



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

Do You Have a Mission?

There is an old story about John F. Kennedy touring NASA. He was asking all of the scientists and engineers about their work. As the story goes, he asked a janitor, "And what do you do here?"

The janitor replied, "I'm helping to put a man on the moon!"

Brilliant! That janitor understood that he was part of a larger mission. NASA didn't just have a "mission office"—they had a MISSION and everyone was a part of it.

St. Paul's Hospital does not simply have a Mission Office. If we only had a Mission Office, then our mission could be simply outlined in a litany of events and publications that we plan each year.

St. Paul's Hospital has a MISSION! It is the same mission that drove two nuns out across the then isolated prairies in a horse and cart with a map. It was the same mission that drove them to create Saskatchewan's first hospital on a patch of dirt in the midst of a typhoid epidemic. What got them out of bed and drove them through the day was healthcare for those who had nothing to offer.

What is your mission?

You need to know—your work here can be more than just a job. You can make it your mission when you realize your contribution is part of a much larger endeavour.

YOU are a part of St. Paul's Hospital mission. Without you—and hundreds of people who have your heart for the work we do here—St. Paul's Hospital would not be able to offer all that we do here in Pleasant Hill.

There is an old church document that says, "People in love make signs of love". Love has no physical existence except through symbols like words (I love you), objects (flowers, cards) and actions (hugs, kisses).

In the same way, any mission needs the words, objects and actions of many people. The bigger the mission, the more people necessary.

The mission of St. Paul's Hospital needs all of us. Every day you travel to this place, you are on a pilgrimage and you bring invaluable gifts and blessings to those you encounter!

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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A Note from Emmanuel Health CEO

Pope Francis has had a profound impact on Catholic healthcare, reminding the world that caring for the sick and vulnerable is at the very heart of the Church's mission. He has called on all of us to see beyond illness and recognize the deep dignity of every person. Francis often spoke about the "culture of encounter," urging healthcare workers to not only treat diseases, but to offer compassion, presence, and hope.



He challenged Catholic institutions to resist the temptation of becoming "businesses," instead remaining true to their mission of service, especially to the poor, the elderly, and those on the margins. Under his leadership, Catholic

healthcare has been called to prioritize mercy over bureaucracy, tenderness over efficiency.

In a world where healthcare is often treated as a commodity, Pope Francis reminded us that healing is a sacred act, rooted in love. His words and actions continue to inspire Catholic caregivers everywhere to embody Christ's own compassion for the sick and vulnerable.

Profound wisdom for all of us from Emmanuel Health sites and throughout communities across Saskatchewan to prioritize service to the sick and vulnerable.

Corey Miller
CEO & President
Emmanuel Health

Leadership Transition in Environmental Services



Irene Popowycz bid farewell to St. Paul's after 32 years of service (39 to the region). Irene began her career in the linen department and became the linen supervisor in 2007. Later, she was promoted to manager. In 2011, she joined SPH as the assistant manager for quality and safety under supply chain and was eventually promoted to manager. In 2021, she became the EVS manager.

The new management complement includes (L to R) Dennison Eser, Nikki Thiessen and MaryLou Leal. Thank you for all the great work of your team!



Crystal Singing Bowls submitted by Dorothy Schick

“Singing Bowls” are bowls of metal or (as of the 1990’s) crystal or quartz that—when played with a mallet—create pleasant vibrations that a relaxing sound that people use to meditate or simply to still their mind.

The beauty is their diversity, grounded by the element of sound. They are a conduit for meditation, relaxation, and inner healing.

The vastness of sound has been recognized not only scientifically, but spiritually as well.

There are numerous ways to explore and understand this incredible gift. There is an importance that lies in realizing that we are made up of sound/ everything within us

reverberates and has a type of rhythm and energy.

All things of this world are in a state of motion, and we as people resonate with our own beat to that motion. Music, nature, voices; loud sounds and the ever so subtle.

The cells within us, our organs, our whole system, down to the atoms that we are made up of, all reverberate. So it is not surprising that the simple ambiance of the Crystal Bowls

is one of energy and connection. This varies for each person in their experience with them.

Each bowl has a unique tone, and this will change depending on the method that is used by the practitioner. Emotions that have been blocked may open from specific frequencies that come through, this can result in a variety of reactions.

Experience with the bowls may happen one to

one basis or in varied lengths of a Sound Bath done with a group of people. As in any type of practice you are the one to decide if its beneficial to you.

In the world where things move so fast, and there is always the next thing to do,

being able to ground ourselves, and balance our feelings is energizing and healing.

An interesting fact: Our bodies are roughly 60% water and sound travels faster through water than air :)

Spiritual Care is available to share this experience with anyone that is interested. We can be reached by leaving a phone message at 655-5884 or talking with a Spiritual Care practitioner directly.



Emergency Reigns as Ultimate Cake Boss!



A few words of reflection about the day:

"Thank you so much for coming today! I hope everyone had some laughs, maybe tried some cake and enjoyed the time!

I love SPH so much for this type of stuff! Thanks for it fun and supporting the units to get together and share some laughs!

Christina Perepelkin,
Past manager of ED

Celebrity Judges (below) did not have to be invited twice!



HUG Bundles

Something exciting has arrived at SPH!
Thanks to the efforts of Shanna-Lee Connell of the Spiritual Care team and Mylandra Zielinski-Douglas, Palliative Care Music Therapist and an In Hospital Program Assistance Foundation Award, H.U.G. Bundles are here!

Those who have been around SPH for some time may remember Comfort care baskets, offering essentials to patients and families who arrived here without the opportunity to prepare for their visit. In wanting to bring back the program Shanna-Lee and Mylandra looked over what had been done in the past and explored ways to revamp the old program. Hospitality Uniquely Gathered (H.U.G.) Bundles are the result.

Mylandra did the shopping and collecting of items for the bundles and then handed them over to the Spiritual Care team. There are a couple of ways that HUG Bundles can be

accessed. We will be leaving posters and referral sheets in the units but you can also call the Spiritual Care office (5884) to request a bundle. Staff can use the referral sheet to determine what the patient or their family needs are, or you can ask one of us to come to your unit and go through the list with them. It may still be necessary for us to determine with



staff whether certain items will be allowed for the patient – such as a razor or nail clipper kit.



Please keep this in mind as you interact with your patients and their needs. A big thank you to the Foundation and to Mylandra!

Reflections of the 7th floor music group

Some Thursday afternoons, I race up to the 7th floor following prior sessions, and it's a struggle. It can be a challenge to find patients who would like to attend, or are able to attend a music group.

Some days, staff members are very helpful in motivating and assisting patients to come to the end of the hallway. And other days- patients are unable to leave their beds.

On days like today- there is someone waiting for the music. She says, "I need this today, I've been counting down the days until Thursday."

A few more patients are eager to join. Some stumble upon the group not knowing there was a musical gathering about to begin.

Everyone takes what they need from the music and connections made. A chance to relax, breathe, and allow the music to take them somewhere else for a little while. Some remember what it is like to gather with music. Remembering that they are a part of a family and community that would gather

together to create, perform and share.

Some are eager to sing, play along, and dance! Eager to express their musical selves even though "my voice is not what it used to be." To find freedom and joy within the musical, human expression.

Some are listening while shedding a tear while taking in the beauty of the music and

reconnecting with a part of themselves that has been buried away from time, and illness; feeling moved by every word that was sung."

"Can you play 'The Rose?' or what about 'Bridge over Troubled Water'? How about some Johnny Cash?!"



It is an absolute privilege to hold space for what unfolds during this 7th floor gathering. Patients, family members and staff are welcome to join in for a little or a while on Thursdays at 2:00-2:30.

Lisa Wutch
Healing Arts Program Music Therapist

Schizophrenia Society of SK—A Reason to Hope, The Means to Cope

Mental Health Conference

Prairieland Park – Hall A – Saskatoon, SK.

Sept. 25th, 2025 8:15–4:30pm

KEYNOTE SPEAKERS



Dr. Greg Wells

A scientist, human physiologist, and best-selling author who translates complex science into practical strategies for improved mental health and peak performance.

Jessica Janzen

A bestselling author, entrepreneur, philanthropist and mental health advocate who draws on her own struggles to empower others. She leads change through her foundation, Love for Lewiston.



Many great breakout sessions to choose from including:

- Sense-ability and Awareness
- Trust & Estate Planning
- What is Peer Support?
- Acceptance and Commitment Therapy

Additionally there will be:

A Lived Experience Panel with Discussion.

Tradeshow booths showcasing Mental Health supports in the Community.

Ticket Info:

Tickets are \$30 which includes breakfast and lunch. Contact info@schizophrenia.sk.ca for more information

If you or your family member live with mental illness and cost is a barrier to you attending – assistance is available, please contact us.

Scan here to get your tickets now!



Rosemary Nazar: A Legacy of Dedication Submitted by Bonnie Rempel

After more than 20 years, the face of SPH Administration has changed with the retirement of Rosemary Nazar. Rosemary has been a dedicated and valued member of the St. Paul's Hospital family, serving not only as Manager of Administration, but also playing an active role in many hospital events and Mission-related activities.

Whether you realized it or not, Rosemary's work touched all of us, from the many emails and posters she shared with timely updates, to her coordination during major events and emergencies through the SPH Incident Command Centre.

Rosemary was known as the "go-to-gal" for all those quirky, unexpected questions, and always seemed to know who to contact to resolve any situation.

One of her deepest passions was preserving the history of our hospital. She lovingly cared for the archival records and artifacts of St. Paul's Hospital, the St. Paul's School of Nursing, and the Grey Nuns, helping to ensure that our rich legacy lives on.

Throughout her career, Rosemary supported several SPH leaders, including former CEOs Sharon Sullivan, Brenda Fitzgerald, Deb Rhodes (Interim), and Jean Morrison, as well as Executive Directors Karen Barber, Senator Tracy Muggli, and most recently, Carrie Dornstauder.

A retirement celebration lunch was held for Rosemary on Thursday, July 24, and her final day with us was July 25. We extend our heartfelt thanks and best wishes to Rosemary as she begins this new chapter. Everyone at St. Paul's Hospital will deeply miss her.



Would you like to participate in a traditional Indigenous sweat? (or even just learn more about them?)

Lyndon Linklater, a knowledge keeper and traditional storyteller, is sharing some teachings on the practice on **Tuesday, September 30 at noon in Pylypchuk Hall**. He has offered to host a sweat at his family lodge for any SPH staff interested in experiencing a sweat. This "lunch n' learn" of Bannock and tea is a chance to learn about the history and meaning of this practice. For more info, call Blake at 5819.



Arts for Hearts Patient Packages

Art serves as a therapeutic tool to reduce stress, lighten loneliness, and provide self-expression and is especially appreciated by patients who experience extended stays.

To support patients in achieving some of these benefits, sixteen students from the BLAZE Youth Catholic Conference, led by artist

-in-residence Marlessa Wesolowski, created and distributed art packages across the hospital's medical units. These packages aid in the healing process and offer a creative outlet during patients' stays.

For package refills, please contact Marlessa at extension 0514.



Sarabjeet Singh receives art packages from students from BLAZE

Pleasant Hill Winter Festival, Community Clean-up and Powwow

A note of thanks from Ruth Reimer with the Pleasant Hill Community Association (PHCA):

“Thank you for giving your Saturday to come and engage with Pleasant Hill and our families. Each of you shared the joy of the the kids laughter and engagement. I loved the way that families came out and played together. 400+ people came through. The weather couldn't have been better.

May you continue on serving Pleasant Hill with a boost of energy.

One moment that was particularly poignant was meeting a little boy I knew 3 years ago in grade

one. In all the shuffle of schools I don't think he is attending any more. I pass him from time to time on the street. He is being raised by a grandma who was treated for cancer this year. He came and loaded up on food to take home. I encouraged him to at least get a couple tickets and try to win a raffle prize. Wonder of wonders.... His name was drawn winning a Lego set. He screamed with the loudest most joyful sound that I have ever heard. I hope you heard a few screams of joy! Thanks for your partnership...”



Pictured: Hot dog booth at winter fesitival (top), clean up volunteers (bottom left) and St. Paul's Hospital sponsored storyteller tent at June community powwow with Nancy Netmaker



After Hours Parking

Parking Services would like to remind all staff that any employee can sign-up for After-Hours parking access. This provides SHA staff on-site parking access evenings (after 330pm) Monday to Friday and all-day weekends/holidays.

Staff are encouraged to fill out an application form (QR code to intranet site, right) and send to parking services.

Please forward any urgent and immediate questions or concerns to greg.panio@saskhealthauthority.ca



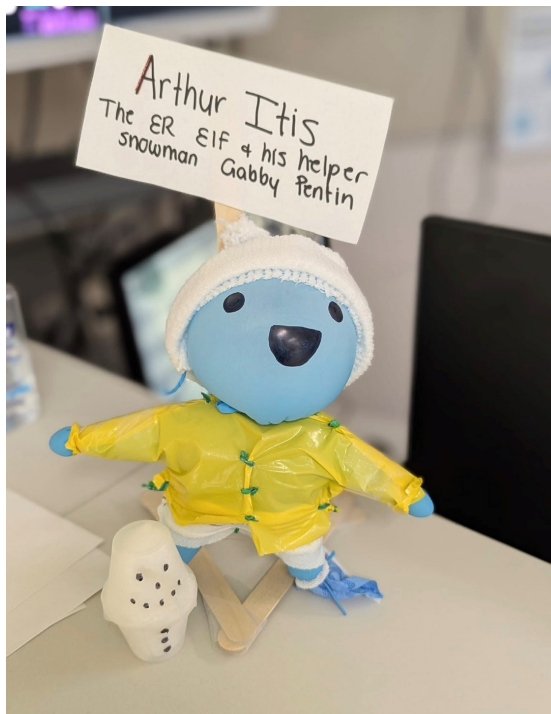
An Elf in the Emergency Department Submitted by Jessica Adair

During the quiet hours of the night shift, something unusual began to stir in the hospital.

Arthur Itis, a quirky little figure from the medical supply room in SPH ER, mysteriously came to life. Or was he created by Megan Thoma? He wasn't just any ordinary supply item—no, Arthur Itis had a mission...or maybe just a very confused sense of direction.

Arthur Itis made his way past blinking machines, occasionally startling a nurse or two. Some say he was looking for trouble, others whisper he was simply trying to find his way back home—to the North Pole.

Was he a misplaced holiday helper? A spirit of cheer lost in the SPH halls? Or just the ER's way of keeping things interesting during the long nights caring for patients?



This article was intended for a winter LifeLine that got pushed off to the summer :)

What is MDRD? Submitted by Lori Roy, Manager

A Medical Device Reprocessing Department (MDRD) is a specialized area within a healthcare facility that is responsible for the cleaning, disinfecting, inspecting, sterilizing, and packaging of reusable medical instruments and equipment.

After use in surgeries, diagnostic procedures, or patient care, instruments are sent to the MDRD where they are thoroughly decontaminated to remove biological material and

microorganisms. Staff then inspect the instruments for damage, assemble them into procedure-specific sets, and sterilize them using methods such as steam, gas, or chemical sterilization.



Once processed, the instruments are safely stored and distributed back to clinical areas for reuse. The MDRD plays a vital role in infection prevention, patient safety, and ensuring the availability of sterile tools for medical procedures.

Lori Roy, LPN/ORT
Manager – Medical Device
Reprocessing Department

A Poem by Martin Been of Switchboard

Pleasant Hill
a patchwork rainbow
Each arch painstakingly unique
Each bead of paint
a representation of those living in the area
Melding a mosaic of life
The rainbow
distorted through the passage of time
Reveals the fragility of existence
The myriad of people
Victims of circumstance.

Good people in poor situations.
Still there is hope
Together with the community
We can tear down walls
and begin to build bridges
Through compassion and understanding,
In time we can collaboratively restore the
Rainbow back to its former aura.
The resulting glow emanating
A magnificent work of art.

- Martin Been

Catholic Health Association Convention



CHAS Convention 2025

Thursday, Oct. 23 - Friday, Oct. 24

PILGRIMS OF HOPE

Nurturing Life, Healing the Wounded.

A Place for Everyone

How Pope Francis Ignited the Church's Mission to Serve People Over Ideas.

We welcome the public to this special presentation by [Sebastian Gomes](#)

7 PM on Thursday, October 23, 2025

[Click Here](#)

Keynotes

- Neighbours and Strangers: Re-imagining 'Mission' in Pursuit of Wholistic Communities of Health and Healing
- I've Fallen and I Can Get Up: The Journey Into our True Selves as we Age
- Catholic Mental Health Awareness and Accompaniment
- Wellsprings of Hope: Practical Foundations for Transformative Hospitality that Heals the Wounded

Breakouts Check out the breakouts on [here](#)

Coming Soon

More information on a Catholic Health Panel

FEATURING

Corey Miller, Carrie Dornstauber & Candace Kopec



Resurrection Parish, 3155 Windsor Park Rd, Regina

SPH Construction Update



Construction is going well and completion date is looking good for December 2025. Currently, the terrazzo floor installation is being completed and the interior structures, including protective services and registration, are taking shape.

Outside, the roundabout and paving of sidewalks and curbs is underway and the city will be moving the street lights very soon.

Thank you for your patience!



Helping Educators In The Ukraine

Recently St. Paul's Healing Arts writer-in-residence, Dan Macdonald was part of a series of live webinars on the subject of "Trauma-Informed Care" in which Dan and other artists/art therapists connected digitally with over one hundred teachers, caregivers, and child psychologists in the Ukraine.

Over the course of one month, several live webinars were held on the subject of using the arts as therapy for children and young adults suffering from trauma, anxiety, and depression. They featured visual arts therapy and play, music therapy, and in Dan's webinar, "writing to heal" and the use of narrative therapies.

These two-hour webinar/workshops (with live translation) were initiated and guided through the leadership of Karen Driedger (M.Sc.-Regina) and Fred Reekie (Ph.D – Saskatoon) and with the help of an organization called The Florence Centre, a community development program forging partnerships such as these Canada/Ukraine workshops since 2007. Its focus is to help families and children with disabilities and mental health challenges.

Dan found it to be an incredibly enriching, positive, yet challenging endeavor. Many of the questions from Ukrainian teachers centered around severe student emotional distress and traumas related to feelings of helplessness, depression, anxiety, and loss.

Practicum Highlights

Master of Public Health students (l to r) Amna Aburawi and Felicia Partey from the University of Saskatchewan are currently completing their practicum with the Healing Arts Program at St. Paul's Hospital, under the mentorship of Artist-in-Residence Marlessa Wesolowski.

Through this practicum, Felicia deepened her commitment to blending clinical care with emotional and creative support. Amna focused her practicum on exploring how arts-based practices can foster empathy, reflection, and culturally inclusive care in healthcare settings. As part of her work, she conducted a literature review examining the role of the arts in healthcare education and its impact on emotional insight and communication.



SHA's new Indigenous Hair Cutting Policy

We are pleased to announce the release of the Saskatchewan Health Authority's (SHA) Indigenous Hair Cutting Policy, an important step in our ongoing journey toward reconciliation and the delivery of equitable and culturally-safe care.

This policy reaffirms our commitment to the Truth and Reconciliation Calls to Action. It supports our work to advance a culturally-responsive health-care environment that acknowledges and respects the spiritual and cultural significance of hair to many Indigenous peoples.



The Indigenous Hair Cutting Policy is grounded in shared responsibility. As part of our CARES values, all SHA team members have a role in fostering inclusive, respectful, and culturally-responsive health care. I encourage each of us to review and understand the new Indigenous Hair Cutting Policy.

Thank you for your ongoing commitment to strengthening cultural responsiveness. Reviewing the Indigenous Cultural Responsiveness Policy

The SHA Indigenous Hair Cutting Policy (SHA-04-005) is now in effect. All SHA team



members are required to review this policy, including: staff, practitioners, contracted individuals, volunteers, patient family partners (PFPs), and Knowledge Keepers.

This policy:

- Guides the SHA to correct past and present behaviours regarding hair cutting;
- Recognizes the spiritual and cultural significance of hair to many Indigenous peoples;
- Outlines the required steps to obtain consent before cutting head hair as part of the patient care plan; and
- Defines what actions are allowed in emergency situations involving hair cutting and the follow-up required in these situations.

Schwartz Rounds—Spring and Fall 2025

The Schwartz Rounds held on Tuesday, May 13 was entitled, “The Code Blue I’ll Never Forget”. The panel consisted of four staff from the hospital who shared on their particular experiences. They included Jennifer Schafer Paquette and Julia Menke—both registered nurses—as well as respiratory therapist, Stephanie Knorr and a resident, Dr. Nicholas Jette (*photo right includes Dr. Mary Heilman and Julie Bergen, co-chairs of the Schwartz Rounds Committee*).



The upcoming Schwartz Round is scheduled for **September 23** and will be focused on “Change Takes Time: The Hard Work of Reconciliation”. As always, the first 80 guests are able to receive their lunch for free! If you feel you have something to share, phone Dr. Mary Heilman at 5197 and you can volunteer to be one of the panelists!

The purpose of Schwartz Rounds is to promote compassionate health care and strengthen relationships between patients and caregivers. The goal is to create a safe, comfortable forum where you can learn from and support each other.

We are grateful to the SPH Foundation for a \$60,000 Partners in Excellence Grant.

Music Therapy BINGO!



April and May, music therapist Alanna Barr held a spring themed music bingo the St. Paul’s Hospital Hemodialysis Unit and the Community Renal Health Centre in Saskatoon.

The music bingo playlist featured songs to celebrate springtime! More than 120 patients and family members participated in music bingo over the four days it was offered and many prizes were won!

Not Okay Today: Finding Poetry, Care & Magic in Nature

Jarod K. Anderson is a poet and author based out of Ohio. He has published three books of poetry as *Something in the Woods Loves You*, about his lifelong struggle with depression and the healing power of the natural world. He presented at the 2025 St. Paul's Hospital Managers' Retreat which was held at Wanuskewin on June 4. There he spoke on using accessing nature and creative writing as ways of managing stress and getting in touch with the important parts of life.

The next day, the Green Thumb Committee hosted him in Pylypchuk Hall where was interviewed about his lifelong struggle with depression his writing and his affinity for crows!

A huge thanks to the St. Paul's Hospital Foundation for their key support in bring Jarod to support and enrich our staff.



SHA Innovation Award Marked with Garden Party

**JOIN US FOR A BREATH OF FLORAL SUMMER
AIR, CONNECTION, AND TO CELEBRATE
RECEIVING THE SHA INNOVATION PATIENT
FAMILY CHOICE AWARD!**

COME & GO GARDEN PARTY
TUESDAY AUG 19 12 - 1 PM
miyo-opikihitowin garden
(access through cafe - level 0)



Saskatoon Urgent Care Center Spotlight

The Government of Saskatchewan and Ahtahkakoop Cree Developments (ACD) finalized an agreement in September 2024 to build a new Urgent Care Centre (UCC) in Saskatoon. Onsite work commenced in December 2024, with construction expected to reach substantial completion by fall 2026. The grand opening for the Saskatoon UCC is anticipated for early 2027. Once open, the centre will be operated by the Saskatchewan Health Authority (SHA) under a long-term lease with ACD.

The Saskatoon UCC will provide additional access to care for patients by offering same-day care for urgent, but non-life-threatening health concerns. Patients with serious

emergencies or major trauma will continue to be treated at the emergency departments at St. Paul's, Royal University, and Saskatoon City hospitals.

The Saskatoon UCC will be open seven days a week and is located at the former Pleasant Hill School site at 215 Avenue S South. Its proximity to St. Paul's Hospital is expected to mitigate some of the capacity pressures on that hospital's emergency department.

The Saskatoon UCC will be the second of its kind in Saskatchewan, following the opening of the Regina UCC on July 2, 2024.

Devin Harris
Communications Specialist Lead

