

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 Summer of Healing—Vacation as a Discipline

I don't know about you but I'm ready for SUMMER! I can smell it: sitting by a fire at the place we rent at Jackfish, reading on the deck, playing Kaiser with my wife and kids. At night, listening to the loons and just sitting under the stars.

It sounds like a fairytale but it's not. That's a real Saskatchewan summer. Yes, indeed, I'm ready for summer...and I've only been here three months!

Everyone has experienced some degree of stress due to COVID but none more than those of you who have been here since those early days in March 2020.

So this upcoming summer is essential. This summer is an opportunity to begin to heal, to recover, to rest, and to restore your spirit. Many are at the end of their rope.

Holidays are not frivolous. The origin of the term comes from the idea of a "holy day", a time set aside for celebration. Holidays are a time to set aside work and practical things in

order to make time for something special, something divinely human.

So don't let this summer go to waste. Don't just wait for something to happen. Think about the things that bring you peace—family, reading, walking, mucking about in the garage—and make time for those holy human activities.

It is holy to mow the lawn. It is holy to water ski. It is holy to garden. It is holy to crack a beer and chat with friends. It is holy to lay on the grass and look at the stars. It is holy to watch a bird nest. It is holy to make a special meal. It is holy to eat outside. *It is holy to cover for a co-worker on holidays.* It is holy to binge Netflix (periodically). It is holy to pack the kids up and go to a spray park. It is holy to buy your grandkid an ice cream. It is even holy to pray.

In these dreary days, we need holiness. So take a break and come back a saint!

— Blake Sittler
Director of Mission

The LifeLine



St. Paul's Hospital

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St. Paul's Hospital Mission Office



Vision Mission Values

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A Note of Gratitude from Emmanuel Health Chair, Darryl Bazylak

Over the past weeks and months, the world's activities have been brought to a screeching halt by the COVID-19 global pandemic. None of us could have been prepared for this pandemic, nor could we have realized the cost to the people of Saskatchewan, especially the cost to our Emmanuel Health staff, physicians and administration. As a Board, we are grateful for your selfless care for those affected by COVID-19 during this unprecedented health crisis.

Because of you, we have been able to give a "face" to our mission to ensure the continuation of the healing mission of Jesus. Your day-to-day presence and service inspire us as a board to continue to give expression with you to our core values of compassion, innovation, and commitment. We could not do this without you.

Please be assured of our continued prayers and support as we endeavour to embody the Emmanuel Care vision to be "a vital community of health, healing and hope."

With gratitude,

Darryl Bazylak
Chairperson



Emmanuel Health

A Message from Chantal Issel, Nutrition & Food Services

In the Fall of 2020, Nutrition and Food Services was granted funding through the McConnell Foundation to work towards advancing our understanding of First Nations and Métis food ways and improving access to First Nations and Métis traditional foods in the three hospitals in Saskatoon.

Beef Bison Boulettes and Roasted Rutabaga/Potato are now included on the Always Available Expanding Your Food Choice (EYFC) pamphlet. The **Bannock** recipe has also been revised to have better spring and lightness.

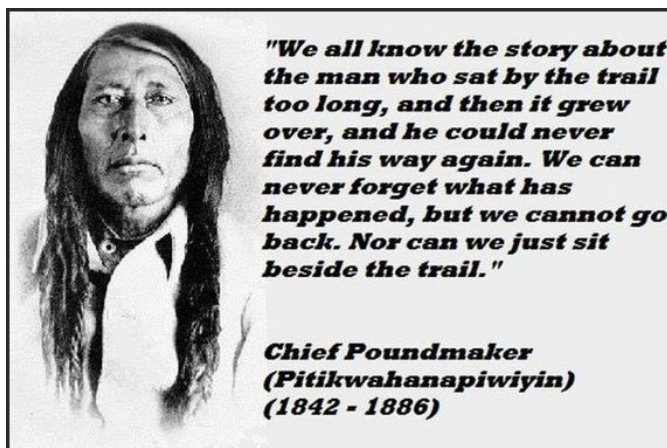
Other traditional food offerings such as Lemon Herbed Fish, Hamburger Soup, Beef and Vegetable Stew are still available on EYFC as part of the Traditional Foods options.

More recipes will continue to be added to the menu as they are developed in consultation with our Elder partners and chefs.



**FEATURING
LOCALLY
SOURCED &
SUSTAINABLE FOOD!**

PICKEREL
FROM
ILE-A-LA CROSSE FISH COMPANY
(SMOKED IN OUR SCH KITCHEN)
LOW BUSH CRANBERRIES
FROM BOREAL HEARTLAND
SASKATOON BERRIES
FROM PRAIRIE BERRIES, KEELER
SASKATCHEWAN
&
**SASKATCHEWAN
CHOKECHERRIES**



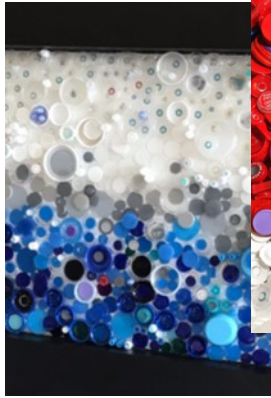
"We all know the story about the man who sat by the trail too long, and then it grew over, and he could never find his way again. We can never forget what has happened, but we cannot go back. Nor can we just sit beside the trail."

**Chief Poundmaker
(Pitikwahanapiwiya)
(1842 - 1886)**

SPH Healing Arts Artist Profile: Shawn Toovey RN, ICU

First of all thanks for this opportunity to share my art work with my coworkers, friends and all the staff. With the stress and problems that 2020 threw at us all it's nice to find that friend, that book or that activity that can distract and calm us. For me lately I've been relaxing and leaning into some of my artwork again.

My coworkers have been busy saving several pieces of plastics from the everyday tasks we do here at St. Paul's and I have taken some of them and have been making art pieces with them.



We started collecting just before Covid hit and haven't stopped. Usually we toss away hundreds of little pieces of plastics everyday into our garbage at home and especially at work. I started looking at all these beautiful coloured pieces going to waste and figured I might be able to make use of those little pieces, everything from medicine vial caps to IV line enders, tube feed box lids, expired lab tubes, IV roller clamps and more. Pharmacy and SPD are helping us gather materials also, so thanks to all who are not just throwing these pieces away. I have also been making frames for my projects from reclaimed or discarded wood scraps.

I've always been an avid recycler and these latest art projects have given me a new and creative outlet that also keeps more plastics from our landfills.



At present I've completed three projects and now that people are seeing them for the first time it has generated more ideas and more interest. These pieces are representative of the hard work we put in this year.

Thousands of plastic medical caps are generated caring for our patients, ultimately some successful outcomes and some have sad stories behind them.

They say a picture is worth a thousand words and if these art pieces could speak, oh the stories they could tell of the year we've had here in ICU. I've been an RN here at St. Paul's since 2008 in the ICU and could never have imagined the year we were in for. I hope we finally get to settle back into something more normal soon. I wish you health and safety in the future and hope to see you around. Maybe come to the ICU and see the art pieces yourself as we plan to display them in our hallways or maybe around St. Paul's somewhere. Thanks.

-ST

Silent Drums—A Poem in Memory of the 215 Kamloops Children

A black cloud hangs over the Maple Leaf
As a nation now deals with their unfathomable grief.
As young, innocent babes lie in unhallowed ground,
All their drums begin to sound.

Tell me, how did you sleep at night,
In knowing what your silence would ignite?
With all this pain and sadness in years to come, Did you really think you could
stop their drum?

And now tell me...
What were you thinking when your shovel hit the ground,
Did you honestly think your silence would not make a sound?
As mothers cried for their children each night,
Did you honestly think what you were doing was alright?

Now the little ones soar above these dark skies
Alongside the mighty eagle that flies.
And we all must face the unbearable truth
As we mourn the loss of our innocent youth.

Valerie Francais, Dialysis Assistant
Hemodialysis Incentre
June 1, 2021



Taken June 4 at the SPH smudge to remember and honour the 215 children found in Kamloops. Tansi to all the Elders and Knowledge Keepers who shared with us.

An Inside Look into An Inside Look with Paulette Hunter, Ph.D.

Since Fall 2020, Emmanuel Health employees have been participating in a research study, “An Inside Look,” to help understand how the pandemic has changed their work. Employees shared their experiences with researchers through online surveys and interviews. During the study, employees were asked to comment on their experiences being labelled as the “heroes of the pandemic.” This article synthesizes the perspectives of those who responded to this question:

As healthcare employees, we show up to work for lots of reasons. We care deeply about the people we work with. It’s rewarding to do the job we trained to do. We are lucky to have great coworkers. And frankly, we work for the practical reasons everyone does – to generate income security and benefits for our families.

When people called us the “heroes of the pandemic”, at first, it bolstered our courage to face a situation that was new to all of us. As time went on, that title got a little weird. Yes, sometimes, we carried a great deal of fear for others – and for ourselves and our families, too.

It’s also true that we were forced to adjust when our roles and teams changed. And many times, we went home tired – so tired – and it seemed this fatigue would never end. We constantly asked ourselves if what we were doing was enough. We also knew that we were not alone in it. We knew that everyone from the truck driver to the grocery clerk had experienced changes in the way they worked, had faced new problems, and had taken a part in helping us all get through this. We were just like them; doing our part.

For us, the true heroes of the pandemic were the patients and LTC residents who made profound sacrifices to avoid outbreaks, the families who supported them, our healthcare colleagues who worked directly with COVID patients every day and the teams that managed serious outbreaks, doing all that was possible to save lives and grieving the lives they could not save and the managers who really listened and stood beside us as we offered care. We appreciated the courage of our teammates across all occupations who pulled together flexibly, creatively, and selflessly to get through this the best we could; the members of the public who continue to don their masks, limit their social circles, and wait in line for hours to receive a vaccine. They are truly saving lives!

The thing is, if heroism is caring about someone else, persevering in the face of adversity, and doing your part, then there are heroes everywhere you look.

Love For All, Hatred For None



We stand with
#OurLondonFamily



Community Days 2021—Our Virtual Gathering AND cupcakes!



COVID forced the cancellation of our SPH Community Day last year but our intrepid committee was not going to let that happen in 2021.

On May 26-28, thirteen neighbourhood schools and 815 students in total received paper bags with soil, a container and bean seeds so they could practice being a caregiver at home.

We also hosted eight virtual sessions which included yoga,

story time, a sing-a-long, and tours of STARS Air Ambulance, the Saskatoon City Police Airplane, a fire station and even a virtual concert by perennial Community Day favourite, Parab Poet!

One of the other little treats was free cupcakes for all St. Paul's staff. In the picture to the left, SPH ethicist, Dr. Mary Heilman, ponders whether it is ethical to have a second free cupcake.



Vaccination Cooperation: An Ethics Perspective by Dr. Mary Heilman

In the Ethics Rounds for May 19, 2021, St. Paul's Hospital Ethicist, Dr. Mary Heilman, guided participants through the rationale behind the Catholic Church's acceptance of vaccine use using the Principle of Cooperation. Ethics Rounds is an open event that provides participants with information on an ethical issue, followed by an opportunity for dialogue. At the May Event, Dr. Heilman spoke for 25 minutes, which allowed time for an excellent discussion regarding why different people make different choices about vaccine use.

The Principle of Cooperation has been used for centuries to help people decide how far they can collaborate with other people who may be doing something that is unethical. For example, every one of us has made decisions about whether or not to buy items that may have been produced under unethical working conditions. When we make these decisions, we weigh a number of factors to help us decide what is the right thing to do.

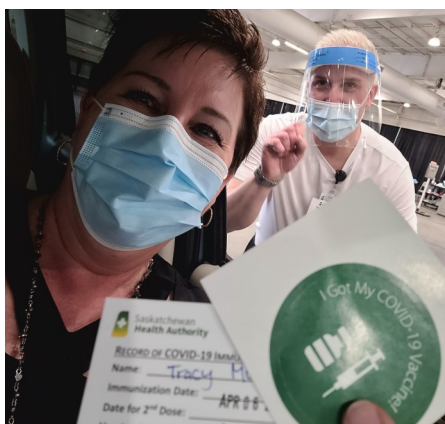
The Catholic Church has applied the Principle of

Cooperation to the issue of vaccine use because the vaccines in use today were developed using a fetal cell lines that were taken from aborted fetuses. The Church, along with many other people of good will, values the lives that were lost and advocates for ethically obtained cell lines to be used in future vaccine production. However, Catholics are still encouraged to be vaccinated because ending the pandemic is a tremendous good and participation in the

abortion that initiated the cell lines is considered remote, particularly since no new abortions are occurring to create the vaccines. In an Italian interview, Pope Francis said, "It is the moral choice because it is about your life [and] also the life of others."

The process used by the Catholic Church to arrive at this conclusion can be used by others who may have a

number of different issues that they are taking into consideration when deciding whether or not to use a vaccine. Visit the St. Paul's Hospital website or use the link below to watch the Ethics Rounds video and learn more about why different people may come to different conclusions about whether or not to receive a vaccine.



www.stpaulshospital.org/news/may-2021-vaccination-cooperation

Show Your St. Paul's Spirit

April 8: Band Shirt Day

Winner: Nancy in Peritoneal Dialysis

April 15: Animal Print Day

Winner: Nicole in HIMP

April 22: Disney Day

Winner: Jasmyn in Health Services

And the Grand Prize Draw winner was...

Alicia Oucharek Mantyka in PACU



Thanks to everyone who participated this year!
We'll see you all again in the fall!

Tim Horton's Thank You!

A great big shout out to the always friendly folks at our Tim Horton's location—the best in the city! We appreciate how you serve us so quickly and your gregarious hospitality! Many of us, like writer T.S. Eliot have, “measured out [our] life with coffee spoons”. And don't get me started on the joy of a simple donut!



Reflecting on the Lost Children in Kamloops

As an organization, the SHA acknowledges and grieves the recent news of 215 children's bodies discovered at the Kamloops Indian Residential School.

This grim reality has been known by our Indigenous colleagues, friends, neighbours and families that have been coping with these realities for generations. Let this sad news reaffirm that there can be no true reconciliation without also acknowledging the painful truths upon which this country was founded.

The Truth and Reconciliation Commission (TRC) has estimated that there were over 150,000 Indigenous children subjected to the Residential school system and an estimated 4,100 children died while attending these schools. These 215 are but the beginning. We must hold them in our memories and prayers.

When we committed to the TRC Calls to Action, we did so in good faith, fully aware that the road ahead would be difficult and long. We must come to terms with and support each other through this difficult work. It will not be easy, nor fast, but it is necessary and vital to the reconciliation work we have committed to as an organization.

Many of our patients that we treat daily attended these schools, and still more carry with them the painful scars of this lived experience and inter-generational trauma. Keep this knowledge front of mind when providing patient centered care and in our interactions with one another.

We encourage each of us to acknowledge our emotions, be they hurt or anger and let them give way to love and respect. Anger and hate took these children from us, but these same emotions will not give them peace, nor justice. Only love can do that.

We encourage you to discuss this openly and honestly amongst your colleagues, teams and families, and feel free to reach out to anyone within the First Nations and Métis Relations team for further support or discussion. For support relating to frontline workers and patients, please contact a First Nations and Métis Health Services Director.

Resources:

The Indian Residential School Survivors 24-hour Crisis Line is 1-866-925-4419 if you require further emotional support or assistance.

Emotional, cultural and professional support services are also available to Survivors and their families through the Indian Residential Schools Resolution Health Support Program. Services can be accessed on an individual, family or group basis by calling 1-866-250-1529

Here at St. Paul's Hospital, if you have any questions or would like to access resources, please contact:

Yvonne Tessier

Director, First Nations & Metis Health
(306) 514-8572

Yvonne.Tessier@saskhealthauthority.ca

Schwartz Rounds

The most recent session of our Schwartz Rounds was held virtually on April 20. The topic was “Creative COVID Caring”. The panel included ICU nurse, Shawn Toovey, spiritual care provider, Shanna Lee Connell, and screener, Laura Linz.

The panelists shared the experiences of offering care in light of all the many necessary restrictions and precautions along side the increased sense of stress and isolation of patients, family and staff.

Shawn shared about his work turning medical throw away products into art (see story p. 4). Shanna Lee spoke of the times in her work

when she offered support to staff when patients were dying alone. Laura spoke of her outreach to a patient who wanted a calendar made of his art. Thanks to all who attended!



Schwartz Conference Summer Sessions

The Mission Office will host several conference topics stemming out of the Schwartz Center’s summer showcase. If you are interested in attending, please RSVP to naomi.moorgen@saskhealthauthority.ca

Topic	Location	Date	Time
Reckoning with Racism in Nursing: Story Sharing & Healing through Telling	Pylypchuk	17-Jun	1 pm-2pm
A Prosocial Staff Leadership Model Based on Courage and Compassion	G24	22-Jun	11am-12pm
Amplify Compassionate Healthcare Stories	G24	14-Jul	1 pm -2
Caregivers Center Reimagined: Grief and Bereavement for a Community in Crisis	Pylypchuck	20-Jul	11 am - 12
Aspirational Culture in the Perioperative Space: A Bullying, Harassment and Microaggression Free Zone	Pylypchuck	22-Jul	1 pm -2

National Indigenous Peoples Day & Rock Your Roots Walk

.....
25TH
.....
**NATIONAL
INDIGENOUS
PEOPLES
DAY**

JUNE 21

**Join the virtual
celebrations!**



YOU'RE INVITED TO
WALK FOR RECONCILIATION
JUNE 21 NATIONAL INDIGENOUS PEOPLES DAY
ROCK YOUR ROOTS WALK 2021

WALK ANY ROUTE AT ANY TIME OF THE DAY!

JUNE 21 | FACEBOOK@RECONCILIATIONSASKATOON

ONLINE VIRTUAL EVENT WITH STORIES, ENTERTAINMENT, MESSAGES AVAILABLE ALL DAY

Following the public health guidelines, stay in small groups, wear masks and maintain distance.

On June 21 National Indigenous Peoples Day, we invite everyone to Walk for Reconciliation on their own or in small groups according to covid regulations. "Rock Your Roots" by wearing your own cultural regalia as you follow a route of your choosing, any time during that day. Hold or wear traditional symbols of your culture to showcase the diversity and inclusion within our community. Take a picture or video of your walk and share it on your social media and tag #ROCKYOURROOTS



Canada