

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

A Season To Care for Each Other

When I was a kid, I loved Advent and Christmas. I loved the lights. I loved the music. I loved the food. I loved the presents. I couldn't *sleep* because my mind and heart were set on all the toys I would be getting.

When our first son, Gabriel, was born, we were excited for his first Christmas. Our excitement focused on how we could show this little boy how much we loved him through all the presents we bought for him.

It was one of the most powerful experiences I have had around the truth of the adage, "It is better to give than to receive".

Many "giving" holidays come at the darkest time of the year. We light candles on menorahs and Advent wreaths, lamps during Diwali, and hang lights on our homes. Deep in our DNA, humans have an instinctive desire to light a bonfire in the dark and when we have a campfire, the only animals who gather closer to the fire than humans are moths!

COVID will make this season even darker so maybe we need to take a lesson from Canadian songwriter, Bruce Cockburn, who

sings that we need to "kick at the darkness until it bleeds daylight".

So how can we kick at the darkness that we all carry inside? The tiredness, languishing, frustration, anger, fear. We have been told for nearly two years, "Take care of yourself". **But when we take care of ourselves, there is only one person taking care of us. However, when we take care of each other, now there are lots of people looking out for us.**

Here at St. Paul's Hospital, let's take the next few months to make this winter a season to take care of each other.

When you are having a tough moment or a hard day or a difficult week, give yourself a few minutes to look around and see if there is anyone else who might need a lift. Go buy them a coffee. Go compliment them. Go thank them for the work they do. Write them a note and stick it on their locker.

When there is darkness, let us light a few small candles for each other.

— *Blake Sittler*
Director of Mission

The LifeLine



St. Paul's Hospital



Vision Mission Values



Emmanuel Health

A Catholic Health Organization

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A Message from Tracy Muggli and Lecina Hicke

On any given day, the Foundation staff receive a myriad of calls and letters from members of our community expressing their gratitude for the loving, compassionate and thoughtful care that they have received within our Hospital.

Often times, this gratitude translates into generosity, and it is the sincere privilege and pleasure of St. Paul's Hospital and the SPH Foundation to manifest this generosity into important and lasting impact for the hospital.

On an ongoing basis, SPH Administration works closely with SPH Foundation to identify the needs of SPH and how to provide staff with the tools they need to provide the best care possible to patients.

We evaluate information from staff and program applications, we review and consider needs presented by the Saskatchewan Health Authority capital planning process, and we do

our best to identify and support unanticipated and urgent needs as well. As the pandemic has progressed, the importance of assessing day-to-day needs has become routine business.

(continued on page 3...)



Tracy and Lecina (continued from page 2)

Similarly, the support of our community, and their interest in supporting you, our Health Care Workers, has become especially poignant throughout the pandemic. It is because of their remarkable generosity that we have been able to impact some rather extraordinary, positive change in our hospital over the course of the last twelve months. This generosity manifested itself in a variety of means, and has been shared with hospital staff in ways as simple as a granola bar shared in the morning, and as magnificent as new Central and Bedside Monitors throughout our ICU and our Emergency Department .



In the spirit of serving one another, we highlight just some of the ways our community has helped to serve you at a time you've needed it most through the Foundation:

- Two Portable Ventilators for the ICU
- Perioperative Echocardiography Ultrasound for our Operating Rooms
- 16 Critical Care Monitors for the ICU
- 3D Labscan Luminex for HLA Laboratory
- 4 Patient Bedside Monitors and Central Monitoring System for the Emergency Department
- Establishment of the Robert Steane Holistic Care Research Chair
- Ongoing Support for the Healing Arts Program and Spiritual Care Programs
- Expansion of Music Therapy Program for Dialysis Unit and Cameco Community Renal Centre

- Fans for 7th floor Staff (to manage the hot summer days!)
- Pyxis for Palliative Care
- Staff Professional Development Awards
- Foundation Draws awarding over \$125,000 of funds to urgent needs in the Hospital
- Cold Hands Warm Hearts Campaign to purchase toques and mitts for the vulnerable in our community
- Establishing a Front Line Love Fund to provide support for our Front Line Staff

We thank you again for your service and dedication to our Hospital and the community it serves. We are truly proud to serve you as you serve the needs and support the well-being of those who need it most.

TM & LH



Lecina Hicke awarding the cheque to Clinical Engineering for the 2021 Foundation Grand Prize Draw.

The Next Time You Here That Song...

Much of the time when we hear Jingle Bells playing in malls or stores anytime after Remembrance Day, we unconsciously note that “they are already playing Christmas music”. **But have you ever taken a moment to notice that not *all* music they play at this time of year is technically Christmas music?**

There are several musical themes that are distinguishable from each other. Here are some examples:

Advent: This genre of song or carol focuses on the imminent birth of Christ; the days leading to Christmas. Songs like *O Come, Divine Messiah* and *O Come, All Ye Faithful* or Amy Grant’s original, *Breath of Heaven*.

Winter or Seasonal: Many songs that people feel are Christmas songs are actually just cold weather or winter songs. Other examples are *Let it Snow* and *Sleigh Ride*.

Carols: The word carol comes from a French term for a “circle dance” and originally was any festive song. Here’s where songs like *Deck the Halls* and *Jingle Bells* (which was originally written for American Thanksgiving).

Secular Christmas: The marker of these songs is any reference to Santa Claus, reindeer, gifts, trees or talking snowmen. *White Christmas* and *I’ll Be Home For Christmas* are examples.

Hymns: Not all songs that refer to the birth of Jesus, the Nativity, Mary, wise men, stars are necessarily religious (ie: Trisha Yearwood’s *It Wasn’t His Child*) but they would generally fall in this category. *Hark the Herald Angels Sing*, *Joy To the World* or anything else you would sing in church basically be in this category.

So the next time you here that song, ask, “What kind of song is that?” Then sit back and enjoy the message of cheer and hope.

Pool Our Love Campaign for Friendship Inn Summary

Thanks to the generosity of everyone who dropped off a box or bag of rice in the blue kiddie pool at the parkade entrance or at the Mission Office. On Sunday, October 17, SPH volunteers took nearly **200 lbs of rice** and donated to the Friendship Inn!

Rice is an important staple at the Friendship Inn. It is great in soup and many guests love it as a side dish. Many thanks to you all!



Robert Steane Research Chair Update—Dr. Simon Lasair

When I began my role as the Robert Steane Holistic Research Chair in September, lots of people asked me, “So what will you be doing?” My usual response was, “I’ll be researching how best to integrate spiritual care and the healing arts into health care.” At that point people would usually smile and say, “That sounds interesting.” And that would be the end of the conversation.

Over the next few LifeLines, I will try to explain what this new role is trying to achieve.

As much as the pandemic has caused huge amounts of stress for everyone in health care, it has also taught us how important it is for patients in hospital to have human contact. When I’ve provided front line spiritual care during the pandemic, many patients have shared how bored and lonely they feel. They miss their families’ in-person support. They miss seeing the people who will encourage them to get better as quickly as possible. The spiritual care and healing arts teams have therefore been crucial in supporting patients at this time.

But this is only part of the picture. As a Certified Spiritual Care Practitioner with the Canadian Association for Spiritual Care (CASC), I am very aware of the years it took me to learn how to provide this highly specialized form of care. The same is true for the Healing Arts Team. Not only did each member of that team receive specialized training in their artistic field. But they also had to learn how to

use this training at the hospital bedside. The result is St. Paul’s Hospital has two teams of highly trained individuals providing crucial forms of care to patients and their families. So why does this need to be researched?

While Spiritual Care and Healing Arts have been in health care for decades, the research evidence to support their practices is just starting to emerge. So, professionals working in these fields could grow their awareness of and engagement with this published research. This reality speaks to the enhancing professionalism goal of my mandate.

But then how do they bring it to the front lines? How do they work most effectively with professionals from other disciplines, establishing shared goals for the patients under their care? These questions speak to the advancing integration goal of my mandate.

And then, how will all this affect patients’ experiences of receiving care? This question speaks to the assessing patient outcomes goal of my mandate.

It’s clear I have some big pieces of work cut out for me. I’m looking forward to it, though. I’m working with some really good people. And, there’s a general sense of excitement about where all this is going.

Looking forward to sharing more with you in upcoming issues of the LifeLine.



Join us in the unveiling of
SPH ER Rainbow
Medical Plastic Art

Artists: Shawn Toovey RN ICU, Marlessa Wesolowski and
SPH community of staff and patients.

Tuesday, December 14 at 12:30 in cafeteria

Shawn will offer a brief artist talk of
his process and inspiration

Thank you to all for your collaborative recycling!

Project supported by SPH Administration

St. Paul's Hospital Mission Office



Vision Mission Values



St. Paul's Hospital



Mission In Action and Charism Award Winners



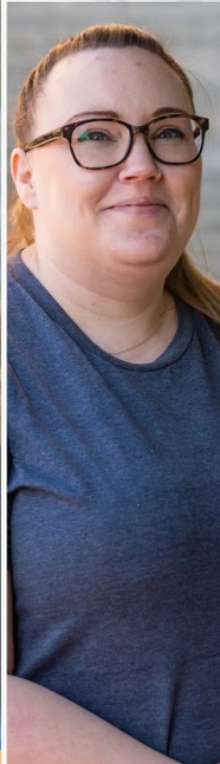
John Talay
Holistic Care



Tricia Hutton
Compassionate Caring



Melissa Lenormand
Respect for All



Jackie Hiachert
Stewardship



Megan Worobetz
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.



Every year, Emmanuel Care awards the Charism award to a team who are living out the spirit and charism of our founding sisters. The members of Occupational Therapy are an integral part of our team, doing what needs to be done every day to contribute to our community of health, hope and compassion for all.

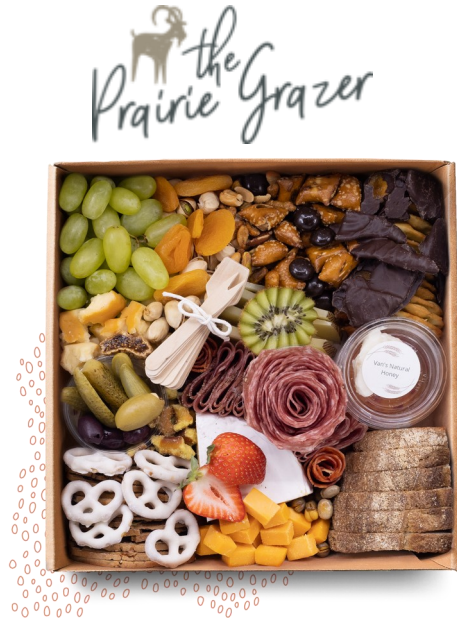
Long Service Awards Take Home Charcuterie

As many of you probably saw coming when we postponed the Long Service Awards Banquet from November into January, we now have to share the bad news that we have canceled the in-person gathering.

But the GOOD NEWS is that we will still be celebrating the folks who have reached a multiple or 5-year mark with a charcuterie box from the local artisans at **Prairie Grazer**.

In order to ensure the boxes you receive are fresh, we are spreading out when people receive them over the month of January and into February.

Stay tuned for more details as they develop!



Thanks to barBURRITO!



Thanks to our friends over the **barBURRITO**, Utsang Desai and Khyati Desai, for the \$10 off coupons which they offered to their “healthcare heros”.

Rosemary Nazar (l.) handing over a coupon to grateful recipient, Karen Valentine, IPC.



W.F. Mitchell Bioethics Seminar

After three empowering sessions, St. Paul's Hospital (SPH) has brought to conclusion the 2021 W.F. Mitchell Bioethics Seminar.

This year Erin Beckwell of Seen and Heard Consulting presented "Beyond Burnt Out," with a session directed towards leadership on October 26th, as well as two general sessions offered on October 28th and November 3rd.

Beckwell provided participants with a deeper understanding of the impact of trauma on how we function in our daily lives. She focused in particular on how the traumatic experiences tied to the COVID-19 pandemic have created a fight, flight, freeze or fawn response in many healthcare professionals.

She stressed that although these are normal responses, they can be overwhelming. In addition to a better understanding of the impact of trauma, participants were also provided with tools to help them cope with the continuing reality of COVID-19.

Beckwell stressed Megan Divine's observation: "Some things cannot be fixed. They must be carried" and encouraged participants to think of ways to replenish their own compassion tank as they carry the burdens of the past 19 months.



Erin Beckwell

In an impactful analogy, participants were presented with the image of a jar of stones. The stones were said to represent coping strategies both good and bad. Beckwell acknowledged that many of us are down to only a few rocks that are coping strategies that we perceive as bad. However, she stated that rather than dumping these last few rocks out and leaving ourselves with nothing, we should look for ways to fill our jar with healthy strategies.

Due to the pandemic, the SPH Ethics Committee decided to host the presentations online through WebEx. In addition to welcoming over 300 individuals and/or sites to the live presentation, hundreds more have access to the recordings, which are posted on the SPH website along with resources to help individuals and teams.

The W.F. Mitchell endowment was created in memory of W.F. Mitchell, a Saskatoon businessman who was committed to ethics in all facets of life.

For links to Erin's slides or the full talk, please contact our ethicist, Mary at 5197.

The litany-like poem on the next two pages could be used to gather a team at a morning huddle or as a personal prayer before work.

Gathering—Pandemic Style

Before we get started today, I'd like to take a moment to acknowledge those who aren't able to join us – and those who are here with us. Let us gather – in our minds and hearts...

Our teams who are working today.

Those who are home, getting much-needed rest, healing from injury or illness, tending to loved ones.

Those who are off, unable to work.

Learners, who are eager and scared and unsure.

Leaders, who are overwhelmed and scared and unsure.

Everyone in the healthcare field who came to work today.

Even though they really, really needed a day off.

Everyone who came to work today.

Even though they're really not sure they can do this for one more shift, one more minute, one more second.

Everyone who came to work today.

Even though they

Just. Aren't. okay.

Everyone who called in sick today.

Because they

Just. Aren't. okay.

Everyone who answered the call to come in.

Even when they weren't sure they could make it through

Everyone who ignored those calls to come in.

And felt guilty or frustrated or fiercely protective of their time off.

Everyone who is trying their best today. Those who are working harder than ever.

Those who are coasting to make it through.

Those who are

So.

Very.

Tired.

Those who are coping however they know how.

Those who are well-seasoned.

Perhaps a bit tough, even jaded.

And, wise.

Those who are new to this work.

Maybe a bit naïve and idealistic. And, hopeful.

(continued on next page...)



For a shift change, a huddle or a personal prayer? You decide.

Those who are sad.

Have tears leak out when they're making supper or in the shower or on their way home from work.
Sometimes on their way to work, too.

And, sometimes, at work.

Those who are angry, and don't know where to put that.

So it lands on colleagues, friends, family.

Or back on ourselves.

Those who are scared.

Of how bad **it** will get.

Of how bad **we** will get.

Of how much they can handle.

Of how many we'll lose along the way.

Of **who** we'll lose along the way.

Those who are trying to find ways to show they care in new ways.

Who miss being able to express love and care through food.

Through an embrace.

By gathering. It's how we (used to) get through.

Those who are just done.

With.

All.

Of.

It.

Those who still have energy.

And maybe feel they have to hide or squash or mask it a bit.

Or maybe it's just rationing.

We don't know how long we'll have to keep doing this.

Those who are curious.

Who need to learn and grow and unlearn and reflect as a way to cope with – and get through – this.

Those who connect with compassion and kindness, whenever they can.

Gather them all here with us today.

Invite them in. There's room for us all.

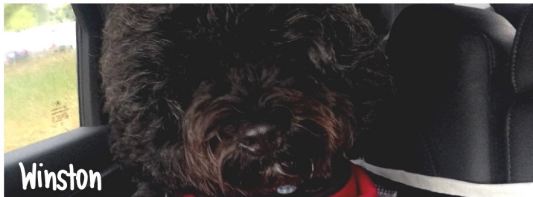
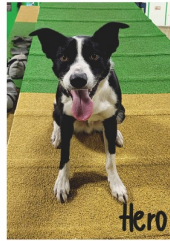
Together, *We* can do this.

by Erin Beckwell

**for more on Erin's presentation at the W.F. Mitchell Bioethics Seminar, please see article on page 9*



Therapy Dogs



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WORKERS AND ALL
YOU DO FOR OUR
COMMUNITY**

Sending our love, comfort, and support.
The St. John Ambulance and PAWSitive Support
Therapy Dogs

Visit us at therapydogs.ca



Hospice at Glengarda Christmas Wish List



The Hospice at Glengarda *Christmas Wish*

Your donation to the Hospice Christmas Wish will bring all the warmth and love associated with the holiday season to the Hospice at Glengarda.

Help us bring Home to the
Hospice this Holiday season.
sphfoundation.org



IG Wealth Management is generously donating a tree from the Festival of Trees to be raffled off to a lucky SPH Staffer! Keep your eyes open for when the tree arrives on November 30 to enter!

Show Your St. Paul's Spirit RETURNS

November 26: Animal Print Day
December 3: Purple Day
December 10: Fun Sock Day
December 17: Bright Shoe Day
December 23: Ugly Sweater Day



Drop by the Mission Office before 2:30 pm to fill out a ballot, or submit your name, phone number and department by email to naomi.moorgen@saskhealthauthority.ca

Every week at 14:30, a winner will be drawn for \$10 Gift Cards to Tim Hortons.

Grand Prize: itek Ultra HD Sports Camera
Draw will be made on December 23.

All the weekly entries, including the weekly winner's entry, will be put in the drum for the St. Paul's Spirit Grand Prize.

SPH Staff & Physician's Mistletoe Basket Giveaway

Win one of eight Diamond Mistletoe Baskets this holiday season! St. Paul's Hospital Foundation will be hosting a draw on December 13th for SPH staff and physicians. Through the incredible generosity of our community and sponsors we have complimentary baskets to give away!

Email info@sphfoundation.org with your name and phone number where you can be reached by December 10 to be entered to win!

ST. PAUL'S HOSPITAL FOUNDATION

The logo for 'Mistletoe Charity Baskets' features the word 'Mistletoe' in a large, black, serif font, 'Charity' in a smaller, black, serif font, and 'Baskets' in a large, black, serif font. The letters 'M' and 'B' are significantly larger than the other letters. Three blue snowflake icons are scattered around the text: one to the left of 'Mistletoe', one below 'Charity', and one to the right of 'Baskets'.

Cold Hands, Warm Hearts



Cold Hands Warm Hearts



During cold winter months, St. Paul's Hospital has often been a designated warm-up spot, but due to pandemic restrictions, our Hospital cannot be one of those places this winter. **You can help!** Your donation to the Cold Hands Warm Hearts campaign, sponsored by Cameco will help purchase toques, mitts, and hand warmers for those in need.



SPONSORED BY: **Cameco**



Art Pause



Enlightenment is cyclic.
Enlightenment is experiential.
Enlightenment is a journey.
Enlightenment starts at zero.
Enlightenment is a sum of one's experiences.
As we age the sum diminishes.
As the journey ends the sum may be zero.
The treasures are no longer valued.
The beginning and the end are the same.

Artist – Evelyn
SPH patient
Healing Arts Studio



Artists, Shawn Toovey and Marlessa Wesolowski



Shari Watson taking and modelling a well-deserved mental health break

12 Days of Christmas—Personnel Association

The Personnel Association Treat Day will be December 8 from 8:30-10:30 a.m. in the cafeteria. You show up and grab a free treat for yourself!

Also starting on December 8, the Personnel Association will be randomly drawing the names of members for our **12 Days of Christmas** giveaway!

Prizes will include gift cards to local business and restaurants.

If you would like your name in the draw but are not yet a member, you can easily join the Personnel Association by filling in the form found in the entry of the Mission Offices.

Members have \$1 taken off each pay cheque

and these funds are used to promote, maintain and improve interdepartmental relationship by organizing social events.

The Personnel Association is actively seeking staff who have fresh perspectives, new ideas, and are willing to put in the time to help us



usher the Personnel Association into the New Year by joining our executive committee.

DID YOU KNOW: The St. Paul's Hospital Personnel Association was founded in the summer of 1966 by four employees and now has a membership of over 400!

Project Christmas Angel

Every year, the Mission Office partners with community schools for Project Christmas Angel. Each year, students from St. Mary's School and Pleasant Hill School write their top three Christmas gifts on an angel.

These angels are then given to St. Paul's and are displayed on the Christmas tree in the

cafeteria. Staff are invited to collect an angel and purchase a gift for these children.



Wendy Medved (l.) and Barb Elmer angel picking

This year, we are pleased to announce that we have partnered with Saskatoon Police Services and Robertson Stromberg LLP law firm. Because of their generosity, we have been able to expand Project Christmas Angel to include more students and grades than previous years.

Hanukkah 2022



The Hanukkah celebration revolves around the kindling of a nine-branched menorah, known in Hebrew as the *hanukiah*. On each of the holiday's eight nights, another candle is added to the menorah after sundown; the ninth candle, called the *shamash* ("helper"), is used to light the others.



SPH Christmas Tea

We may not be able to gather as we did before, but the Mission Office and Administration are still determined to bring the annual Christmas Tea to YOU!

This year's tea will feature individually wrapped goodies from local restaurant **Calories**. Managers (or a delegate) will be asked to come to the C-wing to collect the packages for their department on **Thursday, December 16**. More details to follow.

A special thanks to the Personnel Association for their generous donation towards 2021's Christmas Tea.



Robert Steane Holistic Research Chair Officially Launched

On Friday, October 15, the official launch of the Robert Steane Holistic Research Chair was held in the cafeteria of St. Paul's Hospital.

The event was kicked off by Executive Director of St. Paul's Hospital, Tracy Muggli who began by introducing Lecina Hicke, CEO of the SPH Foundation.

"The Robert Steane Holistic Research Chair was created to honour the spirit of Bob's wishes, and similarly to extend the mission, vision and values of SPH that Bob truly appreciated," she began. "Values of collaboration, community, as well as compassionate and holistic care....[this] will allow us to both qualify, quantify and as a result, strengthen the legacy of Compassionate, Holistic Care both at St. Paul's Hospital and The Hospice at Glengarda."

Blake Sittler, Director of the Mission Office, outlined the three key objectives with the Research Chair. He noted the first goal was to research best practices in the respective fields, to increase professional development and to better integrate spiritual care and the healing arts into the interdisciplinary healthcare team.

"We have a reputation for innovation here at St. Paul's...and we will become a center of excellence in Holistic Care delivery and research," he said. "I am proud and excited about the work that will be undertaken over the next five years. Of course, this wouldn't be possible without our academic partner, Saint Thomas More College."

Simon Lasair concluded the event by sharing some of his hopes for the role, "While there is a growing body of research showing how spiritual care and the healing arts positively affect patients' experiences, currently there is very little data to suggest how best to integrate these services into health care's overall delivery," he explained. "By working with these teams, then,

my hope is to gather quantitative and qualitative data that will demonstrate best practices for including spiritual care and the healing arts in frontline services".

Lecina's words of remembrance reverberated throughout the launch, "Bob, we miss you. We know you are here with us today, and with that take this opportunity to thank you once again for this truly remarkable gift."



Simon Lasair (l.), background: Lecina Hicke, Jean Morrison, and Tracy Muggli

Merry Christmas from Emmanuel Health

Merry Christmas

From all of us at Emmanuel Health! Many blessings on your family for the season and year to come!



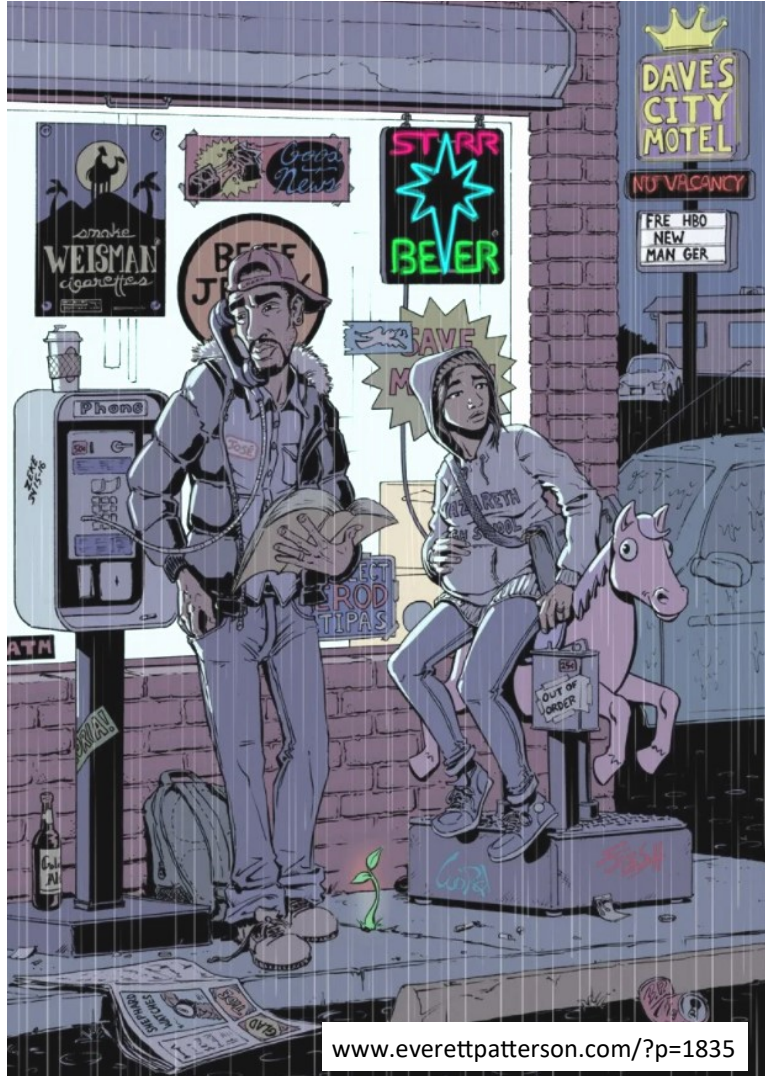
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José y María

Everett Patterson drew his own Christmas card back in 2014. He wanted to capture some of the struggles of people in the core neighbourhood and draw attention to a more accurate rendition of the scandal of the nativity: a single mother traveling with a man who was not the father of her child; poor, scared, unsure whether she would give birth in a bed or in a ditch.

If you look closely, you'll see allusions to the star of Bethlehem, manger, three wise men, Nazareth, the city of David, the tree of Jesse, even Ezekiel 34:15-16, "I myself will tend my sheep and have them lie down, declares the Lord. I will search for the lost and bring back the strays. I will bind up the injured and strengthen the weak, but the sleek and the strong I will destroy. I will shepherd the flock with justice."



www.everettpatterson.com/?p=1835