

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

Love Conquers Fear

Like many parents, I have found myself in the emergency room with one of my children: croup, asthma, falls; some visits were more serious than others.

There was one particular night when I sat with my daughter, Elizabeth, as she laid whimpering on the paper-covered stretcher. It was 3 AM. I was tired. I was scared. I would have given anything to not be there.

And yet, I thought to myself, if someone had walked through the door—even if Jesus himself came in—and said, “You look tired. Go home, have a shower, get something to eat and sleep. I’ll stay with your daughter”, I would have stayed.

“Thanks for the offer,” I would say. “Pull up a chair because I’m not going anywhere.”

Fear is a heavy burden. It weighs us down and drains us of energy. Fear changes the very way we see the world and our work.

Sometimes the only antidote to fear is love. The love I felt for my daughter gave me the strength to *want* to stay.

Many who work in healthcare have faced fear and now, a full year into the pandemic, the fear has taken on a new character. Fear experienced over a short term can be dealt with in the short term. Fear that stretches year over year can be traumatic.

That is why it is so important and essential to take moments throughout our day to remember that we are loved and to remember those who we love. Love stares into the eyes of fear and says, “You can stay but I’m not going anywhere.”

On a personal note, thank you to everyone who has been so kind in their welcome of me to this new role. I look forward to meeting you in the upcoming months. And, as always, **thank you for all you do here at St. Paul's Hospital.**

— *Blake Sittler*
 Director of Mission

The LifeLine



St. Paul's Hospital

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

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An Emmanuel Health Organization

St. Paul's Hospital Mission Office



Vision Mission Values

Please contact the Mission Office at
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Submissions are subject to editing.

An Easter Message from Bishop Mark Hagemoen

As we celebrate the Holy Week and Easter season, I wish to extend to you all - on behalf of the Diocese of Saskatoon - thoughts and prayers as you continue to carry out the mission of Catholic health care in our city and province.

This year has been very challenging for us all, but it has been particularly demanding on you as you faithfully and heroically carry out health care in very difficult circumstances. Thank you so very much for this! You model in an extraordinary way the love, care, and sacrificial service that we remember and celebrate in this Easter time. The great love and sacrifice that Jesus Christ shows the world is the way to our salvation and healing. Thank you very much for showing us the loving and serving way of the Saviour.

May God keep you all safe and healthy, and may the Easter season be a time of blessing and renewal for you all.

Sincerely in Christ,
✠ Bishop Mark Hagemoen



A Message from our Executive Director

On April 1, I entered St. Paul's Hospital as the Executive Director and was informed I would be the Site co-lead for Pandemic Response, which meant trying to (very quickly) come up with a plan for people traffic flow, screening, and building needs overall that would keep patients and staff safe.

It is hard to believe a year has passed since it all began. However, even with all of the logistical chaos, it has also been a year that I have been witness to phenomenal and prolific expressions of compassion. This is not a surprise given the team commitment to SPH Values, which state "Compassionate Caring: Provide care with understanding and compassion for all, in the tradition of Catholic teaching and health care, with particular attention to the voiceless."

As healthcare workers, we know our responsibilities when it comes to patient care and support services. This pandemic has really highlighted the compassion aspect of care. The intensity of instances such as the compassion practiced in supporting a patient through those last moments of life in the

absence of family presence will be etched in our minds forever. And perhaps less intense, but necessary, the times we have had to apologize for the safety measures required of visitors and patients upon entering the facility, which probably don't feel 'compassionate,' yet play a key role in

assuring more lives are not lost. These are but only two examples of many.

So what keeps our compassion meter up? Maybe it is our allegiance to our profession's code of ethics, or maybe it is the support from a colleague that says the right thing at just the right time.

Maybe the practice of prayer sustains you, or maybe it is refilling our cup through family connection after work. Whatever it is that has grounded you in this mission of compassionate care, I want you to know, you have delivered.



There have been so many acts of kindness toward us as well from community members who have helped to make this unbearable time bearable. An extraordinary display of human response has been demonstrated through the many parades and drive-by greetings, donations, and messages of prayers, gratitude and hope.

A special thanks to the Grey Nuns for their continued prayers for our wellbeing. Their support means so much to all of us. It is interesting to note that the impetus for the Grey Nuns creating a hospital more than 100 years ago was in response to a typhoid outbreak, followed by the Spanish Flu pandemic, thus beginning an amazing history of caring and compassionate care.

We are also grateful to the dozen or so elementary schools in Saskatoon have sent us messages, artwork, cards and letters, which are posted on walls all over the hospital. They make us smile and they may make us tear up at times. The thoughtfulness put into them is a true display of the natural compassion of kids. We are so appreciative of the teachers who led their students in this endeavour and thank THEM for educating our kids throughout this pandemic with the many challenges they have faced as well.

With immense gratitude for who you are and what you do,

Tracy Muggli
Executive Director, St. Paul's Hospital



A Poem of Hope by Saskatchewan Youth Poet Laureate, Peace Akintade

Table of Hope

A hand placed by a table of hope
Strums in a rhythm.
Soft and serene
The way our fingers drum
On a table of hope.
Asking for the music to change.
The music to become our inner monologue
When the damage of the world
Rests on our shoulder
And we can no longer
bear the weight of humanity
Let us use the table as an anchor
Raise our weight of gold
And settle into an uneasy chair of doubt
The table of hope holds a cup
And the host
Tells you to whisper all you negativity with the
brim
And toss the cup into the fire
Watch your words turn to fuel
Use that fuel for motivation
On the table of hope
Find solace in each other's
Stories
The man with one arm
Smiles to the secretary with no job.
The girl that failed her class
Cries with the lady that lost her mom.
On the table of hope
There is no hierarchy
We all wish for happiness
We all wish the world laughed with us
We all wish our shoulders were empty

From all the pain.

And I wonder if the table
Has room for all of us
If it can handle millions of hands
Varied in size and hardness.
But the host pats my back
Lifts my face
And tells me a secret.
If the table of hope ever fills up,
One person will stand
Link arms with another,
And build another table
A table where despair turns into motivation.
A table to rest your head
And whisper all your dreams and future.
The cycle will begin again.
As long as we are reminded
That we all have a seat at the table.



"Docs with Chocs" taken when chocolates donated by **Family Legacy Advisory Group** were handed out.

SPH Welcomes New Director of Mission Office: Blake Sittler

My name is Blake Sittler and I am happy to be to part of the team here at St. Paul's Hospital where my mom was a member of the graduating class of 1965.

When I was first being introduced around, I was pleasantly surprised to hear how many folks would say, "Welcome, you are going to love working here." They would then describe the hospital as a small town, a community or a family.

My role in the Mission Office is to celebrate! And there is so much to celebrate: the legacy of the



founding sisters, the talented, multi-disciplinary staff and long service, the grand efforts that are

constantly being made to make St. Paul's a place that people feel is less an institution and more a community of health, hope and compassion.

Please feel free to drop by the Mission Office any time for a chat. Over the next few months I will make efforts to request time at your huddle to meet everyone and offer whatever small support I can.

Guided Meditation for Staff Everyday at 11:45 AM

Guided Meditation
is available for staff
in the 3rd Floor Chapel
at 11:45 am
Monday to Friday.

Physical distancing
and sanitization
procedures in place.



Our work presents us with constant needs—for time, attention, details, compassion and care. Taking time to pay attention to our own inner state of being is an essential part of being able to offer our attention to other people and situations.

To join the meditation virtually, please contact Naomi at
Naomi.Moorgen@saskhealthauthority.ca

Virtual Schwartz Rounds—for staff, students and physicians

All staff, students and physicians are invited for

Virtual Schwartz Rounds



April 20, 2021
12:00— 1:00 pm
Online

To join, scan the QR Code
with a tablet or phone, or log
in via Zoom.us:
Meeting ID: 865 1388 6582
Passcode: 663800

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

More information at the Mission Office or at theschwartzcentre.org



St. Paul's Hospital



the schwartz center
FOR COMPASSIONATE HEALTHCARE

Spiritual Care Education Update

A new Spiritual Care student cohort with St. Paul's Clinical Pastoral Education (CPE) program is set to begin their clinical practicums early in May.

The program is taught as a spring intensive, with the students taking part in 200 hours of small group learning under the facilitation of Julie Bergen, Certified Spiritual Care Practitioner and Supervisor-Educator, and 200 hours of clinical time providing spiritual care to patients, families, and staff. All of this is packed into an 11-week program!

The seven students will be assigned to a variety of units here at St. Paul's and also at Sherbrooke Community Centre and Samaritan Place.

St. Paul's Hospital is an accredited CPE teaching centre with the Canadian Association for Spiritual Care. CPE is spiritual and theological education based on an adult learning model which enables participants to grow in their effectiveness as spiritual care practitioners.

Programs are open to individuals of all faiths and to serious spiritual inquirers and are trained to serve patients of any faith or non-faith background.

While spiritual care is often mistaken for religious care, spiritual care practitioners are trained to provide spiritual and emotional support that responds to the belief system of the individual receiving care.



Religious care is provided through Chaplains on behalf of their denominations to patients who have stated a religious affiliation upon admission. Spiritual care recognizes that some individuals understand life through a religious lens, while others find meaning in independent spiritual practices or pursuits. Our work strives to provide support that is meaningful for each individual.

For further information contact:

Julie Bergen, Spiritual Care Specialist
Certified Spiritual Care Practitioner and
Supervisor-Educator
(306) 655-5827

Julie.Bergen@saskhealthauthority.ca

Music and Self-Care with Tinaya Entz

From soft lullabies to the anthems you blast in the car, music is a companion through all of our stories. We use it to relax, express ourselves, find comfort and understanding and distract from unpleasant realities. When we hear music, our minds and bodies respond in ways far deeper than we will ever know.

What is your favourite music? What is your favourite way to listen to that music? My personal favourite is going to a live show for just about any artist. There's something about the immersive experience of music with hundreds of others that fills my soul and energizes me.

However, there are so many other ways we can use music to care for ourselves. No matter where you are at, here are a few ideas to help you use music intentionally for self-care.



First, choose how you would like to experience the music. Through headphones? Blasting in the car? Playing in your house? Or perhaps you would like to make the music yourself.

Next, think about what you need from the music. Do you need to dance or relax? Are you desiring connection or comfort? Do you need to express difficult thoughts or emotions? Your needs/desires in the moment can determine the kind of music that would be most helpful.

Here are a few ideas to get you started:

Music to relax/unwind

If possible, find a quiet spot where you can spend a few minutes. Take time to focus on the music instead of simply having it on in the background. Allow your breath to follow the flow of the music and release tension from your body as you listen. When selecting music, choose slower songs. Research shows that the most relaxing music moves at about the same pace as resting heart rate, so find music that is approximately 60 beats per minutes. The music should also be predictable. *Weightless* by Marconi Union, *Electra* by Airstream and *Watermark* by Enya are a great place to start!

Music to boost your mood

Find a song or create a playlist that makes you feel happy and at ease. One caution with this approach is that happy music can be off-putting or jarring when you are feeling sad or upset. In this case, it may be more helpful to start with music that matches your current mood and gradually shift to music that matches the mood you want to achieve.

Music for self-expression/comfort

One reason people love music so much is because it expresses our innermost thoughts and feelings when words cannot. In my own life, I have made a playlist that I listen to every day when I am driving home from work. For this playlist, I chose some of my most favourite songs that help me express frustrations, unwind, let go of the work day and prepare to arrive back home. If I have found comfort and understanding in the music before I arrive home, I can more fully enjoy and engage with the rest of my day! Happy listening!

World Kidney Day

March 11th is World Kidney Day. This year's theme was "**Living Well With Kidney Disease**". We felt that this is a great opportunity to hear from an actual patient whose life is affected by kidney disease.

Meet Terran "Spanky" Keewatin. Spanky is a resident of Muskeg Lake Cree Nation. He is a band councilor on Muskeg Lake Cree Nation. He resides there with his family.

Spanky has been on hemodialysis for five years, and travels to Saskatoon three times a week to receive life-sustaining dialysis treatments. To put this in perspective, that equates to **156 trips**, and over **33,000 kilometers per year!**

Spanky has now started a new journey in his dialysis therapy. He is currently training to perform Home Hemodialysis. This is exciting as Spanky will be the first patient residing on a First Nation in our Home Hemodialysis Program. Our program covers the northern half of Saskatchewan.

"Having kidney disease opened my eyes to the importance of health. My family and I started looking at our own health and how to adapt. My family has experienced health issues related to smoking, diabetes and heart disease but we had been unaware of kidney disease".

When we asked Spanky what has helped him to cope with kidney disease, he spoke of his First Nation culture and how "the beauty of doing right and walking the right path through the eyes of our Creator" has given him strength.



"I was also blessed to be raised by two strong women, my mother and grandmother". He spoke of the strong family support he receives and how their messages of "keep on going" and "don't give up" gave him strength and were the reason he has not missed a dialysis treatment in five years. Spanky

believes being mentally strong has allowed him to cope with this disease stating that "You ultimately need to want a better life and to continue to a better life".

"I feel it is a big, bright door opening for First Nations people and shows that we can do a good job of caring for our own people in their own community. I am blessed to be part of a community that has embraced this."

We asked Spanky what living well with kidney disease means to him. "For me it means living life and following a path, no matter the obstacle, to a better quality of life.

Submitted by Michelle Lang, Social Worker with Kidney Health

Managing Stress

Did you know?

During stressful times it is normal to experience cognitive, emotional, behavioral, physical and spiritual changes. These changes are not a sign of weakness, but rather a reality of living and working through a pandemic.

You need to know

Noticing changes you are experiencing, then seeking to understand them and decide on how to address areas of need, are important steps in health coping and recovery.

First, take time to notice changes related to stress

Cognitive—how we think (e.g. has my outlook been more negative than usual?)

Emotional— how we feel (e.g. have I been feeling hopeless and overwhelmed?)

Behavioural— how we act (e.g. responding with anger or frustration)

Physical— how our body carries the stress we're experiencing (e.g. tension headaches, trouble sleeping, upset stomach)

Spiritual— our beliefs, religion, our sense of self (e.g. negative self talk, concerns for your well-being)

Helpful Supports

Family & Friends— surround yourself with people you trust. Tell them what you need for help.

Food— Healthy food is key to supporting physical recovery.

Faith— Some people find that prayer or meditation is helpful to supporting recovery.

Fitness— 30 minutes of physical activity will help the body recover more quickly.

Fun- take some time to laugh. Be creative with colleagues or within your own family. Make a fun plan!

First Free-Standing Hospice in Saskatchewan Opens New Era of Care

The Hospice at Glengarda, Saskatchewan's first free-standing residential Hospice located in Saskatoon has accepted its first admissions thanks to tremendous support from the community.

Emmanuel Health Board Chair, Daryl Bazylak, says the opening marks a new era in hospice care in Saskatchewan: "St. Paul's Hospital began working with community partners to make a hospice a reality for Saskatoon in the early 1990's. We couldn't be more pleased to complete this project, broadening the palliative care service continuum in Saskatoon."

St. Paul's Hospital Foundation's Board Chair Neil Weber says: "The Hospice at Glengarda was built by the community for the community, to serve the people of Saskatchewan. Today, I have the additional pleasure of announcing a generous new gift of \$250,000 from Orano Canada. Orano is deeply committed to the health and well-being of Saskatchewan. In addition to providing \$175,000 to help build the facility through the Close to Home Campaign, they have also made the first major gift to the Hospice at Glengarda in the form of a \$75,000 endowment to advance staff and volunteer cultural responsiveness training as it relates to end-of-life care."

In late December, Bishop Mark Hagemoen performed a blessing for the Catholic facility

that offers hospice care for all residents of Saskatchewan. The 15-bed Hospice on Hilliard Street East and Melrose Avenue is governed by Emmanuel Health and owned by St. Paul's Hospital. The building was purchased from the Ursuline Sisters in 2014, and construction and renovations to the facility were funded through St. Paul's Hospital Foundation's Close to Home Campaign for Hospice and End-of-Life Care.



A fellow subsidiary of Emmanuel Health, Samaritan Place has taken on the role of developing and delivering the operational plan and patient programming for the Hospice.

Tracy Muggli, Executive Director of St. Paul's Hospital says that support for the campaign has done far more than simply build the facility: "In addition to providing funding to construct and furnish the Hospice at Glengarda and effectively close a significant *continued next page..)*

Glengarda Hospice (continued from p. 12)

gap in end-of-life care, the campaign has supported renovations to the Palliative Care Unit at St. Paul's Hospital, created a palliative education and training fund for caregivers and the community, and established endowments to support holistic care services such as spiritual care, bereavement care and art therapy."

St. Paul's Hospital Foundation CEO Lecina Hicke expresses her deep gratitude to Orano Canada, and to everyone who contributed in so many ways to the Close to Home Campaign.

"On January 30, 2019 we launched the Close to Home campaign with our dear friend Gord Engel and his beautiful family at our side. Gord bravely detailed his personal inspiration to advocate for the campaign – he was preparing to say goodbye to his family and wished that our community would consider what they might similarly wish for their family during such a time – a safe, comfortable and home-like space delivering quality end-of-life care. Sadly, Gord passed away in March 2019, but his story captivated our community and inspired countless gifts to the Close to Home campaign."

The Government of Saskatchewan committed \$1.34 million in 2020-21 to operate the Hospice and has committed to ongoing annual funding.

The Hospice is integrated into the continuum

of health care in Saskatchewan and there is no need for a separate application to receive care in the Hospice. Jennifer Hiebert, Director of Clinical Integration, Public Health and Home Health say, "The new Hospice will be integrated into our existing health services and teams to support smooth care transitions for residents and families and will be a valuable support for our community for generations to come."



If you feel you or your loved one would benefit from palliative services, including hospice care, please discuss with your present health care team. Any member of the care team, including physicians, home care Registered Nurses, and staff from Client Patient Access Services (CPAS) can support a referral to hospice. For more information on care at the Hospice at Glengarda, please visit www.samaritanplace.ca

We invite you view a **virtual online tour** of the Hospice at Glengarda at www.close-to-home.fund

Public Notice of St. Paul's Hospital Foundation Inc. AGM



St. Paul's Hospital Foundation Inc.
Annual General Meeting

You are invited to attend the
Virtual Stakeholders Meeting

Thursday, April 22, 2021

12:00 noon

Via Zoom

Join Zoom Meeting

Meeting ID: 859 3256 0828

Please RSVP by Thursday, April 1, 2021 to
306-655-5821 or Jennifer.Bow@sphfoundation.org
with your EMAIL to receive the Zoom password and link
Thank you and hope to "see" you there!

SPHFoundation.org

Give Generously

Show Your St. Paul's Spirit

Congratulations to the Winners of \$10 Tim Horton's Cards:

January 21	Denim Day	Mandy, Hemo
January 28	Decade's Day	Carolyn, Stores
February 4	Hawaiian Shirt Day	Karla, Physio
February 12	Valentine's Day	Mary, Registration
February 18	Souvenir Day	Cassandra, F+N dietician
February 25	Twin/Trip/Quad Day	Melayna, IPC
March 11	Team Shirt Day	Sherry, Screening
March 17	St Patrick's Day	Laura, Screening
March 25	Funky Pattern Day	Deane, Social Work
April 1	Mismatched Day	Megan, IPP

UPCOMING DAYS:

- April 8—Band/Musician Day
- April 15—Animal Print Day
- April 22—Disney Day



April is National Organ and Tissue Donation Awareness Month



GREEN SHIRT DAY

APRIL 7TH 2021

1 organ donor can save up to 8 lives.

Talk to your loved ones and **register your intentions.**



Be a donor
Register online today

givelifesask.ca



Saskatchewan Health Authority **Saskatchewan!**

Humboldt Broncos Remembered

On the night of April 6, 2018 just south of Nipawin, an accident between a semi-truck and a bus broke the heart of every parent in Saskatchewan.

At 4:50 PM, a semi-trailer collided with the bus carrying the Humboldt Broncos hockey team, their coaches, statistician, athletic trainer-therapist, and play-by-play media personality.

Sixteen people were killed. In the 48 hours that followed the crash, local, national and international media covered the story, describing the men and one woman who were lost. The city of Humboldt was shaken to its foundation.

But tragedy destroys and then draws together: two days later on Sunday, April 8, Humboldt rose as a community and gathered in the Elgar Petersen Arena and Uniplex.

St. Paul's Hospital CEO, Tracy Muggli, remembers that day well. She was part of the Code Orange team that supported families at RUH throughout the night of the tragedy, and then co-led a mental health response for the next two months out of the Humboldt Incident Command Centre.

"On April 6, 2018, we faced the unimaginable together," said Muggli. "As health care providers, we worked with professionalism and compassion to support those needing our

service, and we will never forget the moments of hope and healing that we shared together as a team."

"Let us remain strong in our faith to come together as a team when we most need to and always remember in our prayers the lives of those lost and their loved ones, and the survivors and their loved ones."

Pope Francis released a statement that day three years ago through his emissary: "Informed of the injury and tragic loss of life caused by the road traffic accident in the province of Saskatchewan involving young hockey players, His Holiness Pope Francis sends his condolences to those who have lost loved ones, and commends the souls of the deceased to the mercy of Almighty God. To all in the community at this difficult time Pope Francis sends his blessing."



Humboldt Broncos (continued from p. 17)

Holy Spirit Parish in Saskatoon, like many others, opened their doors for people to come together to offer silent prayers. While the largest vigil was held in Humboldt, prayer services for the victims and families were held across the province.

Another memorial was held in Lloydminster. In attendance was local media personality, Kurt Price. "What really stood out for me was how comforting it was to see so many familiar faces," Price said. "The community here celebrates together and it grieves together."

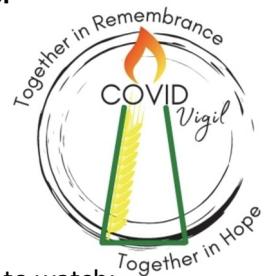
Whether you simply set a hockey stick outside your door or hug your loved ones a little closer, tragedies of this scale remind us that the only way we can get through loss is with the love and care of the community and family around us.



COVID Vigil

On March 11, a virtual vigil was held on-line to mark one year of COVID in Saskatchewan. There were several speakers representing various religious denominations as well as musicians Wyndham Thiessen and internationally renowned pianist, Thomas Yu. Dr. Hassan Masri was one of the representatives for front-line healthcare workers. Part of what he said included this poignant insight: **"This year has redefined what the term 'essential' means...What is truly essential is to be able to sit with our**

families without worrying that we will make them sick. What is essential is the health we take for granted all the time... This year has taught us to not take anything for granted."



The full vigil is available to watch:
www.youtube.com/watch?v=gvouJaY1S_s

Protective Services Silly Safe Walk Program

The Saskatchewan Health Authority Protective Services maintains a 24-hour Safe Walk Program available at all sites.

With this service, a security officer will walk or drive you to your vehicle within a reasonable radius of St. Paul's Hospital.

If you would like to access this service, please dial 5000 and you will be directed to someone to assist you.

For more information contact:
Curtis Grueter @ 5445



Ramadan

Ramadan Mubarak
April 13 - May 12, 2021



Back For More! Thank you to all returning staff!

The COVID pandemic has challenged our healthcare system across the board. However, there are hundreds of staff here at St. Paul's who have modeled the discipleship of service even through their fear and stress and fatigue.

One of the ways our managers have taken care of their staff is by calling on the skill of staff who had previously retired to help relieve some of the strain of heightened safety protocols.

Brendan McLoughlin was one of those returning heroes.

"Brendan retired in 2017 after 29.84 years and while is casual but he picks up shifts up to full-time...to help us out," said Jim Chometa, the manager on ICU.

"We have a multitude of new nurses and Brendan is great at mentoring them and sharing his

experience," Jim shared. "I have been incredibly grateful for him coming back and helping our team."

"The province of Saskatchewan wants us to provide an unprecedented number of critical care beds here at St. Paul's in the service of this province. **Our team has risen to that challenge.**"



Farewell, Gary :(Welcome back, Mary :)

When our bioethicist, Dr. Mary Heilman, left last year to have—in her humble opinion—"one of the cutest babies ever", we were pleased to welcome in the very talented Gary Goldsand to cover her maternity. Gary's final day with SPH was March 30. We were happy to hear that he has a new role now as the ethicist for the southern region of Saskatchewan. Congratulations, Gary and welcome back, Mary! And congratulations again to you and Dallas on your daughter, Aster.

