

The
LifeLine
St. Paul's Hospital Staff Newsletter



ST. PAUL'S HOSPITAL

A Community of Health, Hope and Compassion for All



The Smallest Things

St. Paul's is quite a place! As one of my neighbours in the social work office said, when he stopped in to welcome me, "There's something different here, a spirit of community that people talked about before I came that they didn't have words for. Now I am here, and I don't quite have words for it either."

As I understand it, the Mission Office exists to celebrate and nurture that "something different". It is a bit of a mystery what exactly it is that makes St. Paul's a welcoming and safe place for patients and their families, as well as a great place to work. The good news is that mysteries can be lived in, observed, and reflected on without needing to be fully understood and defined. And I think my job is, at least in part, to listen and try to find words for the mystery so that we can appreciate the ways that we are a part of it.

I have been wandering the hallways and units at St. Paul's since I arrived, listening and watching how we do things here, paying attention to the places where the mystery shows itself. What I have noticed most is the smallest of things. Waiting to hold a door open. Bringing coffee to a coworker who could not take a break. Smiles and words of care in the hallways. Extra time spent with a patient having a hard time. People listening to the piano. Art placed with intention. Time for laughter. Having fun while cleaning a spill. An extra chair at lunch or coffee time.

Mother Teresa, whose impact was felt all over the world, was frequently asked about how we should live. She said: "Do small things with great love." The *only* way that one person can change the world is to use the many seemingly insignificant parts of their lives for good. Small things, over time, affect the big things, and they ripple into the world.

Every night at supper, I ask my kids about the best parts of their day. Most of the time, the things they mention are the small things: my teacher noticed my nice printing, dad smiled at me when I got up, supper is just the right amount of crunchy. I am constantly surprised by how the smallest things make the biggest difference in their worlds and in mine.

Hospitals, just like the rest of our lives, are full of these seemingly insignificant moments: interactions in an elevator, time spent waiting, jobs done by other departments that make our work possible. Habits of kindness, patience, and gratitude take no more time or energy than indifference, expectation, or entitlement, but they radically change the experience of healthcare for patients, families and staff.

Thank you for every effort you make in the smallest of things. The huge impact of these tiny things is no small part of the mystery of St. Paul's being a place of health, hope and compassion. The mission whispers from the smallest corners of this place.

-- Leah Perrault, Director of Mission

Mission Week 2018

At the heart of Catholic health care is a deep respect for the intrinsic value and dignity of every human being and an unwavering commitment to serving all people.

Our footprint in the Canadian health system is vast. Millions of Canadians seek care and services at our facilities each year; our contributions make the Canadian health care system, and Canadian society, stronger.

We are inspired by the example of our Founding Sisters – visionary women who, for generations, advocated and cared for the most destitute people in their communities...

Emmanuel Health Update

Since Emmanuel Health formed in April, CEO Jean Morrison has been out a number of times, visiting the facilities that make up our family of organizations.

The Emmanuel Health Board met in Gravelbourg on September 26, 2018, with the bulk of their work being the approval of all 12 facility budgets for 2018 - 19. The board will meet again in early December at St. Ann's Senior Village in Saskatoon. They began reviewing policy and will turn their attention next to strategic planning.

*The Sisters' ministry
has become our mission.*

The LifeLine

Published by St. Paul's Hospital

1702-20th Street West, Saskatoon, SK, S7M 0Z9
for and by its employees.

www.stpaulshospital.org

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St. Paul's Hospital Mission Office



Vision Mission Values

Permanent TRC Flag



In response to the Truth and Reconciliation Commission Calls to Action, St. Paul's Hospital, Emmanuel Care, and the former Saskatoon Health Region signed a formal statement of commitment on October 14, 2016.



This commitment acknowledged the legacy of the residential school system and the harmful impacts these schools had on the holistic wellbeing of Indigenous people. At that time a Truth and Reconciliation flag was raised.



As a symbol of commitment to Saskatchewan Indigenous people & the TRC Calls to Action, St Paul's Hospital, Emmanuel Health & the Saskatchewan Health Authority held a permanent raising of the TRC flag September 28, 2018 at St. Paul's hospital.



Welcome to the new Residential School Support Worker

Please welcome Helen Quewezance as First Nations and Metis Health Service (FNMHS) Cultural Advisor with the RHSW (Residential School Support Worker) program.



“I am from Cote First Nation (Treaty 4 Territory). I speak and understand Saulteaux/Obijawa. I am Traditional and follow the CUSTOMS of my people. My dad told me “go educate yourself on the 2 worlds’, the Saulteaux/Obijawa world and mainstream world because one day people will come and ask you for your advice and you better know both worlds and both languages”.

“In University (doing my Master’s Degree) , my supervisor Dr. B Schissel told me, “Helen, one day people will ask you to be an expert, be ready”. I said, “I do not know who I am. Helen is a colonized name/not real”. So I asked my dad, “Who am I?”. My dad says, “You are ‘Woman Who Walks Two Roads’, you walk two worlds and two ways. Go help people.”

“I have a B.A. (Native Studies and Sociology), M.A. (Sociology) and PhD (Geography and Environmental Studies). Prior to obtaining my education degrees, I was a cosmetologist (beauty culture). I also was a sessional Instructor at University of Saskatchewan (Treaty and Historical studies, Land-Based Studies, and Veterinary Studies with Dr. Emily Jenkins), University of Manitoba (Native Spirituality and Environmental Studies on Chronic Wasting Disease with Dr. Stephan McLaughlin, and Red River College LPN student class), University of Regina (Introduction to Sociology and Native Studies), Gabriel Dumont (LPN program, Saskatoon).

“I created a program for Residential School survivors and did a lot of advocacy for survivors which includes counselling and setting up healing circles, talking circles, workshops and culture camps. I look forward to trading skills and working together for the benefit of both worlds.”

- Helen Quewezance

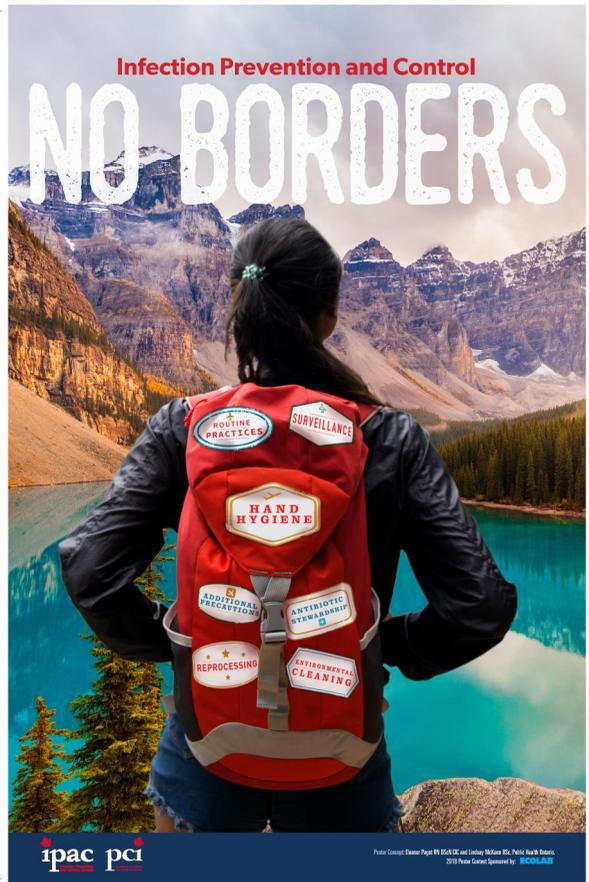
October 14—20: Infection Prevention and Control Week

Karen Valentine (*Infection Prevention & Control*) with Leah Perrault (*Mission*)

In a wonderful coincidence, Mission Week lines up exactly this year with Infection Prevention and Control Week. We could see this as crowding of two distinct messages, or we can see it as an opportunity to make an important connection: **best practices in infection control are an expression of our mission at SPH to be a community of health, hope and compassion for all.**

Infection Prevention and Control (IPC) is concerned for the safety of patients and staff. Efforts in IPC are a concrete way to extend compassion to patients and people we work with, in two major areas:

1. IPC consults, advises, and trains to prevent transmission of infections – with information and training for hand hygiene and clean environments. From housekeeping to maintenance, building and renovation teams, security and clinical staff, following infection control practices is a way to put your compassion into action that promotes health for our patients and staff: infection prevention is everyone’s job, and our mission.
2. IPC also collect information on infections acquired in hospital and work to learn about how to reduce and prevent those infections (including colds and stomach flu to surgical site infections or even antibiotic resistant germs). People come to us looking for healing; our use of research and best practices are a sign of hope for health.



So, this October 14-20, we hope you will join us in celebrating the Mission of healing, hope and compassion for all, by washing your hands, cleaning your equipment, and/or giving a call to Infection Prevention and Control so that we can ensure there are no borders to our collective efforts in preventing and controlling infections with compassion.

Parkade Safety



In September, someone threw a rock through a vehicle window in the parkade. The news is unsettling, and unfortunately, we need to be prepared for how to best handle situations like this if they should arise.

First, safety is everyone's responsibility. Remember to pay attention to your surroundings at all times. If you see something out of the ordinary, report it to security immediately and/or the Safety Line at x1600. Taking the time to notice and call in potential risks makes our workplace safer and is an act of care for yourself and others.

Second, if an incident does occur, please report it to the relevant authorities:

- Make sure you're in a safe spot first.
- If there is a criminal act, please call the police. Call 9-1-1 from your own phone from a Health Authority phone if you see a criminal act in progress. You are not expected to intervene.
- If it is emergent on St. Paul's property (including the parkade), dial 321 to have security come immediately. If you're near a call station, press the button on the call station to alert switchboard to send security. If you're using your own phone, you can call switchboard at 306-655-5000 and report this as an URGENT situation.
- Even if it is not emergent, please report safety incidents to security. This helps us to identify patterns and challenges which requires increased attention in our daily work. Call switchboard at 306-655-5000 and let the operator know you need to talk to security but that it is NOT urgent.

All incidents should also be reported to your manager and the Safety line at 1600.

At any time, we are happy to hear your concerns so that we can coordinate effective communication with the staff as a whole. Thanks for your care and cooperation in making our workplace safe.

- Russell Laidlaw and Rosine Garabedian, Security

Spotlight on Safety: It's Everyone's Responsibility



Saskatchewan
Health Authority

OHS Safety Talk

TOPIC: Witnessing Violence

What is Violence?

Violence is any act in which any person is abused, threatened, intimidated or assaulted. This can include any/all of the following: threatening behaviour, verbal or written threats, harassment, verbal abuse or physical attacks. In our workplace, violence can involve both staff and members of the public.

What do you do if you witness violence?

- Call for HELP! Call 321 to initiate a Code White (SPH, RUH, SCH, or PRC) or call 911 at all other sites. Inform them of as many important details as possible (location, what is happening, description of people involved)
- Keep in mind that physical intervention is a large risk and there are dangers of doing so. Attempts to deescalate with physical intervention may be hazardous and are considered unsafe. Attempts to verbally deescalate may be effective and allow time to seek a safe place or for the arrival of authorities.
- Often it is more appropriate to secure the area – move yourself and others out of the immediate vicinity to a safe area – while you wait for assistance from security or police
- Remember to contact the Safety Alert System (655-1600) once help has arrived - documentation is very important



All incidents involving employees must be reported...and this includes any near miss. Your report of the incident just might help to reduce the risk of the same thing happening to someone else.

You are 100% accountable for your safety

Be Accountable: Choose safety - work safe - and go home injury free!

SAFER Everyday!

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

Donations for the Patient Clothing Room

The Patient Clothing Room is located on the 2nd floor beside the A wing service elevators. It provides emergency clothing to patients in need.

Volunteer Workforce manages the inventory of clothing donations but we very much rely on collaboration from the staff that uses the room to help us maintain its tidiness and help us to acquire items as we need.

Acceptable donations are:

- Loose fitting sweat pants or lounge pants
- winter items (scarves, toques, mittens)
- Plain T-shirts (long or short sleeved)
- Socks
- Plain Sweatshirts/sweaters
- New underwear (panties/briefs)
- Coat/ Jackets
- Hoodies (bunnyhugs)
- Foot wear (flat soled)

All clothing must be new or laundered without stains or tears. Any items with offensive, drug or alcohol related logos are not accepted. **Items that are not on this list will not be accepted.** Please donate those items elsewhere.



To donate, please contact Volunteer Workforce at 5708 or 5823 for pick up or drop off. As we have limited storage, we can only accept what we are presently in need of. Items will not be accepted unless pre-arranged with Volunteer Workforce.

Any items that are dropped off anywhere and not prearranged with volunteer workforce will be thrown out.

To access the room please contact Social Work at 5072 or page them through 5000 after hours. Alternatively, Spiritual Care can be paged through 5000 as well.

CELEBRATION

MARK YOUR CALENDAR

St. Paul's Hospital 52nd
Long Service Recognition
**Banquet & Awards
Celebration**
Thursday
NOVEMBER 1, 2018

Western Development Museum,
Butler Buyers Hall

Cocktails: 5:30 pm
Greetings & Dinner: 6:45 pm
Award Presentations Follow Dinner

Recipients: chosen gift & replied online?
Additional Guest Tickets available
until October 15/18
SPH Cashier's Office ph. 306.655.5850


St. Paul's Hospital

Volunteers Needed for the SPH Gift Shop

Would you like to give back to your community through volunteer service? Do you have friends or family who want to help make a difference at St. Paul's Hospital?

We are seeking volunteers to work in the St. Paul's Hospital Gift Shop for three hour shifts, Monday through Saturday. No experience is required – just a caring and compassionate attitude and the desire to support patients and staff at St. Paul's Hospital.

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

Managed by SPH Foundation, the Gift Shop is staffed by both employees and volunteers. Proceeds from Gift Shop sales help to advance Hospital employee professional development.



Gift Shop Manager Stella Price stocking flowers in the Gift Shop

Photo Credit: MattBradenPhoto.com (Photo: MBS_2940)

St. Paul's Hospital Mission Office presents

MISSION WEEK

Every October, in conjunction with the feast day of St. Marguerite d'Youville

October 15 to 19, 2018



Celebrating how our employees, physicians and volunteers strive to embody St. Paul's Hospital's mission of healing.

Mission Week: Mark Calendars & Share With Staff

- **Monday October 15th**: St. Marguerite d'Youville Mission In Action Awards 12 noon in Cafeteria: Five employees, nominated by their colleagues, will be recognized as consistently showing leadership in living our core values of Respect for All, Collaborative Partnerships, Holistic Care, Stewardship and Compassionate Caring.

The Emmanuel Care Charism Award will be presented to one of our departments in recognition for their contribution to living our Vision, Mission and Values in the spirit of our Foundresses, the Grey Nuns.

- **Tuesday October 16th**: Recommitment to SPH Mission 0855 by cafeteria site wall walk & commitment material for unit huddles.

Feast Day and SPH Foundation Professional Development Awards 11:00 am to 2:00 pm in Cafeteria. Complimentary meal served to staff, physicians and volunteers in celebration of, and gratitude for, living our mission every day.

12:00 noon in Cafeteria. Foundation professional development awards.

8:30 to 10:30 pm in Cafeteria. Complimentary meal for evening/ night staff.



Join us on **Feast Day during Mission Week.**

Tuesday, October 16
12:00 noon - SPH Cafeteria
for the

SPH Foundation Professional Development Awards!

Granting groups and individuals financial support to advance employee knowledge, skills and qualifications.



The SPH Foundation Professional Development Awards are funded through donor support, Gift Shop sales and part by the **St. Marguerite d'Youville Endowment** in honour of: Les Dubé, Urban and Roderick Donlevy, Ian Buckwold and Janice Bergan.

We are very grateful to our donors who make this event possible

SPHFoundation.org
Give Generously

Thank You Saskatoon, 650CKOM
and our community of donors

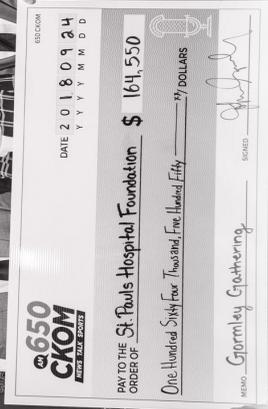


Photo: (L-R) Yvonne Leveson, Orano Manager, Communications; Chris Boyanuk, SPH Foundation Board Chair; Don Narisse, Retired Saskatchewan Roughieider and Prostate Cancer Survivor; John Gormley, 650CKOM radio personality; Karen Barber, SPH Executive Director; Bruce Acton, SPH Foundation CEO

Together, we have changed lives in Saskatoon! The Rawlco Radio Gormley Gathering Reception, held on September 24, 2018 raised \$164,550 in support of the Leslie and Irene Dubé Urology Centre of Health at St. Paul's Hospital, providing a physician fellowship in advanced urological training and the annual Urology Symposium.

We are grateful to our partners Rawlco Radio and John Gormley and to all Gormley Gathering donors including presenting sponsor Orano, Glenn Wig, Gordon and Jill Rawlinston, Robert and Sandra Stromberg, Smiley's Night for Life, Lyle and Arlene Zounitch, Athabasca Basin Security, Buckberger Baerg & Partners LLP, Ronan Conlon, and TD. Thank you for your deep commitment to furthering the highest standard of care for urology patients in Saskatoon and Saskatchewan.

GIVE GENEROUSLY

sphfoundation.org
Tel: 306-655-5821
Toll Free: 1-888-345-0330
Email: info@sphfoundation.org



6th Annual Urology Symposium

Prostate Cancer: Survive & Thrive

A supportive forum for patients and families managing prostate cancer.



LESLIE & IRENE DUBÉ UROLOGY CENTRE OF HEALTH

SAT. NOVEMBER 3, 2018 • SASKATOON, SK
7:30AM-NOON • RADISSON HOTEL

Open to the public • FREE admission
Continental Light Breakfast



FEATURED SPEAKER:

Dr. Anne Katz,

**"It's a Couple's Thing:
Sexuality after Prostate Cancer".**

Other speakers:

Dr. Kunal Jana "Active Surveillance"

Ms. Colleen Olson - "Hormone Therapy"

- plus our Panel of Experts



REGISTER ONLINE: <http://picatic.com/thrive2018>

Physicians, health care providers, patients and their supporters are encouraged to attend.

This Group Learning activity has been approved by the College of Family Physicians of Canada and the Saskatchewan Chapter for up to 3 Mainpro+ credit hours.

Get connected for updates:
expert_events@icloud.com
or 306.229.9966



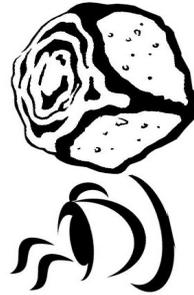
Find us on 

Wednesday November 7th
Staff, Physician &
Volunteer Thank You!
For All You Do

Cinnamon Bun & Coffee
(our treat)

Day Staff: 0830 to 1030 hrs —cafeteria

Evening/night staff: 2100 to 2200 hrs —5th flr square



Sponsored by
SPH Personnel Association
Contact: Diane Boechler at 5808

Children's
Christmas Party
Sunday, November 25, 2018
Cafeteria
1:30 to 3:00 p.m.

Tickets Available From:
Diane Boechler: Mission Office
306.655.5808 or diane.boechler@saskhealthauthority.ca

Or
Mariette Jean: Foundation Office
306.655.6027 or mariette.jean@sphfoundation.org
(if you work evenings/nights - leave Diane message (655-5808) with contact info. and we can make arrangements)

Last Date for
Tickets:
November 2/18

Children of SPH Personnel Association Members ONLY
\$5.00 per child (ages 12 & under)
You can join the association and register for the Christmas party at the same time



Problems/Questions:
Pam: 306.381-4273
Diane: 655-5808



Come Enjoy "Smilin' Rylan"
Snack, Juice and Coffee
"Special Guest" with gift for each child.

Upcoming Events

- Oct 12** – Rider Draw Day
- Oct 14 – 20** – Infection Prevention and Control Week
- Oct 15 – 19** – Mission Week
- Oct 16** – Feast Day and SPH Foundation Professional Development Awards (Staff Meals and Events in Cafeteria)
- Oct 19** – Rider Draw Day
- Oct 22 through Nov 2** – SHA Flu Vaccine Clinics
- Oct 26** – Rider Draw Day
- Nov 1** – Long Service Awards
- Nov 3** – Urology Symposium
- Nov 17** – Mistletoe Charity Ball
- Nov 25** – SPHPA Children's Christmas Party
- Nov 27** – W.F. Mitchell Seminar

Kindred Spirit
SPH Foundation Donor Report

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

Thank you to the community group of volunteers who give generously and continue to provide support to people of St. Paul's Hospital.

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



ST. PAUL'S HOSPITAL FOUNDATION

Mistletoe
Charity
Ball



Under the Sea

SATURDAY
NOV 17
2018

Please join us at the 29th annual
Mistletoe Charity Ball.

Tickets available at sphfoundation.org
500 dollars per person | 4,000 dollars per table of eight

A PARTIAL TAX RECEIPT WILL BE ISSUED.

Presented by:



Nutrien
Feeding the Future™

St. Paul's Hospital

Rider Pride Draws

Did you know?

On the Fridays before game days, wear Rider gear (shirts or scrubs, earrings, socks, stickers or a lanyard, etc.) & enter the draw to win a Tim Horton's gift card.

Watch for posters as a reminder...

How? Stop by the Mission Office or catch Leah in the halls to fill out a ballot.

Draws are made at 2:00 p.m.



Margaret in hemodialysis dons her Rider gear for a chance to win the Tim Horton's gift card.

Upcoming Draws:

October 12

October 19

October 26

Playoff Dates TBA



Draw Dates	Draw Winner
June 15: Toronto	Laurie Lustig (6 th Medicine)
June 21: Ottawa	Joanne Kzyzyk (Interprofessional Practice)
June 29: Montreal	Haileigh DeGrow (Surgery 4B)
July 5: Hamilton	Cathy Shanofer (Lab)
July 19: Hamilton	Angelica Reyes (Hemodialysis)
July 27: Calgary	Annette Helmink (Volunteer Workforce)
August 2: Edmonton	Shari Watson (ICU)
August 17: Calgary	Monica Fehr (Surgery 4B)
August 24: B. C.	Annette Helmink (Volunteer Workforce)
August 31: Winnipeg	Cheryl Hagel (IPP - Physio)
September 7: Winnipeg	Joanne Kzyzyk (IPP)
September 14 : Ottawa	Perry Carter (Diagnostic Imaging)
September 21: Toronto	Calvin Yury (MRI- Diagnostic Imaging)
September 29: Montreal	Annette Helmink (Volunteer Workforce)
October 5: Edmonton	Darlene Heisler (Transplant)

Save the Date!



*Dr. Nicole Sherren
Palix Foundation
& the Alberta Family Wellness Initiative*

2018 W.F. Mitchell Seminar

This year's theme:

**The Effect of Early Experiences
on Brain Development, Learning
& Health**

Date: Tuesday, Nov 27, 2018

Time: 10:30 am

**Location: Pylypchuk Hall,
St. Paul's Hospital**

**All staff are welcome to attend.
Full details coming soon.**

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

Help Us Fight the Flu!

WE NEED YOU

- Get a flu shot
- To be an influencer and advocate for your patient and for your family-

See the [OH&S](#) section for clinic and immunization information.



PROTECT YOUR PATIENTS and your FAMILY this flu season.



FIGHT the FLU!

FIGHT FLU



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 Kari at 306-655-5835 if you have any questions

St. Paul's Hospital Foundation Inc. respects your privacy. We protect your personal information and adhere to all privacy regulations. We do not rent, sell or trade our mailing lists. If you wish to remain anonymous or if you wish to be removed from our database, contact us by phone at 306-655-5821, toll free 1-888-345-0330 or email info@sphfoundation.org or write to: T702, 20th Street West, Saskatoon, SK S7M 0Z9 and we will gladly accommodate your request.

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