

The LifeLine

St. Paul's Hospital Staff Newsletter



ST. PAUL'S HOSPITAL

A Community of Health, Hope and Compassion for All



Transitions, Liminal Spaces, Waiting

I've never had such a difficult time writing a first page as this time. It's spring, darn it, and the air is full of the possibility of new life with all its lightness (as in the opposite of both darkness and heaviness). It should be easy to write about something like that.

Kind of like March itself. It hints at spring. It gives longer days like clockwork, and spring should come, but March gives only pieces of warmth, a few thaws, and generally half the snow of an entire winter falls just when we were tempted to put away the snow shovel.

Isn't that a bit of an allegory for how we progress in life? Here's another allegory of how we often approach problems in our lives in five steps:

One: I walk down a street. There is a huge hole and I fall into it. I wallow in my pain for quite a while, angry at those stupid people who did not fix the hole and blame those who didn't put up enough signs or fences. Eventually, and with great effort, I manage to pull myself out.

Two: I walk down the same street and fall into the same hole. I begin climbing out right away, blaming those same stupid people for the hole.

Three: I walk down the same street and fall into the same hole. I recognize that it's my own fault and climb out at once.

Four: I walk down the same street and walk around the hole.

Step Five: I walk down a different street.

We get into habits and don't even realize it as long as they work for us. Habits of thinking, feeling, acting, relating, solving problems, and so on. But as a child grows out of its clothes, these habits gradually fail us. Or we are surprised by new circumstances that suddenly demand something of us we aren't used to. Then we have to look for something new inside of us. We may not even know where or how to look.

We may have glimmers of it as March gives us glimmers of spring, and then lose the insight as quickly as an Alberta Clipper can freeze us with another blast of winter. We may for a while deny that we really need to change, or blame others for the problem.

These kinds of transitions are full of pauses. They are marked by "liminal spaces" like being on the threshold of a door when we are neither inside nor outside.

In Christian belief, this is like Holy Saturday: Jesus' death has occurred but he has not yet risen from the dead. It is a time waiting in hope, and of not knowing, of something being unfinished. Just like the ideas in this reflection, that hint of something but don't quite reveal it.

It is still March, after all. April and the resurrection will come at the right time. All shall be well, all shall be well, and all manner of things shall be well.

-- Brian Zimmer, Director of Mission

Farewell SPH Board of Directors

Effective April 1st, St. Paul's Hospital will no longer have a facility Board of Directors as it moves to a new governance structure under Emmanuel Health Inc. Eight members of the current SPH Board will move to the Emmanuel Health Board. This new governance structure will see the Boards of 12 Catholic healthcare facilities owned by Emmanuel Care (corporate entity for the Bishops of Saskatchewan), amalgamate into one governing body that can speak as a unified voice to the Saskatchewan Health Authority on behalf of Catholic healthcare in Saskatchewan. The following facilities will be a part of Emmanuel Health:

St. Paul's Hospital.....	Saskatoon (acute care)
Samaritan Place	Saskatoon (long term care)
St. Joseph's Hospital	Estevan (integrated care)
Radville Marian Health Centre	(long term care)
St. Peter's Hospital	Melville (acute care)
St. Joseph's Hospital/Foyer D'Youville	Gravelbourg (integrated care)
St. Anthony's Hospital	Esterhazy (acute care)
Foyer St. Joseph Nursing Home	Ponteix
Providence Place for Holistic Care	Moose Jaw (long term care)
St. Anne's Senior Citizen's Village	Saskatoon (long term care)
Santa Maria Senior Citizens' Home	Regina
St. Joseph's Integrated Health Centre	Macklin

We greatly appreciate the leadership of our volunteer Board members and thank them for their dedication and service.

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for and by its employees.

www.stpaulshospital.org

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St. Paul's Hospital Mission Office



Vision Mission Values

SPH Board of Directors 2017—2018

*Those individuals who will move to the new Emmanuel Health Board.

Seated (L to R): Darryl Bazylak*, Gene Dupuis*, Bob Kirkpatrick (Past Chair), Lise de Moissac (Chair), Sr. Emiline Pena, Dr. Hugh Wood.

Standing (L to R): Dr. Sarah Oosman*, Pina Melchionna*, Don Tofin (replaced by Mary Donlevy-Konkin*) – Emmanuel Care Representative, David Eberle*, Doug Schmeiser*, Chris Boychuk – SPH Foundation Board Chair, Dr. Bruce Berscheid*, Jean Morrison – President & CEO.

Missing: David Patola* (Vice Chair), Bishop Mark Hagemoen.



What Does a Safe SPH Look Like? Our Community's View

On December 20th, a number of St. Paul's and Health Region staff had an opportunity to meet with community members to talk about safety at St. Paul's Hospital. Our questions to the community were open to encourage those taking part to interpret safety from their perspective. We were pleased to have a number of elders as well as representatives from several community organizations, the Saskatoon Tribal Council and Central Urban Metis Federation Incorporated. Thirty-four people took part in the consultation.

The first question posed to the group was 'what does a safe St. Paul's Hospital look like?' Much of the discussion focused around psychological, emotional and cultural safety, followed by physical safety. Participants shared their stories, telling us about some wonderful experiences they have had and experiences that were heart wrenching, impacting their sense of trust in the health system. They offered suggestions of things we might do to address safety and create positive change.

What was very clear is how one's past life experience, background and their own culture impacts their perception of situations. They

told us that when in our care they may not tell us what they need or want, because that is not their way. We heard that building trusting relationships, taking the time to explain with language the person can understand, and listening to verbal and nonverbal cues are very important to really care for a person.

Education was seen as a key part of the strategy to improve safety at St. Paul's. As a result, in addition to a number of actions we are taking to increase physical safety at St. Paul's, we will be offering education sessions every two months focused on learning associated with an aspect of safety. The sessions will focus on increasing knowledge related to health equity, truth and reconciliation, physical safety, racism and other topics over time. The more we know and understand the better equipped we will be to provide compassionate, appropriate care for the diverse population of people who need us.

My thanks goes out to First Nations and Metis Health and Population and Public Health staff for playing a key role in organizing and carrying out this event and to Doug Robertson for facilitating a successful event!

-- Jean Morrison, President and CEO

Helping Patient Registration Support Teddy Bears Anonymous

We have a used book table in our department that we take donations for. We get our books from staff and anyone that would like to donate books. We sell the books with all the proceeds going to Teddy Bears Anonymous. Each child that is registered as a day surgery or admitted to the hospital is given a bear to keep, to keep with them while they are here in the hospital and to take home with them. All the proceeds from our book table goes to Teddy Bears Anonymous. We would gladly take used books as well as any cash donations. I would be willing to pick up books as well.

— Submitted by Penny Ginther



Now You See Me, Now You Don't

I wanted to extend a huge thank you to Marlessa our Artist in Residence at St Paul's from the patients and staff on 7th Medicine. Marlessa painted 2 beautiful cloud paintings, which were placed in between a patient room and a service room. They have helped to ensure better patient privacy and have improved the patient experience as they now have beautiful artwork to look at in their room.

When the plastic covering the artwork was removed the patient in the room stated, "the paintings are beautiful and it really lightens the whole space...they are beautiful"

I also would like to extend a special thank you to maintenance for the quick installation of the art work to improve the patient's experience.

-- Submitted by Melissa Babcock , Manager of 7th Medicine



SPH Foundation AGM

You are invited!
Thursday, April 26, 2018
12:00 noon
Room G30
If you are able to attend
RSVP to 655-5821



Listen For It ...

We are fundraising for a new Diagnostic Imaging CT Scanner at St. Paul's Hospital. The new scanner incorporates new technologies that bring real-time 3D imaging to biopsies, provides significantly clearer blood vessel details, and requires less dye to be used during scans.

One of the ways we are fundraising is what we call a "Give and Grow Radio Event". Throughout the month of June C95, 650 CKOM and Rock 102 will share stories on-air about this important equipment and how you can help.. Please give generously! Your donation will help more than 10,000 people annually to receive the care they need.

For more information contact Kari Sinkewicz, Manager of Annual Giving at the St. Paul's Hospital Foundation. Phone 306-655-5835 or email kari.Sinkewicz@sphfoundation.org



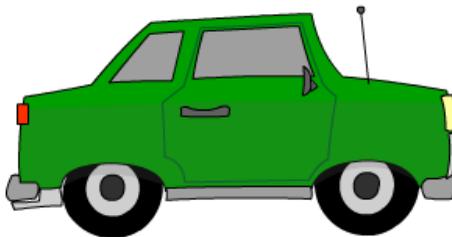
Parkade Repairs — Reprise

'Tis the season for parkade repairs to commence again. Repairs are expected to last until September 15th affecting parking on a rotating basis from level 3 to the top level.

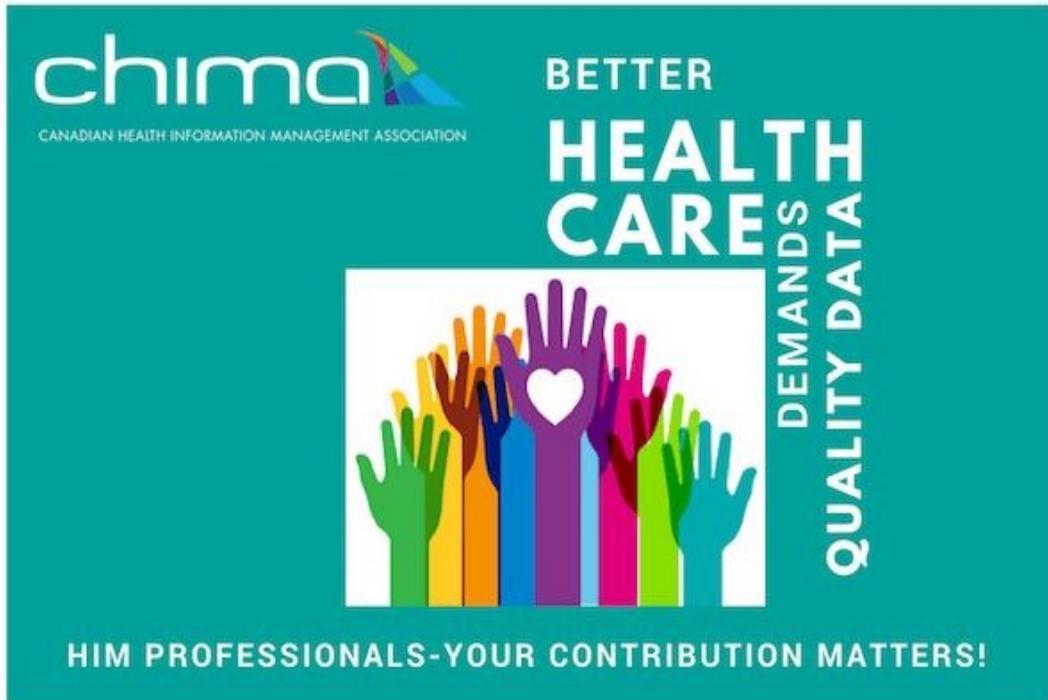
Beginning March 19th - parking stalls on level 3 will be shortened by 2 to 3 feet from the wall in order to accommodate drying of PT cables. *These stalls will still be available for use.*

Beginning April 4th – rotational closure of parking stalls beginning on the 3rd level for re-greasing.

Please do not move any barricades as this will put you and your vehicle at risk given the work underway. Thank you for your understanding and patience during this time.



Join Us in Celebrating the 29th Annual Health Information Professionals Week!



Health Information
Professionals(HIP)Week
March 18-24, 2018



With the increased awareness of better health care through quality data, it is only fitting to recognize the vital role that certified health information management (HIM) professionals play in providing accurate and reliable data to support patient care and overall organizational performance. While organizations must have an enterprise-wide focus on data quality, CHIMA-certified HIM professionals are recognized as subject matter experts in all aspects of the life cycle of health information management.

Anonymous Hope: Letters from Strangers are Helping Patients

By Kristine Scarrow, SPH Writer-in-Residence

As the writer-in-residence as part of the Healing Arts Program at St. Paul's Hospital, I have the honour of connecting with people during some of the most challenging times of their lives. Through story, I learn more about the patients, their families, community members, and the things that matter to them.

At bedside, whether patients wish to write their own personal memoirs or engage in fiction writing, the sharing of those words forms a connection between us that comes from our shared love of story. This process got me thinking. Could I create a sense of connection between strangers and the patients we serve through words?

This led to the creation of *Letters of Love*, an initiative that aims to bring comfort and words of support and encouragement to patients and their families through heartfelt letters or cards written by members of the community.

In 2017, I started reaching out to the community to request letters. Theresa Kutarna, owner of the Regina-based store Paper Umbrella, was the first person to reach out and get involved. The store hosts a monthly letter writing night, and Theresa asked the attendees if they'd like to take part. Beautiful packages started to arrive at the hospital with cards and letters for patients.

Since then, letters have arrived from multiple sources. They arrive in various forms: scrawled on colourful construction paper by the hand of a young child just learning to form words, handwritten in



flowy script on loose leaf paper, and carefully crafted handmade cards on heavy cardstock complete with stunning artwork or photography.

My experience in distributing them has been that the presentation isn't as impactful as the words written inside. The words are what carries the power, and patients are taken aback that a stranger would be thinking of them and would want to send them words of encouragement. When I hand a patient a letter from someone and explain the idea behind it, it often evokes tears. Patients are curious about how a stranger could be thinking of them, and upon reading their words, they often express shock and are deeply touched by the gesture.

Letter writers often report feeling delighted by the experience. The idea that their support and empathy can be conveyed to someone they wouldn't have the chance to meet otherwise is empowering.

In today's digital world, letter writing may seem old fashioned—a dying art. Some may argue that emails or texts are more accessible, but I've yet to find someone who doesn't delight in the surprise of receiving a written message. There's a sense of permanence to the words that leave a lasting impression on the receiver.

Language is a powerful tool; words manifest energy. Using our words intentionally can bring about hope and healing. It's another way of building connections within our community and the hospital. Being able to unite our community with those who are facing health challenges creates an invisible connection that can build self-compassion and reduce anxiety for patients. The entire process becomes impactful for both the writer and the patient.

What if I'd like to get involved?

If you'd like to get involved, all you have to do is write a letter or a card expressing your well wishes or messages of support for someone in the hospital. Your letter or card will be screened and distributed to a patient by the writer-in-residence on your behalf.

What should I write?

Just write from your heart. Being in the hospital can be a scary, vulnerable time. Think of the words you'd like to receive to help you through a challenging time. You can either sign your first name or give your message anonymously.

To learn more, you can contact Kristine Scarrow, the writer-in-residence at St. Paul's Hospital. She can be reached by email at

kristine.scarrow@saskhealthauthority.ca
or by phone at (306) 655-5873.

Changes in SPH Admin Staff

St. Paul's Hospital welcomes Vivian Laturnus back to Administration as of February 5, 2018. Vivian replaced Lori Muench's Administrative Assistant role at SPH following Lori's transfer to the Saskatchewan Health Authority supporting Dr. Susan Shaw, Chief Medical Officer.

Vivian returned to SPH from Organizational Learning and Leadership to support SPH Administration as well as Directors, Bryan Witt – General Medicine, Ambulatory Care, GI, Respiratory and Lisa Collard – Emergency Services; as well as support to Dr. James Stempien – Department Head, Emergency Medicine. Vivian has numerous previous years' experience at SPH and in Administration and we are very pleased to have Vivian back on our team.

Food for the Soul

As they prepared to eat dinner at a restaurant, Kim's six-year-old son asked if he could say grace. As they bowed their heads he said, "God is good, God is great. Thank you for the food, and I would even thank you more if mom gets us ice cream for dessert. And Liberty and justice for all!!! Amen!"

Along with the laughter from the other customers nearby Kim heard a woman remark, "That's what's wrong with this country. Kids today don't even know how to pray. Asking God for ice cream! Why, I never!"

Hearing this, her son burst into tears and asked, "Did I do it wrong? Is God mad at me?" As Kim held him and assured him that he had done a terrific job and God was certainly not mad at him, an elderly gentleman approached the table.



"He winked at my son and said, 'I happen to know that God thought that was a great prayer.' 'Really?' my son asked. 'Cross my heart.' Then in theatrical whisper he added (indicating the woman whose remark had started the whole thing), 'Too bad she never asks God for ice cream. A little ice cream is good for the soul sometimes.'" Naturally, Kim bought her kids ice cream at the end of the meal. What happened next was a complete surprise.

"My son stared at his ice cream for a moment and then did something I will remember the rest of my life," Kim explains. "He picked up his sundae and without a word walked over and placed it in front of the woman. With a big smile he told her, 'Here, this is for you. Ice cream is good for the soul sometimes and my soul is good already.'"

Kidney Health Awareness Day March 8

Every year on March 8, the Kidney Health program at St. Paul's Hospital joins together with millions of health care professionals, patients and families from around the globe to mark World Kidney Day.

World Kidney Day is an awareness campaign aimed at highlighting the importance of kidney health. Its focus is on prevention and early detection of kidney problems, as well as support for people living with kidney disease.

This year, the Kidney Health team hosted "Destination Kidney Health," an interactive health fair for staff, patients, families and the general public. Risk factors for kidney disease, diabetes and kidney health, medical library resources, and eating for kidney health were just some of the topics covered at the health fair. Blood pressure screenings were also provided.

A giant "Operation" game, on loan for the day by the Kidney Foundation of Canada, was also a highlight with many people testing out their "surgical skills" before heading over to the health fair information tables.

Everyone attending the health fair that completed a "Kidney Health Passport"



Special thanks to City Councillor Ann Iwanchuk (above) who represented the City of Saskatoon at the event.

received their choice of either an herb plant starter kit (herbs are a great alternative to salt in recipes) or a bottle of water with hydration tips.

Thank you to everyone who attended the health fair and to all those who assisted with its planning and set up!

*-- Submitted by Lisa McGowan,
Health Educator, Kidney Health Community Program*



Comments Made in 1955 (the peak of Boomer births)!

- 'I'll tell you one thing, if things keep going the way they are, it's going to be impossible to buy a week's groceries for \$20.00.
- 'Have you seen the new cars coming out next year? It won't be long before \$2,000.00 will only buy a used one.
- 'If cigarettes keep going up in price, I'm going to quit. A quarter a pack is ridiculous.
- 'Did you hear the post office is thinking about charging a dime just to mail a letter?
- 'If they raise the minimum wage to \$1.00, nobody will be able to hire outside help at the store.'
- 'When I first started driving, who would have thought gas would someday cost 29 cents a gallon... guess we'd be better off leaving the car in the garage.
- 'I'm afraid to send my kids to the movies any more. Ever since they let Clark Gable get by with saying DAMN in GONE WITH THE WIND, it seems every new movie has either HELL or DAMN in it.
- I read the other day where some scientist thinks it's possible to put a man on the moon by the end of the century. They even have some fellows they call astronauts preparing for it down in Texas.
- 'Did you see where some baseball player just signed a contract for \$75,000 a year just to play ball? It wouldn't surprise me if someday they'll be making more than the President.
- 'I never thought I'd see the day all our kitchen appliances would be electric. They are even making electric typewriters now.
- 'It's too bad things are so tough nowadays. I see where a few married women are having to work to make ends meet.
- 'It won't be long before young couples are going to have to hire someone to watch their kids so they can both work.
- 'I'm afraid the Volkswagen car is going to open the door to a whole lot of foreign business.
- 'The drive-in restaurant is convenient in nice weather, but I seriously doubt they will ever catch on.
- 'There is no sense going to the city anymore for a weekend. It costs nearly \$15.00 a night to stay in a hotel.
- 'No one can afford to be sick anymore. At \$35.00 a day in the hospital it's too rich for my blood.'
- 'If they think I'll pay 50 cents for a hair cut, forget it.'





Birdhouse Raffle

In support of St. Paul's Hospital

YOUR CHOICE OF A DESIGNER

BIRDHOUSE BY

jr's designer birdhouses

HANDCRAFTED BY JOHN REMAI

*(see full selection in the Gift Shop or at the
Foundation Office)*



Tickets **\$2.00 EACH** or **3 for \$5.00**

DRAW DATE April 30th

THANK YOU!

Your purchase supports St. Paul's Hospital employee professional development and training.



SPHFoundation.org

Give Generously

Spotlight on Safety: It's Everyone's Responsibility



Saskatchewan
Health Authority

OHS Safety Talk

TOPIC: ENVIRONMENTAL AWARENESS

Do you always pay attention to your surroundings IN and OUT of work?

Here are a couple of things to think about:

- Be aware and mindful when performing a task. Here's a quick check in: Are you an accomplished multi-tasker? That's great but save it for the right time and environment. Looking at your phone can wait and should not be done while walking, crossing the street etc.
- What do you do when you have thoughts that "something isn't right?" Do you trust your instincts or ignore them? We have these thoughts for a reason, pay attention to them! If it doesn't feel right, it usually is.
- Report the unusual and communicate it to those that need to know.
- In parking lots or parking on the street, pick a spot that is well-lit. Before leaving your vehicle, take a quick scan outside and around your vehicle.
- Are you up to date on your W.A.V.E training? The E-Learning module is always a good refresher.

Stay Alert, Stay Safe!



SAFER Everyday!

For questions or more information, please contact OHSINTAKE@saskatoonhealthregion.ca

Summer Fun Prizes

Another activity, just for fun, sponsored and run by our
SPH Personnel Association.



Yes, it is a Weber



Two Zero Gravity Chairs



Tickets: \$2 each, or 3 for 5\$
Available at Nevada ticket table Thursdays
1130—1300h , or at the Mission Office.
Draw takes place June 14, 1300h.

Nevada Winners

Donna Skwark Sterile Processing
Eunice Mallon ICU
Jeannette Pulles Patient Registration
Kim Pocha (2x) Maintenance
Owen Westad Maintenance
Leslie Olson SHIPS

Proceeds from the sale of Nevada tickets support the Staff Professional Development Fund of the SPH Foundation. Thanks to all who play, and to all who volunteer to sell.

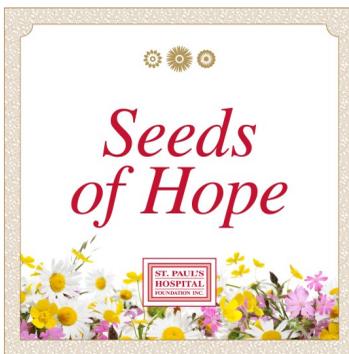


Planting Seeds of Hope

We are grateful to our generous donors who have already given to the 2018 Easter letter starting with our very own Dr. Haissam Haddad (below). These cherished friends are helping bring a **Point-of-Care Ultrasound (PoCUS) machine** to St. Paul's Hospital.

This remarkable piece of equipment can be used to diagnose and treat a multitude of conditions right at the patient's bedside. This means no transfers between Hospital units, no scheduled appointments, and most importantly—no waiting!

For more information on **how you can help**, contact Kari Sinkewicz, Manager of Annual Giving
306-655-5835 or email
Kari.Sinkewicz@sphfoundation.org



Become One of Our Angels

I am grateful to the Grey Nuns who established this amazing Hospital, and I give to St. Paul's because of the love and care the doctors and nursing staff have afforded us. Giving monthly is easy and a little goes a long way.

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.

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



Jeannette Jones
Circle of Angels Monthly Donor

Retirements

Dawn Priel retired from Non Invasive Cardiology (NIC) as an Medical Office Assistant in June 2017 after working at St Paul's Hospital for 36 years.

Dawn was initially hired as a Housekeeping Aide in August 1981 and worked in various positions which included working in Health Records. Dawn's sense of humor was appreciated by all who entered her office and will be missed by many. All the best to her in her retirement!

SPH said farewell to **Ron Flach** after almost 30 years of service. He started May 15 1989 and retired February 22 2018.

Ron began as a Controls Technician looking after heating and ventilating systems. He had worked for one of the contractors constructing the A-Wing expansion, and had assisted with the installation of many of the components of the systems he now cared for as an employee at SPH. His through knowledge of the building, matched by his caring of the building and the people in it, has saved SPH many times over the years (money and repairs). He was always willing to help with projects and equipment installations.

Ron was also Chair for SEIU at SPH for 15 years, helping negotiate many contracts. He was Shop Steward for much of the rest of his time here, helping others with union guidance.

He will now have more time to travel the world and relax at Candle Lake with family and friends.

Also he will be able to hone his fishing skills.

Ron had a great laugh, a wry sense of humor, and a constructive approach to every issue. He was a very valuable asset to SPH and will be missed greatly.



Circle of Angels

Monthly Giving Club at SPH Foundation!

Monthly giving is automatic and easy – a simple, affordable way to spread your support to St. Paul's Hospital over the year.

By joining our monthly giving group, you will become one of our Angels, a special group of individuals committed to our Hospital and the community we serve. Circle of Angels donors receive a special lapel pin and invitations to Foundation events throughout the year including the annual Donor Appreciation Luncheon.

Name _____

Address _____

City _____ Province _____ Postal Code _____

Email _____

I would like to become a

Circle of Angels member with my gift of: \$ _____ /month

One tax receipt will be issued at the end of the year. You can cancel or change your monthly gift at any time.

Call Karl at 306-655-5835 if you have any questions

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I authorize St. Paul's Hospital Foundation to deduct my monthly gift from my bank account by the 5th of each month. [I've enclosed a blank cheque marked VOID.]

Signature _____

Date _____

OR

I authorize St. Paul's Hospital Foundation to deduct my monthly gift by the 5th of each month from my credit card:



Card #: _____ / _____ / _____

Exp. Date: _____ / _____ Signature: _____

mm / yy