSON VOLDEN, ZONIA  
TIEDJENS, ALICIA  
UNRAU, KELLY  
VAN AGTEREN, BEN  
WAHBA, TRACEY  
WALL, JENNIFER  
WEISNER, NATASHA  
YAMNIUK, CLIFFORD  
YUZICAPI, RENEE



## 15 Years of Service

ASKWITH, MAXINE  
AUSTIN, MISHel  
BERGLUND, CARMEN  
BERNDT, TERA  
BRIAND, MELANIE  
BRIERE, YVETTE  
BUSSIERE, MICHEL  
CHRISTENSEN, ARLA  
CHRISTOPHERSON, MELISSA  
CLAXTON, TINA  
COOK, GUY  
COOK, PATRICIA  
DORRINGTON, WANDA  
EDOM, SHERI  
FRIESEN, LORI  
GE, YAMEI

GRAY, SHERYL  
HAHN, CARRIE  
HEINRICHS, KIP  
HUBIC, KYLE  
JESS, KAREN  
LAPOINTE, LORIE  
LAZARO, JANINE  
MANSUY, MICHELLE  
MCINTYRE, JESSICA  
MEAGHER, ANGELINE  
MORIN, DEBRA  
NEWTON, KIMBERLEY  
OUELLETTE, LISA  
PEARCE, TWYLA  
PETERS, MELISSA  
PETERS, SHERRI

PETTIT, STEPHANIE  
RATZLAFF, DEANNA  
REDIGER, SANDRA  
RICHELHOFF, ANA  
RYE, TERRY  
SAMOLESKI, JANET  
SEMBALERUS, CORINNE  
SKOMAR, CRYSTAL  
SLOGOTSKI, ERIN  
SMITH, RENEE  
TARASOFF, LEAH  
WALLACE, SHERIANE  
WILD, MEREDITH  
WISNER, ZENIA

## 20 Years of Service

AFFLECK, FRANCES  
BEEN, RHONDA  
DECORBY, GAIL  
DENIS, MELODIE  
DONLY, DAWN  
ERICKSON, KIRSTA  
GIFFEN, TERESA  
GILES, SHANNON  
GUERRERO, ZOILA  
HARDER, HELENA

HAUGEN, DIANE  
KLASSEN, CAROL  
KONECNIK, LEESA  
KORNDER, ROY  
LANGHORST, JACKIE  
LUCIER, RACHELLE  
MUENCH, LORI  
POTHAKOS, DIANNE  
QUIRING, LOUANNA  
READ, GREG

SELLAR, VICKI  
SHEASBY, KIRK  
SHORT, AMY  
SLADE, BRENDA  
SOLOMON, EDNA  
SPERLING, ROXANNE  
TEMPLE, JOYCE  
WALLS, SANDI

## 25 Years of Service

ALVESOR, JOCELYN  
BAUML, SUSAN  
BLOOMFIELD, RHONDA  
BROWN, CAROL  
CHOMIAK, BEVERLEY  
COPPENS, DONALD  
GELOWITZ, JUDY  
GIRLING, JACK  
KEEN, HEATHER

L HEUREUX, TRACY  
LLOYD, THERESE  
MELCHKART, DARREN  
MUENCH, DEAN  
OLSON, MARY  
RIDLEY, SCOTT  
ROSAASEN, NICOLA  
SNATINSKY, MELANIE  
WILLMS, PAMELA



## 30 Years of Service

APOLONIA, SHELLEY  
BASCHUK, SELENA  
DEICHERT, VALERIE  
DUCIE, TAMMY  
ETHIER, AUDREY  
FLORIDA, HELEN  
GORKOFF, KAREY  
HARDER, LAURIE

HARTWIG, SANDRA  
HELMINK, ANNETTE  
KEATING, TERESA  
KNEZACEK, SANDRA  
LACHAPELLE, CONNIE  
MATERIE, ROBERTA  
MATIESHIN, KATHY  
RENAS, PENNY

ROLLACK, ANITA  
TIMMERMAN, JUDY  
WALKER, JANICE  
WENZEL, DOUG  
WURZ, SHERREY  
YUZDEPSKI, CURTIS

## 35 Years of Service

AARON, TRACI  
CONAN, JANET  
ELASCHUK, MARYANNE  
FISETTE, CINDY

GIESBRECHT, DELPHINE  
KATZENBERGER, MONIKA  
LATURNUS, VIVIAN  
PRENTICE, FAYE

SEIB, DARLENE  
SEIB, KELLY  
SIPPOLA, JILLIAN  
ZUREVINSKI, KAREN

## 40 Years of Service

BALABERDA, MARLENE

TRAYNOR, MARGUERITE

## Response from a Recipient: Joyce Walker *(shortened slightly)*

Greetings to our honored guests and their loved ones, board members and SPH staff and physicians. As I was preparing for this event, I spent some time contemplating my years at SPH and with the Saskatchewan Health Authority. I will be sharing on behalf of the recipients tonight the top six of my favorite reasons I loved to work at SPH, hoping that you will see in these reasons, the difference each one of you make every day in the lives of others who work, visit and are patients at SPH

**1. The value of a smile.** This may seem corny to some of you if you have never worked elsewhere but I can tell you from my 30 plus years of experience that the smiles you see at SPH as you walk in the building, go to the cafeteria or ride the elevator are not found in all other workplaces. These everyday smiles brighten someone's day; the smiles make you feel part of a team – that despite



how things are going, you are not alone; these smiles lighten the load of visitors, patients and staff. These smiles convey a sense of good will and trust and in return you find yourself smiling. So remember when you go to work tomorrow: One smile can't change the world, but your smile changes mine.

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**2. The gift of people knowing you by your name.** SPH is small enough and as such staff, patients and physicians know each other by name. As you walk down the hallways or into your work area, you are often greeted by name. This simple gesture is heart warming and makes you feel part of someplace special.

It is a fact when you speak to someone and say their name, it changes the relationship. It is hard to be rude and impolite to someone you know by name. *It is such a welcoming part of your work day to know that you matter enough to have others know you by name.*

**3. AT SPH, You feel you can accomplish anything as you have an entire team behind you.** At SPH I found that you just have to ask a team member for assistance and they will be there to support you to get things done for the staff and the patients. Entire departments work together for the greater good of the patients and staff everyday. I can honestly say from previous experiences, the ability to think and work as one while putting the patient in the center of what we do, **is** an everyday occurrence at SPH, Whether addressing an outbreak, or doing renovations or working together in a code situation – every team member is respected and valued.

**4. Patients are at the center and heart of what we do everyday** and as such I observed daily, a living of the SPH mission: a community of health, hope and compassion for all. It doesn't matter at SPH what your story is and where you are from, the staff and physicians care for each person holistically.

Some days are harder than others when patients perhaps make choices we know could result in harm to themselves, however through living our core values and meeting people where they are at, we are reminded daily of Marguerite d'Youville and the Grey Nuns who founded SPH where all people are welcomed and cared for.

**5. SPH is not just about physical healing, it is about spiritual and emotional healing.**

We are so blessed to have the Mission offices and spiritual leaders as part of our team. Morning multicultural prayers and spiritual care practitioners make a big difference for patients and staff. We are blessed to have the beautiful chapel, and the Healing Arts programming, staff, works of art, words of healing, and songs floating through our day.

The volunteers, the pet visitation program, First Nations and Metis Health services staff and elders: these programs are part of many programs which makes SPH such a unique place to work when you witness the impact healing spiritually and emotionally has on the physical body. When you walk down the hallway next time, take a moment and be fully present as you open your eyes and ears to see and hear with renewed awe at our place of work.

**6. SPH IS our work family.** Let's all take a moment, look around at how many people in this very room whom you know by name and their role on the team. You probably have a few (or several) stories to tell about them. You may have even been there for them when they experienced life events such as birth of a baby, loss of a loved one, and there for the everyday events like birthdays or anniversaries. This warmth and caring for each other makes SPH such a great place.

SPH is not a building; it is a community of health, hope and compassion for all where we are blessed to carry out our life's work. Ghandi said that "Consciously or unconsciously, everyone of us does render some service or another. If we cultivate the habit of doing this service deliberately, our desire for service will steadily grow stronger, and it will make not only for our own happiness, but that of the world at large.

Namaste.



## 2018 W.F. Mitchell Bioethics Seminar

*written by Dr. Mary Heilman (formerly Deutscher) Ethicist at SPH*

November 27, 2018 – The impact of childhood experiences on brain development was explored on November 27 at the W.F. Mitchell Bioethics Seminar. Approximately fifty people attended in person alongside a number of telehealth sites to hear guest speaker Dr. Nicole Sherren, the Scientific Director and Senior Program Operator with the Palix Foundation, present on the topic, “The Effect of Early Experience on Brain Development, Learning and Health.”

Brain development, explained Dr. Sherren, lasts from the early stages of fetal development into a person’s 20’s. As a child grows, the brain creates many pathways and circuits. “The use of the circuit ends up dictating which of those connections stay and which get pruned away,” stated Dr. Sherren.

By early adolescence the brain has already been shaped by the experience of the child. Social interaction is critical for brain development, as interactions with adults either support or inhibit a child’s ability to develop appropriate emotional responses and coping mechanisms. This sets the foundation for future behaviours.

Looking at the impact of early childhood stress on adult behaviours, Dr. Sherren cited three factors that can lead to negative outcomes: genetic predisposition, behavior learned from role models, and toxic stress caused by adverse childhood experiences (ACEs), such as neglect or abuse. “People who have a lot of toxic stress in childhood are going to have hyperactive stress response systems, they’re not going to problem solve very well themselves, and that also makes

them vulnerable to problems later on.” These problems include such issues as substance misuse, smoking, obesity, and mental health concerns, etc.

Dr. Sherren offered hope for persons who have experienced ACEs, saying that resilience can be built over time, though it does require more effort in adults than in

children. “It’s never too late to make change in terms of the skills and abilities in our brain.”

The endowment was created in memory of Saskatoon businessman W.F. Mitchell who was committed to ethical business practice. The full 2018 W.F. Bioethics Seminar is available on the St. Paul’s Hospital website.



*Drs. Mary Heilman and Nicole Sherren*

## A Fond Farewell...

Thirty one years ago, Connie Lachapelle was looking for work and came in to talk to the Grey Nuns and was offered a job in spiritual care on the spot. She came in a few days later for her first day. "I felt right at home. It was the most amazing work, and it has never stopped feeling that way." Several years later, she became the Manager of Spiritual Care.

Connie's colleagues recount her ability to speak to anyone about anything. She has a gentle way of accompanying those who are ill and hurting, a wise approach to holistic care, and a witty sense of humour, including receiving and planning the odd friendly prank.

From the bedside to the hallway, Connie has been a constant witness to compassionate care at St. Paul's. Wishing you a wonderful retirement, Connie, that all the care you have offered to us is extended to you in return.



Sending Connie off to a

*Sparkling Retirement*

## Occupational Therapy Month Pumpkin Carving Contest

October was Occupational Therapy month. To celebrate at St. Paul's Hospital, the Occupational Therapists held the third annual pumpkin carving contest, with 13 entries (out of 20 spots). Votes were cast in three categories – Best hospital related theme, Most creative, and Scariest pumpkin. 50% of the entry fees are donated to the St. Paul's Hospital Foundation and the other 50% goes to the winners in the form of Tim Horton's Gift Cards.

8.5 FTE OT's at SPH work to address independence with activities of daily living/ADL's (dressing, feeding, toileting, bathing, and grooming), and meal preparation, laundry, medication management, and driving at home. We assess cognition, provide recommendations for equipment such as wheelchairs and cushions, as well as fabricate splints for positioning to prevent injury or optimize healing. We focus on facilitating safe discharge for patients.



## SPH Foundation 2018 Fundraising Successes

Many thanks to our donors for their generosity to meet our fundraising goals:

**Seeds of Hope for Point-of-Care Ultrasound** - This spring, our Seeds of Hope campaign funded a Point-of-Care Ultrasound (PoCUS) machine for St. Paul's Hospital. This remarkable piece of equipment is used to diagnose and treat a multitude of conditions at the patient's bedside. This means no transfers between Hospital units, no scheduled appointments, and most importantly—no waiting!

**Hospital Home Lottery** - The spring lottery supported the purchase of a state-of-the-art automated pneumatic tube transport system that moves laboratory specimens, medications and blood products quickly and securely throughout St. Paul's Hospital. The fall lottery supported advanced equipment such as a Labscan Luminex to identify gene sequences for organ and bone marrow transplant patients, a Draeger PulmoVista that provides a real-time look at the ventilation of patient lungs, and a Supine Cycle to provide leg and arm therapy for Intensive Care Unit patients.

**Ear, Nose and Throat Clinic** - St. Paul's Hospital recently acquired new equipment that provides extraordinary care to patients whose senses have been impaired. The new Ear, Nose and Throat (ENT) Clinic is fully equipped with advanced equipment that includes microscopes, new endoscopy tools and a digital stroboscope. The centralized ENT clinic allows patients with ongoing

medical concerns to see an ENT physician, a speech language pathologist and/or rehabilitation therapist in the same appointment and under the same roof — without leaving the province.

**CT Scanner** - Thanks to the generosity of our donors and the Give and Grow radiothon, St. Paul's Hospital will have an urgently needed CT Scanner. SPH Foundation raised \$12 million, which the Saskatchewan Ministry of Health matched to bring the \$2.4 million dollar equipment to the Hospital. The CT Scanner is used by almost every department in the Hospital and the new scanner will provide more scans for more patients in less time.

**Foundation Draws** - Each year, the St. Paul's Hospital Foundation Draws gives physicians and staff the opportunity to receive funding for programs and items that our larger fund raising initiatives do not always take into consideration. The 2018 Draws awarded \$125,000 for an array of items including a digital scale, educational materials, ergonomic work chairs, lab equipment, curtain tracks, a freezer and more.

**GreenLight Laser** - The new GreenLight Laser XPS brings the latest advancements in urological care to the Leslie and Irene Dubé Urology Centre of Health at St. Paul's Hospital.

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**Best wishes and Merry Christmas from everyone at SPH Foundation.**

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ST. PAUL'S HOSPITAL FOUNDATION

# Mistletoe Charity Ball

Presented by  
**Nutrien**  
Feeding the Future™

Thank you to all the  
sponsors and attendees.

This year's gala raised \$172,750  
to help provide comfort and care  
for patients through equipment and  
furnishings at St. Paul's Hospital.



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## Thank you to the 2018 Mistletoe Charity Ball Volunteer Committee

MRS. CAROL YELLAND (CHAIR) | MRS. BARBARA BERSCHIED  
MRS. DOREEN HOWLETT | MRS. NICHOLLE POWIE | MS. PAM PROSORSKY  
MRS. ANNIE REDDSCHEFF | MRS. RHONDA SPENCER | MRS. TANYA WUR  
MRS. KARI SINDREKICZ (SPH FOUNDATION MANAGER OF ANNUAL GIVING)  
MS. BRENDA MCLEAN (SPH FOUNDATION EXECUTIVE ASSISTANT)



Save the date for our 30th annual Mistletoe Charity Ball  
on Saturday, November 16, 2019.

## You can help!

We continue to raise funds for the following projects. If you would like to donate, please drop by or visit us at [sphfoundation.org](http://sphfoundation.org).

- **Versacare Specialty Beds** that prevent and heal bedsores,
- **A Labscan Luminex** identifies a DNA markers, giving healthcare providers more information about transplant options,
- **A Draegar Pulmovista** helps staff monitor patients' breathing,
- **Chronic Kidney Disease Patient-Oriented Research** is placing patients are front and center with an innovative research project to co-develop culturally appropriate teaching materials and tools for Indigenous people about the treatment options for failing kidneys,
- **The Healing Arts Program** has been a part of the Hospital since 2005. The program allows healing beyond the physical well-being of a person and reaches out to heal individuals emotionally and spiritually as well,
- **Spiritual Care** - When we're sick, or when a close friend or family member is ill, having someone to talk with can help. Whether helping someone cope with illness, accompanying a family struggling to make decisions for a loved one's care or assisting family members to make arrangements for a funeral, spiritual care staff can be there as a spiritual resource.

## Did you Know?

Every gift makes something  
possible that would not have  
been otherwise.

Your can direct your gift  
to the project or department  
of your choosing.

Your generosity is  
transformed into programs and  
equipment that deliver  
health, hope and compassion  
for all at SPH.

## 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](mailto:info@sphfoundation.org)  
or sign up online at [sphfoundation.org](http://sphfoundation.org)





## TOPIC: SAFE WALKING DURING WINTER

### *Do you dress the part in order to walk safely during winter?*

Here are a couple of things to think about:

- Is your winter footwear secure to foot and have a good, gripping sole? It is important to wear appropriate footwear when walking on ice and snow. Ice or objects may be hidden under the snow.
- Take extra care when getting in and out of a vehicle.
- Our weather can change quickly. You may have to keep an extra pair of appropriate footwear in your vehicle or in your office/locker.
- When walking, take smaller steps and keep your feet underneath your centre of gravity for stability.
- If shoe grippers/ice cleats are provided for you at work, be sure to wear them!
- [www.ratemythreads.com](http://www.ratemythreads.com) is a research lab that tests boots for slip-resistance. See which boots pass the test.

Good Choices ✓



Not Recommended ✗



**Safer Everyday!**

For questions or more information, please contact [OHSINTAKE@saskatoonhealthregion.ca](mailto:OHSINTAKE@saskatoonhealthregion.ca)

## Spotlight on Safety: It's Everyone's Responsibility

St. Paul's Hospital Security Services asks for your help to keep people safe and property secure. A few vehicles have recently experienced vandalism and theft in the SPH parkade. Suspects gained access into the parkade by breaking in through a locked door. The door is under repair. The suspect in one case was arrested and charged.

### ***For your own safety and the safety of other people:***

- Always be aware of your surroundings.
- Look around before entering a space or before exiting your vehicle.
- If you feel unsafe when entering the parkade on foot, please leave immediately and return to a place of safety, then call security or the police as necessary.
- If you feel unsafe while still in your vehicle, do not exit your vehicle. Instead, leave the parkade and then call security or the police as necessary.
- When entering or exiting through a locked door, ensure the door closes behind you before proceeding to ensure no unauthorized person enters the space.
- This includes the parkade. Please check your rearview mirror to ensure the doors have closed before you leave the entrance or exit.

## A New Face

SPH Administration welcomes Tonia Balandyne to our support staff team. Tonia has over 20 years' experience providing Administrative Assistant duties to leaders in our organization. We are pleased to have Tonia help us out two days a week over the next few months. Welcome to the St. Paul's Hospital family, Tonia.

### ***For the security of property:***

Please take the following steps whenever you park your vehicle, regardless of location, regardless of the length of time you're leaving it:

- Do not leave items such as packages or bags visible in your vehicle. Thieves will risk breaking in to find anything of value. o Take them with you or lock them in your trunk, out of sight.
- Do not leave loose change visible.
- Make sure your vehicle is locked.

Observing these steps will help keep you safe and help slow down thieves, however it's not always a guarantee that thieves won't try to steal. Please keep your head up and immediately report any unusual behaviour to Security Services.



The annual craft sale was held November 29, filling the lobby with the handmade work of staff and friends of St. Paul's. One patient came by saying, "Thanks. This made my day. The days are long and I didn't know how I was going to do Christmas shopping!" Many thanks to the vendors and organizers.



## The Gift Shop at SPH

*Submitted by Stella Price, Gift Shop Manager*

The Gift Shop was established by the Nurses Alumni in 1983. St. Paul's Hospital Foundation assumed responsibility of it on December 31, 1998. Historically, the gift shop was staffed solely by volunteers. However, as senior volunteers began to retire and with the changing times, it became harder to find dedicated volunteers willing to commit long-term. Several years ago, the first part-time sales associate was hired to assist the manager. As the shop became busier and we continued to experience a shortage of volunteers, a second part time sales associate was hired. Today, our staff consists of a Manager, two part-time Gift Shop Associates, and volunteer Gift Shop Associates.

As the Gift Shop manager, I ask you to please be patient with the associate assisting you at the check-out register and with your lottery purchases. She or he may be new and still training or may only help out for a few hours each week. We are doing our best to serve you as quickly and efficiently as possible.

St. Paul's Hospital is a community within a community and has an almost indescribable atmosphere of inclusivity and respect for all. There is something special and comforting about getting to know so many of you not just as a familiar face we pass in the corridors, but as a unique individual with a name.

It is our goal to treat all who enter the Gift Shop with equal respect and compassion, regardless of who that customer may be. We want to make your experience welcoming and pleasant so that you feel comfortable returning again.

Thank you for your understanding and continued loyalty. We appreciate your business in support of our hospital!

And if you, or someone you know, would like to volunteer, call Kathi Lewis with the Volunteer Workforce at (306) 655-5823 or visit <https://www.saskatoonhealthregion.ca/joinourteam/volunteer/Pages/Home.aspx>.

## Familiar Face in a New Role



Samuel Ezeogwum is moving into the role of Manager of Spiritual Care. Sam came to St. Paul's in 2016 after having started his spiritual care education at Sunnybrook Hospital in Toronto. He completed his Clinical Pastoral Education here at St. Paul's, where he has found himself at home in the mission and legacy of the Grey Nuns, and in the community of St. Paul's Hospital. Sam has been serving as a Spiritual Care Practitioner since completing his education, so his big smile and compassionate care is already familiar to many. Congratulations Sam!

## A Bit of Summer News in Winter

In the final week of the *Locals Only* summer carts, youth leaders from Locals Only and CHEP Good Food brought the Locals Only feel to the residents of Saint Paul's Hospital on August 13<sup>th</sup> and 16<sup>th</sup>. In coordination with the Healing Arts Studio and Marlessa Wesolowski, mobile market and art activities set up shop on the 5<sup>th</sup> floor of Saint Paul's Hospital.

The youth led a variety of art activities with an emphasis on sharing cultural traditions. On the 13<sup>th</sup> they taught residents how to make dream catchers and banners. On the 16<sup>th</sup> they showed participants how to make paper lanterns and origami cranes. It was wonderful to see the joy on people's faces as they learned to create something new.

Many enjoyed the experience, saying:

"Thank you for bringing the activities to Saint Paul's, it helped me take my mind off my pain."

"Thank you so much. I just feel so much better now. Thank you for being patient."

"Thank you for coming today. I think this should be here every day. Every place should have one!"

Some comments from the students:

"It helped me think about intergenerational art and what it means to be creative. It (creativity) is dormant inside of all of us."

"One lady invited me up to her room. It was kind of sad to see their rooms, but I think the paper lanterns and cranes brightened their day"

"There were a lot of good interactions and I could see that we were making people happy."

Many people had limited mobility and dexterity, but with the youth's help, they were still able to create. Karden Marceau, one of the Locals Only youth, made dream catchers for several residents who didn't have the

ability to make one for themselves. Meagan Hong, another youth was able to make paper cranes to give away to the people who didn't have the time or physical ability to make one.

The residents also were delighted at the presence of CHEP Good Food's mobile market. Many patients, and staff enjoyed the fresh fruit and vegetables that they offered. Locals Only was grateful to partner with the Healing Arts Program and the Saskatchewan Health Authority to bring fresh fruit and art activities to our neighbours at Saint Paul's Hospital. We hope to come again!

### **SPH Healing Arts Christmas Music, Poetry & Art Open Mike!**



**Tuesday, Dec 18th**

**1:00 pm—3:00pm**

**St. Paul's Hospital 5th Floor Family Area**

**All patients, family and staff are welcome!**



## St. Marguerite Archive Sale

Daphne Powell, Maureen Preston, and Shirley McNeil volunteered to come in and clean out the St. Marguerite Archive room in the basement over the last couple of months.

A sale was held to try to find new owners for many of the items. A radio from 1952, a Singer sewing machine, and many old instruments were among the finds to be had. The best part, however, was the memories shared over the items, and the opportunity to reconnect with people from the past.

\$653 in sale profits was donated to the Personnel Association. A huge thanks to the ladies for their time and joy, as well as to Rod and the maintenance team for all their help.



## Thanks to the St. Paul's Hospital Personnel Association

### *Staff Christmas Tea*

**Thursday December 20, 2018**

**1400 – 1530**

**SPH Cafeteria.**

This event is funded by the  
SPH Personnel Association

Door prize donations from unions  
(No funding from SHA budget)

**All staff, physicians and volunteers join us for  
food, song and socializing**

*No matter how you celebrate the season, may  
you experience peace in your heart, home,  
community and world and experience the joy  
and hope of God in our midst.*

Many thanks to the volunteers and executive of the St. Paul's Personnel Association who work hard all year long on the projects and initiatives that make St. Paul's such a great community.

Special thanks for cinnamon buns on November 8, Children's Christmas Party, and the Christmas Tea coming up on December 20th. We hope to see you there!



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>