

The LifeLine

St. Paul's Hospital Staff Newsletter



ST. PAUL'S HOSPITAL

A Place of Hope and Healing



Positive Thinking

“Let’s find a more positive way of saying that.” Before being hired as Director of Mission I did some contract work at St. Paul’s in the area of workplace wellness. I had proposed an idea, and this was the response from one of the women on the team. Her suggested alternative to my wording was indeed positive, and I realized I’d never have thought to word it in that light.

You need to understand that I did not think of myself as anything but a positive person, so this comment caught my attention. Because *“I am not a negative person”*, I began to consciously attempt to use positive wording. While I made some progress, the negative wording kept slipping out, even after years of practice. Each time I caught myself at it, I recognized that my wording really did reflect accurately my inner state. I wasn’t becoming a more positive person, but at least I was recognizing that I was influenced by more negativity than I’d thought. I wasn’t having success at changing my words because I hadn’t yet addressed the root cause.

Now that might in itself sound to you like a negative thought, but really it is a step in the right direction.

Another positive step occurred in the wake of an unexpected experience that taught me that any day of my life might be my last — not just hypothetically. I began to ask myself, “If this were in fact the last day of my life, how would I want to have responded to this

moment (however challenging I might be finding it)? And then I tried to respond that way. This made my life, especially in its small moments, much more meaningful to me. And I think I began to be a bit more positive in my core.

More recently I heard a talk in which the speaker suggested: “When I’m in a painful or challenging situation, I try to remember to give thanks that I am capable of responding to it in a life-giving way”. I must confess that this thought was quite a stretch for me, but I thought I’d give it a try. Two things surprised me when I did. The first is that I was actually able to find life-giving responses to these situations; the second is that once I found them I really did experience some gratitude about being able to provide something positive.

Positive thinking does not mean one sees no difficulties, suffering, injustice, or bad things in our world. On the contrary, positive thinking is very realistic. Positive thinking recognizes how things are, but seeks a way to make them better, by contributing something that is both realistic and hopeful.

I still have a long way to go. Many of us do. Every new situation is one that demands a decision about how I will respond to it. I find it helpful to know that I could go either way, that I have a choice. It is empowering.

*-- Brian Zimmer
Director of Mission*

The “Skinny” on Christmas

A young child was scared at bedtime, certain there were monsters under the bed and boogeymen in the closet. His mom reassured him by looking with him under the bed and in the closet to see that there were no monsters or boogeymen. She pointed out that they'd be too afraid to come into his room anyway because of the night light and, “Besides, God is here with you.” The boy replied, “Mom, I know God is here. But I need someone with skin.” And so it is that God, understanding these things, sent Jesus. Now we are God's hands and feet and heart in the world, giving skin to God's compassion, giving hope in a world that sometimes is so lacking of it.

With that in mind, read this story!

A patient on the Palliative Care Unit, Marilyn McFaul had a Christmas Wish. She hoped to enjoy the splendor of the Enchanted Forest along with members of her family and friends. Due to mobility restrictions, she was unable to visit the light display in a personal vehicle. Nancy Brisebois, Nurse Coordinator for

the Palliative Unit, helped to arrange a wish come true for Marilyn and the McFaul family. This was made possible by the generous gift from Troy Davies and MD Ambulance Paramedics Ben & James, who volunteered their time and as well as CrestLine who provided a 12 passenger limousine to make this possible. The evening brought a wonderful smile to Marilyn's face and has filled her heart.



The LifeLine

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St. Paul's Hospital Mission Office



Vision Mission Values

Personnel Association Christmas Fun

Thanks to the Personnel Association for providing funds to purchase food for the Staff Christmas Tea. Door prizes were provided by SEIU and SUN. Additional financial support came from donations to the Mission Office. Door Prize winners were:

Barb Boechler	Food and Nutrition	Gift basket
Carol Klassen	Pharmacy	Gift basket
Brittany Eggum	Ultrasound	Gift basket
Yvonne Gorbeille	Surgical Suite	Gift basket
Emily McFadyen	6 th Medicine	Gift basket
Karen Wood	IPP (Dietician)	Gift basket
Chona Gage	Hemodialysis	Gift basket
Lauren Frischholz	CKD Clinic	Gift basket
Barb Elmer	Safety Call Center	Co-op Gift Card
Allison Stene	IPP (PT)	Co-op Gift Card

The Christmas Season traditionally lasted 12 days. The song, “The Twelve Days of Christmas” was a code Catholics used during persecution by the Church of England to celebrate their faith without drawing attention to themselves. See page 19 for details. Each year the Personnel Association presents 12 of its members, drawn at random, with a check for \$25. Just because. Here are this year’s recipients.

Angela Gress-Perrin	SPH - Processing
Justin Thomas	Corporate Office – ITS Infrastructure
Michelle Mazurkewich	SPH – Patient Registration
Chelsea Powell	SPH- Distribution
Rhonda Edmison	Diagnostic Imaging
Marjorie Markwart	Food and Nutrition
Tammy Warden	Social Work
Chandra Behrenz	Patient Registration
Deb Berscheid	Laboratory
Marlessa Wesolowski	Mission
Jeannette Millhouse	Food and Nutrition
Rhonda Schaeffer Lefley	Intensive Care Unit

Peace on Earth

If there is to be peace in the world,
There must be peace in the nations.

If there is to be peace in the nations,
There must be peace in the cities.

If there is to be peace in the cities,
There must be peace between neighbors.

If there is to be peace between neighbors,
There must be peace in the home.

If there is to be peace in the home,
There must be peace in the heart.

Chinese philosopher - Lao-tse - 6th C BC

Mission in Action Awards ...



Emmanuel Care, the owner of St. Paul's (and other Catholic healthcare organizations in Saskatchewan) offered a **Charism Award** for a department noted for contributing to St. Paul's overall living out the charism of our foundresses, the Grey Nuns. Departments were invited to describe how they do this. The fourteen who did were entered in a draw. This year the recipient was **Palliative Care**. The award is one of recognition, and includes a cash award of \$1000 for the department's designated account.

Emmanuel Care Board Chair André Moquin and Palliative Care rep Nancy Brisbois.

Photo Credits: Derek Mortenson,
Electric Umbrella



**Emmanuel
Care**

St. Paul's Hospital Mission Office



Vision Mission Values



Five of our staff members were each recognized for living one of our Core Values in a way that is noticed and valued by their coworkers. This speaks highly of them, of course, and it also speaks of how their coworkers share these values, this spirit of caring.

For their part, award recipients always comment on how they can only do this as part of a team.

Thank you everyone, award recipients and those they work with for the good of our patients.

Recipients (Left to Right)

- **Kristy Oleksuik**, an LPN on 7th Floor Medicine: **Respect for All**
- **Sarabjeet Singh**, an RN on 6th Floor Medicine: **Compassionate Care**
- **Morgan Avant**, Client Care Coordinator with CPAS: **Holistic Care**
- **Carrie Hahn**, an LPN on 5th Floor Medicine: **Collaborative Partnerships**
- **Richard Schlichemeyer**, a Pharmacist in Pharmacy: **Stewardship**

Mission Week 2016

Each year, SPH formally renews its commitment to live our core values. This is the format it took this year.

Leader: We take to heart the suffering of others as we care for them, just as we would if they were our own family member.

All: We commit to being compassionate people, and to providing compassionate care.

Leader: We need one another for the talents and training we have, for the support we provide one another, and for the provision of the best care possible.

All: We commit to being collaborative members of the team.

Leader: In our rich diversity of personality and backgrounds, we are equal in our God-given worth and dignity.

All: We commit to being respectful to one another at all times.

Leader: In resourceful and creative ways we make the best use of the time, talent, equipment, and supplies at our disposal in fair and equitable ways for the good of our patients.

All: We commit ourselves to being good stewards of all our resources.

Leader: We are keenly aware that we serve a human being, a person. Everyone we meet is more than just what we see at this moment in their rich history.

All: We commit to a holistic approach to each person we meet.

Leader: Even though almost 300 years have passed since St. Marguerite d'Youville served the poor and sick in Montreal, we are still inspired by her spirit and vision.

All: We commit ourselves to a Community of Health, Hope, and Compassion for all.



Feasting Together



Central to Mission Week is Feast Day. Always celebrated near the feast of St. Marguerite d'Youville, the foundress of the Grey Nuns, we feast together with food, thoughtfully prepared by our Food and Nutrition department. We celebrate the heart and soul of each person who cares for those entrusted to us. We celebrate the one Spirit of God who is at the heart and soul of all healing.



Senator Urges Action for Reconciliation and Justice

By Roma De Robertis, SCIC
MONTREAL, Que. — Commitment to reconciliation between Canada's Aboriginal peoples and other citizens is vital for our children and grandchildren, Senator Murray Sinclair told a gathering at McGill University here Aug. 11.

"Reconciliation belongs to each and every one of us," stressed the former chair of the Truth and Reconciliation Commission of Canada (TRC). Although it is "going to take generations," reconciliation is "not a spectator sport" and requires action now, he added.

The former judge and law professor was in Montreal to receive the 2016 World Peace Award from the World Federalist Movement — Canada. The free public event at the law faculty also included a panel discussion with the theme, "From Global to Local: The Importance of the United Nations Declaration on the Rights of Indigenous Peoples to Reconciliation in Canada."

The event was held during the World Social Forum, which drew thousands of people from around the world to Montreal Aug. 9-14 to focus on social and ecological justice and human rights. (See related story, this page.)

Sinclair said Canada was one of many countries historically involved in "cultural genocide." Few Canadians learned about harmful effects of colonial policies, he added.

Britain's Royal Proclamation of 1763 outlining European settlement of Aboriginal territories "was one of the most arrogant documents of the world," he said. While it promised to uphold indigenous sovereignty, after Confederation the Canadian government denied Aboriginal self-government and took resources from indigenous lands.

He said Canada also rejected indigenous

peoples' ability to maintain their economies and raise their children. Generation after generation, "resistance was considered futile," he added.

Sinclair said many citizens and "some in the churches" denied harmful effects of seven generations of government-sponsored residential schools administered by churches. He said both residential and public schools taught the "mythology of Indian inferiority." Indigenous people "were treated as irrelevant in the history books" and lost respect for themselves and their own people, he added.

However, after the TRC engaged with church and government leaders to seek their support, "the churches joined forces with the commission." He said through TRC community hearings, they came to believe what the residential school survivors were saying.

Sinclair urged his audience to read the TRC's 2015 final report which outlines what Aboriginal people "should be protected from and what they have a right to expect" in future.

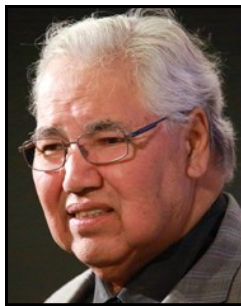
He noted today's young indigenous leaders are well informed, with both western education and teachings of Aboriginal elders. They will publicly

protest, demonstrate and take legal measures to ensure Aboriginal rights, he said.

Conflict "could easily get out of hand," becoming "more and more violent," warned Sinclair. "We cannot allow that to happen," he added.

Instead, we must peacefully develop relationships that ensure transitional justice on the path to reconciliation. "We must never lose sight of the principle of mutual respect," he said. Leadership is needed by citizens as well as from provincial and federal governments, he added.

Sinclair encouraged participants to read the



Senator Murray Sinclair

-- Photo Credit: Art Babych

Truth and Reconciliation

TRC report and focus on one of its recommendations. “Talk to colleagues” and employers, write letters to members of Parliament and influence others, he advised. “If they don’t hear from you, they will assume that you don’t care,” he added.

“Citizens of this country must decide to take action” for reconciliation and justice, said Sinclair. “When you hear about injustice, speak out about it,” he urged.

This article first appeared in The Prairie Messenger, August 24, 2016. Reprinted with permission.



Jean Morrison, SPH President and CEO
adds: “It has been an interesting and exciting year! Post election, tough economic conditions continue to impact us all; and we continue to grow and change to meet the challenges

before us.

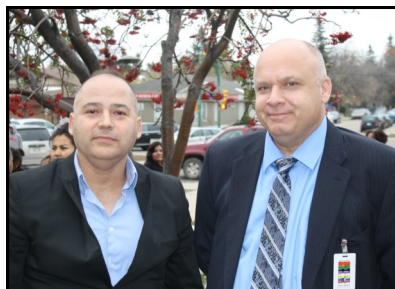
“One of the most moving experiences I have taken part in this year was the celebration surrounding SPH and SHR response to the Truth and Reconciliation Commission Report. The Commission was struck to facilitate the healing of aboriginal people and to provide a path forward to better relationships and reconciliation between the aboriginal and non-aboriginal people of Canada. St. Paul’s and the Region have committed to a set of actions to improve our care and service to aboriginal people. The raising of the Truth and Reconciliation Flag on St. Paul’s Hospital grounds is a visible sign of our commitment to change.

“Change takes time, and the first step is always recognizing that we do better tomorrow than we did today. We enter the New Year with a long history that brought us to this point, knowing of some of the changes we need to make to build a better, healthier, more productive society for our children. I look forward to working with all of you to improve our care and service in 2017! Wishing you and your family a very Merry Christmas and a Happy New Year!”

-- Jean Morrison, SPH President and CEO



Jean Morrison
SPH President and CEO



Gary Beaudin, Dan Florzone
SHR Board Member, SHR President and CEO



Robert Merasty
FSIN Second Vice-chief

Cafeteria Painting: Center

Above the windows in the cafeteria that face the patio are three large images. On lunch break one of our staff (Sherry Engel, Infection Prevention and Control) found information about the center one. It features St. Jerome (342—420 AD). He was known for translating the Bible from its original languages (Hebrew and Greek) into the vernacular which, at his time, was Latin. The painting, however, refers to a legend about him that was recorded by Jacobus Voragine about 900 years later. Here is a paraphrase of the legend. Check out a fuller version at <http://www.fisheaters.com/animals3.html>

There is no known connection of St. Jerome and the Lion to St. Paul's, so the mystery of why this image was chosen is still unsolved.

One day a lion entered St. Jerome's monastery. The other monks ran in fear, but Jerome welcomed the lion as he would any guest. The lion's paw was pierced by a thorn.

The monks removed the thorn and cared for the lion as it recovered. It lived with them as a tame animal from then on. St. Jerome recognized God's providence in all this. True, the lion benefited, but it could help the monks. The monastery had a donkey that carried wood for them, and it needed someone to take it to and from pasture. They asked the lion to do this job, so it did any good herdsman would. And the donkey was able to do its work.

One day, when the donkey was in the pasture and the lion slept, some merchants passed by with camels and stole the donkey. When the lion awoke it looked everywhere, but could not find it. Consequently, the lion was late getting back to the monastery.

When the monks saw that the lion was late and without the donkey, they presumed that the lion had gotten hungry and eaten the donkey. They wouldn't feed it telling it to just go back and eat the rest of the donkey if it was still hungry!

Jerome told them to make the lion do the donkey's work, and the lion did.

But after finishing its work, the lion would go

to the pasture looking for the donkey. One day it saw merchants with the donkey. When the lion recognized the donkey, it ran towards it roaring so terribly the merchants and camels ran to the monastery for safety with all they were carrying.

The monks welcomed them and offered hospitality. The merchants knelt and asked forgiveness for stealing the donkey. They wanted to give him half of their oil in reparation, but he refused. Instead he received one measure of oil, and the merchants promised to bring another measure each year.



50 Years of Success: Personnel Association



In the previous issue of *The LifeLine* we read about the founding of the SPHPA. On July 20 a formal celebration of its 50 years of fun and service was held.

Bingo used to be a source of fundraising for the Association. Later it was part of fun during Annual General Meetings. During the anniversary celebration it was again a source of fun and prize giveaways. Thanks to the following for the prizes:

- ◆ SPH Foundation, and SHR (for the major prizes)
- ◆ Tim Hortons
- ◆ SPH Downstairs Café
- ◆ SPH Gift Shop

On a hot summer day, the ice-cream sundae bar seemed quite appropriate.

Thank you, too, for all who volunteered to make the event a success.

And thanks to the cafeteria for their support.





The St. Paul's Hospital Beauty Salon

B-wing, Level 0

Reopened August 2, 2016.

Hours: Monday, Tuesday, Wednesday
8:00 a.m. to 3:00 p.m.

Prices:	Ladies & Mens Cut	\$25.00
	Children	\$20.00
	Shampoo & Set	\$25.00
	Cut & Style	\$35.00
	Perms (long hair, extra)	\$70.00
	Colors (long hair, extra)	\$60.00
	Highlights	\$60.00
	Waxing	Brows \$15.00
		Lips \$15.00

Hair Stylist: Donna Crawford

Telephone: (306) 655-5024

Serving patients, family, and staff.

Collaboration and Innovation Improves Pharmacy Processes

Pharmacists Richard Schlichemeyer (SPH) and Barrett Blue (RUH) knew there had to be a better way. Pharmacists routinely used computers to review drug orders and dispense medications however the majority of direct patient care (clinical) processes were paper based.

- Lists were generated on paper and pharmacists carried binders and clipboards with handwritten or computer generated notes.
- Work that required completion and information for follow-up was shared verbally or on paper.
- When new requests for service arose, the request was communicated by phoning or paging the ward pharmacist, interrupting their work flow
- Drug information resources were a mix of electronic and printed materials that were not always within easy reach. Pharmacists often travelled between patient care areas and the central pharmacy to access the information they required.

Barrett and Richard knew there had to be a better way and they believed creative use of technology was the answer.

In 2012, Barrett designed and completed a residency project that evaluated the suitability of mobile tablets for clinical pharmacy processes. He identified Microsoft OneNote as the program best suited to support work within the pharmacy clinical teams. OneNote allows multiple users to access and update documents dynamically. Mobile computer

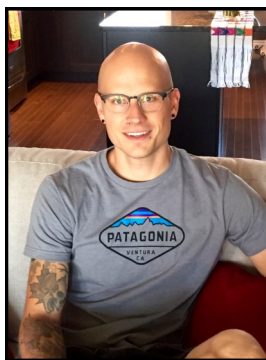
tablets were purchased by each pharmacy site between 2013 and 2015. Barrett investigated and implemented the use of OneNote for electronic documentation of work “to do” and communication of information between members of the pediatric pharmacy team at RUH.

Richard took this initial work and investigated tools that could be linked to One Note. He developed a standard reporting template for clinical pharmacy processes.

These include ward summaries, document templates and a quick links page to a variety of electronic information resources (for checking doses, product availability and best choice of medication for select conditions). An electronic mailbox for each pharmacy team was also developed in OneNote. New requests for service can be entered into the appropriate mailbox as they arise. This requires fewer phone calls and pages.

Both Richard and Barrett were enthusiastic leaders of this change and patiently mentored

and supported staff during the transition from paper & binders to OneNote and electronic resources. The impact of Barrett and Richard’s work has been revolutionary. Their collaboration and innovation improved pharmacy processes. Pharmacists have electronic access to the resources they require as ward-based members of the healthcare team and they are equipped to provide efficient patient and family centered care at the bedside.



Richard Schlichemeyer (above) and Barret Blue

-- Submitted by Brenda Thiessen

Long Service Award Recipients

A banquet to celebrate the service given by these employees took place November 2. We thank you all for the healing presence you have been through your skills and through who you have been, to those you serve and those with whom you serve. Thank you sincerely.

Ten Years of Service

Altrogge, Virginia
Andrew, Denine
Asiamah, Patience
Augustine, Donalea
Been, Martin
Bilanski, Stephanie
Bustamante, Ana
Chabot, Susette
Cho, Bora
Christensen, Darlene
Colter, Brent
Cowden, Jilene
Deroo, Catherine
Ediger, Cathy
Falastein, Patrick
Farrell, Margaret
Fortuna, Laurie
Fradette, Tracy
Froese, Theresa
Gage, Chona

Gaucher, Cindi
Halter, Kris
Harder, Shelby
Harvey, Eileen
Heintz, Audrey
Hoffman, Brett
Huculak, Rhonda
Husarewich, Danice
Jeffrey, Shannon
Johnson, Matthew
Kiryakos, Rohani
Kondra, Sharla
Koolick, Roy
Korte, Lianne
Leblanc, Colette
Lingard, Erin
Lizotte, Blaine
Maclean, Melissa
Marcoux, Elizabeth
Mckenzie, Elaine Estate

Micklewright, Joanne
Molinelli, Michelle
Nahirney, Dianne
Ponath, Heather
Radom, Amanda
Robin Partyka, Jaime,
Schreiner, Darryl
Smeets, Andrea
Smith, Marie Lou
Tilk, Jaclyn
Tkatchuk, Cheri
Turner, Alicia
Tysowski, Melissa
Ulvild, Joanne
Warriner, Erica
Wiley, Vicky
Wingham, Lynnsay
Zimmer, Alice

Fifteen Years of Service

Anderson, Elaine
Barber, Cassandra
Barilla, Julie
Behrenz, Chandra
Boechler, Barbara
Brenner, Lindsay
Burron, Valerie
Clarion, Christoph
Devries, Rob
Duguay, Shelley
East, Verlina
Fallis, Kevin
Fletcher, Gloria
Glab, Mellissa
Goldbeck, Nicole

Gudmundson, Carol
Hamnett, Carrie
Harris, Barbara
Hastings, Loretta
Johnson, Elly
Larocque, Frank
Leuschen, Glenn
Makeechak, Theodore
Mark, Judy
Markwart, Marjorie
Monsele, Nancy
Moore, Karen
Nelson, Bonnie
Neufeld, Lisa
Nichols, Coral

Nimalovitch, Wanda
Oliynyk, Irene
Pickerl, Katherine
Saretsky, Jacquelin
Schick, Gloria
Schrempel, Rose
Sholter, Donna
Siemens, Sharon
Smith, Carol
Stewart, Cheryl
Tran, Mai
Van Berkomp, Beata
Wilson, Yvonne

Twenty Years of Service

Cooke, Suzanne
Korpan, Jocelyn
Arnesen, Corey
Klassen, Tammy
Tetu, Renee
Filoteo, Evelyn

Neufeld, Dean
Asmundson, Barbara
Hampton, Carmen
Thiessen, Anne
Clark, Yvonne
Wald, Melody

Benolkin, Maureen
Buhr, Annamaria
Illingworth, Sandra
Kroeker, Beverly

Twenty-five Years of Service

Anderson, Joanne
Barut-Sysing, Alicia
Desjarlais, Tracy
Gerlinsky, Peggie
Grueter, Curtis
Hahn, Beverly
Harrison, Mary

Hill, Carol
Hostland, Vivian
Kotyk, Lynn
Lukan, Marcie
Maier, David
Martsch Warner, Sandra
Mcdiarmid, Myrna

Nystuen, Wendy
Ostafichuk, Ellen
Ozeroff, Christina
Rokosz, Rose
Schaeffer Lefley, Ronda
Zelmer, Kathy

Thirty Years of Service

Birdsall, Gale
Clapper, Paulette
Fabian, Veronica
Geiger, Donna
Hilkewich, Melanie
Laitres Wilson, Rae Ann

Macquarrie, Bonnie
Manley, Dawn
Mcmillan, Brenda
Regier, Hilda
Richardt, Gloria
Schneider, Joyce

Singer, Penny
Watling, Wanda
West, Rosella
Wood, Karen

Thirty-five Years of Service

Brisebois, Nancy
Campbell, Patricia
Celestino, Rita
Chovin, Leslie

Duchak, Lorrie
Greyeyes, Sandra
Hedin, Nola
Hilton, Karen

Mcintosh, Julianna
Peters, Elizabeth
Rohachuk, Cindy
Slattery, Karen

Forty Years of Service

Blackwell, Pat

Kostyk, Joann

Turkington, Germaine

These award recipients represent 3140 years of service. To put that into perspective, if one person would have worked all these years, she would have had to have begun work at about the time of the Trojan War.
Talk about “Long Service”.

Long Service Banquet Photos



Zero Out Clean on 6th Medicine

Zero out: what does this really mean? Simply put it's a methodological process of carrying out a terminal clean that is then followed by disinfecting with UVC light technology all patient care areas and non-patient care areas in a unit. This entails starting the clean from one end of the ward and working towards the other end of the unit. This is a systematic process that involves not just housekeepers but also unit aides and unit staff.

Following a series of careful planning sessions with several departments a date was scheduled to begin the zero out process on 6th Medicine. A core team of housekeepers was

designated to perform this task for the week; each day started and ended with a huddle on 6th Medicine involving unit staff, housekeeping and IPAC (Infection Prevention and Control). The team swung into action starting from the west end of the unit, moving patients to a more comfortable area within the unit while their bed spaces were being cleaned. Each room was cleaned systematically i.e from clean to dirty and included washing of walls, exchange of curtains and disinfection with the UVC robots (Kennedy and Lance). Indeed, the true spirit of collaboration and excellence was at work as everyone was on board to lend a helping hand when required to.

Kudos to the entire team!

Our goal remains to have St Paul's Hospital outbreak free and the housekeeping team is committed to working with our colleagues to provide a clean, safe, and positive patient and client experience.



Part of the Housekeeping team poses with “Kennedy”, the machine that produces the Ultraviolet C light which kills all pathogens in the room.

Left to Right:

Gemma Alba, Belinda Abeleda, Faye Carriere, Winnie Galvez, Beth Andal

A Budding Philanthropist Entrepreneur in the Christmas Spirit

One of our RN's, Carrie Emberley, told us this wonderful story about her daughter.
Printed with mom's permission.

My daughter is 5 years old and this year she asked if she could make story books and sell them, in order to have a fundraiser to buy Christmas presents for those less fortunate.

We decided to pick 3 angels off the tree downstairs at SPH cafeteria. She used the money she raised from selling her handmade story books to buy the toys off their wish lists and the rest of the money will be donated to the SPCA.

Here is my daughter with the completed stories she sold and gifts she purchased.



Sisters of Zion 100th Anniversary Gala

September 1, 2, 3, 2017

If you attended
Our Lady of Zion Academy
any time between 1919 and 1967
or if you know of anyone who did,
you may have photos, yearbooks
and other memorabilia
that would be helpful.

A special effort will be made to search out
life stories of all Saskatoon Sioners.

Please contact:

Sharon 306-374-6323

Terry 306-651-3133

Donna 306-665-2—3

Eleanor kennrs@sasktel.net

Hanukkah 2016 December 24 - January 1

Hanukkah means “dedication,” named because it celebrates the rededication of the Temple in the second century BCE. Against all odds, a small band of faithful Jews, led by Judah the Maccabee, defeated the occupying Greeks and drove them from the land, reclaimed the Temple in Jerusalem and rededicated it to the service of God.

When they lit the Temple's Menorah (the seven-branched candelabrum), they found only a single cruse of olive oil that had escaped contamination by the Greeks. Miraculously, they lit the Menorah and the one-day supply of oil lasted for eight days, until new oil could be prepared under conditions of ritual purity.

To commemorate and publicize these miracles, the sages instituted the festival of Hanukkah, and the lighting of the candles of the Menorah, one for each day of the miracle.

The Twelve Days of Christmas — Original Meanings

On the 1st day of Christmas my true love gave to me **A Partridge in a Pear Tree**. The partridge in a pear tree is Jesus the Christ. In the song, Christ is symbolically presented as a mother partridge that feigns injury to decoy predators from her helpless nestlings, recalling the expression of Christ's sadness over the fate of Jerusalem: "Jerusalem! Jerusalem! How often would I have sheltered you under my wings, as a hen does her chicks, but you would not have it so" (Luke 13:34)

On the 2nd day of Christmas my true love gave to me **Two Turtle Doves**. The Old and New Testaments, which together bear witness to God's self-revelation in history and the creation of a people to tell the Story of God to the world.

On the 3rd day of Christmas my true love gave to me **Three French Hens**. The Three Theological Virtues: 1) Faith, 2) Hope, and 3) Love (1 Corinthians 13:13)

On the 4th day of Christmas my true love gave to me **Four Calling Birds**. The Four Gospels: 1) Matthew, 2) Mark, 3) Luke, and 4) John.

On the 5th day of Christmas my true love gave to me **Five Gold Rings**. The first Five Books of the Old Testament, known as the Torah or the Pentateuch: 1) Genesis, 2) Exodus, 3) Leviticus, 4) Numbers, and 5) Deuteronomy.

On the 6th day of Christmas my true love gave to me **Six Geese A-laying**. The six days of creation. (Genesis 1).

On the 7th day of Christmas my true love gave to me **Seven Swans A-swimming**. The seven gifts of the Holy Spirit: 1) prophecy, 2) ministry, 3) teaching, 4) exhortation, 5) giving, 6) leading, and 7) compassion (Romans 12:6-8; cf. 1 Corinthians 12:8-11)

On the 8th day of Christmas my true love gave to me **Eight Maids A-milking**. The eight

Beatitudes: 1) Blessed are the poor in spirit, 2) those who mourn, 3) the meek, 4) those who hunger and thirst for righteousness, 5) the merciful, 6) the pure in heart, 7) the peacemakers, 8) those who are persecuted for righteousness' sake. (Matthew 5:3-10)

On the 9th day of Christmas my true love gave to me **Nine Ladies Dancing**. The nine Fruit of the Holy Spirit: 1) love, 2) joy, 3) peace, 4) patience, 5) kindness, 6) generosity, 7) faithfulness, 8) gentleness, and 9) self-control. (Galatians 5:22-23)

On the 10th day of Christmas my true love gave to me **Ten Lords A-leaping**. The ten commandments.

On the 11th day of Christmas my true love gave to me **Eleven Pipers Piping**. The eleven Faithful Apostles: 1) Simon Peter, 2) Andrew, 3) James, 4) John, 5) Philip, 6) Bartholomew, 7) Matthew, 8) Thomas, 9) James bar Alphaeus, 10) Simon the Zealot, 11) Judas bar James. (Luke 6:14-16). The list does not include the twelfth disciple, Judas Iscariot who betrayed Jesus to the religious leaders and the Romans.

On the 12th day of Christmas my true love gave to me **Twelve Drummers Drumming**. The twelve points of doctrine in the Apostles' Creed: 1) I believe in God, the Father almighty, creator of heaven and earth. 2) I believe in Jesus Christ, his only Son, our Lord. 3) He was conceived by the power of the Holy Spirit and born of the virgin Mary. 4) He suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell [the grave]. 5) On the third day he rose again. He ascended into heaven, and is seated at the right hand of power. 6) He will come again to judge the living and the dead. 7) I believe in the Holy Spirit, 8) the Church, 9) the communion of saints, 10) the forgiveness of sins, 11) the resurrection of the body, 12) and life everlasting.



Good News From our Foundation

Professional Development Award Recipients

Ian Buckwold Mental Health & Addictions Continuing Education

- Trauma training - Acute Mental Health Care Transition Team

Urban and Rod Donlevy Innovation and Excellence Award

- Memorial Services - Connie Lachapelle / Pastoral Care
- Comfort Care Baskets - Janice Walker, Nurse Manager

Janice Bergan Endowment

- Kristin Sander, 5A surgery

Les Dubé Scholarship

- Michelle Murphy, SPH Administration

Leadership Saskatoon

- Penny Ginther, Manager Patient Registration Services.

In Hospital Program

- Spiritual Care Retreat - Connie Lachapelle / Pastoral Care
- Community Days - Diane Boechler / Mission office
- Transplant education day - Janice Walker/ 6th Medicine

Mistletoe Ball

This 27th Annual event raised **\$196,900**. Proceeds support state-of-the-art advancements in SPH operating theatres, transforming them into some of the most sophisticated theatres in the province, improving efficiencies and helping our physicians and surgeons to provide new treatment options. The new technologies will also provide a significantly improved learning environment in the operating theatres with cross-site, peer-to-peer videoconferencing.

Gormley Gathering

The Gormley Gathering raised \$222,421 in support of cystoscopy equipment at the Leslie and Irene Dubé Urology Centre.

Proceeds will purchase a surgical mini C-arm X-ray Scanner, Radiolucent Operating Theatre Table for cystoscopy. This equipment will significantly reduce wait times for a diagnosis, and will improve patient comfort and provide surgeons with greater accessibility to the treatment site.

Nevada Winners

Helen Siemens Tekanoff.....	Day Surgery
Isabelle Gill.....	SPD
Visitors (3)	
Angela Wollman	Surgery 5B
Lorraine Sovyn, Rose West (2x)	SPD
Donna Skwark.....	SPD
Lorraine Sovyn	SPD
Renee Pitka.....	Health Records
Wanda Nimalovitch	Food and Nutrition
Elly Johnson.....	HLA Lab

Nevada ticket sales are coordinated by the SPH Personnel Association. Proceeds support the Professional Development fund of the SPH Foundation.

