

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

Kermit the Frog Gets It

Kermit the Frog wrestled with his own identity; with a part of himself that was a part of his origin. He probably summarized it best when he said, "It ain't easy being green".

Some who work here at St. Paul's Hospital also wrestle with the idea of working in a facility with a Catholic identity and origin. **It is right and just and legitimate to do so as we all have our own consciences formed by different experiences.**

Being part of a Catholic institution at this time is a difficult task with the scandals of residential schools and the priest sexual abuse still being fresh wounds. And not to mention the hot button items that set us apart like abortion and MAID.

Being a Catholic facility could be seen as our weakness. However, our weakness is *also* our strength. Our efforts towards reconciliation, our fertile humility, our brokenness, our humanity, our history, and even our guilt shape our character and mission.

And then there's this Jesus-guy. Being associated with Jesus has always been problematic. The early followers of Christ

were accused of being cannibals (via the Eucharist), participants in orgies (the Mass as a "love meal") and even atheists (since they didn't follow the Roman gods). Christians paid a price for their devotion via long periods of persecution up until the time of Emperor Constantine (312 AD).

The fact is, Jesus is part of our brand. Jesus is who sets us apart as a Catholic hospital and invites us every day to make charity, generosity, love and compassion a part of daily work. **Our path is set by our mission and vision, not our sins.**

The pain that is felt by those who have been hurt by anyone who they loved and trusted is always greater than the pain inflicted by a stranger. The pain that we as a Catholic institution are a part of stems from our centuries long relationship of loves abused and trusts broken. Our abiding desire for reconciliation reveals our deep humility and desire to repair that relationship.

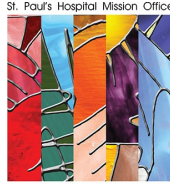
The strength of our Catholic identity is our diversity of experiences and identities.

— *Blake Sittler*
Director of Mission

The LifeLine



St. Paul's Hospital



Vision Mission Values



Emmanuel Health

A Catholic Health Organization

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St. Patrick's Day Bingo

In March, music therapist Tinaya Entz facilitated St. Patty's Day Music Bingo at the St. Paul's Hospital Hemodialysis Unit and the Cameco Community Renal Health Center.

A very fun time was had by all, and we all know a little more Irish music than we did before!

Thank you to all those who helped make it happen by generously donating prizes for the event.



Deepening Understanding

I have recently listened to a podcast series entitled “Stolen: Surviving St. Michael’s”. This podcast, which is available on Spotify, is created and narrated by Connie Walker, whose father attended St. Michael’s Residential School.

Throughout the podcast she interviews family members, aiming to understand her own past and that of her family. It is through this process that she learns of the trauma many of her family members experienced, including her father. This forms a basis for her understanding of the multi-generational trauma within her family.

I appreciate the work Connie has done to bring the stories forward and would highly recommend a listen. As health care providers, there direct connection between Connie’s stories and to the trauma-informed practice training we are all required to take. It is so important that we learn how trauma experienced by those we serve may impact their care experience.

Being able to appreciate that we do not know the experience of another in our daily interactions helps us to be mindful to always respond in a way that accounts for the possibility that the individual we are interacting with may have historical traumatic experiences which impact how they receive our care.

Using a trauma-informed lens means we understand that patients may be in a vulnerable state, feeling a lack of control over their situation. When we ask ourselves “What may have happened to this person that may connect to their behaviour,” it helps us to be compassionate and provide good care.

Just as Connie Walker was able to better understand the experience of her father and understand his challenges in life, so can we.

-Tracy Muggli



Tracy with Shirley Isbister, President of Central Urban Metis Federation Inc (CUMFI) by the Electronic information board for those seeking community support like shelter info.

St. Paul's Hospital Community Days 2022

St. Paul's Hospital Community Days began in the heady days of 1991. Even at that time, it had a carnival atmosphere. The gathering of hundreds of school children for food, music and fun was the original vision of how to visibly reach out to the community.

The past two years have been virtual and included sessions like:

- Yoga with Marlessa
- Stories with Dan
- Music with Tinaya and Lisa
- Saskatoon Air Police
- An Interview with a Porcupine by The Forestry Farm
- Fancy Dancing with Tianna from Wanuskewin
- Hip-hop with Parab Poet.

We also need to thank all of the staff and a few students from Holy Cross High School who came out to help us pack 750 bags of toothpaste, toothbrushes, granola bars, a juice box and stickers.

Thank you to all of the people on the organizing committee as well as to the College of Dentistry who donated 1000 toothbrushes and toothpaste.

Nestor's Bakery provided the long-johns at our May 31 "Donut Extravaganza". My apologies to those who came down to an empty table near the end of the day. We'll make sure to order more for next year :)



*St. Paul's Hospital
Community Days
Donut Extravaganza!*



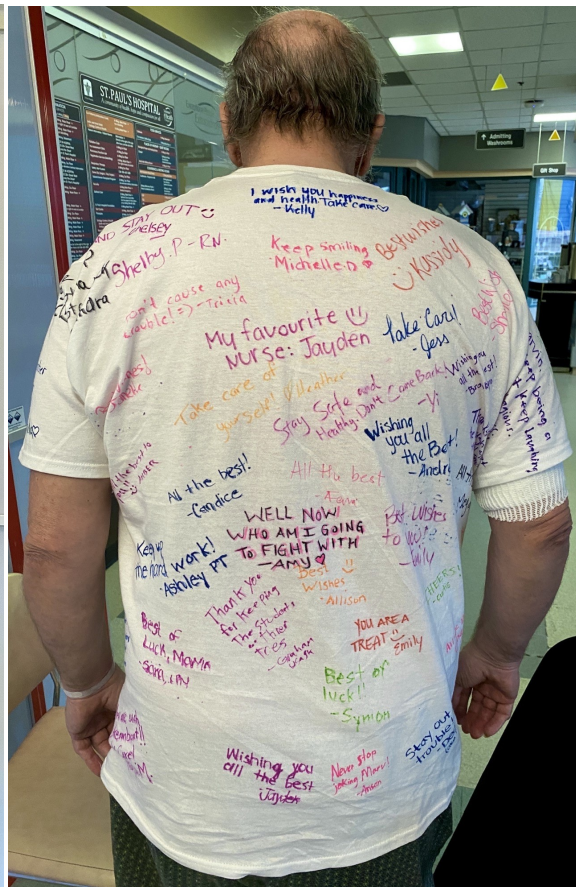
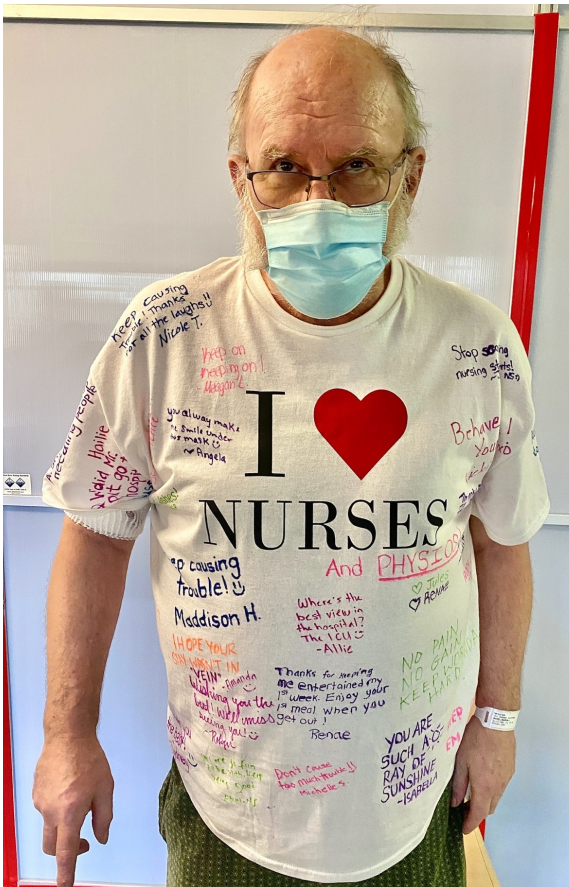
A Note of Appreciation to Nurses

As I was moving some Staxi chairs away from the exit at the end of a long week, this man's shirt caught my eye. I complimented him quickly and then he called me over.

His name was **Marvin Nickel**. He told me about his shirt and he wanted everyone to know about why he wears it and what it means to him and his family, "After spending

24 weeks here, I got to know the nurses here really well. I mean really well; like family. I just couldn't leave without a reminder of who they were and what they mean to me."

Thanks, Marvin, and thank you to all the staff here at St. Paul's who make our patients journey through the healthcare system a little more manageable.



Protective Service Staff Recognized

On February 14, 2022, an event occurred wherein a man approached the emergency room and pulled out a hand grenade. Officers on the scene immediately apprehended him and worked together to gain control over the man and the grenade. These actions were undertaken not knowing whether the grenade was active or inert.

Russ Laidlaw explained that without their swift action, the entire hospital and even surrounding area would have been shut down, the emergency department might have been evacuated and panic could have evolved if a hostage situation had developed.

Candice Nolin and Bryan Melychuk were first on the scene and they were supported by Amra Martin and Lee Cowles. They have also been awarded the Saskatoon Police Chiefs Community Service Award. Their names have also been submitted for consideration for the Order of Canada Bravery Medal.



Protective Services plays an important and difficult role here at St. Paul's Hospital. We are grateful not only for their actions during this incident but for the dozens of times every day that they help to maintain security and safety in the building.



Amra Martin, Lee Cowles, Candice Nolin, Bryan Melnychuk receiving their Saskatoon Police Service Chief's Awards in May.



Surgical Robot

SPH Foundation is fundraising to bring the province's first surgical robot to St. Paul's Hospital, and while the main user will be urology, the robot will also be critical to specialties like ear, nose and throat doctors.

Dr. Peter Spafford, clinical professor in the division of otorhinolaryngology (head and neck surgery) with the Department of Surgery at the University of Saskatchewan College of Medicine, says the timing for

the robot is right because there has been a rise in throat cancer in young to middle-aged men due to human papillomavirus (HPV).

"If there continues to be an overwhelming number of males with throat cancers and the robot treats that, you couldn't have better timing," Dr. Spafford says.

"We will soon face a crisis if the health care system does not have all of the available resources to treat this group of patients."

You can help bring the province's first surgical robot to the Hospital! Donate at bit.ly/SurgicalRobotSupport



Pictured (l-r): Dr. Peter Spafford, donor Merlis Belsher, and Dr. Ivar Mendez.

Bishop Mark Hagemoen Easter Message

We have all recently heard about the meeting of the Indigenous delegation to Pope Francis in Rome. At the end of the meeting the Holy Father gave an apology. While many of us continue to ponder our thoughts and reactions to his words, I am also hearing from many people—Indigenous and non-Indigenous—that the Holy Father's message was heartfelt and has provided much food for thought and reflection.

It is another important step as we continue the long journey of careful and respectful listening to Indigenous peoples that marks the path towards healing and relationship-building.

At the end of his apology address to the delegation, Pope Francis stated:

"The Spirit of the Lord is revealed in humility...the humiliation of the Church is fruitfulness."

These words have a significant meaning as we remember the passion and crucifixion of our Lord Jesus Christ and the pathway forward for healing and right relationship. The peace that Christ gave His life for requires prayer and ongoing work on our part. In the words we have prayed during the week of the delegation, inspired by the Our Lady of Guadalupe Circle, we continue to pray:

"That we who live in this land, Indigenous and non-Indigenous together, may experience healing and reconciliation, on a renewed journey for justice and peace for our children".



Virtual Reality Sets

Do not be afraid! This is not a robotic nurse sent from the future to overthrow the SHA!

This is one of the SPH Emergency Department staff taking the virtual reality headsets for a spin.

In total, six headsets were purchased by administration and the Foundation as a way for staff to “get away” during a coffee break. The units come preloaded with scenes ranging from a boat drifting in calm waters, forests or trails by a waterfall.

Survey boxes have been provided and feedback from staff will help discern how effective this approach is to help staff deeply unwind during a shift.



Creative Care Through the Arts



The SPH Healing Arts Team consists of two music therapists, a writer-in-residence and an artist-in-residence. Once a month, the Healing Arts team facilitates the Creative Care Jam Session. The 5th-floor family hub

transforms into a creative space where patients, family members, and staff can explore music, art, and writing to offer comfort, connection and laughter.

Photo: Lisa Wutch, Music Therapist with patients.

Personnel Association Contest and Memberships

The St. Paul's Hospital Personnel Association is looking to "rebrand". Our original logo (below) is now over 60 years old!

So here is a contest to give us a new name and logo.

Please slip your idea in the slot in the Mission Office door before the end of July 31, 2022. Please include your name and contact info.

If we choose your name and/or logo, we will have it professionally designed and you will receive a \$100 gift certificate!



PLEASE NOTE: As many of you know, SHA Payroll no longer deducts a dollar off each pay cheque. Now every member needs to pay \$25 for the year to be a member. We are working on getting E-transfer capacity with our bank account. Over the next few months, members of the SPHPA will come to your department and give you the opportunity to join. The SPHPA is an essential part of creating a great spirit among us (see our June golf tourney below)!



Happy Father's Day!



Fitness Centre

Re-Opening Safety Guidelines

Hand Hygiene

Hand hygiene must be performed upon entry to the Fitness Centre. Please sanitize your hands before and after using the fitness equipment.

Masks

Masks must be worn at all times. Please replace your mask if it becomes soiled or wet.

Sanitization of Equipment & Surfaces

Please sanitize all fitness equipment before and after use with disinfectant provided. Surfaces such as coat hooks & chairs should also be sanitized following use. NO LOCKERS WILL BE PROVIDED AT THIS TIME.

Clothing & Footwear

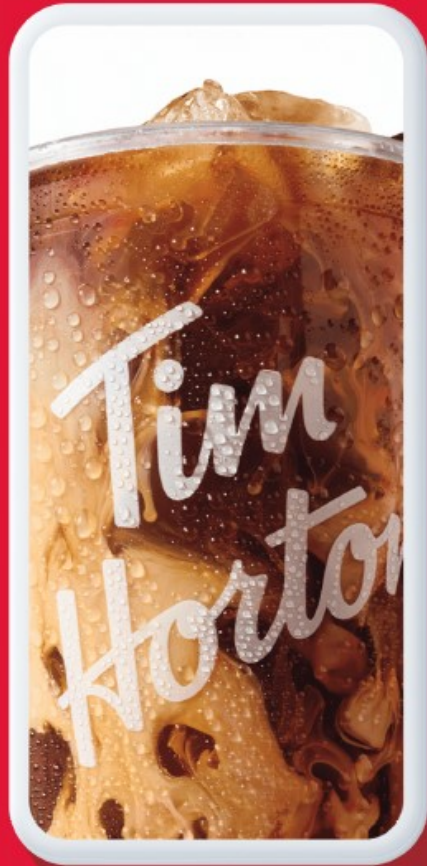
NO SCRUBS ARE ALLOWED IN THE FITNESS CENTRE. Please change into clean fitness clothing & footwear prior to your workout.



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When you order ahead on the *Tim's* App.



Pleasant Hill Community Association News

A huge thank you to the Pleasant Hill Community Association who every year organize a Spring and a Fall clean-up of the neighbourhood. About thirty people came out to help including a team from St. Paul's Hospital.

All volunteers were also trained in safety around spotting and collecting used needles.

Indeed, dozens of needles were found and, in one situation, a gentleman actually brought some out to dispose of them in the safety containers all the volunteers carried.

The City of Saskatoon coordinated with the PHCA and asked our teams to focus on back alleys while the City focused on streets and boulevards.



Spiritual Care and Denominational Chaplains

Over the years, confusion has arisen between those who work in the Spiritual Care Department and those who come to the hospital to offer denominational support.

Spiritual Care Associates are clinically trained professionals who offer emotional and spiritual support to patients, families, client and staff here at St. Paul's. Spiritual Care services are available to everyone regardless of their belief system.

Denominational chaplains are appointed or employed by their faith community to provide spiritual support only to their parishioners who are hospitalized when requested. They are one of many community resources spiritual care practitioner work with to support patients and families.

One of the major tenants of the Spiritual Care department is to help the people who they support to make sense of their current reality, and possibly find hope and meaning in the midst of challenging situation or health crisis.

Spiritual Care is not all about religion. It is not all about faith but about one's belief system. If one's faith happens to shapes their belief system, and it impacts their coping mechanism, then we will incorporate it into their care and support.

When people experience hope and meaning, they are able to heal and move forward. Spiritual Care is part of the interdisciplinary healthcare team offering support for patients and staff.

-Samuel Ezeogwum

Planting Seeds in our Community

Spring is when butterflies, birds and bees spread their wings in the sky. It is also when I reach out my hands to help, having fun playing in the soil to plant seeds. Gardening as a metaphor seems appropriate when I reflect on our commitment as healthcare providers to nurture the people in our community.

This spring, the residents and staff at Sanctum Care Group and I have planted a community garden in their yard with the generous donation of garden goodies from our local Early's



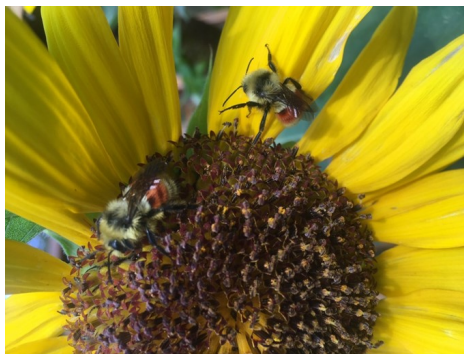
garden center to get us started. Sanctum is a not-for-profit hospice with respite care for people living with and affected by HIV/AIDS.

For almost two decades, the work of the Healing Arts Program at St. Paul's has been to foster community connection through the expressive arts to promote health, wellness, and prevention. Cultivating relationships with our community is like tending to a garden:

the strenuous and muddy effort is worth the reward. People are like seeds in that we require a nurturing environment to thrive.

Regardless of the dirty hands and strained muscles, the process and its endless joys are worth the work. After the tender care of planting the seeds, one might think the work is done, but really it is just the start. Thus begins the worthy journey of seeds to plants that bear fruit with hopeful abundance.

When you grow a garden or eat its bountiful harvest, you notice a vital aspect of the journey - that it is a shared endeavour. A garden has multiple stages, such as the conception of the garden design and creation, planting, maintenance, weeding, and harvest time in the yard and kitchen. The collective nature of community gardening in all stages offers therapeutic benefits that contribute to an enhanced sense of the quality of life by connecting us to the earth and community.



Plants are like humans and are as essential to a healthy life. Gardens provide us with food, clean air, and beauty to soothe the soul. They are communities of life and, like people, require light and dark, water and air, and a community to ensure their survival. Caring for the earth and tending a garden with others can teach us about the life cycles that we are a part of.

-Marlessa Wesolowski

Pride Month is about Dignity and Respect

When Gilbert Baker designed the rainbow flag which is broadly associated with the Pride movement, he included a description of what the colours stood for:

- **red** is life;
- **orange** is healing;
- **yellow** is sunlight;
- **green** is nature;
- **blue** is harmony and
- **purple** is spirit.



These are wonderful attributes.

Here at St. Paul's Hospital, our care for those in need is anchored in gospel values and Jesus. We value patient centered care. We practice trauma informed care. In order to truly make this hospital *a place of health, hope and compassion for all*, the care we offer to people needs to be at the forefront of the care we offer. This is especially true when we note that often members of this community experience higher rates of homelessness, depression, and suicide.

Practices that are discriminatory, that cause shame, stress or fear, that can be interpreted as harassment or bullying have no place at St. Paul's Hospital. The way it is stated in the Catechism of the Catholic Church is that 2SLGBTQ+ people, "must be accepted with respect, compassion, and sensitivity. Every sign of...discrimination in their regard should be avoided" (#2358). At St. Paul's Hospital, we embrace our mission to show mercy, compassion

and care even though we know the historic relationship between the Catholic faith and the 2SLGBTQ+ community is problematic and imperfect.

To all staff, patients and family at St. Paul's who are or love someone who is 2SLGBTQ+, whether patient or staff, you are welcome here and loved. We honour you and embrace you in the same spirit as when Pope Francis said to one man, "God made you like this and loves you like this...be happy with who you are".



National Indigenous Peoples Day—June 21, 2022

On Tuesday, June 21, St. Paul's Hospital will mark National Indigenous Peoples Day with:

- **8:30 AM** an honour song and smudge in front of the hospital;
- **10:00 AM** a solidarity walk around the hospital starting out front of the hospital by the daycare center fence;
- An invitation for staff to wear orange shirts;
- A special meal in our cafeteria (see below).

Larger festivities are taking place downtown at the Rock Your Roots Walk if you have the day off!

This day is an opportunity to learn about the people who were caretakers of this land for 10,000 years!

How will you celebrate National Indigenous Peoples Day?

In our cafeteria...

Featuring:
Beef Boulettes
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