

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

Blessing this...

When I made art for my grandma, or brought her dandelions, she used to smile and hug me, saying, “Bless your heart!” She still says this when I call her.

I remembered her words when I picked up a collection of poetry, *To Bless the Space Between Us*, and John Donahue cautions us against thinking that blessing is only for religious leaders or especially saintly people. He suggests that blessing is an extraordinary gift that any ordinary person can give.

And don't we need more blessings right now, in the middle of these restricted days? We are carrying the big rocks, doing what we can, letting the silt and sand settle where it will. Couldn't we all use more encouraging words, more gentle affirmation? What if we resisted the temptation to resist what is and became the blessing the world needs?

There are so many ways for us to offer blessing right in the middle of this messy season. You already have everything you need to bless the world you're living in.

Close your eyes softly and open them again with wonder, seeking to see anything and everything that is beautiful and hopeful and

bright. When you see the thing you hadn't noticed before, speak it aloud to someone.

Cover your ears in the midst of the noise, and lift your hands off to listen for the sound that brings you peace. When you hear it, write it down and send it as a note or text to someone else who might need to hear it too.

Stop before you eat. Notice your hunger and the smell of your food. Resist rushing, and taste what nourishes you. Be mindful of the people who you feed, and who eat alongside you, close or far away. Savor and find a way to safely share the smells, tastes and company that sustain you.

Stop moving for a minute and feel the ground beneath you. Bless the earth that holds you. Touch someone or something that feels good—soft, secure, delightful, smooth, or safe. Declare what you touch beautiful, meaningful, good, or even sacred.

We have entered sacred seasons in many traditions, while we are grieving what cannot be. Right here, bless what is. A pandemic life can be blessed by our blessing it.

— Leah Perrault
 Director of Mission

The LifeLine



St. Paul's Hospital

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

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www.stpaulshospital.org
...An Emmanuel Health Organization

St. Paul's Hospital Mission Office



Vision Mission Values

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Submissions are subject to editing.

Patient Poetry: From Gary, with Permission

NURSES- THE FRONT LINE WORKERS

*Love in Action!
Weather snow, disaster, disease,
she is there, the ANGEL.
I am hurt, I am suffering,
She is there comforting me.
How glad I am she is there.
My pain is eased.
She comforts me.
Her voice is like a hope at night.
She is watching me to keep me safe.
Her love for patients is dedicated.
She works hard.
All the pain seems less now.
I am getting better, she keeps helping me.
I am going now. How I will miss my NURSES.
THEY SAVED ANOTHER ONE!*

MOMENTOS OF THOUGHTS

*My love is not narrow, but is wide.
Spreads out to all the people of the world.
Had many good friends and neighbors
and I enjoyed each one's
cultures and points of view.
How fortunate I am also to meet
HOSPITAL NURSES in Saskatoon.
You form a love in work place for each other.
You meet each other lovingly.
How nice to be in the work place
with no raging anger.
You set an example for all.
Love is dominant for you.
So many good people –
NURSES ♡♡
How happy I am to have met them.
THANKS TO YOU for much HEALING LOVE.*

A Message from Emmanuel Health

This is going to be a very different Christmas season at our house. To start with, I hold the annual family Christmas baking bee with seven other family members and friends where we spend a day baking together, laughing, telling stories, wearing ourselves out, and a bit of bickering (we are family!). This year there will be no group baking bee, rather we will bake individually and will do a round trip doorstep drop off adventure! But wait, who is going to eat all the baking?

It is also going to seem odd to decorate and not have people over to enjoy it, but zoom has worked great for work and to demonstrate

some of my cooking endeavors, so it will also work to share the Christmas atmosphere—maybe even baking day!

I am a progressive Christmas shopper. I start in late summer or fall browsing for things I think people need or would use, doing a bit at a time. Now I hardly leave the house, so my usual shopping method has been shelved.

This year I am making a slow conversion to online shopping. I do spend a lot of time on my computer and on the web, but I do very little searching or shopping there. I am finding shopping online more difficult than expected. I come from a family that owned small businesses and I have a preference for supporting locally owned businesses – some of those are hard to find if you don't know the web addresses. Amazon seems to have the monopoly on the search engines! It's a good thing I have a

daughter who is much more experienced at this than me as she points me in the right direction.

Both my husband and I come from large families. It is common for us to have 2, 3 or more family Christmas events of 20 to 30 people.

While they are great times, that is a lot of cooking, cleaning, and recovery time! This year as we get closer to Christmas, and on Christmas Day and Boxing Day, I think it will be much quieter and more restful than we are used to.

I have to say I am much more thoughtful about Christmas this year. I am not rushing to get things done, rather I am thinking about

family and friends, how to connect with them and what I want to share with them. I plan to reach out more purposely than I have in the past. The pandemic and experiencing traditional family times in a different way this year has led to me being more reflective. I have a deeper appreciation for the love, support, and friendship of my family and friends.

While this will be a different year and certainly not one I would ever wish for, many good things have come from it as well. I hope you can also find ways to connect with your loved ones in a safe and meaningful way as we continue to adapt, learn, and grow this holiday season! Wishing you and your family a safe and joyous Christmas season that is filled with love, kindness and rest!

— Jean Morrison

President & CEO
Emmanuel Health



SAFETY TALK



SOCIAL BUBBLES

DID YOU KNOW?

1 person with COVID 19 attended a social gathering

This led to 40 COVID 19 infections and...

243 close contacts in just 12 days!

YOU NEED TO KNOW:

★ **YOUR SOCIAL BUBBLE IS THE PEOPLE WITH WHOM YOU HAVE CLOSE CONTACT.**

What is a close contact?

- ⇒ Someone you live with
- ⇒ Someone you have been closer than 2 meters to for greater than 15 minutes without wearing a mask
- ⇒ Someone you have provided direct care for without consistent and appropriate use of recommended PPE

QUESTION?

**HOW MANY PEOPLE
ARE IN YOUR SOCIAL
BUBBLE?**



- ★ **KEEP YOUR BUBBLE CONSISTENT**
- ★ **KEEP YOUR BUBBLE AS SMALL AS YOU CAN**
- ★ **Your close contacts also have close contacts...**

Private indoor gatherings are reduced to 5 people max effective Thursday November 19th, 2020 until further notice



A Message from our Executive Director

At the end of December, we will have survived another 'first': the first Diwali, Hanukkah, or Christmas in a pandemic. This follows so many other holidays, birthdays, weddings, funerals, and events significantly changed this year...

It is often stated that Canadians (not to mention health care workers) are 'hardy' and can endure a lot due to our amazing resilience, but I think we all know, we really could use a break. Although the situation we are in is very challenging, there is still much to be grateful for. And I am grateful to find myself in a work environment where people care deeply about the wellness of one another and continue to find creative ways to support each other.

Even through a pandemic, the hustle and bustle at SPH continues. We have been able to proceed with a number of projects, and I would like to highlight the pneumatic tube system work, which is being installed as I write this. The tube will bring many conveniences to our clinical teams in A and B wings, moving samples throughout hundreds of meters of tubing very quickly and efficiently.

With the cold weather and snow upon us, we have been presented with new challenges, that of people in our community not having a place to warm up as they travel to their destination.

Due to pandemic restrictions, we have not been able to be that place to stop in and warm up as we have been for so many over the years. It is but one small gesture to help people stay warm that we have partnered with St. Paul's Hospital Foundation to do

what we can to help.

We have a supply of mitts, toques and hotshots available with our front entry staff, Protective Services and the Emergency Department, to distribute as needed. We also have a handout, detailing the warm up spaces in the community.

Finally, I want to acknowledge the good work of our Mission Office, Spiritual Care, and our Personnel Association in facilitating our 'happy moments' throughout the facility, such as our alternative Feast

(pizza) day, the well-received Mission in Action awards, the guided meditations, Ninja appearances, creative holiday projects, and so many other moments. Their efforts remind us to release the tension in our shoulders we are carrying with this heavy burden of providing health services in a pandemic.

Real heroes keep showing up every day, even when the work is exhausting and hard. You are all heroes. Blessings to all for a safe and restful holiday season.

- Tracy Muggli
SPH Executive Director



Donations for the Patient Clothing Room

The patient clothing room provides emergency clothing to patients to be discharged. It's also used at times to provide items to community members in need. We currently need:

- Sweat pants or other loose fitting bottoms (no jeans or dress pants)
- New/unworn underwear
- Warm sweaters/sweatshirts (no logos or wording that may be offensive to others)
- Winter boots/warm shoes (no dress boots, sandals or high heels)

We can only accept items that are laundered and without stains, rips or holes.

Prior to bringing in any donations, **please contact Volunteer Services at 306.655.5823** to schedule a drop off and to ensure the items being donated are what we need and what we have room for. Any unsuitable items will be discarded, so it's better to call ahead before bringing any items. Donations during COVID-19 will sit for at least 24 hours prior to being taken to the clothing room.

For staff, please feel free to canvass your friends or neighbours. **We are kindly asking that this doesn't get posted on social media at this point so we don't get overrun with donations.**

For any inquiries please contact **Volunteer Services at 306-655-5823**. Thank you!

Guided Meditation for Staff during COVID-19

Guided Meditation
is available for staff
in the 3rd Floor Chapel
at 11:45 am
Monday to Friday.

Physical distancing
and sanitization
procedures in place.



Our work presents us with constant needs—for time, attention, details, compassion and care.

Taking time to pay attention to our own inner state of being is an essential part of being able to offer our attention to other people and situations.

Practice slowing down for ten minutes and paying attention to what is happening inside yourself. Step away so that you can step back more present, connected, and grounded.

Virtual Schwartz Rounds—for staff, students and physicians



A Patient I'll Never Forget...



January 13, 2021
12:00— 1:00 pm
Online

To join, scan the QR Code
with a tablet or phone, or
log in via Zoom.us:
Meeting ID: 815 8527 8243
Passcode: 05624174

Schwartz Rounds are focused on the humans at the heart of healthcare, designed for caregivers to reflect on the personal impact of offering compassionate care.

More information at the Mission Office or at theschwartzcenter.org



the schwartz center
FOR COMPASSIONATE HEALTHCARE

Interpersonal Violence Resources

Are you experiencing intimate partner violence or abuse at home?

The *Getting Out Guide* will help you identify the signs of an abusive relationship and how to leave a dangerous situation.

The *Safety Planner* offers guidance on what to take with you, where you can go, and who you can contact for help.

Both resources are available in print in the hallway outside the Mission Office or online at www.violencelink.ca/go



National Day of Remembrance and Action to End Violence Against Women

December 6

CAUTION!

Please be careful how you share this information. Abusers commonly monitor victim's communications. Only share directly with individuals who may be at risk after checking with them verbally to ensure it is safe.

SPH Gift Shop



Customer Appreciation Sale

DECEMBER 14-18TH

25% sale on all REGULARLY priced giftware, clothing, slippers, handbags, jewelry, and Peter Pauper Press journals.

(Excludes candy, beverages, lottery, cards, sundry, books, magazines, newspapers, phone cards, gift cards, stamps, and previously reduced items. Some exceptions may apply.)



Thank you! Your purchase supports St. Paul's Hospital Foundation.



SPHFoundation.org

Give Generously



Holiday Hours

We are **CLOSED** December 24th through to the New Year.



SPHFoundation.org

Give Generously

St. Paul's Hospital Personnel Association

The SPHPA Ninja

We can't gather the way we used to, so the St. Paul's Hospital Personnel Association has sponsored the **SPHPA NINJA** to randomly surprise staff at SPH with gift cards. Thanks for working at SPH. Email suggestions for places for the Ninja to visit to naomi.moorgen@saskhealthauthority.ca

Coming in January

Unit-Based Bingo—Catch your team members going the extra mile and win a team prize. Bingo Cards and more information coming soon.



Member Treat Day—February 20, 2021

Members will be able to pick up a free treat! Not a member? Today is a great day to join and collect your free treat.

St. Patty's Surprise—March 17, 2021

Watch the bulletin boards for more details.

Thanks to the members who participated in the Children's Christmas Party and Secret Santa fun.

Secret Santa	
Five \$100 Gift Cards	Winner
Dutch Growers	Marj Markwart
Bulk Cheese Warehouse	Shanna-Lee Connell
Joyne Collective	Alicia Oucharek Mantyka
Olive Garden	Penny Ginther
Citizen Bakery	Debbie Kostyna

All SPH Staff are invited to join the Association. Forms are available in the Mission Office.



Ninja Strikes!



54th Annual Long Service Awards 2020

10 Years Recipients

ABELEDA, RYAN
BASKER, YARON
BENDER, RICHARD
BERG, KRISTIN
BOYENKO, KIRA
BUENO, MILTON
CHAVEZ, MARIA
CLAYPOOL, LYNN
COROY, KIMBERLY
COWLES, LEE
CROSSMAN, DAVID
CURTIS, JESSICA
DAIGNEAULT, TRACY
DESJARLAIS, DEBBIE
DORAN, JASON
EGGUM, BRITTANY
ESAU, TALA
EVJEN, KATHERINE
EWEN, LINDSAY
FEHR, STEPHANIE
FEHR, WAYNE
FELIX, SHAWNA
FELIX, HEIDI
FREDRICKSON, AMY
FREY, KIA
FROESE, DIANE
FUNK, SANDRA
GAUDET, LAUREL
GERESOLA UY, FEBE
GOMA, NATALIIA
GORAN, AIMEE
GRINDE, LOUISE
GRISHCHENKO, MARY

HAGEL, CHERYL
HODGES, AMELIA
HUBIC, KRISTIN
HUNT, VALERIE
HUTCHINSON, LACEY
JACKSON, ERIN
JACKSON, BRENDA
JAGO, MELINDA
JICKLING, TRACI
JONES, KEITH
KATSIRIS, KRYSTAL
KEET, MONICA
KENT RODGMAN, CANDICE
KLEV, DEBORAH
KUPSER, TRISHA
LANGE, DONNA
LENZ, TRACEY
LEWIS, KATHI
LINK, JOELLE
LINTON, SHEENA
LOBERG, LESLIE
LOZANO, RAIA
MCAULEY, LINDSAY
MCGEOUGH, JACQUELIN
MCLEOD, LEAH
MEGINBIR, MARLA
MESSNER, MICHELLE
MEYER, CAROL
MILLER, ERYN
MORIN, AARON
NAIRN PEDERSON, LACEY
NAKRAYKO, HEATHER
NAZAR, JACQUELIN

NEAULT, BRETT
OKEMAYSIM, KRISTAL
OKEMAYSIM, OPAL
PAPROSKI, RENAE
PATEL, MANISHABE
PIERRARD, DANIEL
POTT, PAMELA
RENWICK, CLINT
REWUSKI, CHELSEA
RITZAND, TRACY
ROJAS, KIMBERLY
SATHER, CATHERINE
SCHAEFFER, VICTORIA
SCHIMPF, BRITNEY
SCHLICHEMEYER, RICHARD
SCHMIDT, ELIZABETH
SIEMENS TEKANOFF, HELEN
SMITH, CHRISTINE
SOLAR, AMANDA
SUN, NICHOLAS
SUTHERLAND, TANA
SWYSTUN, KIRBIE
THONER, JAMIE
URQUHART, JILLIAN
VAR, SUKHWINDE
WAGNER, DENISE
WIEBE, AMY
WIEBE HOWARTH, JENNIFER
WILLIAMS, SHANNON
WOLFE, LANA
WOROBETZ, MEGAN
YUZDEPSKI, ADRIENNE
ZILKOWSKY, AMBER

54th Annual Long Service Awards 2020

15 Year Recipients

ALKESTRUP, AMANDA	HARDER, KARYN	PALMER, CHANTELE
BILAN, TRACY	HARMON, SALLY	REMPEL, COURTNEY
CHURKO, TRISHA	HOFSTRA, CHANTAL	SACHER, SAMANTHA
COTE, AMANDA	JUDD, TRACY	SAGH, ROSEMARIE
COUTTS, MELANIE	KNORR, STEFANIE	SAKOWSKI, CHERYL
COZIAHR, GWENDOLEN	KOEHNLEIN, LIZA	STEVENS, BOBBI
DETILLIEUX, KATHY	MACDONALD, GAIL	STEWART, LISA
DUNDAS, LINDA	MACDOUGALL, AMBER	STODDARD, PATRICIA
ENNS, CHRISTIAN	MARKOWSKI, TARA	TAIT, KRISTIN
FAST, PAMELA	MATWEYKO, CARA	THIBAULT, MICHELINE
FEHR-SKORLATOWSK, LORI	NEUFELD, STEPHANIE	TURTLE, KAREN
ERENCE, JEFFREY	OBOROWSKY, DIANE	WOODS, DIANE
FISHER, LAURI	OSMAN, LAURA	ZUNTI, LISA

“Do small things with great love.” ~Mother Teresa

20 Year Recipients

ALLEN, TRINA	GOEBEL, SHERRI	PALCHEWICH, COLLEEN
ANTOCHOW, LYNETTE	GROSSE, LEANNE	PEREIRA, MICHELLE
BOLTON, LISA	GUENTHER, MICHELLE	PISKA, SUSAN
BRAATEN, KYLIE	GUIGON, DONNA	PLAXTON, HEATHER
BROTZEL, EVAN	HAGEL, JAIME	PUDDICOMBE, JANICE
CATHCART, SHELLEY	HART, KAREN	SAUNDERS, ROB
CLINTON, ANDREA	HOFFMAN, VICKI	SCHAEFFER, SHANNON
CROUTER, JACKY	HOPPE, JODY	SCHAFFER, VIVIAN
DENT, DIANE	KOMARANSKY, MARLA	SCHULZ, PENNY
DMYTERKO, CHRISTINE	KROEKER, ROXANNE	SINGBEIL-MILLARD, KATRINA
DOW, CHERYL	LOEFFELHOLZ-YUZA, ANN	STRAND, PAMELA
ERICKSON HEIDE, KAREN	MIGHTON, CHERRYL	THUEN, JENNIFER
FLETCHER, BETTY	NAZAR, ROSEMARY	UHL, SHANIN
FOSS, SUSAN	NEUFELD, NICOLE	WILLMS, LINDA
GILBERTSON, KRISTINE	NEUFELD, KAREN	WITTER, TRACY
GILCHRIST, DANA	NORRIS, ERIN	YAUSIE, KARRIE

54th Annual Long Service Awards 2020

25 Year Recipients

ASMUNDSON, BARBARA
BUHR, ANNA MARIA
COOKE, SUZANNE
EVANS, JENNIFER
FILOTEO, EVELYN

HAMPTON, CARMEN
ILLINGWORTH, SANDRA
KLASSEN, TAMMY
KORPAN, JOCELYN
KROEKER, BEVERLY

NEUFELD, DEAN
TETU, RENEE
THIESEN, ANNE
WALD, MELODY

30 Year Recipients

AWREY, KAREN
BEEN, MARIAN
CHARTIER, SHARON
COROY, ROSEMARIE
CORRIVEAU, SIMONE
CYR, GILES
DENIS, BERTHE
ENGEL, DARCY
ERICKSON, COLEEN
FORTIER, NANCY
GOLDADE, TRACEY
GRANT, CAROL
HOUNJET, MELANIE

LEEDAHL, TAMI
LEPAGE, BERNARD
LEPAGE, KENNETH
LOVERIDGE, SHELDON
MELHOFF, JUDY
NAGY, DARLENE
NAZAR, MAUREEN
PACIK, MIRANDA
RIDGWAY, DEBBIE
ROMANSKI, SHELLEY
SCHIKOSKY, RANDA
SCHRADER, SELENA
SNIDER, CAROL

SOCHAN, DONA
SOKYRKA, SONIA
STARKELL, AMANDA
STEWART, DWAYNE
STRELIOFF, VICKI
TAYLOR, KIMBERLY
WESTAD, OWEN
WIEBE, MARGARET
WIELER, ARLA
WILSON, GAIL
ZINGER, JANET

35 Year Recipients

CLEMENT, VANESSA
LABAS, CHERYL

MIREAU, ANNETTE

MULLAN, DAWN

40 Year Recipients

HERBERS, SHEILA
HOLCOMB, VALERIE

JENKINS, SHELLEY
MELLON, EUNICE

NICHOLSON, GAIL
SOLLID, CONSTANCE

45 Year Recipient

GRESS PERRIN, ANGELA

Response on Behalf of the Long Service Recipients

Imagine running an IV infusion without an IV pump, caring for ventilated patients without a Respiratory Therapist. Imagine glass IV bottles crashing to the floor or cranking beds since the only electric beds were in the private rooms. Imagine waiting for bloodwork results on the nights when there was only one tech working. Imagine praying the *Our Father* as a group every morning before report. Imagine babies being born, a full children's ward, and caring for gynecological and orthopedic patients. Imagine nursing supervisors and interns holding the place together on evenings and nights. Imagine only 32 patients on the hemodialysis list for the north half of the province. 7th East. 6th West. That was the St. Paul's Hospital I started working at.

Looking at the list of awards recipients I see job titles that weren't part of our St. Paul family in the early 1980's. There were no respiratory therapists, nurse practitioners, MRI technologists, or security officers. Positions have been added. A-Wing was built. New family members have been added such as the staff who transferred from Saskatoon City Hospital when their units were moved to St. Paul's, as well as the development of the SPH Foundation, the Mission Office and the volunteer program. Sadly we lost some family when some of our units moved to other sites. Our family has grown in ways we couldn't have imagined 30 or 40 years ago. Who knew there would be a need for another hemodialysis unit across the street? Then there are the name changes.

Dietary, housekeeping, and X-ray changed their names to keep up with the times. Through all the changes we have remained a dynamic family providing health care and upholding the values of St. Paul's.

Change can be good. Once upon a time each nursing unit had a religion cardex. Usually in the afternoons, visiting ministers and nuns took the cardex to guide them on their visits to patients. That has evolved into the Spiritual care department which provides holistic care to patients and families in times of stress and crisis whenever needed, not just in the afternoon. And family changes keep happening. Compassionate care has always been provided by

staff from every department and especially by the Palliative Care Unit. This care will continue by the Hospice at Glengarda when it opens.

On behalf of this year's award recipients, I want to thank people. I'd like to thank the leaders in our family. These include directors on the hospital and foundation boards, those in senior leadership as well as individuals who have become leaders within their workplaces. They are the stewards who plan and manage resources for us so we can do our jobs effectively. I want to thank my coworkers for their support. I want to thank the employees from other units in our workplace that have worked collaboratively with me and my units.

It is an honor to receive a long service award. It shows the respect St. Paul's Hospital has for its employees. I am proud to be a member of this family.



Randa Shikosky
30 Year Recipient

Congrats to the Mission in Action Award Winners and Nominees!

Mission in Action

2020 Award Recipients



Sharon Ahenekew
(FNMH)
Holistic Care



Garrett Cameron
(Protective Services)
Compassionate Caring



Crystal Larson &
John Boersma
(QI)
Stewardship



Sandra Pela
(Screening)
Respect for All



Kristeen Santer
(4B)
Collaborative Partnerships

Nominees



Jaime Hagel
(RAAM)



Dr. Jody Spelay
(Vascular Surgeon)



Melayna Fusick
(IPC)



Jocelyn Korpan
(Community Renal)



Wendy LeGrow
(DI)



Nomination forms for the 2021 Mission in Action and Charism Awards will be available in the Mission Office in August and September of 2021.

Congrats to the Charism Award Winners and Nominees

Charism

2020 Award Recipients



The Staff of Building Services

Nominees



4B



5th Medicine



Community Renal



First Nations & Métis Health



Nomination forms for the 2021 Mission in Action and Charism Awards will be available in the Mission Office in August and September of 2021.

Show your St. Paul's Spirit

Congratulations to the Winners of \$10 Tim's Cards:

- Sept 30 - Orange Shirt Day: Marlene – Day Surgery
- Oct 1 – Fun Sock Day: Maureen – Pharmacy
- Oct 8 – Team Shirt Day: Nathan – MRI
- Oct 16 – Red Day: Jane – Hemo
- Oct 22 – Band/Music Day: Donna – SPD
- Oct 30 – Halloween: Shanna Lee – Spiritual Care
- Nov 5 – SuperHero Day: Nicola – Transplant
- Nov 12 – Blue Day: Holly – Kidney Health
- Nov 19 – Rider vs CFL: Taisha – Physio
- Nov 26 – Animal Print Day: Cherie – CKD
- Dec 3 – Purple Day: Carolyn – Stores
- Dec 10 – Vintage Day:



There are a couple more days of fun!
Each day, participants are entered in the \$100 Christmas Gift Basket draw: Dec 23.

- Dec 17 – Bright Shoe Day
- Dec 23 – Ugly Christmas Sweater Day

Reminders from Linen Services

“Linen Services is requesting attention to a few concerns. Please be mindful to not overfill soiled linen bags and follow the Work Standards for filling and tying them. Remember there are staff that have to lift these bags and we are trying to avoid injuries. Be mindful that the linen carts are very heavy and when in motion they are hard to stop on short notice. We have had numerous occurrences with staff walking into the path of oncoming linen carts, sometimes while talking on their cell phones. We are trying to avoid any accidents and keep everyone safe. Please be mindful of correct elevator usage as we need the elevators to deliver linen in a timely manner and continue to see staff using elevators designated to move supplies, etc. to go get coffee or go on coffee breaks. Thank you!”



Service Elevator Reminder



Service Elevators
For Supply
And
Patient Transfer

REMINDER TO ALL STAFF, PHYSICIANS AND VOLUNTEERS

If you see this sign above the elevator call button, please **ONLY** use these elevators if you are transferring supplies or patients.

These are **NOT** general staff elevators. Please use the public elevators instead.

Highlighting our Teams: Ambulatory Care

Written by Naomi Moorgen

Ambulatory Care is care given on an out-patient basis. The Ambulatory Care department at St. Paul's Hospital is designed to ease pressure off emergency care by providing treatment for urgent but non-emergent medical situations.

Such care includes patients who are receiving treatment for skin cancer, hemorrhoid bandaging, plastics, hematology, and post-kidney transplants. It also includes treatment for bowel obstructions, ENT (illnesses of the ear, nose, and throat), general surgery, and pain management.

The St. Paul's pain clinic is one of only a few in the province, and all provincial bookings are done at this location. With so many areas of care delivered in this department, five-year employee Evan describes his unit as being like "a doctor's office inside the hospital", and there is a rotating schedule

of doctors who utilize the offices to see various out-patients and their concerns.

When I asked Evan about his favorite part of his job, he expressed excitement about the variety

that each day on the job brings. Every day is different and brings another challenge. When we spoke of the most rewarding part of his work, he celebrated the relationships he and coworkers form with patients.

Repeat patients often come in requesting a certain nurse to help in their treatment. "I

enjoy seeing patient outcomes with repeat patients, seeing a patient's progress and watching their healing journey, like in skin graphs and pain management."

Ambulatory Care is living the mission at St. Paul's with great staff who contribute to kind, connected and patient-centred care. Thank you!



Team members: Lorilee, Christine, Brooklynn, Evan

SPH Foundation

ST. PAUL'S HOSPITAL FOUNDATION

Mistletoe

-2020-



Heartfelt thanks to the donors who contributed to Mistletoe 2020, raising an astounding \$162, 575 for the Hospital Laboratory's new Nano Sequencer.



Feast Day—Pizza Delivery



COVID delayed our Feast Day, but creative thinking kept us from being defeated!
 On November 18, more than 1100 individual-sized pizzas were delivered with the help of three Red Swan Locations and some generous staff volunteers.
 On behalf the Mission Office and SPH Administration, a huge thank you to all the staff for being the living legacy of St. Marguerite and the Grey Nuns.
 Your work every day is what makes us a community of health, hope and compassion for all!

Prayers from our Founding Sisters, the Grey Nuns



For everything created by God is good, and nothing is to be rejected with thanksgiving for it is made holy by the word of God and prayer.

(1 Timothy 4:4-5 ESV)

At the request of

Grey Nuns

*The Holy Sacrifice of the Mass
 will be offered
 for the intentions of*

*all healthcare employees
 and especially all who work at
 St Paul's Hospital*

*In thanksgiving for each and for God's blessing
 and protection of each one and their families*

Rev. Gerald Fleming OSB

This Mass card was mailed to the Mission Office in November to let us know that our Grey Nuns, Sisters Carol, Josie, and Emline, have offered a Mass for "all healthcare employees and especially all who work at St. Paul's..."

Mass cards are a Catholic tradition to offer prayers for and connect spiritually with those carrying heavy burdens or grief.

Blessings for this Season...



December 10 - 18, 2020

A Hanukkah prayer for freedom

Adapted from Rabbi Warren Stone

Source of Creation and Life of the Universe
We gather together on Hanukkah
With a deep spiritual bond to the lights of freedom.

We are grateful for the inner might of the Maccabees
Who fought to reclaim a Jerusalem in despair
And rekindle the lights of human freedom.

Freedom has many faces:

Freedom from war and conflict or threats of terror

Freedom to have a secure home

Freedom from hunger, poverty and despair.

Freedom is deeply personal as well:

Freedom to express one's gender identity without fear

Freedom to express one's racial identity without fear

Freedom to make choices about of life and deepest beliefs

Freedom to live our faith in all of its beauty
without negating anyone else's.

Our Hanukkah menorah with eight branches and kindling light
Remind us of the diversity on our Earth
Bound together with a branch of Oneness,
A reminder that we are interconnected as Global Community.

We are diverse yet equal in our world: Jewish, Christian,
Muslim, Hindi, Buddhist, Sikh, and Humanist.

At times of deep darkness instead of walking in fear
Let us kindle Godly lights
Lights within and lights beyond
And let us increase these lights
Each day
To light the way for All.

Blessed are you,
Lord our God,
King of the
Universe,
who has kept us
in life,
sustained us,
and brought us
to this moment.

Blessings for this Season...

Prayer at Winter Solstice

by Dana Gioia

Blessed is the road that keeps us homeless.
Blessed is the mountain that blocks our way.

Blessed are hunger and thirst, loneliness and all forms of desire.
Blessed is the labor that exhausts us without end.

Blessed are the night and the darkness that blind us.
Blessed is the cold that teaches us to feel.

Blessed are the cat, the child, the cricket, and the crow.
Blessed is the hawk devouring the hare.

Blessed are the sinner and the saint who redeem each other.
Blessed are the dead, calm in their perfection.

Blessed is the pain that humbles us.
Blessed is the distance that bars our joy.

Blessed is this shortest day that makes us long for light.
Blessed is the love that in losing we discover.

Image by Pexels from Pixabay

Blessings for this Season...

happy diwali



A Prayer for Diwali

Om Jai Lakshmi,
Goddess born from the struggle between
good and evil
Guide us toward the light.
In a world
where plenty is possible,
Let us end hunger,
thirst and homelessness.

In your nurturing hands,
Let us seek refuge from want, fear and
violence.

With your grace,
Let our world
be reborn in your image,
Where all needs are met,
Where morality and love
are abundant,
And whereby we are free.

Om Jai Lakshmi.
Om Shanti, Shanti, Shanti.

<https://kairoscenter.org/prayer-for-diwali/>



In the dark depths of long winter nights,
spirits slumber, too,
and allow their stories to be told—
these are the storytelling moons.
Elders and storytellers
who have been given tales to carry
speak softly, reverentially,
and the people hear them.
The people do not merely listen—
they hear.

To hear is to have a
spiritual, mental, emotional,
or physical reaction to the words.
Sometimes, at very special times,
you have all four reactions
and are changed forever.
Share stories, fill cold nights
with the warmth of your connections;
hear each other and be made more.

~Richard Wagamese, *Embers*



Image by Florian Pircher from Pixabay

Blessings for this Season...



A prayer for the one who is waiting

Adapted from Annie Downs (incourage.me)

It happens every year, usually around this time.
When the waiting seems to pulse in my every day.
It's not the ornaments or the tree,
It may not even be the longing for family and friends.

But the volume turns up in my mind.
"It's always going to be this way," I hear.
"You will always be waiting."

It feels like the Divine Birthday is some sort of stamp by which
I judge my waiting, every year thinking it will be over by the next.

And yet, I wait. *I know you are good.
I know you are loving.
I know you have
Not forgotten me
In my waiting.*

So this year, Lord,
Give me eyes to see what I have,
Give me ears to hear the good things all around me,
And give me a heart that embraces the waiting,
The Advent.

Peace Hope
Joy Love

Come,
Lord
Jesus...

Blessings for this Season...



Christmas

Making the House Ready for the Lord

by Mary Oliver in *Thirst*



Dear Lord, I have swept and I have washed but still nothing is as shining as it should be for you. Under the sink, for example, is an uproar of mice - it is the season of their many children. What shall I do? And under the eaves and through the walls the squirrels have gnawed their ragged entrances, but it is the season when they need shelter, so what shall I do? And the raccoon limps into the kitchen and opens the cupboard while the dog snores, the cat hugs the pillow; what shall I do? Beautiful is the new snow falling in the yard and the fox who is staring boldly up the path to the door. And still I believe you will come, Lord: you will, when I speak to the fox, the sparrow, the lost dog, the shivering sea-goose, know that I am really speaking to you whenever I say, as I do all morning and afternoon: Come in, Come in.

Project Christmas Angel 2020 is a wrap!



Thank you
to all our staff
Christmas Angels!

Your generosity brought in more than 180 gifts for the Kindergarten to Grade 3 students at St. Mary's & Pleasant Hill Schools.

And thanks to Saskatoon Police Service for assisting with gift delivery!

From the Ethics Office: Compassion in the Pursuit of Equilibrium

By Gary Goldsand, SPH ethicist

Should I or should I not take my aging granny to a hospital today for her very sore knee? Does my patient meet the criteria for compassionate visitation that would allow his family to visit, or does he not? These kinds of decisions remind us of the metaphor of a classical scale, rising on one side or the other as competing considerations are introduced.

This age of pandemic has drastically complicated our ethical calculations, as it is so hard to know just how serious the risks are, in so many situations. The need for dying patients to be with loved ones before the end weighs heavily. Giving her patient the label of "in need of compassion" enables visitation, but she remains optimistic that he won't die yet. Should she err on the side of maximal safety for staff and other patients, and state "not yet" to the question of

compassionate visitation? Or should she err on the side of making sure this man, her patient, has a chance of spending crucial quality time with his loving family, just in case he does end up passing away soon?

It is easier to feel compassion in one's heart for the plight of this individual, than be ruled by less-specific concerns about potential risks to unknown bystanders. But we know the risks are real, and that the decisions we make can have serious consequences. As we enter what I hope are the last months of these strange times, I urge each person to deeply consider the demands of compassion as you weigh your daily challenges on the scales of reasonableness. Compassion not just for your patients and families, but for yourself, as you strive to weigh each item accurately on unfamiliar scales.

You can view a color version of this issue of *The LifeLine* or view past issues at <http://www.stpaulshospital.org/about/mission/lifeline.php>