

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

Putting the Hospital in Hospitality

Hospitality is a nice word used by nice people to mark nice moments.

Isn't that nice?

When most of us think of hospitality, we think of getting the couch or guest bedroom ready for when family come to visit. Maybe we think of being welcomed at a restaurant.

When we speak of hospitality in terms who we are as a hospital, we are not talking about nice smiles to people coming into the emergency room. We are talking about radical hospitality.

The word "radical" comes from the Latin word *radix* for "root". Radical Hospitality means that it is at the root or heart or foundation of what we do.

Now you might think that what is at the heart or foundation of a hospital is healthcare but the earliest hospitals were not places people went when they were sick. The earliest hospitals were homes where people who were traveling would go if they were on a long journey and were tired or scared. Those early hospitals welcomed the stranger.

Again, I don't want this coming off sounding weak or mild. Welcoming the stranger is not like the poet Edgar Guest who wrote, "That strangers are friends that we some day may meet". Hospitality means we look into the eyes of the poor, the sick, the homeless and say, "You are welcome here; your are safe".

A few years ago, there was a popular sign that went up around the world that said simply, "Refugees Welcome". Welcoming a family member or friend is one thing, but welcoming a refugee means offering support to someone who has experienced trauma, who speaks a different language, who is of a different faith, who comes with just the clothes on their back.

This kind of hospitality is not a nice smile. It means a nation redirects hundreds of millions of dollars to make sure these people know that they are valuable even in their most vulnerable moments.

Hospitality is not about a new sub-committee. Hospitality is a dangerous decision we make when someone walks through our door and we say, "Welcome".

— *Blake Sittler*
Director of Mission

The LifeLine



St. Paul's Hospital

St. Paul's Hospital Mission Office



Vision Mission Values



**Emmanuel
Health**

A Catholic Health Organization

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

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

www.stpaulshospital.org

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Submissions are subject to editing.

Sprucing the place up: A Message from Tracy Muggli, ED of SPH

Hello colleagues and welcome to autumn!

I want to take this opportunity to share with you a number of initiatives we are undertaking in and around SPH.

I am sure many of you are wondering about the front entrance and grounds revitalization work. At this time, we are primarily focused on transitional plans while we await final approval for this

very important project whose ultimate outcome is a safe and welcoming front grounds and main entrance, improving the patient, family, visitor and staff experience through environmental design.



A few of the highlights from the project include: Patient Registration Services moving to the front entry, a Healing Centre built right beside the main doors, and a secured patient

courtyard that will provide patients and their family members a safe and serene place to absorb some sunlight and nature.

In preparation, and as part of the transitional plans, we have completed work at the entry of C-Wing to provide an alternative patient and visitor

entrance once construction begins. A number of smaller projects necessary to facilitate the large project have also been completed including moving the mailroom, the physician lounge and the Information Services desk.

Improving safety and creating a welcoming environment!

In addition to this exciting work underway, you may have also noticed other great work underway, with more to come:

- Installation and commissioning of the Pneumatic tube system is near complete;
- ICU has completed renos on several rooms;
- ED trauma space and waiting room upgrades are complete;
- The cafeteria terrace garden looks great thanks to the Green Thumb Committee (have you seen the flourishing tobacco plants?!);
- The parking transponder switchover is near completion, improving access to the parkade and the opening of additional parking spaces;
- A new generator plant is forthcoming, a project that will spread over 2 years, starting next year on 21st street side of building;
- Preliminary work is underway to prepare for boiler burner upgrades;
- Replacement of reverse osmosis water system at Cameco community dialysis centre is partially complete and roof replacement on the building is slated to occur next year;



But wait! There's more!

- Replacement of elevators 1 & 2 in B Wing will occur next year;
- A water softener system upgrade is complete;
- Pharmacy security upgrade in progress;
- Parkade walkway roof replacement planning is underway;
- Preparations for MRI upgrades are happening;
- The C Wing entry doors are being

refinished to their former glory, preserving a piece of our SPH heritage.

Special thanks to all involved in this work, with a special shout out to SHA leadership for advancing these projects as a priority, our Foundation for providing funding for the Green Thumb Committee and a portion of the front entry project, and to our Building Services teams, who support all of this work,

not to mention all of the daily calls for maintenance in the building! What an amazing team!

Stay tuned for more to come on new initiatives for what we aim to do best at St. Paul's—**Hospitality!**

Saskatoon Food Bank & Learning Centre: Introducing *Project Evolve*

The Saskatoon Food Bank & Learning Centre (SFBLC) is growing and, as we do, it's important to ensure our organization has a solid foundation to help us expand our impact and sustain our good work. As our community's needs evolve, so does our approach. Our response is Project Evolve, a bold new strategy to guide us through a process of change and growth.

Through Project Evolve we are reimagining the role of a food bank in our community and adapting our programs and services in response to our evolving vision. As we embark on this journey of growth and innovation, we are guided by our deep commitment to enacting positive change in our community.

The Project Evolve roadmap outlines three areas of focus:

1. Construction (*Our Home*): Coordinating all aspects of constructing a new building.
2. Organizational Development (*Our How*): Building a high performing organization to sustain good work.
3. Deepening Impact (*Our Why*): Actively engaging key stakeholders, community members, and neighbours.

With the construction phase of Project Evolve, the SFBLC will be moving to a new home at 425 Ave. P South in the beautiful Pleasant Hill neighbourhood. This new home will allow us to offer all of our different services and programming at one central location.

We are always striving to make sure that the SFBLC is being the best neighbour possible, and as such we have been meeting with key stakeholders, community members, and our neighbours to gather their input and learn how we can be the best neighbour we can be, and how we can best serve the needs of the community.

We are pleased to share that the feedback we have received to-date has been overwhelmingly positive. The community of Pleasant Hill and the surrounding area have been welcoming and supportive, sharing local wisdom and providing practical ideas and suggestions.

We are currently in the planning phase of our new home, with construction tentatively scheduled for 2024.

To learn more about Project Evolve please contact Alison Robertson, Project Lead, at alison.r@saskatoonfoodbank.ca.

This opportunity has been made possible in part by the donations made through the Plant Possibility Campaign. For more information on the Plant Possibility capital campaign, please contact Laurie O'Connor, ED, Saskatoon Food Bank & Learning Centre, at laurie.o@saskatoonfoodbank.ca or visit <https://saskatoonfoodbank.org/plant-possibility>.

Spiritual Care Awareness Week



TEA FOR THE SOUL

Everyone is welcome to join the
Spiritual Care Team for
refreshment and reflection

*Wednesday, October 25, 2023
10:30 am at the 5th floor hub*

Spiritual health is health—learn more at spiritualcareweek.org

Roxy with Volunteer Services



What are some of the benefits of a visit from Roxy?

- Reduced stress
- Promotion of healing
- Lowered blood pressure
- Lifted spirits
- Decreased risk of cardiovascular disease
- Lessened anxiety and pain
- Decreased feelings of loneliness

- Improved social functioning
- Reduced fear and anxiety
- Improved nutritional uptake
- Decreased depression
- Decreased perceived pain

If you would like to learn more about therapy dogs at SPH, please contact Volunteer Services at 5708.

International Overdose Awareness Day (IOAD)

On August 31, Opioid Assisted Recovery Services (OARS), Rapid Access to Addiction Medicine (RAAM), with the Overdose Outreach Team (OOT) hosted their second annual IOAD event and free BBQ in the OARS Parking Lot. All were welcome to attend and even though there was rain, many people came for a meal, conversation, education and opportunities to win a prize or two.

This year's theme was "Recognizing those people who go unseen", acknowledging those in our community who are affected by overdose. This annual event is in commemoration of those who have been lost to overdose and those impacted by it and is presented by

Activities included Naloxone education, resources and information, commemoration and support, Purple Ribbons and swag galore!

"It was great to see so many people come out to recognize this important event and commemorate those we have lost to overdose. Despite the heaviness of the day, there was an overall feeling of community," said Program Manager, Rachel Perehudoff. "We are all in this together".



Firefighters also lent a hand by cooking hamburgers and hotdogs for the community. Thank you for your presence and service!

Jehovah's Witness Presentation

On August 16, a small group of staff gathered to hear two representatives of the Jehovah's Witnesses speak. Their goal was to help staff understand the position of JW's on medical treatment and to discuss clinical strategies to assist patients of this faith to avoid treatments that are contrary to their beliefs.



Eric Chapman and Brody Mykytyzyn

“Jehovah's Witnesses are not antimedicine or antisurgery,” quoted Brody Mykytyzyn. “Many are doctors and nurses. They seek medical attention for themselves and their families”.

Jehovah's Witnesses refer to *Acts 15:20* where it says the faithful are to “abstain from blood”.

This is key to the issues they face when they find themselves in need of medical treatment.

During their presentation, they discussed how quality medical care without blood transfusions are possible, including through minimization of blood loss, enhancement of hematopoiesis, and autologous blood management.

More info is available at jw.org/medical or by contacting them at SaskHLC@hotmail.com

ROSH HASHANAH AND YOM KIPPUR

SEPTEMBER 15-17

SEPTEMBER 24-25



Library Now Open

The library in the cafeteria is open again after its closure during COVID. We welcome our librarian, Jessica. the library is staffed Monday -Friday between 7:30AM and 4:00PM, but staff members are able to use the library after hours if they have proxy card access. Our services and resources are on our website: saskhealthauthority.libguides.com/home/ourservices



Librarian, Jessica Kelly

Now Open: SPH Library Location

We are restaffed and open to SHA physicians, staff and students for applied learning and study.



Find us on Floor 0 across from the cafeteria.

Step Up for Mental Health Run



STEP UP
FOR MENTAL HEALTH

 Cameco

Sunday, September 24, 2023
5K/10K/21.1K (half marathon)

Participants from ages 6–22 can register for only \$25. All registration fees are matched by Cameco and donated to mental health programs.

Register at WWW.STEPUPSK.CA

Deadline for Registration is Sept 07!

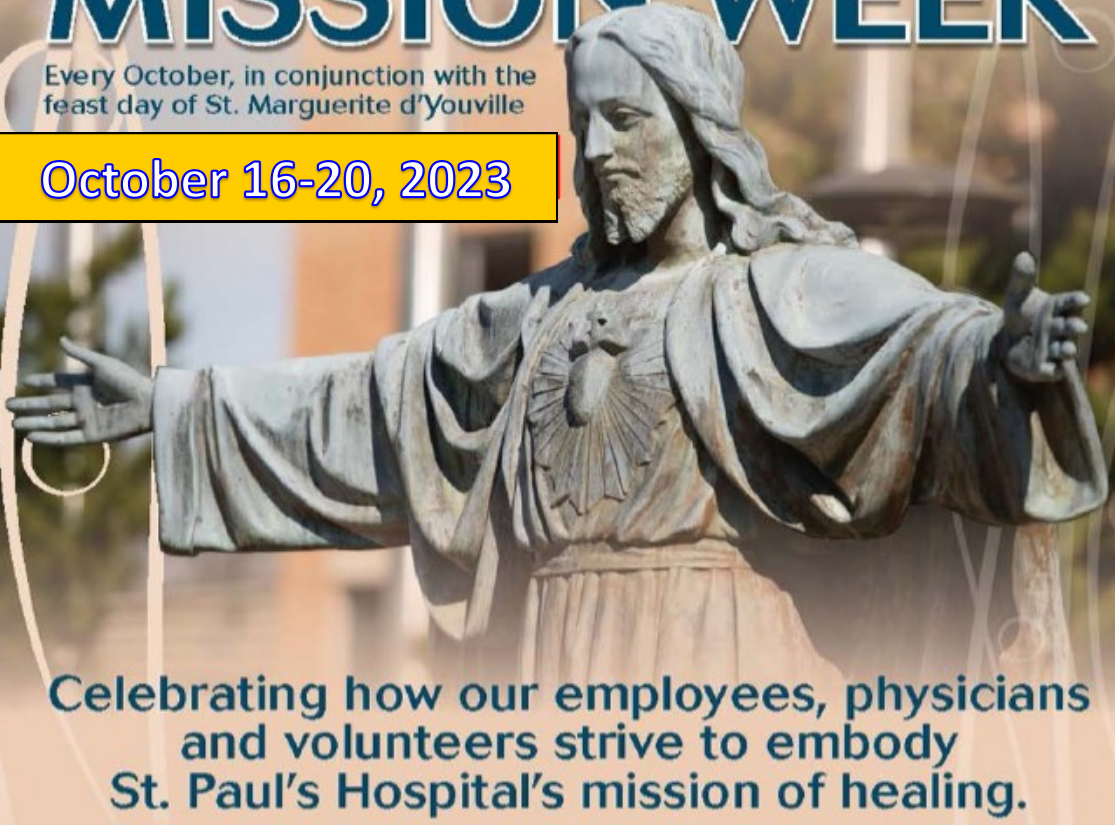
Mission Week 2023

St. Paul's Hospital Mission Office presents

MISSION WEEK

Every October, in conjunction with the feast day of St. Marguerite d'Youville

October 16-20, 2023



Celebrating how our employees, physicians and volunteers strive to embody St. Paul's Hospital's mission of healing.

- | | |
|------------|--|
| October 16 | Film Vignettes Release: St. Paul's & Pleasant Hill |
| October 17 | Mission & Charism Awards; Foundation Draws |
| October 18 | Feast & Gift Day, 11 AM-1 PM and 6:30-8:30 PM |
| October 19 | Schwartz Rounds in Pylypchuk Hall |
| October 20 | Show your St. Paul's Spirit Day! |

Pool Our Love donations for Friendship Inn collection all week!

Music on the 5th Floor

SPH HEALING ARTS PROGRAM PRESENTS

TAKE 5

JOIN US!!
SEPTEMBER 25TH

MUSIC ON THE 5TH FLOOR

COME JOIN IN
MUSIC MAKING
TO BUILD
COMMUNITY,
UPLIFT SPIRITS
AND HAVE
SOME FUN!
SING, PLAY, OR
LISTEN - ALL
ARE
WELCOME!!

1:30-2:30 PM
5TH FLOOR HUB

FOR MORE INFO CONTACT:
LISA 306-655-0560
MYLANDRA 306-655-5857
REBECCA 306-655-5526



St Paul's Hospital



ST. PAUL'S
HOSPITAL
FOUNDATION INC.



VISION MISSION VALUES

National Day for Truth & Reconciliation Marked on September 28

In order to accommodate the National Day for Truth & Reconciliation falling on a Saturday and the many staff who will be off on Sept 29, St. Paul's will mark the NDTRC on Thursday, Sept. 28 with a smudge out front of the hospital at 9:00 AM. It will be led by our knowledge keeper, Vernon Linklater.

It will be followed by a social with muskeg tea and treats, including orange shirt pins, made by social worker Tricia (left) for the first 50 guests. All are welcome!



More Staxi Chairs for SPH

Thanks again to the Foundation for the purchase of eleven new Staxis.

hotel in Stonebridge. The staff were very friendly when we came to retrieve it :)

For the last two years, we have been placing Bluetooth tracking Tiles in the chairs so that we can find them in the community. One of our chairs even decided to take a spa day and stayed overnight in a



Green Thumb Pitch Fest

The SPH Green Thumb Committee invites you to our

Green Thumb Pitch Party

Do you have an idea on how to incorporate more nature and nature imagery into our hospital? If so, here's your chance to share your idea in a fun setting on...

Tuesday, September 26
@ 12 noon on the Cafeteria Terrace
(aka, *Meuopikihitowin*, a good place for growing together)

How does it work? **Glad you asked!**

1. Show up;
2. Present your idea to our friendly panel we like to call the **SHARK GUPPY TANK**;
3. Sit down and bask in the adulation of your colleagues!

For more information about the day, please call Blake @ 5819

Catholic Health Association of Saskatchewan Convention



HOLISTIC CARE

Healing Through Spirit, Story & Song

October 26 & 27

Queen's House Retreat & Renewal Centre
601 Taylor St W, Saskatoon, SK

Accommodations available at **Queen's House**
or

Home Inn & Suites Hotel or Sandman Hotel
see brochure at www.chassk.ca

\$225/person (Includes banquet, breakfast & lunch)

Register by Thursday October 19, 11pm

Register at: queenshouse.org

Register by noon

OCTOBER 13 and SAVE \$25



For more information visit: chassk.ca
or contact

Peter Oliver
p. 306-955-2427
peter@chassk.ca



REV. DAVID MAGINLEY
M.DIV CSPC



FEATURED PRESENTERS

JOHN RUETZ
CEO the Catholic Health
Alliance of Canada



DR. ANNE
VARGAS-LEVERIZA PH.D.



MARICELA CAMPA
Program Manager Office
of Mental Health Ministry



TRC PANEL



EMBRACING THE CALLS
TO ACTION

MODERATED BY SANDI HARPER

CHIEF WILTON
LITTLECHILD



FR. KEN
THORSON OMI



BREAKOUT PRESENTERS

FR. IVAN NAHACHEWSKY
FR. KEVIN MCGEE
KATELYN ROBERTS PBSW, MPA
MORRIS MARKENTIN MD

MASS CELEBRANT
ARCHBISHOP DONALD BOLEN

SEED & PLANT SWAP



WEDNESDAY OCT 25, 11:30 - 1:00

SPH CAFETERIA

Why swap seeds & plants?

Meet new people

Less expensive - free seeds & plants

Grow something new

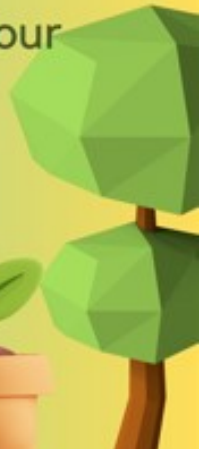
More varieties to choose from

Joy of growing your own plants

If you love to garden, start saving your
extra seeds & plants to share!

Bring your lunch!

for more info
Marlessa 0514



When to refer for Spiritual Care

More and more healthcare practitioners realize that spiritual care is not necessarily religious care. Often patients greet spiritual care staff with a statement like, “Thank you but I’m not religious”.

Spiritual Care is care for the human spirit. If you are human, spiritual care is there for you!

A referral for spiritual care be appropriate for a patient when they are experiencing:

- Anger
- Grief
- Fear
- Sadness
- When they have received difficult news

Spiritual Care is a part of the spectrum of effective holistic care.



Long Service Awards 2023

This year's Long Service recipients were pleased with their gift certificates to Earl's Restaurant. Thank you, Naomi, for ensuring all of our colleagues received these over the summer!

Plans are still in limbo for how we will mark the Long Service Awards in 2024 but we are hopeful for a modest, gathered banquet. We have heard time and time again that you miss the opportunity to gather and celebrate with each other so this is the goal we are setting for ourselves in the upcoming year.



Mental Health Presentation

The Schizophrenia Society of Saskatchewan Partnership Program will be sharing a presentation in Pylypchuk Hall on Tuesday, September 26th, 2023 at 12 noon.

Come hear stories of recovery from a panel of individuals who have wrestled with their

mental health and, through courage and reaching out for help, will share their story.

Everyone is welcome to attend!

www.schizophrenia.sk.ca



A REASON TO HOPE. THE MEANS TO COPE.
SCHIZOPHRENIA SOCIETY OF SASKATCHEWAN
SOCIÉTÉ DE SCHIZOPHRÉNIE DE LA SASKATCHEWAN
UNE SOURCE D'ESPOIR, DE SOUTIEN ET D'ENTRAIDE.

For more information
Contact Curtis at 306-374-3220
or
Curtis@schizophrenia.sk.ca

C-wing Exterior Renovations

We've got a new look!

Remember in the good ol' days when in September you'd head back to school curious to see how summer had changed everyone?

Well the same thing happened here at St. Paul's this summer with our C Wing Grounds area – fresh new look, new plantings, new asphalt, and new temporary parking!

While we've been temporarily 'test driving' the New Avenue R Entrance, it will soon close again with the reopening of the C Wing Main Entrance so we can put on all its final touches in preparation for the official opening (coming soon to an Avenue R entrance near you!). A very HUGE thank you to all who were involved in this landscape changing, parking adding, beautifying work!



W.F. Mitchell Lecture Series

Sean Polreis, a lecturer at the U of S College of Medicine, will deliver two lectures during Ethics Week (Nov 6-9) on Unconscious Bias.

**November 6—Unconscious Bias:
Self-improvement Through Awareness**
Pylypchuk Hall and WebEx
11:00 a.m. -12:00 noon

**November 7—Unconscious Bias:
Implications for Healthcare Delivery**
Pylypchuk Hall and WebEx
11:00 a.m. -12:00 noon



Please contact
mary.heilman@saskhealthauthority.ca
to be added to the calendar invitation.

Healing Arts Fall Opportunities



Make BLOOM
through **Story ART**

Join Writer in Residence, Dan MacDonald
& Artist in Residence, Marlessa Wesolowski

Wednesday Oct 18
Wednesday Nov 22
Wednesday Dec 20
10 am - 2 pm
5th Floor Family Hub

For more info contact
Marlessa 306- 655-0514 Dan 306-655-5873

Gift Shop Survey

Gift Shop Survey 2023

St. Paul's Hospital Gift Shop would like to know if they offer the products that their customers need and want. You are invited to participate in a short survey. All responses are confidential. At the end you will be given the opportunity to enter a draw!

Scan QR Code



or

<https://www.surveymonkey.com/r/2FSVQYP>

Only one entry per applicant will be accepted.

All responses must be submitted by Monday, October 9, 2023.

To show our appreciation for the support of our

ST. PAUL'S HOSPITAL FAMILY,

the GIFT SHOP is extending a permanent

10% discount

to SPH Staff and Volunteers on SELECT MERCHANDISE

Infection Prevention and Control Education Conference



SASKPIC Fall Education Conference And General Meeting

**Reunited and it
Feels So Good!**

Friday
September 15, 2023

Shumiatcher Room at
the Conexus Art Centre
200A Lakeshore Drive,
Regina, SK



Registration Form

*registration closes September 6, 2023

Name:

Employer:

Job Title:

Address:

Dietary needs:

Email:

Conference Fees: \$100.00 (\$120.00
after August 19); \$60.00 for students

Hot buffet breakfast, lunch and nutrition
breaks included.

Please make cheque payable to
SASKPIC and mail to:

SASKPIC c/o, Treasurer

1339 N Smishek Dr.
Regina, SK S4X 4N7

Etransfer also accepted:

ipacsaskpic@ipac-canada.org

*We are unable to accept credit card pay-
ment for the registration fees.

Registration is non-refundable but is trans-
ferrable .



Hospital Home Lottery—a 100% Chance of Supporting SPH :)



\$1.5 MILLION
GRAND PRIZE SHOWHOME

PLUS \$50,000 CASH



351 Edgemont Crescent,
Edgemont Park Estates

Please visit HospitalHomeLottery.org for
showhome hours, photos, map, virtual tour and more!

CUSTOM BUILT BY:

FRASER HOMES
BUILDING SINCE 1988

**SOPHISTICATED ELEGANCE
IN A TIMELESS STYLE**



Rear Elevation

CANDLE LAKE COTTAGE
EARLY BIRD PRIZE

PLUS \$15,000 CASH

**EARLY BIRD
PRIZE DEADLINE:
MIDNIGHT,
OCTOBER 13**



↑ 32 Eagle Crescent,
Candle Lake, SK



AND 2 CANDLE LAKE GOLF RESORT MEMBERSHIPS

Scan code to buy tickets



Visit HOSPITALHOMELOTTERY.ORG or call 1-866-957-0777

Lottery Licence #LR23-0023

Spiritual Health is Health submitted by Dave Feick

“Spiritual Health is Health” is the theme for Spiritual Care Awareness Week, October 22-28, when the Spiritual Care team will celebrate the work that we are able to do at SPH, and to express our thanks to SPH, SHA and Emmanuel Health for the opportunity to serve in a manner that helps to bring healing and health to the whole being for people in the hospital. We are grateful to be part of the health care team at SPH,

Spiritual Care is all about connecting with the body, engaging with the mind, embracing the emotions and supporting the human spirit. We seek to provide this holistic care through: supporting and facilitating an awareness of how the sacred is being experienced in and through the body.

Does the person to whom we are providing care, have a religious or spiritual practice that has perhaps been interrupted by their hospital experience? Can we help them to rediscover that or explore with them a new practice – perhaps a breathing exercise, or encouraging them as they work with physical and occupational therapists to make the physical exercise something of a spiritual practice?

As we work alongside the Healing Arts practitioners we can encourage journaling, art and music to help people find meaning and peace; engaging with and bringing attention to the stories that shape individuals and communities.

Storytelling is important. Inviting a person to tell their story in the midst of the upheaval they may be experiencing at the hospital, helps them to remember what gives them meaning in life, what their values are; welcoming and holding space for the full range of emotions enabling clients to safely engage with, rather than avoid, the fullness of their internal experience. This in turn supports the client in building life-giving relationships.

Having the opportunity to safely express their sadness, fears, anger and other emotions helps to bring healing to the anxieties and frustrations of a hospital stay, with the goal of achieving holistic health; supporting individuals and communities in creating, building and sustaining their sense of wellbeing in the face of changing circumstances.

This sharing may involve helping them reconnect with a faith community. Through active listening we may be able to help them recognize and address the spiritual issues in their lives and help them to find peaceful solutions.

What does all of that mean? It means that we're here for you and your patients as together we all navigate the health care system in our various roles and experiences. Together, seeking meaning and purpose in the midst of all the changes experienced during a hospital stay.

Show Your Support for Orange Shirt Day

National Day for Truth and Reconciliation September 30th

Official **Every Child Matters** t-shirts
now available.

Every Child Matters
lanyards, brooches, mugs, and journals
also available *while quantities last.*



Proceeds donated to the Orange Shirt Society.



SPHFoundation.org

Give Generously

Another sign we're past COVID!

SPH HOLIDAY CRAFT FAIR

**CALL TO SPH
CRAFTERS & ARTISTS
SALE TO BE HELD NOV 16TH 9-4**

First come first serve. Limited tables available.

Priority given to SPH employees and retirees.

\$35.00 table fee to participate

(table provided - one table per vendor)

**TO RESERVE YOUR SPOT CONTACT
MICHELLE 5929 OR MARLESSA 0514**

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

**Proceeds from fee
going to SPH Green
Thumb Committee**