

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

Let the Sun Shine In

Spring in a Disney cartoon is colourful flowers blooming up from snow that disappears in mere seconds.

Spring in Saskatchewan is months of brown snow receding to reveal garbage and black ice, cold winds, and patience being tested.

While a few wise and courageous souls do not see winter as an end to their “outside time” some of us prefer to huddle under a blanket streaming Netflix and hot drinks.

Whether we choose to maximize how much time we spend outside, the fact is, most of our jobs here in the hospital keep us inside all the time, sometimes in rooms that do not have ready access to sunlight.

The Green Thumb Committee seeks to remedy some of that by bringing a little bit of the outdoors inside!

Marlessa Wesolowski, our artist-in-residence, has been leading a small committee of people who discuss and investigate the benefits of nature, flowers, plants, light and other aspects of all that the natural world offers to us as a form of human maintenance.

Modern hospitals are by definition institutions. Institutions are best at caring for LARGE groups of people; but their strength does not lie in their ability to care well for individuals. But here at St. Paul's, part of our mission is to care for the *individuals* who work here and who are patients here.

To that end, the Green Thumb Committee is constantly asking how we can grow your access to nature in and around our site.

There is research that shows that even images of nature can increase our sense of well-being and lower blood pressure. You may have noticed in our main entry that there are four beautiful banners of trees in different seasons. We have already heard very positive comments about how people feel when they see these scenes.

Keep your ears and eyes open for further initiatives of the Green Thumb Committee and in the meantime, please enjoy this gift of flower seeds attached to the first 200 copies of the LifeLine. I hope seeing their early budding from the soil brings you joy.

— 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
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www.stpaulshospital.org

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Submissions are subject to editing.

Emmanuel Health Message

I am excited to be writing to you all in my first month as the incoming President & CEO of Emmanuel Health. I am honoured to be part of this amazing team and organization, with such an incredible legacy of serving the healthcare needs of our communities across Saskatchewan. It truly feels like I have come home to the Catholic Health Ministry, as I started my healthcare journey at St. Paul's Hospital in 1992 as a frontline care provider.

Thank you to Jean Morrison and the Emmanuel Health Board of Directors for having faith in me to lead us into this next era.

As you all know, Jean has served as a leader in Catholic Health in Saskatchewan for the past 14+ years, and as the inaugural President & CEO of Emmanuel Health. Jean has guided us, championed, and operationalized our vision and mission into the Saskatchewan healthcare system with the outstanding efforts of you

and your teams across Saskatchewan. I will be forever grateful for Jean's friendship, guidance, and support. Her advisement and oversight through this transition will be a tremendous benefit for us all moving forward.

I am truly humbled by this opportunity. For more than 100 years in Saskatchewan, tens of thousands of employees and volunteers have joined the healing Ministry to fulfill our Mission - to respond to the unmet needs of the vulnerable and the communities we serve through compassionate innovative services and partnerships. This simple and compelling Mission has guided decades of compassionate care in Saskatchewan. To lead such a team and legacy into the future is incredibly inspiring and a tremendous privilege. I am honoured to work with this team, and I can assure you that the Mission will always be our north star.

...continued on next page...

Emmanuel Health *(continued)*

As we embark on this journey together, we begin in the midst of one of the most challenging times that healthcare has ever faced. Ongoing system pressures from the coronavirus pandemic, healthcare human resource challenges, strong population growth, and aging population demographics are resulting in challenges that will impact the entire healthcare team.

Please know that the health and well-being of our team will be a top priority for Emmanuel Health. Our frontline teams are the most valuable resource that our health system has, and as such, growing and nurturing them is our most important task as healthcare leaders.



Photo of Jean and Corey courtesy of the SPH Foundation

As we move forward, I will be asking you to serve our community through the St. Paul's Hospital values of Compassionate Caring,

Holistic Care, Respect for All, Stewardship, and Collaborative Partnerships. I am excited about joining Emmanuel Health and energized by the future.

Let me close by thanking you all. You have done everything that has been asked of you and so much more throughout this pandemic.

You have balanced a heavy load of caring for your families, your communities, and our patients and families. The entire Emmanuel Health family is grateful for all that you are doing to support the Mission. I look forward to connecting over the days and years ahead!

Long Service Awards 2023

The Long Service Awards have been the staple celebration of the staff of St. Paul's to mark their quinquennial (every fifth year) anniversaries. It is an opportunity for the hospital to say thank you to the staff who have given so many of their waking hours to caring for others.

The COVID pandemic threw a monkey wrench into our ability to celebrate in person so for three years we have marked the anniversary virtually in other ways. Unfortunately, out of an abundance of caution on the part of the

SHA, we will mark this year without an in-person gathering again.

For the last two years, we have offered charcuterie boxes to mixed reviews. This year we are reaching out to a number of local restaurants in hopes of arranging an appropriate sign of appreciation for you!

More information will be coming to you in the near future. The option to choose a gift will continue as per past practice with the same company we've been working with for years.

A Note from SPH Executive Director, Tracy Muggli

Greetings Team St. Paul's! It seems fitting that with Spring around the corner, we are busy "planting the seeds" for new growth at St. Paul's Hospital!

Our Building Services team has been very busy providing support to several projects such as the ICU and Endoscopy renovations, planning for new generator, boiler upgrades and helping with transitional work for improving entry points to the hospital. A huge thanks to Rod Stabler and his team for their diligent work in moving these initiatives forward.



I am also happy to announce that we have made it to the 'RFQ' phase of the Front Entry Construction Project. The RFQ process is a pre-qualification exercise, with next steps seeing an official RFP being issued to collect bids, select a contractor, and get building! The project will add square footage to the front entry to better ease congestion, improve safety and accessibility to the site, re-locate Registration Services to the front entry, and add a Healing Centre which will house First Nations Metis Health offices and ceremonial space. The front grounds will be excavated and improved. This project is more than a decade in the making and will make a huge difference in our ability to

provide service to our community.

The other priority project we are committed to relates to survey work completed last year, when we asked members of our community as well as staff members about their experience entering our hospital and working in the front end of our hospital.

More than 160 health-seeking relatives (community members) and staff participated. From the report, we received a number of recommendations. Some indicate the need for unconscious bias, anti-racism and trauma-informed care training, and some address our physical building needs.

We will be holding two town halls to share the report findings and share our plans to address the recommendations. We will also share the plans for the front entry construction at that time. Individual pizza will be provided for those who pre-register!

Please register for one session:

- Thursday, April 20 @ noon or
- Wednesday, April 26th @ noon.

Please pre-register by e-mailing
Oluwatosin.rotimiain@saskhealthauthority.ca

Thank you for your unwavering commitment to those we serve.

Music Therapy Bingo Appreciation

In February, music therapist with the SPH Healing Arts team, Mylandra Zielinski-Douglas, held a music bingo event for the St. Paul's Hospital Hemodialysis Unit and the Cameco Community Renal Health Centre in Saskatoon.

All the music used for bingo featured songs about love and friendship. *If you are interested in checking out the song list for yourself, scan this code with your phone camera to open the playlist.*

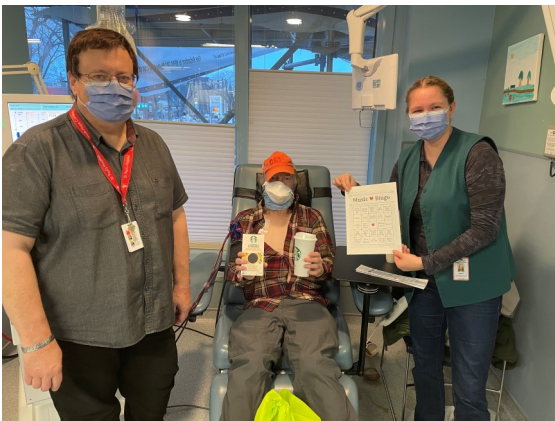


More than 150 patients and family members participated in music bingo over the four days.

Congratulations to our two grand prize winners Carolee and Cora. Thank you to the hemodialysis staff, the Mission Office, and community volunteers for helping to make this happen.

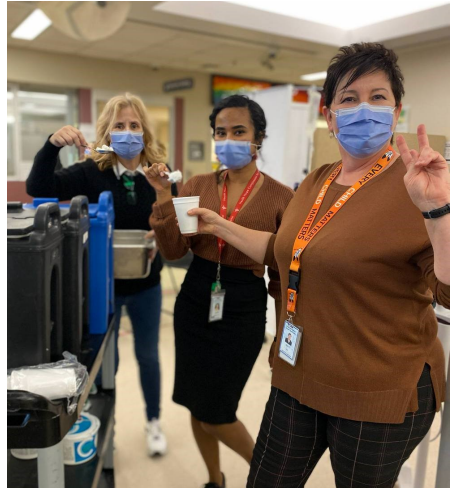
Thank you to our generous sponsors for donating so many wonderful prizes for this event:

- St Paul's Hospital Foundation
- Saskatoon Symphony Orchestra
- Dutch Growers
- Sardinia's Restaurant
- Starbucks Circle Drive
- The Soap Box
- Kennedys Parables
- Giant Tiger
- Midtown Plaza
- JJ's Express Car Wash
- D'Lish by Tish
- Prairie Lily Knitting and Needlework
- Great Canadian Oil Change
- Cineplex Odeon
- McNally Robinson
- Long & McQuade
- Tommy Guns Blairmore
- Sobeys/Safeway and
- Prairie Proud.



Blue Monday Hot Chocolate

The third Monday of January is what is known as Blue Monday; “The Most Depressing Day of the Year” (think post-Christmas blues, holiday credit card bills, cold weather, lack of motivation, etc.). The Mission Office did not want our SPH staff to experience this alone, and decided to declare this week as Hot Chocolate Week. With the wonderful help of our Nutrition and Food services staff, freshly made hot chocolate, including marshmallows and whipped cream, was delivered to staff in each department throughout the week. This brought smiles to both the recipients and our volunteers. Thank you, SPH, for being such a great community that is so delightful to serve.



L-R: Mariette Jean, Naomi Moorgen, Tracy Muggli

Community Day Plans

St. Paul’s Hospital Community Day has been held in May at our property since the early 1990’s. This year it will be held on May 24!

It is a time to call together volunteers from the hospital to put on a fun event for the members of the community of Pleasant Hill and several community schools beyond the neighbourhood.



Luckily, in the true spirit of St. Paul’s, one of the committee members noted the large patch of grass on the north side of our building so that is where we are hosting the SPH Community Day on May 24!

The inability to celebrate this event in a gathered way challenged us to think of creative ways to say “thank you” to our community. We opted for virtual presentations.

Keep your eyes peeled for posters promoting a day of fun (especially for the children) and please consider volunteering even for 30 minutes in whatever capacity you can. See you outside with a hotdog!

In Memorium of Sharon Ahenakew

Sharon Ahenakew was one of the earliest Indigenous caregivers hired by the fSHR back around 2009. Her role was to provide spiritual and cultural support to Indigenous patients. She filled this position for a number of years working alongside Ron Thompson and the other spiritual care staff. She provided much support to patients and parents and offered culturally appropriate care related to the birth and care of newborns.

Later, Sharon added to her part-time position by assuming Spiritual/Cultural responsibilities at St. Paul's Hospital. Over time, she gradually moved into a full-time role at St. Paul's returning to RUH on an 'on-call' basis.

While at St. Paul's, Sharon developed a strong working relationship with the Spiritual Care staff and with members of the First Nations and Metis Health Department.

Over time, Sharon also was recruited to provide care, as requested, to patients at Parkridge Centre and helped to ensure regular smudging opportunities for Indigenous residents.

Sharon possessed a friendly spirit and was appreciated by staff and patients alike. She was always open to spending time listening to stories over a cup of coffee or accompanying an ailing patient in their room. She helped to create the 'cultural space' for healing and/or end of life care. Her ability to build alliances

with other staff members was a definite asset in promoting understanding of Indigenous ways and enhancing culturally appropriate care for her patients.

For those who attended the weekly Smudges in the Ceremonial Prayer Room they would know of Sharon's gift of wisdom, compassion and her welcoming nature to all. She impacted the lives of many staff, community, family members and patients. Sharon offered her gifts to the hospital and the broader neighbourhood as an outpouring of her generous spirit.



Sharon passed away at St. Paul's Hospital Palliative Care Unit on March 2, 2023. She is truly missed.

Submitted by:

- Brian Walton, retired CPE educator;
- Shanna-Lee Connell, Spiritual Care Associate; and,
- Marlessa Wesolowski, Artist-in-Residence

Pharmacy Awareness Month Bingo

On March 15, Kaitlyn Tress (*below*), a pharmacist here at SPH, coordinated a Bingo to mark Pharmacy Awareness Month. The turnout for the event was great and people enjoyed the opportunity to sit with friends and visit while various drugs were called out overhead. Toques and lanyards were donated by the Mission Office. Congratulations to all the winners!



Yo! Taxi!



There are two new buttons in the hospital! But these aren't just any buttons. These are the buttons in the main entry and the entrance to Emergency that when you push, a cab is called! It even tells you the cab number to look for.

Nurse Recruitment in the Philippines

Phoebe Chometa, manager of 5th Medicine, was a part of the 2022 trip to the Philippines to recruit nurses and she has been asked to return for the March 2023 follow up trip.

As reported by the Ministry of Health back in December 2022, “Saskatchewan’s delegation to Manila led by Health Minister Paul Merriman has wrapped up its targeted health care recruitment mission and returned home with successful results, making conditional employment offers to 128 registered nurses and one continuing care aide.”

Phoebe knows the challenge for any young person to travel overseas to practice their trade. Early in her career, Phoebe made a courageous decision to travel to Saudi Arabia to be a nurse. During her tenure there, she became the head of a surgical unit.

She was aware of the first outreach of the province to the Philippines back in 2008 so she reached out to Shelley Lofstrom who is the Executive Director of Workforce Planning & Employment Strategies for the Saskatoon Health Region, simply to offer some insights and to find out more about their approach.

“I see it as my role to advocate for these foreign nurses. Coming to a new country is difficult...leaving family and learning a new language,” shared Phoebe. “They wonder if they made the right decision.”

Did you know...?

The Philippines has 330 nursing schools!

The first trip was for information about immigration and about the roles Canada is looking for.



“We had a really good response from our first trip so this second trip is to reply to all the applicants who were interested,” Phoebe noted.

If everything goes well and the individual shows interest, there is still training and immigration hurdles, language and skills assessment. The process could take up to two years

from first interview in the Philippines to the first day in a department in Canada.

“Canada has given me more than what I have asked for and...I am very grateful,” closed Phoebe. “I’m very passionate about helping out”.

Thank you, Phoebe—safe journey to you!

Our Friends in Infection Prevention and Control

The staff of Infection Prevention and Control (IPC) want you to know two things:

- 1) They do not have as much control as you think; and,
- 2) They like treats and desserts and are not afraid to take the biggest pieces.

In an e-mail interview, Melayna and Amanda answered a few of my questions about the role of IPC and some myths about their office.

IPC sees their role very simply as providing staff with the tools they need to prevent patients from getting infections while in hospital through education and policies. They work with the units to make sure patients are on the right additional precautions and assist them in managing outbreaks. They also work with construction teams to help with the design of new projects and during construction to prevent dust and molds from leaving the construction zone.

When COVID struck, their job changed drastically. “When COVID first started we were the people who were supposed to have answers to everything before the questions were even asked. Most other things in our daily work were pushed to the corner of our desks and it sat there for months. We had a

lot of information to disseminate,” said Melayna.

“Everything had to be developed provincially so a lot of the time our answers had to be, ‘I don’t know yet’ or ‘right now do X but tomorrow you’ll have to do Y’,” said Amanda.

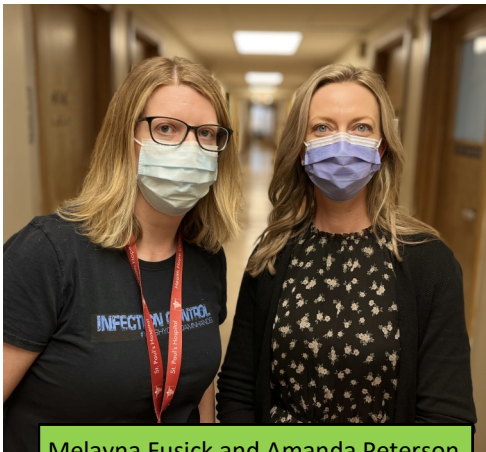
The amount of paperwork they had to do increased substantially. At the beginning,

every patient who came into the hospital with COVID required a 14-page form completed, then it changed to ten, then to eight and now it’s a 5-page form they only have to do if they get COVID during their stay.

“There were days where we would complete forms on 20+ patients a day and then do it again the next day.”

As we transition into a world where COVID is not the burning priority, IPC sees their road ahead as rebuilding relationships.

“We don’t always say no to everything and sometimes our department name gets used on things that we haven’t been consulted about,” they noted. “With policies changing so rapidly back and forth I think we lost some trust in what we do and that will likely take time to recover.”



Melayna Fusick and Amanda Peterson

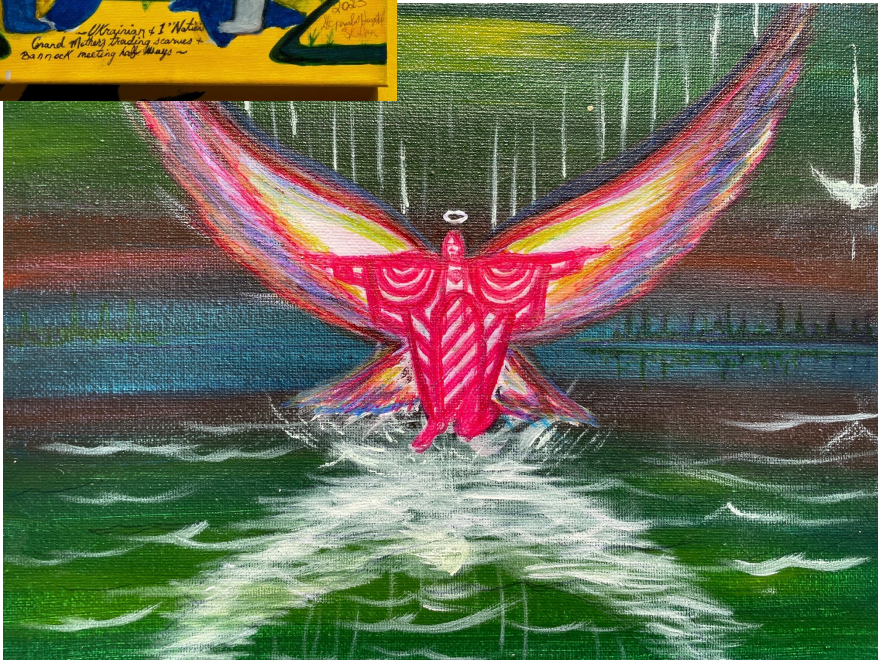
Giving Thanks and Supporting Ukraine

Daniel Bear is an artist and patient at SPH. Through his paintings and words he expresses his gratitude in his message to us all.

"Thanks to all hospital staff: nurses, doctors, custodians, paramedics, administrators, and everyone at St. Paul's from Daniel Bear, on behalf of homeless people and patients past and present.



Above: Artist and patient, Daniel Bear
Left: Baba's and Kukom's. Below: Jesus Angel



Creative Care through the Arts – St. Paul’s Hospital Healing Arts Program

Volunteering in the field of arts in healthcare is a tremendously rewarding and thankful experience. The Healing Arts Program at St. Paul’s Hospital was initiated in 2005 under the Mission Office in collaboration with the Volunteer Workforce. Marlessa Wesolowski, the Artist in Residence at St. Paul’s Hospital knows firsthand as she was a volunteer who helped form the Healing Arts Program.

Volunteers have been an essential part of our programming and growth. Since its beginning, the program has grown strong and steady in the delivery of the creative arts for patients, families, staff and the community. Today the Healing Arts Program is delivered by a

multidisciplinary team of skilled experts composed of an Artist-in-Residence, Music Therapists, Writer-in-Residence, and a vibrant volunteer program and is funded by the St. Paul’s Hospital Foundation.

This diverse and inclusive program's mission is to enhance the holistic nature of the care offered at St. Paul’s Hospital. We do this by creating opportunities where patients,

families, community, and staff can connect and engage in the creative arts to create meaning and improve health and wellbeing.

Since 2009, the beginning of the visual arts component of the Healing Arts Volunteer Program there have been 58 volunteers who have contributed 5876 hours. Our volunteers come from diverse experiences with varied reasons for contributing their time. For some

it is personal, and for others it's even an educational requirement, as in the case for Pharmacy students through their Service Learning experience and for students at the Core Neighbourhood Youth Co-Op.



Artist in Residence, Marlessa Wesolowski with Healing Arts Program Volunteer, Diana. Diana is a professional artist who volunteers at the bedside with patients on the Kidney Health Dialysis Unit.

“Having started my career at St. Paul’s Hospital as a volunteer, I recognize the significance and value of creating opportunities where socially engaged artists, healthcare workers, and university students can give to their community while learning and experiencing firsthand the intersection of arts, health, and healthcare delivery,” says SPH artist-in-residence, Marlessa Wesolowski.

Creative Volunteers *(continued from page 12)*

With the presence of volunteers we are able to expand the reach of our arts-based services and programming, and connect with more patients.

Volunteers have several ways that they can contribute their time and artistic skills and gifts. They can work in the Healing Arts Studio or bedside, actively engaging with patients and families in artistic expression, like painting a picture or writing a poem. Or they may participate in the performance arts, such as playing music in a common area.

In any event, artists help cultivate space that supports the healing needs of patients and their families. Often, volunteers build close supportive relationships with patients and families, and at the same time are grateful for their time sharing and exploring through the arts.

Many patients and our community have enjoyed the benefits of our Healing Arts volunteer workforce. This program is an example of the power of community and demonstrates how creativity is a necessary and vital aspect of holistic care delivery for all.



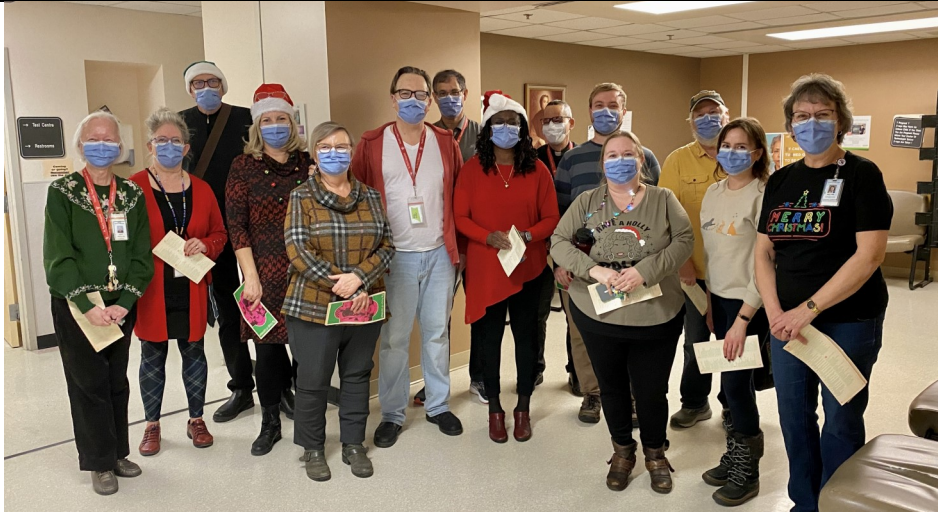
L: Danielle is an artist who volunteers at the 5th floor mobile art studio.

R: Volunteer Jessica is a Health Sciences student at the U of S with plans for Medicine in the fall. If you would like to volunteer as a visual, music, literary artist or community arts collective we welcome you to join our team. Please visit: www.stpaulshospital.org/about/healing.php

Christmas Choir on December 25

Thanks to everyone who came out to sing carols for a few hours on Christmas Day! The patients and staff were gregarious in their thanks!

See you again next season!



Research at St. Paul's

In recent weeks, you may have seen some “survey” posters in various places around the hospital. These posters were placed by me, the Robert Steane Holistic Research Chair. In placing these, my hope is to invite staff, patients, and families to offer some feedback regarding their experiences of the Spiritual Care and Healing Arts services in the hospital.

Many of you know that Spiritual Care and the Healing Arts services are significant parts of how we embody our mission at St. Paul's. You may have encountered some of these professionals throughout the hospital, providing care for

patients and families, offering meditation sessions in the chapel, or bringing beauty into the hospital through music, the visual arts, drama, or writing.



If you have experienced any of these things, I invite you to scan the QR code to the left or the posters around the hospital. The QR code will take you to an online survey; it will only take you 10-15 minutes to complete it.

Your feedback is invaluable. I look forward to receiving whatever insights you might want to share through the surveys.

Dr. Simon Lasair
Robert Steane Holistic Research Chair

Pysanky Easter Tradition

Easter is a time when many cultures from all over the world come together to celebrate through rich traditions the spring equinox and the resurrection of Christ. For many Ukrainian families, creating pysanky at Easter is a cultural ritual to bring them



together and celebrate. On March 8, the Healing Arts Program invited Karen Pidskalny from the Ukrainian Museum of Canada to share this beautiful tradition of writing Ukrainian Easter Eggs with staff and family. Karen also led a workshop for patients on March 15.

Overhead Prayers and Reflections

St. Paul's has played morning and evening prayers over the speakers for many years. Many appreciate them; some ignore them; some people react negatively. The desired outcome is that staff and patients know that many people are praying for them.

Over the next year, a committee of people will create updated prayers that more fully reflect the make up of our hospital and province, including more Cree and Tagalog, and reflections from Sikh and humanist views. **If you are interested, call Blake at 5819 to join.**

New Faces on SPH-EH Admin Team

There has been a lot of change in the staff of the St. Paul's Hospital (SPH) and Emmanuel Health (EH) Admin Team in the last year.

Oluwatosin (Tosin) Rotimi-Aina, Administrative Assistant, joined us on February 6, replacing Angela O'Hara-Towler who took on a one-year temporary position at SCH. The admin team now consists of: (L to R) Bonnie Hope, Rosemary Nazar, Tosin Rotimi-Aina and Lucy Corriveau.



Helen Krueger Remembered

Helen Krueger was the second Supervisor-Educator for the Spiritual Care Education Program at St. Paul's Hospital, teaching CPE (Clinical Psychospiritual Education) from 2000-2003. Helen passed away at the age of 88 on February 1, 2023 in Calgary, AB.

Originally from Fiske, SK, Helen's life overlapped with St. Paul's Hospital. She graduated from the St. Paul's School of Nursing in 1955, receiving the top award for competency. Helen went on to study religious education and theology, earning Masters Degrees in English and German and later a Master of Divinity.

In 1995, Helen returned to St. Paul's as a CPE student to study Spiritual Care. She later became a CPE Supervisor-Educator and began teaching at St. Paul's.

Helen was an exceptional and respected teacher, nurse, scholar, writer, musician, chaplain and minister. Her courageous leadership helped open doors for women to serve as leaders in the church. She was an empathetic and intuitive mentor to many. Those who knew her were uplifted by her

unconditional loving kindness, wisdom and keen sense of justice.

The CPE program continues, guiding small peer groups through the skill and competency development for the practice of spiritual care. Whether an individual is non-

religious or claims a faith tradition, spiritual care providers are a listening ear, a supportive presence in the midst of life's challenges.

A funeral for Helen Krueger is set for April 29.

-Julie Bergen, CPE Supervisor-Educator



Lost something? Found something?

Where did I forget my work bag? Whose coat is this? Oops, someone left their keys on the table.

Whether you have lost something or found something, please drop by the security booth at the entry of Emergency and they'll be happy to help you out.



St. Paul's Hospital Foundation AGM



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

You are invited to attend the
Stakeholders Meeting

Thursday, April 27, 2023

12:00 noon

At the

Sheraton Cavalier Saskatoon Hotel
In the Starlight Room
612 Spadina Crescent East
Saskatoon, SK, S7K 3G9

Please RSVP by Thursday, April 20, 2023 to
306-655-5861 or Jennifer.Bow@sphfoundation.org

Thank you and hope to see you there!

If you are unable to attend in person there will be a virtual option please contact for details.

SPHFoundation.org

Give Generously

Dementia: Living in the Memories of God, Review by Noreen Hareuther

My mother has dementia and as her ability to communicate declines and her struggle to find the words she is searching for increases, my curiosity about dementia and my desire to both help her express herself and understand her has increased. Before her dementia, my mother loved a good conversation and was interested in hearing people's stories and telling hers.

In his book, *Dementia: Living in the Memories of God*, author John Swinton begins by describing dementia from a medical perspective. Testing, diagnosing and treatment, he says can identify and offer help for what is occurring in the mind but, the mistake we make is using these findings to identify who the person is now.

A diagnosis of dementia does not define who a person is any more than an amputation does. Either circumstance may identify what a person is able to do but, not who they are.

While there may be "text book" cases, diagnoses are usually not one size fits all. Unless we are able to see beyond this perspective, "dementia just remains within the general frame of neurological disorder marked by decline, loss of cognitive faculties, suffering, disease, and so forth." This is all true about the disease but there is more to the story of one's life than the diagnosis of dementia in any of its forms.

Swinton does not dismiss the scientific or the medical understanding of dementia. He does plead with us to find a lens that keeps our understanding in the context of the person's selfhood, of what goes on inside. Accordingly, I cannot assume or dismiss the idea that my Mom does not have something to add to the conversation just because she is unable to express it, or that she doesn't want to add her two cents worth to a conversation either.

Swinton describes both the mind and the self as emerging from relationships and are formed and sustained by and in relationships. Those with dementia need to be in relationships even if they are not contributing. Swinton has quite a lot to say about faith, how faith works and the role it plays in a person's life. I think it could be said that all of the things that give meaning to a person's life play a role in their self, who they are, whether they remember those things or not.

The case that Swinton puts forward is, "to recognize that dementia is but another example of the limitedness and mortality of the human condition." So we look for what remains, not what has been lost. The conversation, the story is found in what remains. My mom's conversation, her story remains.

"I will not forget you! See, I have engraved you on the palms of my hands" (Isaiah 49:15)

I Just Cry in My Car...

Working in a hospital is hard. Hospitals are the epicenter of where people go when they are sick, need surgery or are simply dying.

As trained healthcare workers, we know our job is to serve the patient; there is a “professional distance” that we maintain in order to do the many tasks that are expected of us. But the thing about being a human being is that sometimes, the difficult things we need to do gets to us.

It is not uncommon to hear about healthcare

workers having to cry in their cars before or after their shift. It is not uncommon to hear that they are struggling with the many tragic stories that live in their memories.

Here at St. Paul’s, we have a interprofessional team who have training in debriefing a traumatic event.—and traumatic things happen in hospitals regularly.

MANAGERS: If you want to know more or would like our team to come help debrief a difficult shift, please call Blake at 5819.

Saskatoon City Police—Community Mobilization Unit

On Tuesday February 28th, members of the CMU, or Community Mobilization Unit, of the Saskatoon Police Service presented on their work in the St. Paul’s community in the cafeteria for a noon-hour presentation.

The CMU is a special unit within our city police services that are employed specifically to patrol the Pleasant Hill community and



“focus on the community, on the people who live and work in the area, and just provide a more community-based, personal relationship style of policing”, in addition to their typical duties as police officers.

Constable Al Chan (*left*) and Staff Sergeant Mike Horvath presented on the situations they encounter in their CMU work in the neighborhood, the relationships they are building in our community, and gave safety tips to our staff. They were quick to address questions from the audience.

If you or your department are interested in attending another presentation, please contact Naomi Moorgen in Mission: Naomi.moorgen@Saskhealthauthority.ca

PHCA Winter Carnival

On March 11, Pleasant Hill Community Association hosted a Winter Carnival behind the Pleasant Hill Community School. Included in the day was a smudge Circle, 4-legged skiing, toboggan bowling, hot dogs, a photo booth, tire tube races and a firetruck tour.

Hundreds of neighbourhood families came out to enjoy the day and at the end of it all, there was a draw for prizes. St. Paul's staff, along with many others from the community, came out to volunteer.



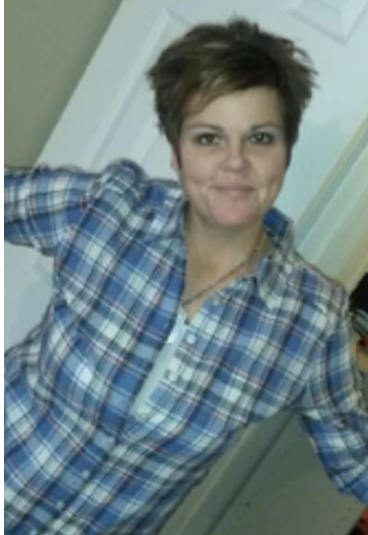
Amber Tkachuk (August 17, 1975 – Feb 24, 2023)

Amber was a bright, energetic, kind hearted individual. She was a caring and attentive nurse to her patients. Everyone who was blessed to know Amber can agree she made you feel welcome regardless of your role; not only on 5B Surgery but in every unit she worked on during her time in the Health Care field. Amber was the type of person who would want to get to know you on a personal level that surpasses the co-worker relationship. She would ask questions about your life, and share stories of her life.

We would sit and laugh, and talk about the shenanigans that we had during break times. She was definitely a people person and would offer advice and friendship to those she met. Amber was a hardworking person, and liked to talk to everyone. She enjoyed making people smile and laugh.

Any one who knew Amber knew how much she adored her children. She shared lovingly

about her beautiful daughter Reece, and spoke warmly in remembrance about her daughter Tori to her friends. Amber also had a great relationship with her parents. Amber



was a very avid dog lover. She would tell stories of her past taking in foster puppies until they found their forever homes. She loved having dogs around and meeting new dogs as well. Her love of animals is just another great thing that shows her how loving she was.

Amber is survived by her daughter, Reece, her mother, and her siblings. She lives on in the hearts of every friend, family member, and coworkers she has met. She will be missed greatly on the unit, and around the hospital. Her smile, and laugh and many stories will be missed.

“A good heart has stopped beating, but a heart that has touched so many lives can’t help but live on in those it loved.”

-author unknown

Honouring and Remembering Staff

In past years, when a staff person died, the flags out front would be lowered to half mast for 24 hours. COVID and some damage to the flagpoles have prevented us from doing this.

We will not hear about every passing, but when we do, we will take the opportunity to show respect service to St. Paul’s Hospital by lowering the flag for the day. Thank you.

Music Therapy Appreciation Month

Music therapy is the use of music within a therapeutic relationship to promote physical, mental and spiritual wellness. Music therapy is practiced by a Certified Music Therapist, also known as an MTA. Certified music therapists use their university education along with their musical abilities to engage their clients in evidence-based interventions. Together, the client and music therapist work to improve, promote, or maintain quality of life in many different areas.

Douglas, and Tinaya Entz (away on mat leave) use goal-oriented music interventions to support patient health and wellbeing in a variety of populations. Music is shared in common areas of the hospital in addition to the bedside, as well as within the community of St Paul's.



St Paul's Hospital Music Therapists (L-R):
Rebecca, Lisa, & Mylandra

As part of the month's celebration our music therapy team held a special jam session to celebrate the beginning of spring.

Music therapy can support pain and symptom management, reduce stress and anxiety, regulate mood, increase motivation and enhance social connections.

Within St Paul's Hospital, certified music therapists work throughout the hospital serving the diverse populations.

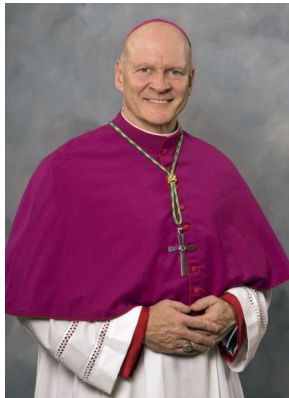
Music therapists Rebecca Farthing, Lisa Wutch, Mylandra Zielinski-



An Easter Message from Bishop Mark Hagemoen

Greetings to you all as we approach another Holy Week and Easter Season! The long days of winter are finally giving way to somewhat warmer and certainly brighter days of Spring – a metaphor for the passage from Holy Week to the Easter event.

This last year has brought to our minds and hearts the awareness of the urgent need for *shalom* – restoration of right relationship – with God, with one another, with all creation, and within ourselves. As we all know, ultimately only God can give us this. In the words of our Saviour: “Peace I leave with you, my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled.” [John 14:27]



Our Lenten journey in the wilderness with Jesus always features a renewed sense of vulnerability and brokenness. However, it brings the experience of blessings, much human kindness, and renewal.

In this year’s Lenten message from Pope Francis, he reflects on the Transfiguration passage in the Gospel of Matthew. He describes this event as a unique and profound experience of an extraordinary spiritual encounter with God the Father and His son Jesus Christ, on the mountain top. Lent is a time of extraordinary spiritual events and

experiences given our spiritual pilgrimage of prayer, sacrifice, and service during the Lenten season. However, the Pope also invites us to go beyond the isolated spiritual experience to everyday life. As he states:

On hearing the Father’s voice, the disciples “fell prostrate and were very much afraid. But Jesus came and touched them, saying, ‘Rise, and do not be afraid.’ And when the disciples raised their eyes, they saw no one else but Jesus alone” (Mt 17:6-8).

Holy Week and the Easter season renew our awareness that nothing can come between us and the great love of God in Jesus Christ. The combination of desolation and strengthening that we experience in our Lenten journey assists us to live

life well by not disengaging or withdrawing from the difficulties and challenges of current affairs. With God’s help, strength, and light – we are able to face and engage our current circumstances; bring hope to bear on futility; courage to bear on human weakness and failing; and light to bear on all darkness.

Thank you all so very much for your support to me showing what it means to strive to have the same mind and heart as that of Christ Jesus. May [Holy Week and Easter] strengthen our resolution and solidarity to live the Paschal Mystery well together in Our Saviour!!

SPHPA Mardi Gras (Shrove Tuesday) Treats

On February 21, the SPH Personnel Association helped SPH ring in the Lent season in a novel and fun way by coordinating and funding our first ever Mardi Gras Donut Day.

Over 1000 donuts were ordered from our friends at Nutana Bakery. Staff, students, volunteers (and even patients and visitors) came down to the cafeteria to receive their

atmosphere.

Thank you to all our volunteers who showed up to serve, and a special thank you to the Personnel Association- it is your work and efforts that contributes to St. Paul's special, unique community spirit.



11:00 AM Smudge Invitation

Did you know that everyone is invited to participate in the smudges that take place in the 5th floor ceremonial room every weekday at 11 AM? Indigenous teaching is primarily part of an oral tradition so many non-indigenous people do not understand the purpose. If you'd like to learn more, please drop in and find out! Vernon, an SHA knowledge keeper, will happily share the teaching.

