

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 Value of Community

When I was a little kid, I remember sitting at the table eating my cereal before school listening to Denny Carr on CFQC radio. You may have seen his statue jogging down by the river. Or maybe you have donated to the charity he started, Saskatoon Secret Santa.

Denny had a great sense of humour and a real passion for his community. He volunteered everywhere and promoted all the great work that was being done around Saskatoon. And, of course, he could not abide seeing a child not receive a toy at Christmas.

Denny passed away in 1999 and he is remembered not solely because of his radio career but because of what he did for his community. **To many who never met him, he was family.**

St. Paul's Hospital is part of a community. When you drive down 20th Street, you see the community to which we belong. Pleasant Hill is a community where many enjoy living but you would have to be deep in denial to not know that there are also problems. Poverty, addiction, systemic racism, violence, health discrepancies are all legion.

And yet, this is our community.

St. Paul's is a community hospital. We are not simply the sum of the health offerings that we offer here. We are part of the character of Pleasant Hill and 20th Street. The Grey Nuns who started this hospital chose this location because they saw the need and chose to pitch their tents here.

St. Paul's Hospital IS a community. Our SPH Personnel Association (SPHPA created in 1966 by staff), our Community Days, Mission Week and the dozen of spirit events (most of which involve food) all speak to the importance of community and is what adds to some of our character as a hospital that feels like family.

As it turns out, within days of deciding that we were going to focus this LifeLine on the SPHPA, we received news that the SHA will no longer be making the monthly deductions from staff payroll as of the end of April. This is unfortunate and we are still looking for a new way forward.

Building community here at SPH is essential. How we continue to the wonderful offerings of the SPHPA is a challenge we must accept.

— *Blake Sittler*
Director of Mission

The LifeLine



St. Paul's Hospital

St. Paul's Hospital Mission Office



Vision Mission Values



**Emmanuel
Health**

A Catholic Health Organization

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

#1702—20th Street West
Saskatoon, SK S7M 0Z9

www.stpaulshospital.org

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Submissions are subject to editing.

What is the St. Paul's Hospital Community? by Tracy Muggli

Greetings SPH Team! As I settle in to write this, I reflect on what an amazing community we have at SPH. The sense of fellowship is strong and is based on a genuine expression of our vision: A community of health, hope and compassion for all.

That vision stretches beyond the envelope where we each show up to work each day. In fact, St. Paul's Hospital vision serves to identify unmet needs in our community, and extends support in creative ways, putting our core values into action.

By way of example, I will begin with our Healing Arts Program: Our Artist in Residence, Marlessa Wesolowski, provides programming and special events at community elementary schools, providing programming at Prairie Harm Reduction, Sanctum, Pathways to Wellness, student education for U of S Department of Surgery and Saskatchewan Polytechnic Practical Nursing Program.

Marlessa is frequently asked to participate in advisory work in our community to share her expertise on the benefit of arts and health.

Our Music Therapists, Tinaya Entz and Lisa Wutch, provide community programming. Tinaya and Lisa support the Cameco Renal Dialysis Centre, do a weekly music appreciation session at Sanctum and Sanctum 1.5, and are working with the U of S to create a textbook on Music and Wellbeing. Tinaya has partnered with Dr. Anita Chakravarti at the College of Medicine to provide education regarding music and self-care for physicians.

Our Writer in Residence, Daniel McDonald, partners with Marlessa to provide creative workshops at the Pathways to Wellness program. Daniel also continues to work with discharged patients who may be in the midst of a writing exercise that they want to complete.

(continued on page 3...)

St. Paul's Reaches Out to Our Community

Our Spiritual Care team provides follow-up phone visits with patients or family members when they return home and our Spiritual Care Education Program provides community education programs for the Foundations in Spiritual Companionship Course.

Active engagement in our community includes many problem-solving initiatives as well. As a representative of this Hospital, I participate on a number of committees, including the Safe Community Action Alliance (SCAA) and its Crystal Meth Working Group (CMWG). The CMWG published "A Community Response to Crystal Meth in Saskatoon" in February of 2020, with recommendations focusing on five key areas: Prevention, Treatment, Harm Reduction, Enforcement/Suppression and Data Integration. You can find the report at www.safecommunityactionalliance.com. The group continues to achieve results on this work and the SCAA continues to also explore housing challenges through its Housing Working Group.

I attend Pleasant Hill Community Association meetings, learning and sharing with those engaged with the Pleasant Hill community. This is a great opportunity to hear feedback from community members how we might be able to serve the community better. One of the problems identified in this community (particularly with the COVID challenges) has been access to public washrooms. I also participate on a committee with the City of Saskatoon, Saskatoon Police Service and a

number of community based organizations, working to find solutions to this problem that has left many people without permanent housing struggling to get access to basic hygiene and biological needs.

Put April 4 at 5:00 pm on your calendars when playwright Joel Bernbaum will present his work on engaging the Pleasant Hill Community. See page 19 for more details on this unique project in which we participated.

Little known fact, SPH also supports Sanctum. As the owner of the facility, we are able to provide Sanctum with a home to deliver important service to those with HIV needing hospice care.

And finally, we have been able to support our community with the opening of the beautiful Hospice at Glengarda. Located in the Buena Vista neighbourhood, the Hospice has reached its one year anniversary and has supported 118 people and their families in their end-of-life journey.

We have a lot to be proud of and will continue to look for opportunities to engage with our community. With deep appreciation to the St. Paul's Hospital Foundation and its donors, who have supported many of these initiatives, we will continue to work together to deepen our relationship and commitment to our community, inside and outside the walls of St. Paul's Hospital.

-Tracy Muggli

Palliative Care Conference



Medicine for your Mind, Body & Soul Across the Prairies

Palliative Care Conference - June 9th & 10th 2022
Western Development Museum - Saskatoon



SASKATCHEWAN
HOSPICE PALLIATIVE
CARE ASSOCIATION INC.



Dr. Harvey Chochinov

Dignity at the End of Life



Dr. Srini Chary


Reflection: The Jewels of my Career



Dr. Vivian Walker

Palliative Care in SK Today

[Register Now](#)

Admission (early bird - May 1st)  June 9th & 10th 2022

General (2-day) - \$150
Student \$75
Members \$100

The conference is made possible
thanks to the generous support of

**ST. PAUL'S
HOSPITAL
FOUNDATION INC.**



Canadian Association for Parish Nursing Conference – May 5-6

“Healing Our Communities” is the theme this year and we welcome speakers: Dave Feick, Bishop Jon Hansen, Dr. Cam Harder, Tracy Muggli, and Dr. Ernie Walker.

To register please contact:
Shelly Monaghan
capnm.secretary@gmail.com

Early Bird Registration by March 25:
Member: \$50 Non-member: \$75
Student: \$25 Single event/speaker: \$15

Send payment to:
CAPNM 2022 c/o Deb Bauche
818 11th St E Saskatoon, Sk S7N 0G6
Make cheque payable to: CAPNM 2022
OR e-transfer to: debbauche@shaw.ca

CPE Reunion

September 2022 will mark 30 years of Clinical Pastoral Education (CPE) for the St. Paul’s Hospital Program. Join us virtually along side past CPE students and the Saskatchewan Spiritual Care community. For more information, please contact Julie Bergen at julie.bergen@saskhealthauthority.ca

Facebook group: CPE reunion 2022 Saskatoon



New to Admin!

Lindsey Stewart, Administrative Assistant, joined SPH Admin on Jan. 17, 2022. Lindsey transferred to Admin from her previous role supporting the SPH surgical managers of nursing. Lindsey now provides admin support to the Executive Director, SPH; Director, Kidney Health – Saskatoon & North; Director, Ethics; site committees and other support duties to hospital administration. Lindsey, we are so happy to have you on our Admin team!



World Kidney Day



10 MARCH 2022
Kidney Health for All

#worldkidneyday #kidneyhealthforall
www.worldkidneyday.org

Bridge the
knowledge gap
to better
kidney care.



World Kidney Day
is a joint initiative of



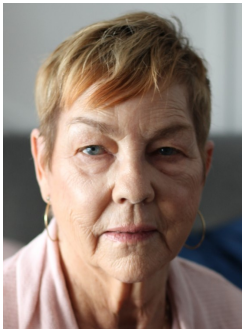
© World Kidney Day 2006 - 2022

DID YOU KNOW: In Saskatchewan the number of people needing dialysis is increasing. In the last five years, the number of people on dialysis in Saskatoon has increased by 18%.

The Human Face of World Kidney Day

In recognition of World Kidney Day, we asked Cecile Stoughton and Rodney Bates to share their experiences about living with kidney disease. Both Cecile and Rodney are part of the peritoneal dialysis (PD) program based out of St Paul's Hospital in Saskatoon. PD is a type of dialysis that can be done in your home.

Being diagnosed with kidney disease can be unexpected for many people. For Cecile, this news came in 1999. She was out at the movies with her friends and then off to work her night shift at a care home. After she got to work, she felt funny so she sat down and had her blood pressure taken. It was very high. She was soon diagnosed with Polycystic Kidney Disease.



"I had four kids, worked full time and farmed," she said. "I didn't really believe it. I felt fine. I never thought I'd need dialysis".

Rodney found out he had kidney issues after being treated for issues with his prostate. Much like Cecile, Rodney didn't necessarily believe his diagnosis, "it was a bit of a shocker" he remembers.

Cecile's disease progressed to needing dialysis approximately 8 years ago. She was on hemodialysis first and then had a kidney transplant in 2018. After her kidney transplant failed she started doing hemodialysis again,

and switched to PD in August 2021.

Rodney started on hemodialysis in Saskatoon but the commute for treatment was difficult so he quickly switched to PD and feels that this type of dialysis is much better suited to his lifestyle as a farmer. He can do the dialysis at night when he is sleeping so it doesn't interfere with his busy days on the farm.



Both Cecile and Rodney have had positive experiences with the nurses and staff at the Kidney Health Clinic and the Peritoneal and Hemodialysis Units. As Rodney mentioned, "they are so nice you don't mind driving down there to talk to them".

Cecile finds babysitting her grandkids and travelling to watch them play sports brings joy to her life. Although she worries that she could have passed this hereditary disease onto one of her children, she keeps her positive attitude by keeping a routine in her life and doing things she enjoys.

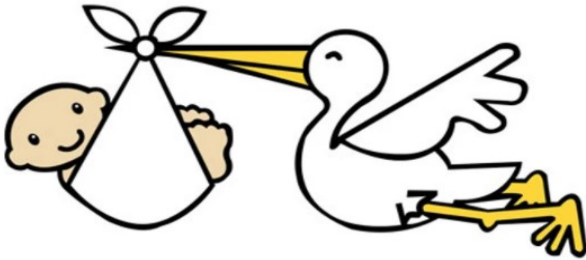
Both Rodney and Cecile demonstrate how kidney disease can sneak up on you, but with support from family, friends and medical team it is possible to live a good life with kidney disease. For more information or support for kidney disease patients visit www.kidney.ca

SPH Ethics

Our ethicist, Dr. Mary Heilman, is on maternity leave. While she is gone, St. Paul's staff and physicians can reach out to the SHA's Ethics Team for ethics consults via Dr. Melody Isinger: 306-321-6176

Mary gave birth on March 20 to a little boy and they named him Blaise Thomas! Congratulations, Mary, Dallas and Aster!

Mary plans to return to SPH at the end of August 2022.



Please Give Generously

"Donor generosity brings much needed programs, medical equipment and services to St. Paul's Hospital and the Hospice at Glengarda.

Your gifts will make a difference by helping to improve patient care and experiences in Saskatoon and Northern Saskatchewan."

- *Lecina Hicke, CEO*
St. Paul's Hospital Foundation



GIVE GENEROUSLY

sphfoundation.org
Tel: 306-655-5821
Toll Free: 1-888-345-0330



March is Music Therapy Awareness Month

Music therapy is the intentional use of music by a certified music therapist (MTA) to promote physical, emotional, social, mental, and spiritual wellness. Certified Music Therapists use their specialized training and musical abilities to engage patients, families, staff and other caregivers in evidence-based interventions. Together, the individual and Music Therapist work to improve, promote, or maintain wellness in many different areas. Interventions can include songwriting, singing,



music listening, and improvisation (vocal/instrumental). Goals may include reducing anxiety and discomfort, promoting self-expression, decreasing isolation, and improving mood.

SPH Music Therapists:

Lisa and Alanna
(306) 655-0560

Tinaya (Hemodialysis)
(306)655-5857

Mylandra (Palliative)
(306) 655-5526

Robert Steane Holistic Research Chair

At St. Paul's Hospital, one of our core values is collaborative partnerships. As I think about my role, one of the key pieces is collaboration.

I collaborate with the people I report to so I can make sure my work is meeting the goals we set together. I collaborate with the Healing Arts and Spiritual Care teams to get their input on the questions I explore in the various projects I'm working on.

In the coming months, I'll be collaborating with people throughout St. Paul's to learn more about how you collaborate with the Healing Arts and Spiritual Care teams.

You can expect to hear from me soon as I invite you to offer me your perspectives on a variety of questions. I'm looking forward to hearing from you and to learning from your experiences!

-Simon Lasair

Personnel Association Word Search

T Q S D D O V K A M D U A Y E I U L F S E I R X D A U V D L
 W E J H B J X T K Q J M D I E W G Z P L M K H M V L K C K B
 B V I H E F Z R Y F T O L D I P K J Q X E L U Y G Q U D R X
 N V F D W R P E Y R E O E Q R R K J L Q M D Z Q G N V L O C
 K I O A P O U A F I M M X N M I S C R H B Q W P M A O X S R
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 A E F T G E B M D G Q K S M C J Y W G C H V M H Q F P X U N
 L O M R Z N C K S P M T I S H J Y N I S I R K N O Y F P D Z
 R D D X R D N H W X S P C V R T L B F N A A K X D J R E L X
 K G E T H J P V L F P J X K I E K B X S T B L U H D V H V S
 Q P U J D G J H E N V I X K S W M W X X M E P K Q L R F T Y
 E V E N T S A K W I J U X D T H K B W F L Z R E K U P K X C
 R K C Q P O Z V L Z T G D L M H L J J J N L Y B S G A M F J
 Y G X Y W U N E F M P F Y S A G I J I F S D X U B O F A L N
 V O L U N T E E R I N G H R S Q N N E Y Z O Z P I Q P K R P
 W A J T B Y F O Z W Q Q L T P Q C F D A M T E J T Q U I Z Q
 M F C A M A Q V N E T W P H A W T H A A B G A P X N F O O D
 X O S C G V P L E Z U K W F R L H J A C D A I R G T Z S S L
 B Q S C O A N A V J Y F X U T Y J H S R M E A L S B V Z E B
 J F X W R G U T C R N Y Q N Y F N D N T I H T X J I G D J C
 K E J Y P P K M Q O U N X N G I H U S O O T N O Y Z L A K L
 O B H L E J U C R N G V F Z C S D Z S Z W C Y R S F V C A W

Volunteering	Friendship	Membership	Community	Treat Day	Winter
BBQ	Charity	Social	Events	Prizes	Meals
Ninja	Food	Fun	Childrens Christmas Party		

Joyride? Happy Cart? Frontline Lovemobile?



Whatever you call this four-wheel spreader of joy, we are thankful to all the folks who donate to it; folks like Cheryl Klassen with the Safety Centre who has donated several handmade hand towels and dish cloths for people to scoop up (while supplies last)!

If you want to mark an occasion or just feel your department needs a little pushcart love, give Michelle Murphy a call and she can arrange for a wagon of swag...a SWAGON! And know that every time you see this in your department, we are saying, "Thank you very much for your service!"

Circle of Angels

Become One of Our Angels

"I support the Circle of Angels because I have felt surrounded and uplifted by others throughout my life and this is my way of giving back"

-Pari Padmanabh



Join Circle of Angels
Monthly Giving Program Today!
sphfoundation.org
Tel: 306-655-5821
Toll Free: 1-888-345-0330



Domestic violence

Safe and meaningful connections are crucial to our mental and emotional well-being and are a significant protector of our physical, emotional and mental health. Sadly, according to Stats Canada, Saskatchewan has the highest provincial rates of police-reported family violence.

The United Nations reports that since the outbreak of COVID-19, emerging data has shown that all types of violence against women and girls, particularly domestic violence, has intensified.

Domestic violence is any kind of behavior (physical, psychological, sexual, and emotional) that tries to exert control over someone else.

You might be experiencing domestic violence if you are in a relationship with someone who:

- Calls you names or insults you regularly
- Prevents or discourages you from going to work or seeing family members or friends
- Tries to control how you spend money,

where you go or what you wear

- Acts jealous or possessive or constantly accuses you of being unfaithful
- Gets angry when using alcohol or drugs
- Threatens you with violence or a weapon
- Hits, kicks, shoves, slaps, chokes or hurts you, your children or your pets
- Forces you to have sex or engage in sexual acts against your will
- Blames you for their violent behavior

If you are concerned that you or your loved one is in a violent relationship, reaching out for help is a necessary step to fostering your well-being and theirs. The following resources offer more information on Domestic Violence and available supports:

Saskatoon Sexual Assault and Information Centre: (306) 244-2224

LifeWorks (formerly Morneau Shepell), SHA's confidential Employee Assistance Program services, are accessible as always 24/7 by calling 1-844-336-3136 or visiting www.workhealthlife.com



We are each made for goodness,
love and compassion.
Our lives are transformed as much
as the world is when we live
with these truths.

Desmond Tutu

SPH Personnel Association

The St. Paul's Hospital Personnel Association (SPHPA) was founded in 1966 with the purpose of promoting relationships throughout the hospital by the organizing of social activities.

Over the years the SPHPA achieved these goals by hosting treat days, harvest meals, golf tournaments, dinner theatres, and the annual Children's Christmas Party. The funding for these events came from the hundreds of members who allowed one dollar to come off each pay period, twice a month.

As of the end of April 2022, the SHA payroll department will no longer be collecting those funds and we have not yet been able to discern a financial way forward.

In the meantime...

March giveaway madness is on! Everyday in March, two names from the membership list will be drawn for prizes and at the end of the month there will be an extra draw for a grand prize.

Our final AGM will be held at noon on April 21 in G30 and we would love to be able to plan one last summer event. We will also be discussing any and all directions forward in light of the payroll membership deduction.

All members are welcome to attend the AGM and we would love to see you there!



LENT

SPH Foundation Draws 2022

Applications are due
May 13, 2022



Annual SPHF event to benefit St. Paul's Hospital patients, staff and families by providing departments with minor equipment or program costs which have no alternate source of funding

Applications available online at sphfoundation.org

Exceptional People.
Extraordinary Care.



Questions: Contact Mariette Jean at 6027, mariette.jean@sphfoundation.org or

We are very grateful to our donors who make this event possible

SPHFoundation.org
Give Generously

Show Your St. Paul's Spirit

Friday March 25: Funky Pattern Day

Friday April 1: Mismatched Day

Friday April 8: Band/ Musician Day

Thursday April 22: Jersey/Team Shirt 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:

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

Winners 2021-22

October 15 - Lindsay w/ Grounds

October 22 - Chandra w/ Admitting

October 29 - Kyla Kuffner

November 5 - Patience w/Hemo

November 19 - Carolyn w/Stores

November 26 – Sara w/Pharmacy

December 3 – Megan w/Physio

December 10- Anna w/Pharmacy

December 23- Myrna w/KHC

GRAND PRIZE GO PRO - Karla w/Physio

Find the perfect gift or comfort item!



St. Paul's Hospital  
Giftshop

Open 10 am to 3 pm Mon-Fri
Closed Weekends & Holidays
(306) 655-5856
sphfoundation.org

Notice of SPH Foundation AGM



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

You are invited to attend the
Virtual Stakeholders Meeting

Thursday, April 28, 2022

12:00 noon

Via Zoom

Join Zoom Meeting

Meeting ID: 863 2011 8767

Please RSVP by Thursday, April 21, 2022 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!

***SPH*Foundation.org**

Give Generously

More on Music Therapy Awareness Month

Music therapy is the use of music by a Certified Music Therapist to support health and well-being. Music therapy services can be beneficial to decrease stress and discomfort, support self-expression, improve mood and support development of healthy coping strategies.

Create a Personalized Playlist!

Some of the best music to support health is the stuff we love the most. Use the prompts to build a playlist of your own favourite tunes!

A song from your childhood: _____

A song that makes you laugh: _____

A song that reminds you of one/both of your parents: _____

A song that you feel was written just for you: _____

A song that makes you think: _____

A song that makes you want to sing along: _____

A song that makes you want to dance: _____

Your favourite song from high school: _____

A song from the first concert you attended: _____

A song that calms you down: _____

A song that is often stuck in your head: _____

A song that reminds you of a best friend: _____

A song that reminds you of summer: _____

A song that makes you hopeful: _____

A song by your favourite band: _____

A song from your favourite movie: _____

Your favourite song: _____

A song you could listen to all day without getting tired of it: _____

Ramadan Begins

The Muslim holy month of Ramadan begins in the evening of Saturday, April 2, 2022! Ramadan is considered a holy month that honors the time when Allah, via the angel Gabriel, revealed the first verses of the Qur'an, the holy book of Islam, to a caravan trader named Muhammad.

This year, Ramadan is expected to end at sundown on Sunday, May 1. The final evening of Ramadan consists of a celebration called Eid al-Fitr, when the traditional month-long fast is ended with a feast.



Hospital Home Lottery Supports Pyxis



The Operating Room is an intensive medication use location involving a variety of professionals. Pyxis improves safety by helping our teams accurately dispense medications. This is particularly important in an operative setting where a high volume of complex medications are used requiring precise and accurate administration.

- Myong Younghusband, Director of Surgical Operative Care

Proceeds from the Spring 2022 Hospital Home Lottery will complete the installation of Pyxis Automated Pharmaceutical Dispensing systems throughout St. Paul's Hospital, notably in the Surgical Operative Care Units, Endoscopy, Diagnostic Imaging and Renal Care Unit. This system will help our health care teams continue to provide compassionate and quality care to those in our hospital, while reducing medication-related administrative duties for our health care practitioners.

Improving Safety: The Pyxis system ensures that medication is dispensed accurately, providing streamlined delivery of prescriptions and securely storing them until they are needed for use. Pyxis helps to ensure that the correct medications are being dispensed at the correct interval.

Efficient and Accurate: Pyxis improves efficiency so our nurses can delivery patient care as effectively as possible.

Pleasant Hill Documentary Play



PLEASANT HILL COMMUNITY ASSOCIATION
P.O. Box 28015 Saskatoon, SK S7M 1V8



FREE

ALL WELCOME

Pleasant Hill Talks



5-7 PM MONDAY APRIL 4TH
ST. MARY'S SCHOOL GYM

A DOCUMENTARY PLAY ABOUT PLEASANT HILL
IN THE WORDS OF THE PEOPLE OF PLEASANT HILL

FREE COMMUNITY MEAL

OPG DRUMMERS CHOKECHERRY STUDIOS ARTWORK



Canada Council for the Arts
Conseil des arts du Canada



City of Saskatoon



United Way
Saskatoon & Area

Kindred Spirit

SPH Foundation Donor Report

You are making a difference!
Thanks to you, St. Paul's Hospital
\$5.2 million in 2016 to support
advancements and education and

Thank you to the community group
volunteers who give generously

Don't miss the latest news!

Sign up for Kindred Spirit today!

Donors to SPH Foundation can receive the latest issue of the Kindred Spirit Donor eReport, delivered by email directly to your inbox.

Simply call or email SPH Foundation to sign up!

(306) 655-5821

info@sphfoundation.org

**ST. PAUL'S
HOSPITAL
FOUNDATION INC.**

Gratitude for our Screeners

I wish to express my gratitude for this Department and for our Entrance Attendants who have worked so hard through the many changes to keep our patients, visitors, support people and staff safe. Who knew this pandemic would have lasted so long and that we would have had so many changes along the way. We have had such a great team and these front line workers also need to be recognized for the many sacrifices and their dedication to this department and the work that they have been doing. They will be missed as they have become part of our everyday work life since the beginning of the

pandemic. We can all agree that their presence along with Protective Services have made us feel more safe.

-Penny Ginther

We will be forever grateful for your role in supporting our hospital to be safe throughout this pandemic. We all recognize the challenges you faced daily in this work, yet still were able to professionally and genuinely represent our SPH values of Compassionate Caring and Respect for All. It has been a pleasure to get to know all of you, to support you, and to laugh and smile with you. -Tracy Muggli



Cecylia Nelson

Ashley Malcolm

Beth Andal

Viktoria Dekhtiarova

Aniza Lashkoska