

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

Advent Hospitality

It's a wet, cool night. There's a homecoming being marked in your home town. You're tucked warm in your bed when suddenly you hear voices out back.

"Hello? Somebody? ANYBODY? My wife is pregnant. She's giving birth tonight. Can anyone help us?"

I'm not going to ask whether you would open your door. But I have asked myself the question, "Would I have opened my door?"

But that's the wrong question. Because that question wasn't asked 2000 years ago. It is asked today; everyday. Thousands of times a day. Right here in Pleasant Hill and Stonebridge and Caswell and Lakeview.

The story of Christmas is the story of what the world would look like without basic hospitality. What does the world look like when we are not willing to open our doors to people in need.

We all want to believe that WE would have opened our door. But the real question is, "When someone in need called for help, did I respond?" Did I respond out of duty? Out of love? Out of guilt?

I remember one day walking down 20th on my way back to my van to leave for the day. A couple walked down the street towards me.

They were holding hands.

The man was muttering in a threatening manner, "You hold my hand. That's what you do. A good girlfriend holds my hand. You be good."

As we passed, she shot the tiniest, smallest glance my way. A quiet, silent plea for help or something.

"Hello? Somebody? ANYBODY? Won't somebody help me?! Don't you see me?"

And I walked by. A missed opportunity.

Here at St. Paul's Hospital, we have an opportunity every day to be on the other side of doors no one wants to come through. We have a chance to redeem ourselves every day by just saying, "I'm here to help".

Let's be that place where we always welcome in those who come to us in their need.

— *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

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Emmanuel Health

Winter has now arrived and it is beginning to feel like Christmas! A time to reflect, a time to celebrate and a time to look to the future. As I reflect I know the last two and one half years brought many firsts for healthcare, and you and your teammates have met those challenges head on. You have continued to provide our families, friends, colleagues and neighbours with the care and service they require.

This year I will celebrate but I am retiring in the spring, so I am spending more time reflecting and looking to the future.

In February I will have worked at St. Paul's for 14 years. I am fortunate to have enjoyed and been challenged in every position I have held in healthcare, but the last 14 years have been some of the most enriching in my career. I have been asked many times what is different about faith based health care. Over time what

I have learned is that faith based health care has a set of core values and a mission that doesn't change over time.

The mission of Catholic health care has always been rooted in the healing ministry of Jesus Christ, providing compassionate care to those with unmet needs, with a particular attention to the poor and the voiceless. Even if some of the words in the mission and values change over time, the base elements remain in place and continue to guide the decisions made by our leaders. That's not to say that those in faith based health care don't stray from the ideals we strive to, rather it means that we always have the core that is shared, reinforced and that guides us.

As I leave Emmanuel Health and St. Paul's I leave with some sadness and also a sense of pride and a peace.

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Christmas Wishes from the CEO

...continued from page 2...

I am proud to have worked with and lead a team committed to serve those in greatest need even on our hardest days. St. Paul's has a team of staff, physicians and volunteers that step forward to help when help is needed. It remains a building where people pass you in the hall and smile and acknowledge you and where accepting all people regardless of who they are, what they have, or how they are today is an expectation.



have the opportunity to welcome Corey Miller back to St. Paul's as he steps into my position as President and CEO of Emmanuel Health and each of its 12 subsidiary corporations (see story on page 4).

Corey spent his early career in diagnostic imaging at St. Paul's and has remained connected to the hospital in various ways throughout his career. I know you will welcome Corey with the same openness and warmth you have provided to me for the past 14 years.

Wishing you and your families a very healthy, Merry Christmas season and all the best in 2023!

I leave with a sense of peace because I know the focus will continue to be on caring for, interacting with and treating all people with compassion and without judgement. And I know you will continue to partake in the celebrations and events that bring people together to build the bonds that makes St. Paul's a community of health, hope and compassion for all!

Prior to my departure I am pleased to



New President and CEO of Emmanuel Health *by Darryl Bazylak, chair*

Emmanuel Health is excited to announce the selection of its new President and Chief Executive Officer (CEO), Corey Miller, following the retirement of current President and CEO, Jean Morrison. Corey will serve Emmanuel Health's thirteen Catholic Health facilities in Saskatchewan.

Corey comes to Emmanuel Health from Saskatchewan Health Authority where he began his career as a Medical Radiation Technologist in Diagnostic Imaging at St. Paul's Hospital in 1992. At St. Paul's Hospital, Corey served as a front-line Technologist and moved up to lead the department as Manager and Director with the former Saskatoon Health Region.

During his career, Corey has held many prestigious positions including Vice President of Integrated Health Services for Saskatoon Health Region, Vice President of Saskatchewan Cancer Agency, and Vice President of Provincial Programs with Saskatchewan Health Authority, where he currently serves.

"I feel honoured and privileged to have been given this opportunity to serve our patients, families, staff, and communities," says Corey

Miller, incoming President and CEO of Emmanuel Health. "Together our Emmanuel Health team will serve to be a vital community of health, healing, and hope for our communities across Saskatchewan."

Corey is known for always holding close to the mission, visions, and values of Catholic Healthcare in Saskatchewan, and he has been a strong partner to Emmanuel Health in the past.

Of note, his association with the Sanctum Care Group, a partner of Emmanuel Health, helped support hundreds of vulnerable people to receive services for HIV care.

As we welcome Corey, we also extend our gratitude to **Jean Morrison** who served St. Paul's Hospital and Emmanuel Health for the past 14 years. Jean's leadership supported Catholic Health in Saskatchewan through many transitions, and her steady hand and inspiration were instrumental in many significant and impactful innovations in the province including Saskatchewan's first free standing Hospice at Glengarda and the Addiction Recovery Centre at St. Joseph's Hospital of Estevan.

Corey will begin his role as President and CEO in February 2023.



A Note from our Executive Director, Tracy Muggli

Season's Greetings everyone!

As we enter this season of welcoming family and friends into our home, while welcoming health-seeking relatives from our community into healing space at St. Paul's Hospital, may you all have the opportunity to experience the hospitality of others as well.

You have all given selflessly and it has been wonderful to formally recognize many of you through awards, scholarships, and spontaneous Front Line Love Cart visits!

We have built a real community at St. Paul's, for which I am so grateful. Whether you celebrate Christmas or not, I hope that everyone has an opportunity to spend some time with people you love, engaging in visits that bring you joy and peace.



Tracy can often be seen out celebrating and thanking the staff of various departments throughout the year!



National Day for Truth and Reconciliation—September 30

A large crowd of staff, patients and community members gathered for a smudge outside SPH to mark the National Day for Truth and Reconciliation (AKA Orange Shirt Day).

A huge bouquet to First Nations and Metis Health who lead the smudge and the walk around the community.



Want to learn more about taking a bus in Saskatoon?

Are you looking for some tips and tricks on how to use the public transit system in Saskatoon?

Sign up to EXPERIENCE TRANSIT and let us teach you or your team how to take the bus! Learn how to plan a trip, get a bus pass, find service alerts and real time bus information and more.

EXPERIENCE TRANSIT is for all ages and abilities. Sessions take approximately 30 minutes and can be done virtually or in-person and can even include a bus ride!

To sign up or for more details call 306.975.3100 or email

transit.services@saskatoon.ca with EXPERIENCE TRANSIT in the subject line. For more information, visit SaskatoonTransit.ca

St Paul's Hospital Options:

- eastbound on 20th Street: Route 2 to Downtown Terminal (every 30 minutes)
- eastbound on 22nd Street: Route 60 to Downtown Terminal (every 30 minutes)
- westbound on 20th Street: Route 2 to Pleasant Hill, Meadowgreen, Confederation Terminal (every 30 minutes)
- westbound on 22nd Street: Route 60 to Confederation Terminal, Pacific Heights, Kensington (every 30 minutes)

SPH Foundation Christmas Basket Deliveries

If you've ever been so lucky as to receive one of the Foundation's beautiful Christmas Gift Baskets, you will know that they are not delivered by Santa on Christmas Eve nor one of Jeff Bezos' drones!

The Foundation depends on the generosity of many volunteers to both pack and deliver the curated gift packages. Safe travels!



Tracy Muggli Fund For Reconciliation by Lecina Hicke

Many of you may know that our very own, Tracy Muggli, Executive Director of St. Paul's Hospital, served as a dedicated board member of the Saskatoon Community Foundation from 2011–2019.

During her tenure with the Saskatoon Community Foundation Board, Tracy served as the co-chair of the Saskatoon Community Foundation Reconciliation Gala. After a brief hiatus due to COVID-19, the Saskatoon Community Foundation hosted the fourth and final gala this past Saturday.

This important evening has not only inspired conversation and education around what we as individuals and a community can do to facilitate positive steps towards reconciliation, it has raised important funds to ensure this very type of work continues now, and well into the future.

Unbeknownst to Tracy, the Saskatoon Community Foundation announced the

establishment of the, "Tracy Muggli Fund For Reconciliation" in honour and appreciation of Tracy's fervent passion and energy in our walk towards reconciliation, and the role she played in making the Gala such an overwhelming success from a fund raising, awareness inspiring, and action implementing perspective.



Tracy – we thank you for being who you are to us, and to those in our community who rely on champions, just like you, to see and trust in better futures ahead.

Caring for Our Colleagues: CISM

Have you lost a parent, a sibling, a partner or a child? Whether the death was sudden or somewhat expected, that incident is a critical marker in your life—before dad died and after dad died.

There is a moment of realization but for most of us, then there is shock. We slip outside of time. We don't hear people call our names. We look but we do not see. Memories of our life with that person flashes before our eyes.

But there is more. We do not mourn the loss of a loved one all at once. Our mourning changes over the hours, days, months and years.

Those early moments are important. People come up to us and say, "I'm so sorry!" and they hug us. They ask us questions and give us an opportunity to share our feelings and stories. We experience loss and trauma here at the hospital so as a staff, we need to reach out to each other and offer support when our colleagues are struck.

We have a newly formed CISM team that has already offered 15 sessions for departments all over the hospital. At this time the members include:

- Julie Bergen, Spiritual Care Specialist;
- Samuel Ezeogwum, Spiritual Care Manager;
- Michelle Friesen, Social Worker;
- Mary Heilman, Bioethicist;
- Rory Hicks, Clinical Nurse Educator;
- Traci Jickling, Clinical Coordinator;
- Regan Toni, Social Worker;
- Christina Sinclair, Clinical Nurse Educator;
- Blake Sittler, Director of Mission.

Some of these members are so new that we have not yet offered them the official training but our goal is to have everyone through the official training by early 2023 so we can better support our co-workers here at St. Paul's.

If you would like to learn more about what CISM is, please contact Blake at 5819 or e-mail him at blake.sittler@saskhealthauthority.ca.

SPH Spirit Days

December 09: Fun Sock Day



December 16: Funky Shoe Day

December 23: Ugly Sweater Day



Mission Week Feast Day

Mission Week has been a part of St. Paul's Hospital culture since the mid-1990's. It has always been a celebration of the values we strive for and the mission we share.

The week always begins with the awards ceremony where we hand out the Mission In Action Awards to individuals who model the values to their colleagues and community; the Charism Award which goes to the team or department that displays a sense of living out the charism of the Marguerite d'Youville's Grey Nuns, and the Foundation Awards, which is just one more way that the SPH Foundation supports the work we do. See page 10!

Wednesday was the Feast Day! This year, we were finally able to host our feast in person again which was greatly appreciated by everyone. A huge thank you to the staff in Food & Nutrition for the set-up, serving, and coming in after hours to make sure our evening shift also received a meal.



The gift this year was a new St. Paul's Hospital lanyard. **If you or anyone else did not receive one or if a new person has joined your team, we have more to share. Please come by the Mission Office to pick one up.**

On Thursday, we hosted a Schwartz Rounds entitled, "When Dealing with the Difficult Crosses the Line: How Much Should I Take?" and our three panelists included nurse Sarajeet Singh, Dr. Michael Prystajek and social worker, Tricia Hutton.

Our Show Your SPH Spirit Day on Friday was simply a day to wear red or past SPH swag and it was good to see lots of participation.

A dozen staff volunteered at the Friendship Inn on Sunday and they took nearly 300 lbs of condiments to the Inn which were raised by YOU! Thank you and bless you for your donations! Every year the Pool Our Love Campaign raises \$10,000 of staple products.



Mission In Action & Charism Award Winners 2022



Tinaya Ertz
Holistic Care



Melanie Hounjet
Compassionate Caring



Gloria Schick
Respect for All



Rosemary Nazar
Stewardship



Werner Spenst
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.

These five Mission in Action Award recipients have been nominated by their coworkers because the way they live our values embodies the same spirit as our Foundresses, St. Marguerite d'Youville and the Grey Nuns.



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Alycia Hagg, Alory Belliveau, Chantal Goss, Jennie Housley, Alexis Goss, Christine Wajick, Abdy Benavente, Genevieve Proulx, Christine Sinclair, King Althabgas

Every year, Emmanuel Care awards the Charism Award to a team who are living out the spirit and charism of our founding sisters. This year, the Charism Award went to staff of 5th Medicine. They are an integral part of our team and they embody the work that needs to be done behind the scenes, every day to contribute to our community of health, hope and compassion for all.



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Remembering Tom Bird

As my friend, teacher, and mentor, Tom will forever live in my heart and mind. He was an inspiration to me and many others he touched.

I met Tom over a decade ago, and over the years, together, we spent countless hours exploring and bringing to life

his hopes, dreams, and ideas as beautiful and colourful works of art. His paintings and stories often explored and represented his love of animals, nature and Traditional First Nation stories and legends.

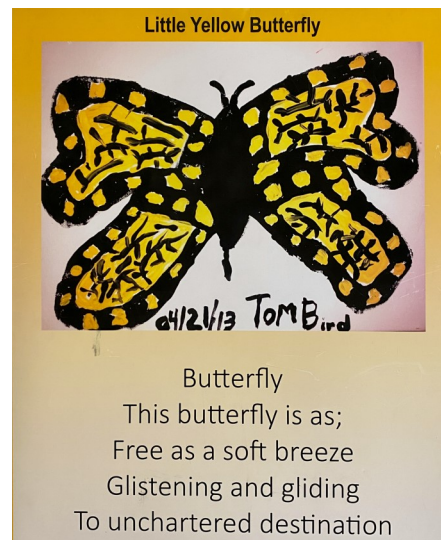


More than art, his creations were meant to embody the worldview teachings of *Wahkohtowin* 'Kinship', how we are related to each other.

He was passionate about sharing and teaching his Cree language and, in 2020, led a Cree Language workshop for staff and patients in our Healing Arts Studio.

Over the years, Tom taught me many lessons about life, love and resilience. And now that he is Home, his teachings are still leading the way reminding me never to give up and love with an open heart.

Marlessa Wesolowski
Artist-in-residence



Pleasant Hill Community Association

The Pleasant Hill Community Association is an active and vibrant group of people who live in the neighbourhood and who are advocates for making Pleasant Hill a pleasant place to live.

Most of their projects are aimed at offering residents and opportunity to gather and socialize, like their powwow and winter carnival, and some of their projects are aimed at cleaning up the neighbourhood like their spring and fall garbage pick up.

One of the major projects they are working on now is trying to get a neighbourhood skating rink built by 2024. This could be used by anyone in the community to skate or play

hockey. They are also considering a skating lane shaped like a giant Metis infinity twist which symbolizes the creation of a new society, and the infinity symbol; a statement of hope that Métis people will exist forever .



Action For Equity Campaign

In October at the 2022 Mission Awards, we were so pleased to launch our inaugural month long 'SPH Recognizing Action for Equity' Campaign.

Each and every day people within our communities experience inequities in terms of mental health, sexual orientation, gender, ethnicity, race, age, disability and their geographic location of origin. These inequities often prevent people from sharing their gifts. As members of our community, whether we live in the community and/or work or volunteer at St. Paul's Hospital, we not only challenge inequities, but take action FOR equity tackling it head on.

We asked for your help recognizing the

wonderful acts of service of your colleagues and you didn't disappoint!

From the many submissions we were so thrilled to be able to offer the following nominees gratitude and a token of our appreciation for their efforts taking Action for Equity:

- Week 1 – Dr. Bruce Duval
- Week 2 – Romel Landero
- Week 3 – Annette Helmink
- Week 4 – Lee Cowles

We thank you! Although this year's campaign has wrapped, our efforts must continue, and we look forward to this continued journey together towards Equity for All.

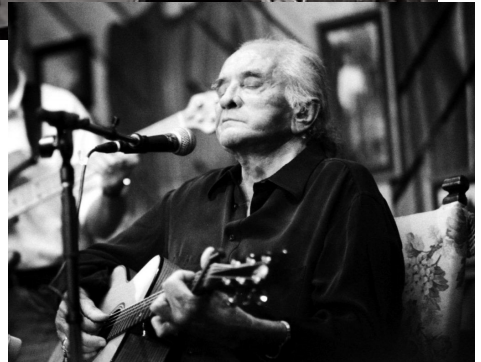
Johnny Cash on 5th Hub

On Thursday, December 15 at 1:30 PM, Evert Van Olst, Wayne Salbourn and Blake Sittler will present on the lessons that can be gleaned from the life the Johnny Cash.

There will be music and stories and an opportunity to share your sightings of the Man in Black from around the province.

There will be a few seasonal offerings including a song written about his life growing up in the cotton fields of Dyess County, Arkansas.

If you have a few minutes and would just like to take a nice break, please join us and bring down a patient looking for some fun!



integrate the arts into your wellbeing strategies

GRAHAM-POLE

"ART IS A SOCIAL DETERMINANT OF OUR HEALTH. IT DOESN'T CURE A PARTICULAR DISEASE. BUT BENEFITS WHATEVER AILS YOU."

Home

- Engage in cultural activities
- Take an art class
- Designate a "Creative Corner" in your house
- Fashion up empty walls
- Explore on your own - PLAY!

Work

- Make referrals for art to patients
- Explore Arts and Humanities in the Education of Medical Professionals
- Display artwork in your department
- Listen to music
- Visit the SPH Healing Arts Studio

St. Paul's Hospital Gift Shop

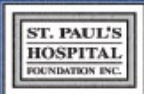


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SPHFOUNDATION.ORG | GIVE GENEROUSLY

Health Information Week 2022



For Health Information Week, a special treat basket was delivered to (l to r): Victoria Schaeffer, Charlene Symington, Monique Blatz, Tracy Muggli, Reyva Mag-isa and Kathleen Robson

Staff Creative Writing Workshop

Writer-In-Residence, Dan Macdonald, conducted an 8-week creative writing intensive for staff which culminated in a reading of work at lunchtime near the end of November.

Participants each brought a writing project they had worked on during the workshop. The workshop was so well-received that plans are in the works to hold

another workshop in the spring for all interested staff. Keep your eyes open if you are interested.



The Culture of St. Paul's Hospital, AKA "The Culture Club"

You can't just "open a hospital".

There are thousands of things that need to line up politically, legally and financially, staff that need to be trained and regularly evaluated, certain services that need to be offered.

And once those thousands of things align and you open a hospital, something begins to happen: **Culture begins to develop.**

While most hospitals would have in common medical and health departments, facilities, housekeeping, food and nutrition, etc, every hospital also has its own character and culture.

Every week—*every* week—someone tells me why they love working here. For some, it is the work. For many, it is the patients and their colleagues that making coming to work not feel so much like *work*.

Here at St. Paul's, we have a mission statement. We have core values that we promote and celebrate. These values get lived out in a variety of ways but one of the most important aspects of these values is that while

we all have different job descriptions, roles and tasks, we ALL share in the mission, that is, to be "a community of health, hope, and compassion for all".

But what exactly IS the culture of St. Paul's? Can you articulate it? Can you measure it?

Well, we are going to make an effort to answer these questions.

This past fall, we initiated a committee of people from across the hospital to gather to reflect on the unique culture of St. Paul's and

how it is shaped by our mission and values.

Over the next few years, we want to offer material, including short videos, that will help us to articulate what that culture is in concrete words. This is important because if we KNOW what our culture is, we can smell it and hear it and see it. We can grow it and measure it.

"My good friend said that his daughter-in-law had recently started working at St. Paul's and had specifically mentioned that she was really happy with the positive staff culture and working environment at the hospital."

-Glen, a board member of the Pleasant Hill Community Association



How do we promote a culture like that of the staff on 5th Medicine, winners of this year's Charism Award?

And under the “B”—BINGO! By Tinaya Entz

At the end of September, the SPH in-center and community dialysis units filled with music as patients played Truth and Reconciliation Music Bingo. In honour of National TRC Day and Orange Shirt day on September 30, patients were invited to play bingo that featured the musical works of First Nations, Metis and Inuit artists. Winners got to choose from a full cart of prizes from Indigenous-owned businesses in Saskatoon like Nikihk and His Bead Store.

This event was the fourth iteration of music bingo on the dialysis units. The event began in December 2021 as a response to the lack of Christmas festivities in the hospital due to Covid-19. Music therapist, Tinaya Entz, created a playlist and corresponding bingo card filled with favourite holiday songs, new and old. Over the course of 4 days, every

patient receiving dialysis was invited to participate (that’s a lot of people)! It was such a huge hit that many asked that the event become a regular occurrence.

Since then, I have had the pleasure of hosting St. Patrick’s Day Music Bingo, Songs of Summer Bingo and most recently, TRC Music Bingo. The community has gotten on board as well, with businesses like Long & McQuade, Boryski’s Butcher, Early’s Farm and Garden, Dutch Growers and many others generously donating prizes.

When the bingo cart rolls on to the unit, the excitement in the air is palpable. Patients, families and staff alike frequently ask when it the next game is going to be. And the exciting thing is that music bingo isn’t going anywhere any time soon. A recent In-Hospital Program Assistance Award from the SPH Foundation has ensured that there will be much more bingo to come!



Thank you healthcare workers!



While this beautiful wreath was delivered to the staff of Saskatoon City Hospital, we feel it very accurately reflects the sentiment out in the community for everyone who works in healthcare.

Think of a time when you have returned from a hospital stay. Most of us just want to get back to normal! But there are these generous souls in the province who make the time to say thank you even as they are recovering!

Now that is gratitude at its finest!

Project Christmas Angel

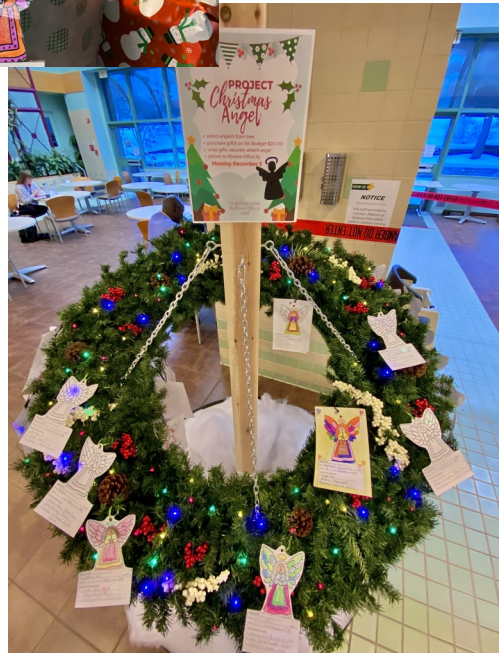
This year, the Mission Office was happy to complete another season of Project Christmas Angel. Every year, elementary students from community schools submit paper angels filled in with their Christmas wish list. These angels are then displayed in the cafeteria. Staff are invited to select an angel and purchase a gift (or gifts!) for a much deserving child.

Through the generosity of St. Paul's staff, the Saskatoon Police Service, and local law firm Roberston Stromberg LLP, we are proud to say that we expanded Project Christmas Angel to include 3 neighborhood schools and nearly 300 grateful students!

We extend our warmest, heartfelt gratitude to everyone who participated this year. Truly, this important community initiative cannot happen without the kindness of our St. Paul's community. Thank you, so very much.



Angels and gifts can be submitted until December 9.



I Want the Staxi Chairs Air Miles!

Each Staxi Chair we use on a daily basis is worth \$1800 and worth even *more* in terms of the patients they transport. Now each Staxi Chair is embedded with Bluetooth technology so we can track them down whether they are at another hospital or in our neighbourhood.



Long Service Awards and The Cure

Every year at St. Paul's, we strive to say an extra "thank you" to our staff who have served us for longer periods of time. Though we were unable to gather together to celebrate our long-serving staff, we teamed up with local butchery, The Cure, to find another way convey our gratitude.

Throughout the month of November, our milestone recipients picked up locally made charcuterie boxes, at no charge. Though there were some initial concerns, we worked with The Cure and they were happy to remedy any issues.

From all of us at St. Paul's, we thank you all for your dedicated service and work. This is merely a token of our full appreciation of your many years of service!



W. F. Mitchell Bioethics Seminar: Dr. Cory Neudorf

The W.F. Mitchell Bioethics Seminar returned to Pylypchuk Hall as Dr. Cory Neudorf presented, "Health Inequities in Saskatoon: An Update on Reports & Actions." The event was also available via Webex, with over 75 participants both online and in person.

Dr. Neudorf began his presentation by guiding participants through the definition of health equity.

Health equity is a "principal of and commitment to incorporating fairness into health by reducing the differences in health experiences and health outcomes between different populations...It implies that all people can reach their full health potential and should not be disadvantaged from attaining it because of their race, ethnicity, religion, gender, sexual orientation, age, disability, social class, socio-economic status, geography or other socially determined circumstance."

With this definition given, Dr. Neudorf shared part of the history of global and local efforts towards health equity, which have by necessity incorporated healthcare, education, employment and social services as some of the many factors that influence a person or a group of people's overall health.

Dr. Neudorf explained that health system programs that want to help patients achieve positive results need to adjust care plans to take into consideration the unique needs and abilities of the people they serve.

For example, care for persons with diabetes often includes meal planning support which will need to be adjusted based on the person's ability to purchase fresh high quality food.



Meanwhile beyond the healthcare system, attention must continue to be given to expanding access to nutritious food for all.

Focusing on Saskatchewan specifically, Dr. Neudorf provided a map that demonstrated the significant health inequities in our province (see slide deck link below).

He closed on a hopeful note, outlining some of the initiatives that have already been taken to close the health equity gap and steps for the future, including forming new intersectoral partnerships.

Unfortunately, due to technological difficulties, this year's W.F. Mitchell Bioethics Seminar was not recorded. However, Dr. Neudorf has generously shared his slides, which are available by contacting Dr. Mary Heilman at her SHA e-mail address.

Tim Horton's Fundraiser for SPH

Dec. 5-11

Holiday
smile cookie™

100% of proceeds
go to community groups
like St. Paul's Hospital
Foundation

Tim's

At participating restaurants in Saskatchewan.



Nature Installment at Main Doors

Special thanks to the folks from the Green Thumb Committee for choosing and printing the four giant scenes of spring, summer, fall and winter trees. In the next few years, you will be seeing more nature imagery which will make SPH a more attractive and serene place to work. There is research that points to nature (like plants and flowers) as well as nature imagery (including photos and paintings of nature) to lower levels of stress and blood pressure.



Health Bus Awareness

Most of us will have seen by now the SHA Health Bus is parked out front of St. Paul's on a regular basis. They offer a large number of services including offering help to people experiencing:

- Muscle aches and pains;
- Ear infections, sore throats, coughs;
- Wound care;
- Medications and prescriptions;
- Birth control and pregnancy testing;
- STI testing and treatment.

The bus is open from 1:00-4:30 PM when it is

on-site. There is no charge for services and no appointment is necessary.

The vision of the Health Bus is to provide a mobile Primary Health Centre that creates health equity and closes the disparity gap for people who are geographically, socially, economically and/or culturally isolated. The Nurse Practitioner and Paramedic on the Health Bus may be able to help with routine medical care, instead of going to the Emergency Department.



Did somebody say, "Karaoke!"

ST PAUL'S HEALING ARTS
TEAM PRESENTS

WINTER KARAOKE PARTY!

Join us
December 22, 2022
and share your voice!

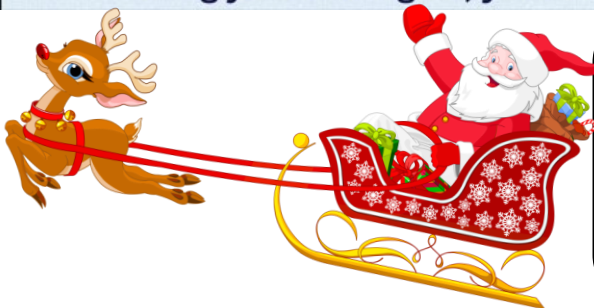
Prizes
for all
singers!

Thursday December 22, 2022

SPH Cafeteria

11:30am-12:30pm

Bring your managers, your co-workers, and your lunch!



And a huge thank you to the staff of SPH Foundation for the prizes being offered and for all the work they do sharing our story, vision and mission with the community!