

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

It's No Surprise

When was the last time you were surprised? Really surprised.

Maybe it was a surprise birthday party. Maybe you found a \$20 bill in the pocket of your pants. Maybe your virgin wife got pregnant and told you it's God's baby.

Surprise!

The Nativity is a surprise to almost everybody. It's a surprise to Mary. It's a shocker to Joseph. It's a surprise to the Jewish people because they were expecting a Messiah but they had visions of a military leader who would unite the diaspora and lead them once again into freedom from the Romans.

Surprises sometimes just happen but something like a surprise birthday party takes a lot of planning and coordination.

Where am I going with this?

When someone walks into a hospital complaining of pain, that is not a surprise. When a 9-month pregnant woman goes into the maternity ward, that's not a surprise.

When someone who is homeless or who is experiencing substance use disorder this is NOT a surprise.

When the Grey Nuns chose Pleasant Hill to plant their hospital, it was not an accident. It was not a surprise. They saw there was a need and they set up a hospital where the need was greatest. And if they travelled through Saskatchewan again in 2023, they would probably end up on the corner of 20th Street and Avenue P.

The next time you see someone come through the door of our hospital who is in need--in ANY kind of need--don't be surprised. Instead, be like that humble homeowner who said to Joseph and Mary, "I don't have much to offer, but you are welcome to my little stable".

We can all make a small space for a stranger in need. Everyday—even though it is hard and it takes deep emotional energy—you do this when you welcome someone into St. Paul's Hospital. Slow down and enjoy Advent. Christmas blessings!

— *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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www.stpaulshospital.org

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Participation is Reconciliation

On Thursday, September 28, St. Paul's Hospital marked the National Day for Truth and Reconciliation.

The day began with a smudge outside of the building. The Mission Office worked with our Knowledge Keeper, Vernon Linklater, as well as his sister Teedly, and brother, Lyndon (all pictured with Tracy, R.) to ensure we were able to mark the day in a good way.

More than 50 people gathered outside to hear about why it is important that we take these small moments to recognize and remember the truth of the damages brought about by colonization and the genocide of residential

school children and many other attempts to systematically eradicate the people who had cared for this land since time immemorial.



And yet, the Linklaters welcomed us and blessed us with compassionate humour, stories, songs, and their traditional medicines.

We also made sure there was time for fellowship. Thank you to the Nutrition and Food staff who provided muskeg tea and cookies.

These events are important opportunities to deepen our awareness because in these early days, participation is an act of reconciliation.

'Tis a Busy Season a message from our ED, Tracy Muggli

Merry Christmas to St. Paul's Hospital!

We received a very large early Christmas gift and have finally initiated our long-awaited front entry project! The final product will house the Patient Registration Department, a combined Information and Security desk, the First Nations and Métis Health offices and ceremonial room (the Healing Centre), a renewed Gift Shop, Mission and Ethics offices, additional washrooms, St. Paul's Hospital Foundation donor recognition space, and WAY more space for folks to navigate to their destination.

As with any major renovation, disruption is guaranteed.

We have worked hard with the contractor and our local team to devise ways to have as little disruption as possible. This includes alternative entrances and parking arrangements, the addition of way-finders, signage and more. Please feel free to contact me if you have ideas to refine our processes

as we work toward the final product!

In the spirit of Christmas, I give thanks to: the stakeholders who assisted in the design of the project more than 4 years ago, Ann March (the architect and her amazing team), SPH Building Services and Capital team, Graham Construction, the funders—Government of Saskatchewan, St. Paul's Hospital Foundation and ourselves!

A final note of gratitude to all that work in this building and exercise such hospitality in assisting patients and visitors to their destination.

A special shout-out to Protective Services, Volunteer Services, Porters, Information Desk folks!



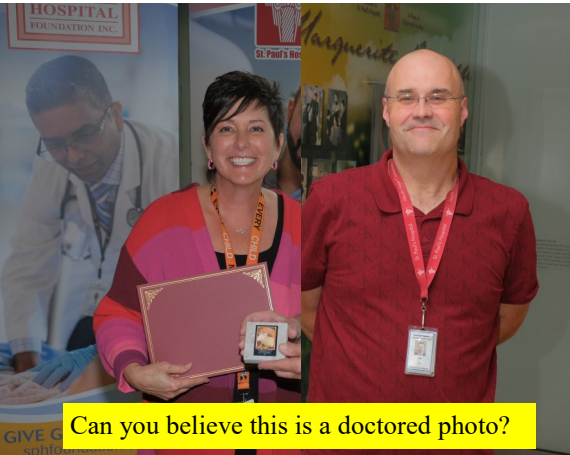
Tracy Muggli and Elder Gilbert Kewistep at the sod turning announcement of the kickoff to the SPH construction project.

I hope that everyone celebrating Christmas has an opportunity to take time with family and friends and that everyone has a healthy and prosperous 2024!

Mission Week Awards 2023



Mission Values Awards were presented to: **Karen Valentine** (above) for Collaboration; **Eloyce Puhl** (above left) for Compassionate Care; **James Chometa** (left, unable to attend) for Stewardship; **Dr. Mark Fenske** (bottom left) for Holistic Care; **Marianne Gulka** for Respect for All (was not able to attend).



Can you believe this is a doctored photo?

Thanks to all the nominees and nominators for celebrating the values and people that make SPH great!



Mary in Admitting won a prize on "Show Your St. Paul's Spirit" Day with her vintage name tag.

Charism Award

As part of Mission Week celebrations, the Annual Mission Awards ceremony was hosted by Blake Sittler. Colleagues nominated other staff members who exemplified the St. Paul's Hospital core values of Respect for All, Collaborative Partnerships, Compassionate Care, Holistic Care and Stewardship. Tracy Muggli presented award recipients with a certificate and literal 'piece of St. Paul's Hospital.'

The annual Charism award developed by Emmanuel Care in partnership with the Grey Nuns was also presented. The award celebrated a department that embodied the mission and spirit of the Grey Nuns, living out the charism of 'being of service to those in need, with a welcoming smile, a caring heart, a helping hand, a listening ear, and a word of hope'.

Nominations were submitted by colleagues who identified departments that lived out the mission of St. Paul's and the charism of the Grey Nuns. Al Brischuk (Emmanuel Care Board member), and Loreen Rawlyk Luby (Lead, Spiritual Care & Mission, Emmanuel Health) were on hand to present the award to this year's

recipients – the Nutrition Services staff in the Cafeteria! Charism award recipients receive a cheque for \$1,000.00 for their department.

Thank you to all the staff who live out the mission of St. Paul's and the Grey Nuns in your daily interactions with patients, families, colleagues and community members.

You ARE mission in action!



L to R: Al Brischuk, Loreen Rawlyk-Luby, Shandelle Stroeder, Lourdes Pana, and Nicole (Nicki) Jean



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Schwartz Rounds

The theme of this past Mission Week's Schwartz Rounds was **Joy @ Work** with panelists Michelle Murphy (Administration), Dezeray Johnson (Social Work) and Christina Perepelkin (ED). They did a great job of sharing about their practical ways of making time and space for joy!



We also took some time at the conclusion of the noon hour gathering to sing, "Happy Birthday" to both Corey Miller, CEO of Emmanuel Health and our very own Love Cart (which turned 2-years old)!

Halloween!

Our writer-in-residence, Daniel MacDonald, offered an afternoon of appropriately spooky seasonal readings on the 5th floor hub on October 31. Included in the readings were Edgar Allan Poe's "The Raven" and ...

If you have a patient who is looking for something to read or who maybe would like some help doing some creative writing during their time at SPH, please contact Dan directly by leaving a message at 5873.



Paramjeet Kaur's team in Sask Transplant really got into the Halloween spirit! What a simple way to bring a little joy to the hospital.



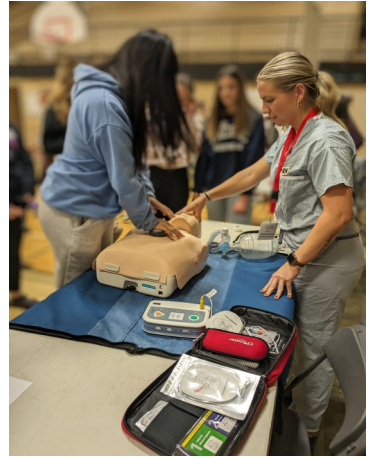
Amy Morgan (Cruella!) and her colleagues in SPH Interprofessional Practice Team of OT/PT/OTA/PTA on Halloween 2023

SPH ED Staff Outreach Collaboration

Here is a photo we captured from the Health Link career event.

The students who participated were engaged, and willing to jump in and learn some things! They got to do compressions, use a Bag Valve Mask, use a simulated AED, properly don and doff gloves and learn how germs spread with help from some glow under black light germs.

All in all, I think my staff had fun and the feedback was positive from the students.



SPH Celebration of Life

On Saturday, October 28th St. Paul's Hospital held its' first Celebration of Life since COVID restrictions were lifted. Both the Healing Arts and Spiritual Care practitioners collaborated to offer a time that was appreciated by those in attendance.

We welcomed staff, community, patients, and families of our patients who passed away, and created space so that they could remember and grieve with those who've undergone significant loss.



emotional and spiritual support.

One of the attendees stated that the reception afterwards was "like a huge hug with people who shared and understood".

The Spiritual Care and Healing Arts teams, both a part of the Mission Office, are trained to integrate the importance of spiritual and emotional connectedness as integral in the healing process.

The service itself was described by those who were present as being meaningful with a great appreciation for the care extended. Our practitioners involved in the service were available before and after to provide

The response of those who attended the service affirms the need for bereavement care and holistic healing in healthcare. **Our next service will be held on Saturday, January 27 at 1:00 pm in Pylpchuk Hall. Everyone is welcome.**

Spiritual Health is Health!

On Wednesday, October 25, Spiritual Care Practitioners, CPE students, and our Spiritual Care Educator at St. Paul's Hospital in Saskatoon hosted "Tea for the Soul" in recognition of Spiritual Care Awareness Week.

Everyone was welcome to attend and we were blessed to have an array of staff, patients, and visitors partake. Our event was both to promote awareness of the importance of spiritual care and to highlight the diverse gifts within our team.

The theme of this year's Spiritual Care Awareness Week was 'Spiritual Health is Health'. Our theme was mandated nationwide by the Canadian Association of Spiritual Care. "Tea for the Soul" captured the new CASC slogan: Connecting with the BODY, Engaging with the MIND, Embracing the EMOTIONS, and Supporting the human SPIRIT.

There was an opportunity for come and go fellowship, connecting and reconnecting, and responding to questions about our



Some of our Spiritual Care Practitioners during "Tea for the Soul" held on October 25. From left to right: Shanna-Lee Connell, Sr. Emiline Pena, Dave Feick, Irene Klughart, Dorothy Schick, Michael Diegel and Julie Bergen.

profession and practice. Those in attendance were welcomed with smiles, hospitality, inspirational pens, journals, and squishy stress balls, but most importantly a greater understanding of the work that we do.

In the course of our time together, we also featured two meditation sessions, one led by Irene Klughart, a grounding angel meditation, the other led by Dorothy Schick, a guided imagery meditation. In between mediations there was an opportunity to reflect on an art piece painted by our Artist-in-Residence, Marlessa Wesolowski, journal any emotions derived from the mediations or art, and of course mindfully sip on tea or coffee.

At the end of the celebration, Dave Feick led a trauma movement exercise which was enjoyed by all. We are grateful for the continued mission of the hospital and continued legacy of

the Grey Nuns which supports holistic care and the importance of the integration of spiritual care in the healing process.

Card Making in the Studio

Many patients, family members and community spent an afternoon creating beautiful cards at a come-and-go card design workshop facilitated by Jessica, one of the Healing Arts Program volunteers, at the Healing Arts Studio.

It was a wonderful event where everyone had the opportunity to connect, share and express themselves creatively.

Healing Arts is proudly sponsored by the St. Paul's Hospital Foundation.



Remembrance Day and Poppy Sales

We were happy to be able to collaborate with the Saskatoon Poppy Campaign to have a representative come to sell poppies on the morning of November 1. Over 100 poppy stickers were donated around the hospital to staff.

In the future, we hope to be able to have more days when various people can come in and sell poppies and we are also planning on observing a moment of silence at 11 AM.

Thank you to all who have served their country over the years—we remember.



W. F. Mitchell Lecture Series

On November 6-7, the W.F. Mitchell Bioethics Seminar was held in Pylypchuk Hall with Sean Polreis, the Teaching and Learning Specialist for Faculty Development at the University of Saskatchewan College Of Medicine, presenting on, “Unconscious Bias in Healthcare.”

Polreis began the seminar with an introductory session subtitled, “Self-improvement through awareness.” In this session, he described unconscious bias as “attitudes or stereotypes that are outside our awareness but nonetheless affect our understanding, our interactions, and our decisions”. Polreis stressed that unconscious bias occurs without intention or control before we have had a chance to reflect on our thoughts.

Polreis further explained that most of the decisions we make are made “on autopilot,” with our brains taking an action before we have had a chance to reflect. “Bias helps us navigate a complex world,” shared Polreis.

“We use our [automatic brain] to make quick decisions, but it can lead us to make decisions that are not fair.” The challenge is to find a moment between our automatic reaction and our action to choose to respond in a different way in situations

where our bias is leading us down the wrong path.

The second session, titled “Implications for Healthcare Delivery,” explored how health care is impacted by the biases of healthcare professionals. Polreis focused on tips for addressing unconscious bias.

He encouraged participants to focus on the individual in front of them, rather than categorizing them into groups. “[One way to do that] is through conversation. Open it up; talk to them; find out about them. Listen thoughtfully and humbly. Avoid judgmental language.” He also encouraged participants to

use counter stereotyping and to think deliberately about how they approach patients.

The seminar closed on a quote from Carl Jung, “Until you make the unconscious conscious, it will direct your life.”

The seminars were made possible by the W.F. Mitchell Endowment which is stewarded by the

St. Paul’s Hospital Foundation. Sean Polreis has generously provide his slide decks which are available by contacting SPH bioethicist, Dr. Mary Heilman directly @ 5197.



Sean Polreis, University of Saskatchewan

Project Christmas Angel

The Mission Office is happy to coordinate another season of Project Christmas Angel. In this annual tradition, elementary students from nearby schools submit paper angels filled in with their Christmas wish list.

These angels are then displayed on the wreath in the cafeteria. Staff are invited to select an angel and purchase a gift for a much deserving child.

Through the generosity of St. Paul's staff, the Saskatoon Police Service, Saskatoon Fire Department, and local law firm Roberston Stromberg LLP, we are proud to say



that we have expanded our Project Christmas Angel community donors. This year, we were able to give Christmas presents to 250 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 to the Mission Office until Friday, December 8.*

Please ensure that you wrap your gift and securely attach the angel to it.

Staxi Chair Bounty Hunters



Staxi chair bounty hunters: Mikaela Victoria and Monique Jabinal (hope you enjoyed the coffee!)

The "wanted" posters that many of you have seen around the building are working, slowly but surely. Not only are chairs regularly returned downstairs but we have now had three returned from the community! Every chair counts!

The St. Paul's Hospital Foundation and Administration are generously purchasing eleven more chairs to help make sure we can keep our temporary entrances supplied.



40th Anniversary
Customer Appreciation Sale

DECEMBER 11 – 16

25% DISCOUNT off all regularly priced clothes, earrings, giftware, greeting cards, handbags, journals, plushies, slippers, & wall art.

Excludes candy, beverages, lottery, sundry, books, magazines, phone cards, stamps, previously reduced items, and regular SPH Staff Discount. Some exceptions may apply.

DID YOU KNOW?

St. Paul's Hospital Gift Shop was established by the Nurses Alumni Association in 1983. SPH Foundation took over the Gift Shop in 1998. To this day, every dollar spent at the Gift Shop stays at St. Paul's Hospital, with the proceeds going towards staff professional development.



SPHFoundation.org

Give Generously

Looking Back on Arts & Health Month



Take 5: Live Music on the 5th Floor

Patients from all over the hospital joined our healing arts music therapists and a volunteer for an hour of music making. Patients and family members kept a steady stream of requests and some played along with small percussion instruments.



Art of Nature Walk

Artist-in-Residence, Marlessa, led a winter walk around the hospital on a beautiful sunny 4 degree day.

Christmas Craft Sale

Artist-in-Residence, Marlessa, and Social Worker, Michelle Friesen hosted the 5th Annual Christmas Craft & Art sale in the SPH cafeteria. The craft sale featured 15 artisans who are SPH employees and their handmade goods.



Make it Bloom: Story & Art on the 5th floor

Artist-in-Residence, Marlessa, and Writer-in-Residence, Dan hold a monthly collaboration where they connect with patients and families and offer books, word searches, art materials and support. Look for more Art & Story groups in the New Year!



Creative Canvas – Paint & Live Music Lunch

As November came to a close, Marlessa, Artist-in-Residence facilitated a creative space where patients, family, nursing students, and staff could come connect and express their creative side through painting while healing arts music therapists, Lisa and Mylandra provided live music.



Leslie Dubé Scholarships

Gwen Dueck, SPHF Board chair, presents “Leslie Dubé Scholarships” to Megan Wilson and Sabrina Waker. Lecina Hicke, CEO of the SPH Foundation introduced awards and presenters.



Medical Radiation Technology Week

MRT Week is an annual celebration (which falls on the week of November 8th every year) of the essential role that medical radiation technologists (MRTs) play in the healthcare system. MRTs deliver professional imaging and radiation-related treatment services with a caring touch, allowing patients to fully benefit from the latest in medical diagnostic and treatment technology.

MRT Week has been an amazing success, with thousands of MRTs participating across hundreds and hundreds of centres. The



Angiotechs L-R: Jessica Rodericks, Chloe Slaney and Tetinya Hubbard with Tracy Muggli

National Awareness campaign has been a great success these last few years – a recent Nanos poll of the Canadian public showed that 8 out of 10 Canadians are now at least somewhat familiar with the role MRTs play in their healthcare.

Come Join the Healing Arts Program for a Holiday Party!

**FEATURING HOLIDAY TRIVIA
AND MUSIC BINGO!!
MONDAY DECEMBER 11TH, 2023
5TH FLOOR HUB**

1:30 - 3PM

**COME GRAB A
CUP OF HOT
CHOCOLATE,
LISTEN TO LIVE
MUSIC, AND
PLAY TO WIN
PRIZES!**



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



A Message from Bishop Mark Hagemoen

Greetings to you all as we approach another Advent and Christmas Season!

As the days get darker and colder, in the midst of a world wracked with violence and strife, our hearts are again stirred by the words of the prophet proclaimed in this Advent season of preparation: "The people who walked in darkness have seen a great light; those who lived in a land of great darkness – on them, light has shined." (Isaiah 9:2)

In this time of war and conflict in so many places, and in the face of the great daily challenges facing so many vulnerable people affected by poverty, injustice, addiction, homelessness, illness, and loss - we long more than ever for great light. Our hearts yearn for the fulfillment of the angel's proclamation at the birth of our Saviour, the Light of the World, Jesus Christ: "Peace on earth, goodwill to those upon whom His favour rests." (Luke 2:14)

Jesus is the great light and hope that has come into the world. This is the reality that we celebrate joyfully at Christmas. It is the great good news that GOD IS WITH US.



Bishop Mark Hagemoen of the Roman Catholic Diocese of Saskatoon

Emmanuel has indeed come! Jesus Christ, the Son of God, is loving us, suffering with us, caring for us, holding us.

I invite you all to take time during this season of preparation and of celebration to renew your awareness that nothing can come between us and the great love of God in Jesus Christ. He brings a new way of peace and healing that fills us with the great rejoicing that bursts forth in our songs and carols, that is reflected in our lights and decorations:

Joy to the World!

I take this opportunity to thank you for all that you each do every day to respond to the needs of those you care for, with such compassion and care, and I wish you, your families, and communities, a blessed and joy-filled Christmas season!

Harm Reduction Presentation

On November 23, a panel on Harm Reduction was offered by Saskatchewan Addiction Awareness Month Committee in Pylpchuk Hall. Panelists included health care professionals and people with various historic and current lived experience of substance use.

“The experts on harm reduction are the people experiencing addiction,” she noted.

“What people with lived experience have to offer is gold”.

A foundational character of harm reduction is meeting people with substance use disorder (SUD) where they are at and being patient with them finding an answer in their time.

“One counsellor followed up with me for a full year even though she didn’t have to” said Storm Night. “You need to be patient. Maybe all they did that day was get out of bed. Good! What’s the next step?”

Stigma is a huge factor for those with SUD. For example, when someone seeks medical treatment for pain but is told directly, “You are an addict and all you are here for is more drugs”. As one panelist noted, “Even drug users feel pain and sometimes need help”.

Some of the panelists spoke to the importance of reclaiming their identity as a path forward, “When I was in addiction, I totally lost who I was...I was lost...I had no access to my culture,” explained Storm. “I had to learn how to get my spirit back. Now I raise my son with his culture. He speaks Cree. He will always know who he is”.



*L to R (back): Randi Phillips, Tara Morelli, Sarah Hrycyk, Shawna Materi, Hillary Wand
L to R (front) Storm Night, Thomas Laughton, Dean Borson, Jeannie Coe, Paula Jacob, and Winter.*

It was explained that harm reduction is multifaceted and also included the need for systemic change.

“HR is not just about safe injection sites or clean needles,” noted Thomas. “It is poverty reduction, affordable housing strategy, addressing the social determinants of health”.

“Alcohol and drug use is just a symptom of deeper issues,” noted purple woman. “You need to address the underlying issues”.

“Nobody wakes up and wants to be an addict; they get into it because of trauma” Storm shared. “My philosophy is, ‘Where there is darkness, become the light...and then help them become their own light”.

Art and About @ SPH

My name is Matthew Malach and I am an MRI tech based out of St. Paul's and City Hospital. Currently, I am covering a maternity leave over at the Royal University Hospital.

I started out fifteen years ago as a combined Lab and X-ray Tech in the former Prairie North Health Region and from there I started to work in Saskatoon.

While working in the Prairie North Health Region I started to dabble in art as a way to pass the time. This is how I stumbled upon stencil art that now is my main style of art. I have always been interested in health and science, so this is what gave me my inspiration for the ceiling tile I created for St. Paul's Hospital.

I call it, "Background Radiation" because it'll hang out in the background of our department.

"Background Radiation" is a mixed media piece that features a portrait of Wilhelm Roentgen, who was a German mechanical engineer and physicist, who first produce and detected X-rays in 1895.

Background Radiation also contains a recreation of the first x-ray that was every taken which was of Wilhelm Roentgen's wife's hand. I have also included pages from my old textbooks detailing some of the science of x-rays and skeletal anatomy sketches that I did while studying to become a Combined Lab and X-ray Tech.

I have an Instagram Page that details my adventures in art. It can be found on my Instagram page @arguablyart



Matthew Malach and his piece entitled, "Background Radiation".

Are you an SPH staffer who would like to share your art or passion? Please feel free to submit a short narrative and image to blake.sittler@saskhealthauthority.ca

The Construction Begins!

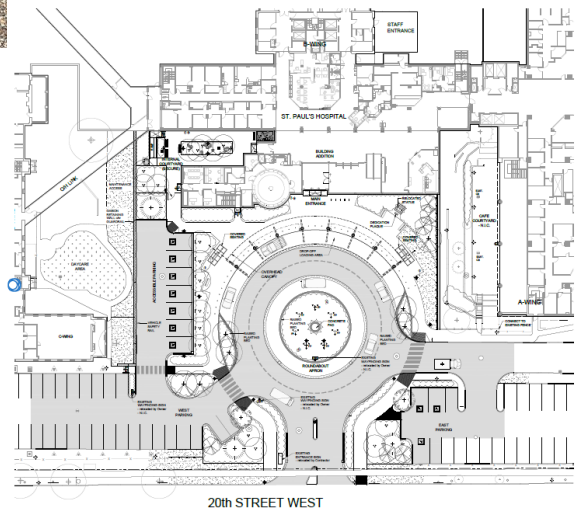
On November 30, the front entry construction project for St. Paul's Hospital officially launched with an announcement in Pylypchuk Hall and sod turning. The event was attended by many staff and people from the public.

The gathering opened with a prayer from Elder Gilbert Kewstep, and included much of the leadership responsible for the project: Tracy Muggli; Lecina Hicke; MLA Joe Hargrave;

Saskatchewan Minister of Health, Evert Hindley; SHA CEO Andrew Will; and Randy Sonntag from Graham Construction.



Above: Minister Hargrave, Left: Tracy and Lecina, Lower left: Emmanuel Health Chair, Darryl Bazylak Below: blueprints for the build.



An Afternoon with Johnny Cash



Come on out for a few minutes to hear a few songs and stories from the life and times of the original Man in Black: Johnny Cash.

Through years of study and even a pilgrimage to his childhood home, Evert Van Olst, Wayne Solbourn and Blake Sittler offer you a brief reprieve to your afternoon.

This interactive concert has been offered at schools, recovery centers, church basements and prisons. **Isn't it time you did something FOR YOU?**

Looking forward to welcoming you to the 5th floor HUB on Tuesday, December 19 at 1:30-2:30 PM.

Elvis is IN the building...

The King of Rock and Roll is back for ONE SHOW ONLY! **Keep your eyes peeled for Elvis on the morning of December 13!**

Elvis Presley will be live and in-person wandering the halls of St. Paul's Hospital spreading joy with some seasonal favourites and maybe even one or two songs from his popular and gospel repertoire!

Please feel free to approach the King for a photo or to request that we go embarrass a colleague or manager!

A special thanks and welcome to local to guitar legend, Evert Van Olst!



How Did St. Nicholas Get Stuck In My Chimney?

You are welcome to attend this interactive noon hour workshop about how an ancient Bishop from Turkey became a 21st century pop culture figure.

This presentation will share stories from his very real, earthly life as a bishop in Turkey to his interesting journey to becoming a cartoon character who flies around in a sled pulled by flying reindeer yelling, "Ho-ho-ho!".

Please join us at noon on Wednesday, December 6 in Pylpchuk Hall.



Become One of Our Angels

Brenda McLean
Circle of Angels Monthly Donor

“I became a member of the Circle of Angels to support health care, with a particular focus on the end-of-life care that is offered at St. Paul’s Hospital and the Hospice at Glengarda. All families and patients deserve to find comfort and peace through vital end-of-life care within our community.”

Join Brenda as a monthly donor today! The Circle of Angels Monthly Giving Program is one way that you can help patients and families receive the best possible care at St. Paul’s Hospital and the Hospice at Glengarda.



Sign up to give monthly at
sphfoundation.org
(306) 655-5821



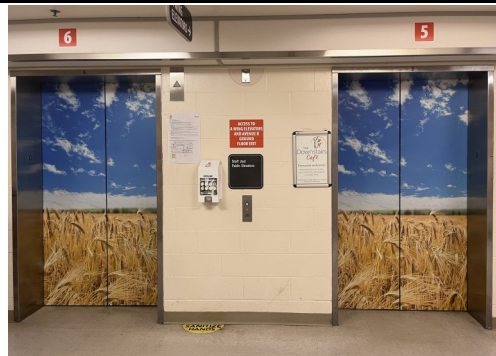
Kidney Health Memorial

Every year in September, a memorial is organized by the staff of Kidney Health to remember those who passed from their disease. This year, the event was held on Sunday, September 17 in the SPH Chapel. This event is made possible by the Kidney Health social workers, and Mission department, including music therapy.

The event included music from Mylandra Zielinski-Douglas, one of our music therapists, and Val Schedlosky (below right). Staff, including social worker, Tricia Hutton, offered reflections and prayers and there was a testimonial from a caregiver, Ruth Bellegard (below left).



And that's a wrap, folks!



Elevator wraps are just one of the ways the Green Thumb Committee is trying to add nature imagery to the hospital. Special thanks to Admin Fellow, Michelle Murphy for her work getting these prepared.

Volunteer Opportunity at Prairie Hospice

Want to make a

DIFFERENCE?

Prairie Hospice Society is seeking volunteers to provide support and services to individuals and families who are facing advancing illness, death and bereavement through the *Hospice Without Walls* program.

THE *HOSPICE WITHOUT WALLS* PROGRAM OFFERS COMPANIONSHIP, OUTINGS & ACTIVITIES, PRACTICAL HELP, TRANSPORTATION AND RESPITE FOR FAMILIES & CAREGIVERS. SERVICES ARE PROVIDED WITHIN THE INDIVIDUALS' HOMES.

GET STARTED!

Visit our website: www.prairiehospice.org

For more information about the application process and training contact Prairie Hospice at:

p: 306.249.5554

e: admin.assist@prairiehospice.org



WHAT'S INVOLVED?

Volunteers receive comprehensive training and commit to volunteering several hours per week.

The next training program is Fall 2023. Training is inperson, home study and virtual.

Applications are on line at

www.prairiehospice.org or stop in and pick one up

302 506 25th Street East.

Piano in the Lobby



Many have noticed that we are trying to introduce a little music by the elevators. Thank you to Joyce and Charles who have offered so much talent and time to making this happen.

If you know someone who would like to volunteer to come play in the lobby, please put them in touch with Blake at the Mission Office (5819).

Many patients, family members and staff have been seen enjoying a few moments of respite offered through peaceful music.

Feast Day Gift



We all know that hospitals are fueled by compassion, professionalism and courage. But a little coffee is a close fourth!

This year the gift to our colleagues here at SPH were these great mugs—good for Diet Coke as well! The mugs are modelled below by real live SPH staff!



HOLIDAY ART Collective

THANK YOU TO EVERYONE WHO SHARED
THEIR GIFTS AND SUBMITTED THEIR
ARTWORK.



Top L-R: patient Karen, staff Andrea, patient Lilian.

Mid L-R: staff Marlessa, patient Karen, staff child Aaron D.

Bottom L-R: patient Clint, staff Blake

December Events

Weds, Dec 06	How Did St. Nicholas Get Stuck in My Chimney? <i>The Evolution of a Saint to a Santa</i> (noon in Pylpchuk)
Thurs, Dec 07	Holiday Café Window Painting (11 AM - 1 PM)
Fri, Dec 08	Project Christmas Angel gifts DUE
Mon, Dec 11	Take Five on 5th
Tuesday, Dec 12	Karaoke in the Cafeteria (11:15 AM-1:00 PM)
Weds, Dec 13	Elvis is in the building! (9-11:30 AM) and Hemodialysis BINGO
Thurs, Dec 14	Hemodialysis BINGO
Sun, Dec 17	The Swanson Singers (3:00-4:30 PM)
Tues, Dec 19	Johnny Cash & the North of Tennessee Three (1:30 PM)
Weds, Dec 20	Christmas Tea (2:00-3:30 PM in cafeteria) <u>and</u> Art & Story <u>and</u> Saskatoon Horn Section (6:30 PM on 5th)
Thurs, Dec 21	A dramatic reading of <i>The Christmas Carol</i>
Fri, Dec 22	Christmas Stories with Dan <u>and</u> Ugly Sweater Day at SPH
Mon, Dec 25	A Visit from Santa Claus (midnight) and Roaming Wassailing Staff Carolers (2:00-3:30 PM)

...AND EVERY MONDAY IN THE CAFETERIA—classic Christmas cartoons!

Christmas and New Year's Masses @ 4:00 PM on Dec 24, 25, 31, and Jan 1/24