

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

Who are you becoming during this holiday season?

When I married, one of the things I came to love most about my partner's family was how well they celebrate. They are a family of special dinners, impromptu toasts, and messages on anniversaries of ordinary and significant events. It took some getting used to since my family was so much more reserved about celebration.

This season, people of many faiths celebrate festivals of light in the midst of darkness: Hindus, Sikhs and Jains mark Dawali, some people of African descent in other parts of the world share Kwanzaa, the Jewish community celebrates Hannukah, Buddhists wait for Bodhi Day, and Christians will anticipate and welcome Jesus in Advent and Christmas. As our Spiritual Care Associate, Shanna-Lee Connell said at the Advent service on December 5, "We all experience darkness and ache for the healing and clarity that comes from light."

In hospitals, we work every day with patients, families, and colleagues struggling through some of life's harder seasons. And all of these holidays can be hard to take when we are ill, grieving, dying, or working our way through tough times. Isn't it interesting, though, that these different religious celebrations mark the light *in the midst* of the darkness?

It has been my experience that religious traditions identify seasons and traditions to help

us to practice the things we will need for ordinary life. It won't always happen that great joy in my life aligns with Christmas day. But practicing celebration on Christmas (or Hannukah, or Dawali) teaches me how to celebrate with generosity, spending time with important people, and making time for favourite foods and activities.

Most moral teachers talk us about right and wrong not because they are rule-obsessed fun-wreckers, but because they share a deep conviction that *how we behave is who we become*. When we take time to practice joy, rest, gratitude, hope, and generosity, we become forces of joy, rest, thankfulness, hope and service in the world. We won't always feel like celebrating, and sometimes our pain means that we have to modify our celebration. But celebration is not frivolous or an afterthought—it's essential to being and becoming people of joy and hope.

So, who am I becoming in this holiday season? Am I practicing consumerism, busyness, or self-pity? Or am I intentionally entering into mindful preparation, rest, kindness, gratitude, generosity and joy, even (and maybe especially) if that is hard this year?

-- Leah Perrault
Director of Mission

The LifeLine



St. Paul's Hospital

**Published for and by the employees
of St. Paul's Hospital**

1702—20th Street West
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**www.stpaulshospital.org
...An Emmanuel Health Organization**

St. Paul's Hospital Mission Office



Vision Mission Values

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SHOW YOUR LOVE

Buy a Dove

Purchase a *Christmas Dove* at
St. Paul's Hospital's Gift Shop or Cafeteria to support the

Close to Home

Campaign for Hospice & End-of-life Care

A Christmas Message from our Executive Director



St. Paul's Hospital

DATE: December 13, 2019
TO: St. Paul's Hospital Physicians, Staff and Volunteers
FROM: Karen Barber, Executive Director, St. Paul's Hospital
RE: Christmas Message

Christmas – a time for reflection, celebration, joy and peace. A time to give thanks for the people in our lives, and for the gifts that are borne through our relationship with one another.

I am most grateful to all of you, my extended family at St. Paul's, for the past 18 months of my secondment into the role of Executive Director. Although I will soon return to my home base at Emmanuel Care, I will never forget the many new friendships, colleagues and mentors that have supported me in this important and gratifying work at St. Paul's Hospital.

There is no doubt in my mind that together, we are the spirit of St. Paul's. Through our collective actions and intentions, the culture lives and thrives here. Together, we create a community of health, hope and compassion for all. I have witnessed this on a daily basis, and am honored to have been part of this community, serving as Executive Director.

The joy and compassion you share throughout St. Paul's is visible, and makes all the difference. I'd like to take this opportunity to thank each and every one, no matter how "behind the scenes" your work may be. Thank you for sharing the best of yourselves, for helping one another through challenging times, for listening, for offering your heart, head and hands.

I offer my very best wishes for a Christmas and New Year that is filled with Joy, Peace and Love.

Sincerely,



Karen

Nurse Alumni Celebrate 50 Years

It was with excitement and nostalgia that 22 former students of the last graduating class walked the halls of our nurses' residence.

In September, the class of '69 gathered to celebrate 50 years since graduation from St. Paul's Hospital School of Nursing. One item top of mind was to tour the residence. Many thanks to Rosemary and Ruve from administration who so kindly and diligently facilitated our request.

Our tour started with a measured walk up 4 flights of stairs to the demonstration room. These were the same stairs that 50 years ago we ran up 2 steps at a time in hopes of getting to class on time. This day in the dem room there was much chatter and laughter as we remembered our nursing arts classes there, (i.e. learning bed-making and the all important mitered corners!) and were very thrilled to have had another peak into what was Mary T's office.

As we toured long hallways we each tried to find "our room", shared with a roommate. We were lucky to be able to enter several and marveled at how two girls and all their belongings once lived there. We found all the telephone locations along the halls and in the alcoves. These were our lifeline once! The "sunroom" was still lovely, large and bright. The girls fortunate to live there were envied by the rest. Our auditorium that held banquets and dances was repurposed but still very memorable.

A ride in the old elevator was a must for some. The black button that "calls" the elevator was still there but now is accompanied by a secure keypad. The cage style door still clattered the same and the elevator still gave it's signature lurch on take-off. It still worked!

Our beloved parlor had also been repurposed-

--a more business look compared to the cozy, elegant, setting we all remembered it to be where we visited with family and friends.

Seeing Sister Dussault's office was a time of reflection. Many recalled Sister's bespectacled, imposing figure as she sat at her desk and we hoped never to be summoned to enter there. Sister had a strict sense of values for her girls. We appreciated them although sometimes we questioned them.

On this reunion day, as on many days, we all expressed our thoughts of luck, gratitude, and pride to have had the privilege of being a graduate nurse of the SPH School of Nursing. Each had our individual highlights of the tour, and the smiles and tears indicated that we were grateful for the opportunity to rekindle all those special memories from 50 years ago. It was great to be back!

submitted by:

Carol Smandych

St. Paul's Hospital Nurses Alumni
Class of 1969

CPS 2020 Bulk Order

Purchase discounted CPS
2020 books for \$425/copy
by Jan 15, 2020.

RxTx: Did you know that all
SHA staff can access the CPS
online via [RxTx](#)? Learn how
to get the most out of RxTx at one of the SHA
Library's upcoming WebEx training sessions:
Tuesday, December 17 from 1-1:30 p.m.
Thursday, December 19 from 1-1:30 p.m.
Tuesday, January 7 from 11-11:30 a.m.
Wednesday, January 15 from 11-11:30 a.m.

Visit the [SHA Library website](#) to place an order or
to sign up for an RxTx training session.

CPS
Compendium
of Pharmaceuticals
and Specialties

A Volunteer Story

Hello, my name is Lindsay Adams, and it's my pleasure to discuss the Healing Arts Program at St. Paul's Hospital and my experience of volunteering within it.

I first learned about the Healing Arts Program at St. Paul's by researching a school assignment regarding the practice of art therapy. As soon as I learned about the program and chatted with Marlessa, St. Paul's Artist in Residence, I was hooked and immediately wanted to volunteer in the studio.

The Healing Arts Program is open to patients, their families, St.

Paul's staff, and community members. I have found it to be an incredibly uplifting, inclusive, and generous program. By facilitating the opportunity for folks young and old to paint, draw, colour, and craft, I have had the privilege of hearing the personal stories of many participants. I have also learned the power that creating art possesses to busy the hands, free the mind, and open the heart.

When a person is experiencing illness, stress, fatigue, or poverty, the chance to pause and cre-

ate can be a welcome release and distraction from the pain of life. Art allows us to express ourselves when words fail.

I don't identify as an artist, so I always assure our participants, "no artistic ability required!" When I first began to volunteer, Marlessa wisely

reminded me that it isn't the finished product that matters, it's the process. I happily pass those words of wisdom along to any participants that worry about their qualifications to create.

I consider myself very blessed to have the opportunity



Lindsay Adams is a third-year social work student at the University of Regina (Saskatoon campus).
She began volunteering in the Healing Arts Program in January 2019.

to volunteer in the Healing Arts Studio. It has shown me the power that art has to heal and encourage openness. I am confident that I will take the things I'm learning as a volunteer and use them to better serve my clients as a future social worker.

For more information or to volunteer with the Healing Arts Program contact:

- Kathi Lewis, Volunteer Manager, at 655-5823, or
- Marlessa Wesolowski, Artist in Residence, at 655-0514.

Long Service Awards

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

Congratulations to all who received Long Service Awards on October 3rd at the WDM. Special thanks to presenters Karen Barber and Gene Dupuis, MCs Kathi Lewis and Twyla Pearce, Valerie Holcomb who led us in grace, Brenda Thiessen who spoke on behalf of the recipients, as well as organizing committee members: Naomi Moorgen, Wendy Nystuen, & Leah Perrault.

10 Years of Service

AHMED, SYEDA	DE VERA, APOLLO	HONOROSKI, JOANNE	REILKOFF, PAIGE
AKINTUNDE, OLUBUNMI	DENIS, AMANDA	HOUDEK- ELLIOTT, FRANKIE	REYES, ANGELICA
ANDERSON, KELLY	DINGAL, SHIELA	IBASCO, MICHELLE	RODH, BRAD
ANTONENKO, CATHRYN	DOELL, CLIFFORD	IWANCHUK, TYLER	ROSS, SHARON
ARANAS, CHRISTIAN	DORIA, MARIANNE	JENSEN, KATHARINE	SAND, DIANNE
ARANAS, KRISTINE	DUBEAU, NADINE	KENDEL, HEATHER	SANGRAY, DALE
ARNAIZ, ARJONE	EMBERLEY, CARRIE	KERPAN, PAULA	SANTORO, DANIELLE
ASSELIN, JODI	ENGEL, SHERRY	KIZLYK, KELLY	SCHEDLOSKY, JOANNE
BADONG, MALVIN	ENNS, SHEILA	KYREJTO, JACOB	SCHWARTZ, COURTNEY
BADONG, GLADYS	FIKOLOMA, RUTH	LALIBERTE, TRACEY	SCOTT, CHRISTINA
BAILEY, JESSICA	FLORA, DELL	LEAL, MARILOU	SIGFUSSON, JAIMIE
BARRY, VALERINE	FORSYTH, MEGHAN	LENORMAND, MELISSA	SINCLAIR, KRISTIN
BATES, AARON	FRASER, DEANNA	LEWIS, LAURA	SKWARK, DONNA
BAUTISTA, PAULO	GARIBAY, CHARINA	LIRA, ROMEO	SMITH, DIANE
BIRD, STEPHANIE	GENSAYA, ANNA LISA	LYDIATE, ROSALIND	STUDER, CATHERINE
BLAIKIE, STEPHANIE	GEREIN, COURTNEY	MAESTROCAMPO, CYNTHIA	SYMINGTON, CHARLENE
BODNAR, SANDRA	GIBSON, NICOLE	MAJORENOS, CEDEL	THEIS NOVACK, KRISTIN
BOLLINGER, SUSAN	GREYYES, MIRANDA	MAXWELL, VELINE	THURBER, CHELSEY
BUECKERT, KAYLA	GROSS, DAWN	MCKENZIE, BECKY	TRASK, JOCELYN
BUGLER, BRENDA	HAMBON, JEAN	MCKINNON, ANGELA	TURCOT, JUDY
BURTON, AMBER	HAMM, JERILYN	MCNALLY, AMBER	TYREE, LEAH
CHAPMAN, RENE	HAMMOND, STACEY	MICU, CANDY	UNSER, CORALEE
CHOMETA, PHOEBE	HANSON, LINDSAY	MOHAMMED, SHAHBAZ	VICENTE, CAROLINE
CLARKE, VALERIE	HARDER, JOLISA	MONTELIBANO, CHERRY	WHITFIELD, CANDACE
CORNISTA, MARIA LY	HAREUTHER, NOREEN	NOESGAARD, MELISSA	YUTUC, KATHLEEN
CYMBALISTY, EVELYN	HEDLEY, LINDSEY	PARKER, ERIN	ZHANG, SHENGLAN
DAIRO, FOLAKEMI	HEILMAN, KIMBERLEY	PETERS, KIMBERLEY	
DATUL, MA KATHLE	HERMAN, ROSE	PIERCE, VALANCIE	
DE LOS SANTOS, MARIA	HICKS, RORY	REBER, GERI	

15 Years of Service

ALLAN, PATRICIA	FRIESEN, MICHELLE	LAFRAMBOISE, LORRIE	RATCLIFFE, JAIMIE
AVANT, MORGAN	GIBLIN, TRAVIS	LAPLANTE, GERALYNNNE	SMOTRA, ERIN
AYE, AYE AUNG	GLOVER, SARA	LESLIE, SHANNON	SOPATYK, JANELLE
BOISVERT, MICHELLE	GUENTHER, WENDY	LESTER, BRYAN	SPILCHUK, TREENA
BOURASSA, AMY	HEIN, VALERIE	MACINTYRE, ZOEY	TRAYNOR, KRISTINE
BUETTNER, ADAM	HOFFMANN, AMBER	MAGER, VICKI	VIELHAUER, BRENDA
CHESNEY, TARA	HOYLE, SHAUNA	MAHONEY, MARCIA	WEBER, BERNADETT
DAYTON, MELISSA	JORDAN, JUDY	MARSH, SHANA	ZOERB, ANGELA
DENGLER, DEANNE	KELLER, RENE	PARENTEAU, LAURIE	
ELLIS, RENEE	KLASSEN, MICHELLE	PHANEUF, DEANNA	

20 Years of Service

BABA, NICOLE	ERICKSON, JOANNE	LYBECK, CRYSTAL	SHANOFER, CATHY
BENSON, COLLEEN	FEHR, VENESSA	MISSKEY, SHARON	SIMPSON, DARCIE
BLAIR, TIFFANY	HARTMANN, NICOLE	MOKURUK, MICHELLE	TKACHUK, AMBER
BOECHLER, CHRISTINE	JANTZEN, DEBBIE	OLMSTEAD, SHARON	WARREN, HEATHER
BURWELL, MELANIE	JIRICKA, MIKE	OLYNYK, LEONA	WIWCHAR, BARBARA
CHAVEZ, MARY ROSE	KONDRA, PEGGY	PASCUAL, REMONETTE	ZIMMERMAN, SHERRY
CORBEIL, JEANNELLE	KRUSHELSKI, CORRINE	PITT, SHIRLEY	
CUCH, CARA	LABRASH, MICHELLE	PRICE, APRIL	
DEMERS, A.FLORIDA	LOSONSKY, LINDA	SANTER, KRISTEEN	

25 Years of Service

DERDALL, JACKIE	KNOBLAUCH, LIANNE	MAZURKEWICH, MICHELLE	VALENTINE, KAREN
GOURDEAU, MAUREEN	KOHUT, BARB	MCKENNY RUCK, SUSAN	WARDEN, TAMMY
GULKA, MARIANNE	KORINETZ, JANET	PULLES, JEANNETTE	
JUDD, ANN	LEUNG, ANNETTE	ROBERTSON ELLIS, JENNIFER	
KING, COLLEEN	MATTICE, GORDON	SMITH, BONNIE	

30 Years of Service

BAILEY, CATHY	HARDER, MARY ANN	LOEPPKY, KAREN	SACCUCCI, PETER
CALLOWAY, BRENDA	HOUNJET, CELINE	MEADEN, CHRISTINE	SILZER, JACQUELIN
CERKOWNIAK, GWEN	JOHNSTON, SCOTT	MILLHOUSE, JEANNETTE	SOLAR, SANDRA
DEKIEVIT, KATHLEEN	KARDASH, LARRY	MINIELLY, DELLA	THIESSEN, BRENDA
DUBKOWSKI, CHARLOTTE	KOSTYNA, DEBRA	NEMETCHEK, LORNA	TOPP, BRIAN
GIOLCOLI, VITO	KRIESE, BARBARA	PAINCHAUD, ROXANNE	VOISEY, TWYLA
GRISE, TANYA	LAROCQUE, HARVEY	ROBINSON, ROBIN	
HANSEN, STANLEY	LAYTON, GENE	ROWATT, LINDA	

Long Service Awards — 35 Years of Service

BUDNICK, PATRICIA	MACLEOD, LOUISE	RICH SPERLING, DONNA	WIRCHENKO, JANET
CARRIERE, FAYE	NICOL, MILDRED	RUCKS, KIM	
DOUCETTE, DEBBIE	PONCELET, CAROL		

40 Years of Service

KULING, PAUL	MARONIUK, DAVID	ROUFOSSE, SHARIE
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Retirees

AARON, TRACI	CARRIERE, FAYE	HOLCOMB, VALERIE	MACDONALD, CATHERINE
ANDERSON, JOANNE	COPELAND, JOSEPHINE	KACHUR, PEGGY	OLYNYK, LEONA
BAUML, SUSAN	DELLE CURTI, ANGELA	KARLE, MARK	PAWLUK, SHIRLEY
BERSCHIED, DEBRA	ERICKSON, JOANNE	KORNDER, ROY	RICHARDT, GLORIA
BLOM, MICHELLE	GALLUCCI, CINDY	KREESE, SHEILA	SALTER, GREG
BOECHLER, BETTE	GUERRERO, ZOILA	LACHAPELLE, CONNIE	SLADE, BRENDA
BOECHLER, DIANE	HARTWIG, SANDRA	LACZYNSKI, GORDON	WILLMS, LINDA
CARRIERE, ALLAN	HILTON, KAREN	LAMARCHE, SUSAN	YUZDEPSKI, CURTIS

Response on behalf of the Recipients: Brenda Thiessen

Leah Perrault asked me to reply on behalf of the long service employees and retirees - to thank the hospital for honoring us this evening. I was pleased to be asked, because I sincerely do want to thank St. Paul's leadership, staff and physicians for playing such an important role in my life. I want to acknowledge Emmanuel Health and Emmanuel Care as the hospital's owners and sponsors, and I want to recognize the important partnership that exists with the Saskatchewan Health Authority.

But my task this evening isn't to describe my personal gratitude but to speak on behalf of all the long service employees and retirees here this evening. And I have to admit, I struggled a bit to find a way to do this.

At its most basic, St. Paul's Hospital provides employment, a pay check and benefits. It gives us coworkers and colleagues. It gives us meaningful work that can only be accomplished

through teamwork. And I see that team - our community represented here tonight.

Provision of safe, effective and efficient healthcare requires many individuals, many departments and services all coordinating with a common goal. To be successful, we need housekeeping, security, nurses, surgical schedulers, payroll staff, dietitians, social workers and physiotherapists.

We need First Nations & Metis Health, finance, air ambulance, physicians, CPAS, clinical engineering, diagnostic imaging, infection prevention & control, OT's and SLP's, transplant and kidney health.

We need health records, staff scheduling, HR and LR, food services, OH&S, Safety, organ donation, diabetes education, respiratory therapy, supply chain management, spiritual care, sterile processing, switchboard, volunteers and pharmacy.

Each department plays a distinct and significant role in the care of patients. And within each of these areas, are employees – many of who are being honored here tonight. Each

employee brings the specialized knowledge needed to get the job done. They also bring their own unique skills and personal attributes.

Some are good in an emergency.

Others can sit quietly and hold the hand of someone grieving or dying.

Some are good with numbers. Others are not.

Some bring creative ideas. Others are incredibly organized.

Some bring patience.

Others bring sarcasm.

Some love routine and others thrive on change.

Some can think on their feet while others are careful planners.

We are all so very different and yet, together we do great things. Like a stained glass window – the final design is greater than the individual pieces. We have individual strengths and flaws but together we are amazing.

St. Paul's Hospital supports patients but it also supports us. And we are so grateful.

So, on behalf of everyone here tonight, I want to thank St. Paul's Hospital, Emmanuel Care, Emmanuel Health and the Saskatchewan Health Authority for this evening celebration. Thank you for welcoming each of us - a diverse group of people with different interests, skills and abilities but with one common goal.

We are a community of health, hope and compassion for all. Thank you for giving all of us the opportunity to be members of this incredible, caring community.



Brenda Thiessen gives the response on behalf of the recipients at Long Service.

**First Nations and Metis Health
hosts a Feast at the
turn of each season.
The next one will be held in
late December.**

All are welcome.
*Anyone interested in attending
can stop in for more information
at FNMH.*

Charism Award—Congratulations to Environmental Services!



Every year, Emmanuel Care awards the Charism award to a team who are living out the spirit and charism of our founding sisters. Every day, staff in Environmental Services are keeping our patients, families and staff safe by cleaning and removing waste; this team builds relationships with our staff and patients and their families. They are an integral part of our team and they live out doing what needs to be done behind the scenes, every day to contribute to our community of health, hope and compassion for all.

Hospice campaign hits \$19.5 million—help us reach our goal!



Help us build Saskatoon's first hospice.

Give Generously.

closetohome.fund

Close to Home
Campaign for Hospice & End-of-life Care



Congratulations!

Mission in Action

Award Recipients 2019 - 2020



Marguerite Traynor
Holistic Care



Andrea Wall
Compassionate Caring



Melissa Renwick
Respect for All



Mary Anne Elaschuk
Stewardship



Shari Watson
Collaborative Partnerships

Celebrating all who put our mission into action to help St. Paul's Hospital achieve our vision for a community of health, hope and compassion for all.

These five Mission in Action Award recipients have been nominated by their coworkers because the way they live our values embodies the same spirit as our Foundresses, St. Marguerite d'Youville and the Grey Nuns.

New CT Scanner at SPH Unveiled December 2

St. Paul's is thrilled to be a part of improved access to specialized medical imaging, with a new computed tomography (CT) scanner. SPH Foundation raised the remaining \$1.2 million, with the government matching that amount.

"When the Grey Nuns started this hospital, they had a vision of community working together to better the health of the people of this province," Jean Morrison said. "That vision has been achieved as our province, our health care practitioners, and our community have all come together to bring a state-of-the art CT scanner to St. Paul's Hospital, significantly advancing patient care, and helping to ensure a community of health, hope and compassion for all."



Diagnostic Imaging Staff with the new CT Scanner.

After Hours Parking Program Available

Did You Know?

An **After-Hours Staff Parking program** is available to staff through Parking Services.

The After-Hours Staff Parking program provides after-hours parking access for staff between 1700 and 0500 on weekdays and 24 hour access on weekends and statutory holidays.

Through the After-Hours Program, participating staff have parking access at all three acute sites, regardless of where their home site is located. Participants can access the program for a rate of \$22.19 per pay period.

To participate in the After-Hours Program, participants should email Parking Services at: parking@saskatoonhealthregion.ca

Parking is allotted on a first come, first served basis.

Don't delay - register today!

Learning about Supervised Consumption: W.F. Mitchell Bioethics Seminar

by Dr. Mary Heilman, SPH Ethicist

November 25, 2019 – Supervised consumption services were the subject of the 2019 W.F. Mitchell Bioethics Seminar. Approximately sixty people attended in person alongside fifty WebEx sites to hear guest speaker Dr. Elaine Hyshka, Assistant Professor of Health Policy and Management in the University of Alberta's School of Public Health, present on the topic, "Supervised consumption services: What does the evidence say?"

Dr. Hyshka walked participants through the history of Supervised Consumption Sites (SCS), sharing that the first official SCS opened in Bern, Switzerland in 1986. As of December 2018, there were 117 SCS's operating across Europe, Australia and Canada.

SCS's provide persons who are suffering from addictions with a hygienic space in which to inject, eat or smoke drugs which the person brings with them. There are many different types of SCS's, ranging from SCS's at a fixed site to mobile SCS's, and from SCS's that are stand-alone to SCS's that are integrated into existing services, such as a hospital or a community resource centre. All SCS's aim to prevent overdoses, and Dr. Hyshka shared that to date there has never been an overdose death at an SCS.

Drawing on her experience as a core member of AMSISE, a community coalition that successfully implemented four supervised consumption services in Edmonton, Dr. Hyshka present-

ed the scientific studies that have investigated the outcomes of SCS's. These studies have shown a decline in overdoses in the area around SCS's, a decrease in syringe sharing, and reductions in public drug use. Perhaps most encouragingly, studies have also shown an increase in uptake into detox and treatment for persons who use SCS's. Dr. Hyshka's statistics from Edmonton show similar results with 798

overdoses reversed since March 2018 across four SCS's, one of which is located in the Royal Alexandra Hospital.

The W.F. Mitchell endowment was created in memory of W.F. Mitchell, a Saskatoon businessman who was committed to ethics. A video of the full 2019 W.F. Bioethics Seminar and Dr. Hyshka's slides are available at www.stpaulshospital.org.

The W.F. Mitchell Seminar was webexed out to the province as a special edition of Ethics Rounds, which occur monthly. The next Rounds are set for January 29, 2020 at 10:00 a.m., and can always be found on the Ethics section of the SHA intranet.



Hannukah

Join Rabbi Claudio Jodorkovsky
in the 5th floor hub for a

**Lighting of the Menorah
to begin Hanukkah**

December 23
2:30 to 2:50

All are welcome to attend.



Caroling at St. Paul's on Christmas Day



SPH Staff and Volunteers are invited to go
caroling through the hospital:

December 25

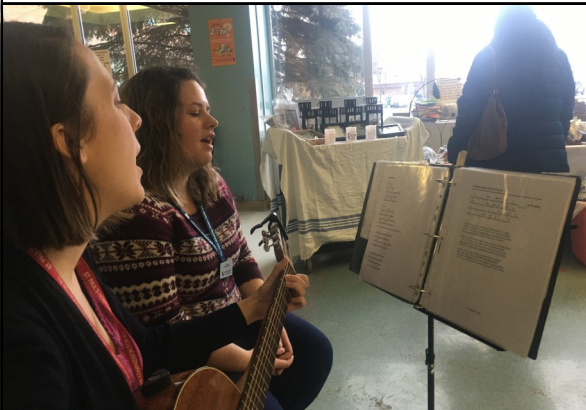
2:00 - 3:30pm

Family members & instruments welcome.

Please **RSVP** to the Mission Office:
naomi.moorgen@saskhealthauthority.ca

Christmas Craft Fair

Submitted by Organizers Michelle Friesen and Marlessa Wesolowski



The Annual 2019 Christmas Craft Fair at SPH was a huge success again this year! A big thank you to all the vendors who took time from their busy schedules to join us for a day of sharing and exhibits. This year we had a record number of participants, with 19 different booths taking part. A special thanks to all of the staff who helped with the day including set up of chairs, clean up, security, music and take down. We look forward to next year's sale in November 2020!

Project Christmas Angel 2019



Holiday Music Special

I Still Miss Someone: The Stories and Songs of Johnny Cash

*Thursday,
December 19
@ 1:30 PM
5th Floor Hub*

St. Paul's Hospital Mission Office



Vision Mission Values

**The North of
Tennessee Three:
Evert Van Olst
Blake Sittler
Wayne Salloum**

Did you know?

Trained Staff at SPH
are available to provide
Critical Incident Group Debriefing
as needed.

For additional information,
please contact Leah Perrault
in the Mission Office
at 306.659.5819.



CRITICAL INCIDENT
GROUP DEBRIEFING



Spotlight on safety...

SAFETY TALK



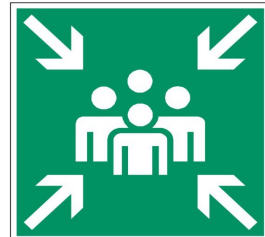
CODE WHITE—VIOLENCE

DID YOU KNOW?

A code white emergency initiates a response from team members to assist and de-escalate a violent or potentially violent situation.

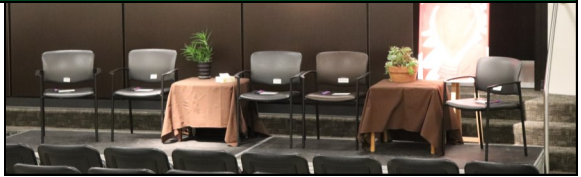
YOU NEED TO KNOW:

- When to call a Code White;
- The procedure for responding to a Code White;
- The roles and responsibilities of the team members responding;
- How the Code White will be communicated to the affected areas/zones
- PRACTICING A CODE WHITE USING A MOCK SCENARIO IS A GREAT WAY TO TRAIN YOUR STAFF AND ENSURE YOUR CODE WHITE PROCEDURES ARE UP TO DATE



Refer to your site specific procedure for additional information

Schwartz Rounds



Theme logo made at www.designevo.com

"IT HAPPENED TO ME"

...how experience colours our work...

Schwartz Rounds are focused on the humans at the heart of healthcare, designed to allow caregivers to reflect on the personal impact of offering compassionate care.

You can get more information by stopping by the Mission Office or at www.theschwartzcentre.org

January 22, 2020

12:00— 1:00 pm

Pylpchuk Hall

*Staff, students,
& volunteers welcome.
Lunch is provided.*



Carrying forward the Calls to Action

CULTURE DAYS The SHA Library, First Nations & Métis Relations, and Representative Workforce held Culture Days events September 27-29, 2019, including a contest. They received entries from across the province and distributed prizes in south, central, and north zones with grants from the Saskatchewan Library Association. Winners shared how Culture Days activities impacted their work and commitments to implementing TRC Calls to Action in their work.

Pamela Ritsco, Client Care Coordinator at Royal University Hospital in Saskatoon, shared that she would look at ways to implement

Jordan's principle when needed for discharge planning; have respectful relations with all First Nations and Metis people; involve the First Nations and Metis Navigator for SHA when doing discharge planning to help patients and their families; and take cultural training whenever I can to have a greater understanding of First Nation and Metis people when working with them in the hospital."

Thanks to all those who participated in the Culture Days Contest and congratulations to the winners!

First Nations & Métis Relations
Library
Representative Workforce



**Saskatchewan
Health Authority**

Highlighting our Teams: First Nations and Metis Health

by Naomi Moorgen, Mission Office Coordinator

When I approached two well-practiced staff members from First Nation and Metis Health Service for a description of the work they do, it was soon apparent that their work covers a vast range of responsibilities, and that I was not aware of the many services they provide. “We advocate for humanity. We help our First Nations and Metis patients advocate in their treatment.” The First Nation and Metis Health department provides wrap-around support services in collaboration with medical staff, spiritual care and social workers.

The First Nation and Metis Health team serves to bring awareness and advocacy for cultural practices with patients. When patients from First Nations communities come to St. Paul’s, some prefer to speak in their mother language for their own ease and comfort. A staff member from the department can help with translations and work with the patient’s medical team to allow for this to happen. They also promote a weekly smudging ceremony, and host a traditional Feast

Day for each season of the year. They can also connect a patient with an Elder or Cultural Advisor upon request. In their work of promoting and sustaining the culture of their pa-

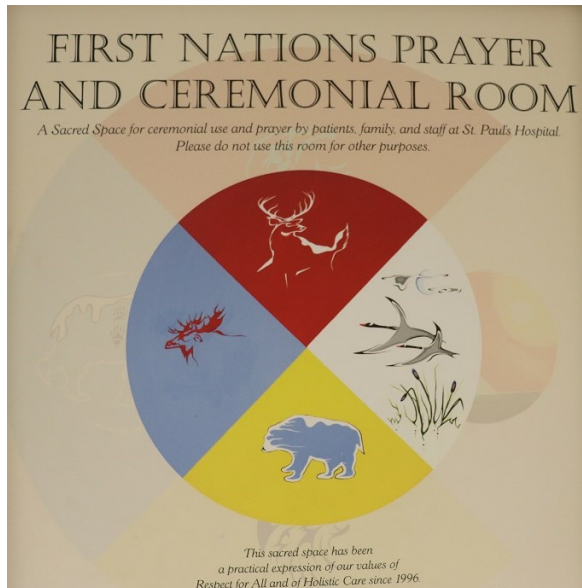
tients, they have arranged with dietary staff for traditional foods like bannock and 3 Sister’s Soup to be served with a patient’s meal upon request.

When I asked the staff what they love most about their work, there was no shortage of replies and fond recollections: “I really enjoy being with the patients. Meeting them, and their families. Laughing, jok-

ing, sharing stories, and listening to their stories and words of wisdom. A real connection is formed. The only downside is when a patient passes.”

A smudging ceremony is held every Thursday at 9:30 a.m. in the Ceremonial Room on the 5th floor of the hospital. All are welcome to join.

If you would like to have your department featured in a future lifeline, please contact Naomi at 306.655.5808 or naomi.moorgen@saskhealthauthority.ca



Christmas Tree Decorating Contest



Many thanks to all the departments that participated in the Mission Office Christmas Tree Decorating Contest!

A panel of patient judges selected the winners:

Grand Prize

(sponsored by the Personnel Association)

<— HLA Lab—Tree in Diagnostic Imaging
Winners of \$200 Christmas Lunch

2nd Place—3-way Tie:

(Chocolates from Mission Office)

4B Surgery (top right)

Palliative Care (bottom left)

5A Surgery (bottom right)

The trees can be seen through the hospital or pictured in the hall outside the Mission Office.



Highlighting our Teams: Palliative Care

by Naomi Moorgen, Mission Office Coordinator

The Palliative Care unit is known as a quiet place for end of life care. But when I asked two experienced staff members from the unit what they loved most about their jobs, their responses were endless: “Our hope is that when patients and families need us the most, we are here for them. We are very patient-focused, and the environment of our ward is very welcoming to, and respectful of, family members. We intentionally have space for families to be together, and to be in community with other families they meet, too. A lot of patients and their families tell us that it’s like being in their own homes.”



Indeed, the staff, volunteers, and atmosphere of the palliative care unit are very unique and specially crafted. From the volunteers who bake cookies for staff and patients, creating a comforting, warming aroma, to the community lounge, where families can cook meals, decompress, and meet other families, to the private rooms where patients and families can spend precious last moments together in peace and comfort, the Palliative Care ward is an exceptional place like none other.



Holiday Hours

December 24th 9:30-4:00

December 25th to January 1st CLOSED

January 2nd 9:30-6:00

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SPHFoundation.org

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Registration would love to have your used books...

We have a used book table in our Registration department that we sell used books by a donation. All the money goes to TBA (Teddy Bear's Anonymous) an organization that provides Saskatoon and Regina hospital with teddy bears to give to each child that is admitted to hospital as an inpatient or comes for surgery. They get to take the teddy bear with them on their hospital journey and take them home.

***We are always in need of books/used books
and would welcome any donation that would be made.***



You can view a color version of this issue of The LifeLine or view past issues at
<http://www.stpaulshospital.org/about/mission/lifeline.php>