



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

On the Beauty of Smallness

A good friend of mine lost his mom a few weeks back. She died here at St. Paul's. As he left with several vases of flowers from her room, the reality of having lost his mother hit him. He looked up to the heavens and asked, **"Mom, do you see how small I am?"**

Immediately, a woman across the street called out to him, "Hey, buddy, can I have some of those flowers?" They met on the road and he shared the flowers with her.

My friend felt the sadness of losing a mother and that sadness made him feel small, like a child. And it was in his smallness that he was made visible and approachable to the woman across the way.

In the midst of this pandemic, I imagine many of us have felt small. Maybe that smallness came in the form of feeling overwhelmed with the amount of work that was expected of us. Maybe the smallness was feeling like a cog in a giant, uncaring machine. Maybe it came in the form of waking up for a shift feeling dead tired but knowing we had to go in because there was no one to replace us.

Being small is often interpreted as a negative thing but we ARE small. None of us alone can fix the tragedy of understaffing or lackluster budgets. Not alone. We are too small.

In the face of this pandemic, our tiny offering may feel small but every day at St. Paul's, I see the beauty of smallness.

I see the gratitude of someone being helped to go up for dialysis. I see smallness in the calm demeanor of one of our screeners or protective services being yelled at about having to wear a mask. I have heard that smallness in a manager who sits quietly in their office wrestling with how they can support their overworked staff when they simply do not have enough staff to go around.

It is in our smallness that we do some of our most tender work. It is when we are small when we reach out for help. It is when we are small that we can make room for others to approach us. Don't try to be big—being small is what makes us human.

— *Blake Sittler*
Director of Mission

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St. Paul's Hospital

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An Emmanuel Health Organization**

St. Paul's Hospital Mission Office



Vision Mission Values

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Submissions are subject to editing.

CEO of Emmanuel Health, Jean Morrison

Saying I appreciate all you are doing to keep the community safe is an understatement. I have not walked in your shoes but I know the challenges you are facing: more patients than beds, staff vacancies, angry patients, angry families and sometimes the contempt of people who don't believe what you believe.

The pandemic has been stressful and stress brings out the best and the worst in people. It can polarize a discussion into a no win situation. As healthcare workers, experiencing stress and seeing the best and the worst of people, is not new to you. What is new is having this level of intensity and stress go on for such an extended period. Unlike many countries in the world who have experienced war, famine and disease outbreaks that go on and on, this is new for us.

The vast majority of people who work in health care are there to help people regardless of the circumstance. Healthcare

workers need to refuel and retool but they have a resilience not found in many workforces. While it may seem that you are not being helped, please know that the your friends, relatives and neighbours are cheering your commitment, your work ethic, your desire to help them when they cannot help themselves. We all wish we could do more for you.

We likely have several tough months ahead. As we go forward I know it won't be easy, but it is my hope you take care of yourself, access the resources available to you and reach out to your trusted colleagues, managers, and leaders because they do want to be there for you.

-Jean Morrison



Emmanuel Health

A Message from Tracy Muggli

Welcome to Fall!

I want to first acknowledge the extraordinary work done by everyone this summer as I know how difficult it was to accommodate time off for everyone with the persistent pressures we faced.

I was very fortunate to spend most of my time off in Treaty 6 and Homeland of the Metis (Jackfish Lake, Lake Diefenbaker area), but also had a chance to visit the original land of the Beothuk people in Newfoundland. I stood on some of the most easterly points of Turtle Island which is the name for the lands of North and Central America used by some Indigenous peoples whose storytelling refers to the land being formed on the back of a turtle.



Throughout this time, I found myself reflecting on treaties, the importance to revisit the commitments made to honour treaties and how to take tangible actions toward Reconciliation (I have heard the term

ReconciliACTION recently, which I really like!)

Another great resource is beaconnectr.org which is a local website that provides excellent ideas about how one can engage in reconciliation activities or even create your own personal plan.



The site articulates the meaning of reconciliation very well: “While Reconciliation will mean something different to everyone, we believe Reconciliation is about Indigenous and non-Indigenous Canadians working together to create a new, shared future based on a shared understanding of Canada’s history, authentic relationships, strong, thriving cultures, and social and economic systems that represent us all.”

SPH Administration continue to be intentional in our efforts to hold space for this important work.

Sept. 30: Orange Shirt Day and National Day for Truth & Reconciliation

The federal government recently passed legislation to make **September 30** a federal statutory holiday called the **National Day for Truth and Reconciliation**.

In 2019, the SHA signed the Saskatchewan Health Authority Commitment to Truth and Reconciliation. St. Paul's lauds this commitment and we aim to lead in the effort.

September 30 provides an opportunity for all of us to recognize and commemorate the legacy of residential schools. This may present itself as a day of quiet reflection or participation in a community event.

Here at St. Paul's, the day will be marked in several ways: the morning begins with an honour song played on the overhead, there will be a smudge out front of the hospital, there will be orange cookies and custard in the

cafeteria, staff are invited to wear orange shirts or pins. Over the next year, a St. Paul's TRC Committee will be put together in order to create a plan to ensure that there are educational opportunities and activities to provide to all the staff.



So, what can YOU do?

Wear that orange shirt, wear the pin, use your voice, attend the events, attend the rallies, educate your coworkers, read the TRC Calls to Action, demand for education

within workplaces and if you see discrimination happening - step in and stop it.

RECONCILIATION IS EVERYONE'S WORK.

Pool Our Love Campaign for Friendship Inn

For nearly ten years, the Friendship Inn has partnered with schools in a program called **"Pool Our Love"**. The idea is simple: a blue, kiddie pool is left in the school for a week and students bring a specific item that the Friendship Inn needs.

St. Paul's Hospital is proud to participate in this program during Mission Week starting October 12. We will leave the pool by the entrance to the parkade tunnel and we ask

you to donate a bag of white rice. On Sunday, October 17, we will take the donations to the Friendship Inn. ***Please consider donating!***



Organ Donation

In the Long Run,
Organ Donation Saves
Lives and Tissue
Donation Saves Sight.
Your Gift Your
Legacy.....



Rosh Hashana 5782 & Yom Kippur

Yom Kippur is the holiest day of the year in Judaism, known as the "Day of Atonement." It begins at sundown September 15 and ends the evening of September 16—the last of the ten days of penitence that began with Rosh Hashanah, the Jewish New Year.



Eid Mubarak 2021

On July 20, St. Paul's Hospital staff and administration attended Eid celebrations at Prairieland Park.



CHAS Virtual Convention—October 21-22, 2021

The Catholic Health Association of Saskatchewan is hosting a virtual convention this year via Zoom on **October 21 and 22**.



Seeing our Mission Clearly

The speakers include:

- Sr. Teresita Kambeitz, educator
- Megan Engel, Harvard researcher
- Gordon Self, Covenant Health
- Michelle O'Rourke, nurse & author

What rhymes with REGISTRATION FEE?
How about REGISTRATION FREE!

This year, CHAS has decided as a thank you to all of our provinces healthcare workers that this years convention will be free.

To register, please go to www.chassk.ca and click on EVENTS.



All registrants will receive this eyeglass cleaning cloth as a gift!

Registration and Information Services Week—September 27-October 1

Registration Services has regional responsibility for the registration of patients/clients. Our mandate is that all patients receiving services with the SHA will be registered for the service that they receive.

Did you know that Registration Departments see hundreds of thousands of clients every year in Saskatchewan? This means that every year our Registration & Information Services staff take hundreds of thousands of first steps with 240,000 clients in their journey throughout healthcare!



Show Your St. Paul's Spirit RETURNS

October 15: St. Paul's Spirit Day (RED)
October 22: Riders/CFL Day
October 29: Halloween/Costume Day
November 5: Blue Day
November 19: Superhero Day
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.

A Grand Prize for \$100 Christmas Gift Basket 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.

Roughrider Draws

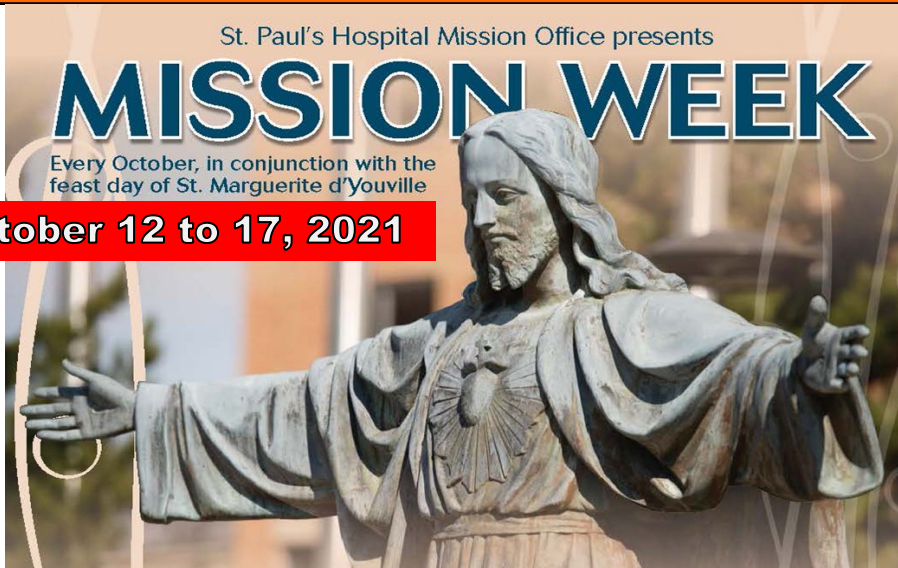
Back in August, the Saskatchewan Roughriders and the Mosaic Company teamed up to thank all provincial healthcare workers for their unwavering commitment to Saskatchewan during the COVID-19 pandemic by donating 3000 tickets to the home opener games including the Labour Day Classic.

Your selfless service and tireless efforts did not go unnoticed. Get your green out and enjoy the games!

WEAR A MASK AND GO RIDERS!



Mission Week—October 12-17



Tuesday, October 12: Mission in Action and Charism Awards
Please nominate someone special by accessing forms at Mission Office!

Wednesday, October 13: Feast Day—*Pizza with your family!*
SPH Foundation Professional Development Awards

Thursday, October 14: Schwartz Rounds  **the schwartz center**
12:00 noon "Finding Joy In the Challenge"
Please email naomi.moorgen@saskhealthauthority.ca to register for this event.

Friday, October 15: St. Paul's Spirit Day (Hint: **Wear Red!**)
Wear red to celebrate the St. Paul's spirit! Prizes will be provided for those who enter to win. Entries can be made at the Mission Office until 14:30 on this day.

Saturday, October 16: 4 PM Mass Feast of St. Marguerite d'Youville

Sunday, October 17: SPH Staff volunteering at Friendship Inn
Call Blake @ 5819 to be one of our twelve volunteers!

Long Service Awards Banquet

This year, due to rising COVID numbers, the date for St. Paul's Hospital's Long Service Awards will be on **January 18, 2022** at 6:00 PM. It will be held at the Western Development Museum.



Our hope is that by that time, we will have a better sense of whether or not we can host this important event safely.

The gifts that our recipients have ordered will still be available for pick-up in November 2021.

If you have any questions, please call Naomi in the Mission Office at 5808.

Advancing Spiritual Care through...



The Long Service Awards are also a reminder of the long service that has been offered by St. Paul's Hospital to Saskatoon since the early days of the twentieth century. Pictured here are the nuns and staff of St. Paul's Hospital alongside the new North Wing which was completed in 1924. Note the stature of Jesus as well.

The Robert Steane Holistic Research Chair

In 2020, the Mission Office approached the SPH Foundation to acquire funding for a researcher to study the benefits and impact of holistic care, namely the impact of quality access to spiritual care and the healing arts.

With the generosity of a Saskatoon donor, the late Robert “Bob” Steane, former COO of Cameco, St. Paul’s Hospital is happy to announce the creation of the **Robert Steane Holistic Research Chair**. As of September 7, Simon Lasair has become the first chair.

Simon has been studying and researching in the area of spiritual care for over a decade and his affiliation with St. Paul’s Hospital goes back to 2014 when he first volunteered with Healing Arts and now as a spiritual care.



Simon Lasair, PhD.

Simon notes, “I’m very excited to begin my term as the first Robert Steane Holistic Research Chair”.

“I’m looking forward to using this new role to investigate how Spiritual Care and the Healing Arts Program can become more fully

integrated with patient and family care on the front lines.”

“Through this research, my hope is it will become possible to offer more holistic care for patients and their families, not only at St. Paul’s, but elsewhere as well.”

A formal launch of the Robert Steane Holistic Research Chair is tentatively planned for Mission Week in October 2021.

About Robert Steane:

After a lifetime of volunteering and donating to charitable causes, the late Robert ‘Bob’ Steane gave one last transformational gift through his estate to improve the lives of his neighbours and community.

Bob’s gift in excess of \$10 million supports various Saskatoon-based charities and will promote the arts, address homelessness, accelerate trauma care, advance mental health and medical imaging, and support end-of-life hospice care.

Bob believed in the power of philanthropy and giving back whenever he could.



Tiles for Smiles

TILES FOR SMILES

How to Get Involved?

- Buy a blank ceiling tile for a donation of \$20.00 or more
- Paint it with an image that symbolizes St. Paul's mission or core values.
- Bring your tile back to display in the ceiling of your department!

Proceeds from the tile sales will go to purchase art supplies for St. Paul's patients & people in our community

To purchase a ceiling tile contact, go to SPH Foundation office to make payment, then take receipt to Mission Office to get your tile.

If you have further questions please contact:

Marlessa Wesolowski @ 306.655.0514

Marlessa.wesolowski@saskhealthauthority.ca



Community Art Gift Bag

Health Information Management Week—October 4-8

Health Information Management oversees the handling of health information regardless of format (paper, electronic, mixed media), creator (physician, nurse, physiotherapist...), or purpose (for care, research, funding...).

To become a Health Information Manager, one must pass a national certification examination and then become certified to attain active membership with CHIMA, the Canadian Health Information Management Association.

What do HIM Professionals do?

HIM professionals are the only certified experts in the science and technology of health information management. Their key role is to maintain the integrity and confidentiality of personal health information within the Domains of Practice: Data Quality, Privacy, eHIM and Health Information Management standards.





\$1.5 MILLION GRAND PRIZE SHOWHOME



SUPPORTING SASKATOON'S HOSPITALS



Saskatoon City Hospital
FOUNDATION



HOSPITALHOMELOTTERY.ORG



SEPT. 13 - 19



GET YOUR \$1 COOKIE TODAY!

**100% OF PROCEEDS SUPPORTING
ST. PAUL'S HOSPITAL FOUNDATION
& STARS AIR AMBULANCE**

2021 St. Paul's Hospital Foundation Draws

\$125,000 was awarded by SPH Foundation on June 22 to the following Departments or Programs. Congratulations to you all!

Category 1: \$1 - \$2,500



| | |
|---------------------------------------|--|
| 4B Surgery | (20) Stethoscopes |
| 5A Surgery | (20) Stethoscopes |
| 5th Medicine | Break Room Couch |
| 6th Medicine | Staff Fridge |
| 7 th Medicine | (4) Staff Room Chairs |
| Ambulatory Care | Fiber Optic Sigmoidoscopy |
| Comfort Care Baskets | Items to fill baskets over the next year |
| Client/Patient Access Services (CPAS) | Fridge for Staff room |
| Day Surgery | (3) Arm Chairs Break Room |
| Environmental Services | (10) Window Washing Equipment |
| Hemodialysis - In Centre | (2) Sit/Stand desk |
| Intensive Care Unit | (15) Stethoscopes |
| Kidney Health Centre | (3) Sit/Stand Desktop desks |
| Lab - Hematology | Wireless Phone Headset |
| Lab – Specimen Procurement | (15) Phlebotomy Cart Trays |
| Maintenance | Tool Chest |
| Nutrition/Food | (2) Sit/Stand Chairs |
| Post Anaesthesia Care Unit - Pod | (2) Doppler's |
| Pharmacy | (3) Flip tables |
| Post-Anesthesia Care Unit | Vascular Doppler |
| Protective Services | Office Chair |
| OR | Surgeon Surgical Stool |

Category 2: \$2,501 - \$10,000

| | |
|------------------------|-------------------------------------|
| Occupational Therapy | (4) Mattresses/Bedding |
| Protective Services | (2) Breakroom chairs |
| Parking/Grounds | Bike racks (upgrading existing) |
| 5A Surgery | (2) Vital Signs Machine |
| Respiratory Therapy | Simulation dolls |
| Day Surgery | Wall Mount Vital Signs Machine |
| Pharmacy | Inventory/Ward stock Tablets |
| Clinical Engineering | PR-OX-2 |
| Emergency | Water/Ice Machine |
| Lab-Peranalysis/Refout | Refrigerated Centrifuge/Accessories |

Category 3: \$10,001 - \$25,000

| | |
|----------------------|---|
| Clinical Engineering | Pack specifically for Biomedical to have available all required test equipment outside the shop |
|----------------------|---|

OT-PT Appreciation



St. Paul's is fortunate to have a great team of Occupational (OT) and Physical (PT) Therapists and assistants. Patient care is always their top priority and they consistently strive to learn and implement best practices for each of their professions. They are a highly valued part of the entire health care team-whether it's getting people moving or ensuring activities of daily living are appropriate and safe.



An Inside Look—Recent Findings

The final research period that was looking into how SHA staff were handling the pandemic wrapped up in May 2021 and most of the findings are out.

Some of the findings include:

- An initial sense of optimism being able to be vaccinated mixed with some frustration over not being able to access it sooner as healthcare workers;
- Staff reporting mental health issues such as difficulty sleeping and concentrating;
- an inability to stop thinking about work;
- While family presence is opening up and is recognized as a positive sign, there are mixed reactions ranging from relief that patients and residents of long term care homes could see their family again to staff who feel distress that increased presence from the public could mean more outbreaks and more chaos in medical wards;

- Many expressed feelings of “PTSD” or “trauma” resulting from insufficient time to pause, grieve, or debrief;
- Staff do not want more communication, they want better, simplified, less frequent communication (and ideally not coming out on a Friday afternoon).

One of the most important findings was the clear sense that staff want to have more of a say in terms of how the institution responds to any future crisis or pandemic.

Frontline workers have knowledge that sometimes takes precious days to make it up the chain of command by which time new protocols or practices are out-of-date before they are even articulated. Much frustration can be saved if staff on the ground have some latitude in terms of implementation.

For full report, contact Blake at 5819.

On-line Review of SPH Emergency

The review below was posted on-line in August. It is great to see this kinds of unsolicited pieces of feedback.

Congratulations to all those who consistently offer care and dignity to everyone who walks through our doors.



Local Guide · 83 reviews · 28 photos



a day ago

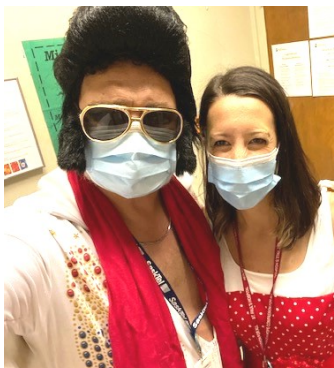
NEW

This will be the toughest review,, the staff here are the absolute best, they do what they need to do, if you need the help from here. They WILL see to your emergency needs, don't doubt the people working at this hospital, understaffed, but everyone here still attend to people's needs



Elvis has left the building

Many feel Elvis left us too soon when he passed away on August 16, 1977, but on August 16, 2021, the King made a comeback at St. Paul's Hospital. He and Lisa "Marie" Wutch visited several departments including , Emergency, Food & Nutrition, ICU, Dialysis, DI, and Environmental Services.



Elvis' main message to SPH staff was,

"Thank you...thank you very much!"

Brenda and the Great Mailroom Move

As many of you now undoubtedly know, the mailroom has moved from the main floor down to B01.04.

The more important reason for this article is simply to offer a shout out to Brenda Vielhauer who has been mail clerk/porter since 2017. Thank you for your ongoing positive presence.

No surgical mask can hide her smile!

