

Kathi Molnar Farewell

June 12 was a day of joy for Kathi, which was her last day at work. But it was also full of sadness at leaving her co-workers in Housekeeping and on 6th Floor Medicine. We wish you all the best, Kathy, and we miss you.



Upcoming Events

- Driving Fore ProstateJuly 19
- Personnel Association 50thJuly 20
- Harvest Fest.....When the corn is ready
- Mission Week.....October 11—14
- Long Service Banquet`November 2
- Bio-ethics seminar.....November 24

Nevada Winners

- Jack Girling (3x).....Maintenance
- Bev ArnoSterile Processing
- Gloria FletcherClient Attendant
- Sandra Meier (2x)Day Surgery
- Sandra Thiessen..... Pharmacy
- Lorraine Sovyn.....Sterile Processing
- Patient.....
- Cindy RohachukSterile Processing
- Juanita Graham First Nations & Metis HC
- Elly JohnsonHLA Lab
- Lori HarderHousekeeping

Well Done Kari Sinkewich

Kari Sinkewicz, Manager of Annual Giving with the SPH Foundation, celebrated completion of the Leadership Saskatoon program on June 6. This is a 10-month community-based course designed to develop leadership skills in candidates from the public, private and non-profit sectors. The program offers a dynamic and challenging opportunity to learn more about oneself and about leadership in the context of Saskatoon's vibrant and diverse community. Congratulations Kari!!



The LifeLine

St. Paul's Hospital Staff Newsletter



ST. PAUL'S HOSPITAL

A Place of Hope and Healing



Year of Mercy

Pope Francis declared a Year of Mercy from December 8, 2015—November 30, 2016.

What is it about? Simply:

- We all screw up. This has negative consequences for ourselves and others, sometimes very significantly.
- None of us can undo what we have done. We can't unsay the unkind words, for example.
- It helps nothing to beat myself up, or beat others up, for a wrong-doing.
- God forgives. God always forgives. This is because God is perfectly merciful.
- Let's be merciful to one another as God is merciful to us. Not to say that nothing harmful happened, but to get on with making things better instead of making them worse.
- All of this should bring us joy and a spirit of celebration!

So what is mercy? From what I've said so far, you might think I mean it is "forgiveness". Yes, but it's much bigger than that. It isn't

really an action at all, at root, but a stance of heart, a way of being.

It is kindness and understanding. It is gentleness. It wants what is good. It is joyful even in the midst of pain.

One way to think of mercy is to think of the love a parent has for their children, when the parent is at their best. In this mode the parent doesn't berate a child for making a mistake. A parent sees the goodness through it all. A parent wants to figure out what might be the best thing for the child now. Would consequences help? If so, let's figure out an appropriate way to use them, with kindness. Would focusing on where we can go from here be good? Let's do it. This is all a positive approach to a negative that occurred.

But more than that, how can we build the child up? What supports does she or he need? What encouragement, resources, connections, corrections, training, joyfulness, opportunities, and challenges would be helpful? Let's try to provide these for one another.

**Love is patient; love is kind;
love is not envious or boastful or arrogant or rude.
It does not insist on its own way; it is not irritable or resentful;
it does not rejoice in wrongdoing, but rejoices in the truth.
It bears all things, believes all things,
hopes all things, endures all things.**

From St. Paul's first letter to the Corinthians 13:4-7

Mercy Snippets

A man I'll call Bart one day told his boss:
"Something's finally changed in my life. You know I've tried everything: self-help books, addictions counselling, inner-child work, therapy, group work. None of it helped. You know what did help? It was my co-worker, Basil. One day he told me,
*"Bart, you know what your problem is? You're an a**hole. And you're too stupid to know it."*

"He was right. Hearing that helped."

So you might ask what on earth this has to do with mercy. Maybe nothing. Or maybe a lot. The key, I believe, is in asking what it might have been that enabled Bart to finally hear the message Leroy gave him.

Here's what I think: Bart must have received enough mercy from someone, somewhere, that he knew he would not be destroyed by facing the not-so-nice truth that Basil named. How else can you explain him telling his boss this story as if it were a piece of exciting good news?

A quote from Jesus' Sermon on the Mount: "How can you say to your neighbor, 'Let me take the speck out of your eye', while the log is in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your neighbor's eye." Matthew 7:4-5

I think this is a bit of a trick quote. It sounds as if it is easy to see the log in my own eye because it's so big. However we don't easily see the log in our eye. Whenever I've thought I didn't have a log in my own eye, I've later found out I just wasn't looking in the right place. (Note: being self-critical isn't often the same as seeing the log in our eye.)

Be kind. Everyone you meet is fighting a hard battle.

(The Quote Investigator says the most likely origin of this quote is Rev. John Watson, who lived in the 19th Century, and wrote under the pen name Ian MacLaren. The original actually said to be "pitiful" to others, but the meaning of the word has changed, and "Be kind, compassionate, merciful" is probably what he would have written if in today's usage.)

The LifeLine

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 for and by its employees.

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St. Paul's Hospital Mission Office



Vision Mission Values

Peter Olynyk (Retired) is "Mighty Fine"



After over 46 years of service at St. Paul's Hospital, Peter Olynyk (plaid shirt) retired. He was known by people throughout the hospital because he delivered goods to them. But also because he'd cheerfully and generously go the extra mile for anyone. And for his rapid gait. (We still aren't sure how he avoided running us over.) And his positive attitude — no matter how he really might have been, he was always "mighty fine" when you asked him.



Music Therapist



Carmen Formanek-Loncar is our acting Music Therapist while Lisa Wutch is on maternity leave. Although Carmen is on field hours, she usually works Monday, Wednesday, and Thursday. Email her (on the general list) or leave her a message at extension 0560.

Joanne Ulvild

The SRNA pain management professional practice group has awarded Joanne Ulvild with the 2016 Pain Excellence Award. Joanne will be formally receive the award at the 6th "Implementing Best Practices for Pain Management in Saskatchewan" at the provincial conference November 3 & 4, 2016. Joanne works on Surgery 5B. Those who know her also know that her compassion drives her desire to provide such high quality care. Congratulations, Joanne.



Farewell Joy Mendel



Joy Mendel (above) joined the SPH family December 22, 2008 as a budding bio-ethicist from Australia who wanted experience in a context that allowed her to meet and work with other ethicists. She met that goal, and SPH met its goal of receiving the services of a dedicated and caring ethicist. Joy resigned her position so she could provide support for her mother back home in Tasmania, Australia. Thank you, Joy, for all you have done and all you have been not only for St. Paul's, but also for the Catholic Health Association of Saskatchewan, and for the Saskatoon Health Region.

A Lesson in Patient and Family Centered Care

This spring I received an email from Dr. Morris Markentin, informing me that one of the residents who had stayed at Sanctum Care Home had passed away. Dr. Markentin said the resident was a very special person who influenced Sanctum more than they helped her and went on to say that she had taught him something that he thought he already knew. Dr. Markentin shared the following,

"Our vision is for a community in which individuals requiring this assistance are able to **attain their optimum level of health from their perspective, minimizing their vulnerability and maximizing their control and dignity.** Sanctum recognizes the need to provide care with humility and without prejudice.

"It took several visits with her for me to learn that my way, that my treatments, that my vision for her health - were mine and not hers - she certainly must have thought I was a slow learner as it took me a long time to get that she did not want treatment for her HIV but to live her last days in her way. I am humbled to have been taught by her. She also taught us the resiliency of the human spirit but also the fragility of the human condition."

When I read Morris's words all I could think was, wow, what a lesson. How often do each of us assume we are putting the best interests of a patient and their family first, and not really hear the message they are trying to give us? This lesson truly gets to the heart of patient and family centered care. The patient and family know what is best for them, we just have to take the time to hear and accept the message.

Dr. Markentin's words had a profound effect on me and I share them with his permission.

— Jean Morrison, President and CEO

Do You Know Anyone with a Bit of Spare Time?

St. Paul's Hospital Gift Shop Is In Need of Volunteers

Would you or someone you know like to give back to your community through volunteer service? St. Paul's Hospital Foundation is seeking volunteers to work in its Gift Shop Monday-Saturday from 9:30 am to 7:00 pm for four hour shifts.

Proceeds from the Gift Shop support important patient care items and services at St. Paul's Hospital. The Gift Shop is managed by the SPH Foundation and supported by a volunteer staff, including members of the SPH Nurses Alumni.

If you would like to volunteer your services at St. Paul's Hospital, please contact Kathi Lewis, Volunteer Workforce at (306) 655 5823

or visit <https://www.saskatoonhealthregion.ca/joinourteam/volunteer/Pages/SPH.aspx>

No experience is required – just a caring and compassionate attitude and the desire to support our patients and staff at St. Paul's Hospital.



SPH Personnel Association 50th Anniversary

Four employees, in the summer of 1966, circulated a questionnaire asking if employees supported the idea of a Personnel Association. Only a few questionnaires were returned, and most of those expressed opposition to the idea, actually.

But the four — Orest Arsenie (Payroll manager), Gary Stevenson (Mechanical Services engineer), Wilmotte Tosh (Executive Secretary to the CEO), and Bill Conway (Assistant Administrator) — held an organizational meeting anyway. Only four additional people showed up. Perhaps you or I would have decided to quit, but not these eight people!

The first function they sponsored was a Christmas Party at St. Mary's Hall. The association borrowed \$500 from the Grey Nuns to cover costs. Despite fears of failure (only 50 tickets pre-sold) the hall was completely full by 11:00 pm. The second year the Christmas party was held at the (brand new) Centennial Auditorium, and was attended by 645 people!

As society has changed, so has the



association. No more bingo fundraisers for the Foundation, but Nevada tickets are sold instead. On the other hand, there are some perennial favorites still supported or sponsored: Children's Christmas party, pancake breakfast, golf tournaments.

Currently the association boasts about 500 members. Its members receive discounts at many of our "food" events, and help support things like Community Day, the Golf Tournament, and the member charity fund.

Watch for details of an anniversary event to be held July 20.

Summer Fun Draw — another SPHPA event

This year's winners of the Summer Fun Draw (June 2) were

- Owen Westad (Supervisor of Maintenance) — winner of the BBQ
- Chantele Palmer (RN in Peritoneal Dialysis) — winner of the Fire Pit

The Summer Fun Draw (sometimes called the Spring Fling Draw in the past) has always featured a propane BBQ as first prize. Other prizes through the years have included:

- Swing set
- Hammock
- Adirondack chairs
- Bistro set
- Backyard Fire pit



When you receive notice from the City of Saskatoon that you must do something about graffiti on your property, what do you do?

St. Paul's Hospital received such a notice about the back wall of the Cameco Community Renal Health Center. We responded by covering it up with a mural, called the Blueprint of Life (above). A huge thank-you to all of those who made it possible:

- The mural was designed by our **Artist-In-Residence, Marlessa Wesolowski**, who also organized the entire project.
- Students from the **Core Neighbourhood Youth Co-op**
- The **Boys & Girls Clubs of Saskatoon**,
- A group of youth from the **Toronto Kiwanis Boys and Girls Clubs**, who happened to be in Saskatoon on an exchange program. This group provides service to local communities, and were happy to be adding to beauty to our facility.
- **SPH's painter, Kelvin Mykytyzyn**, who prepared the surface with the primer.
- **Marilyn Hubbard**, who is the store manager for **Dulux Paints in Saskatoon**. Dulux donated all of the colored paints used in the project.





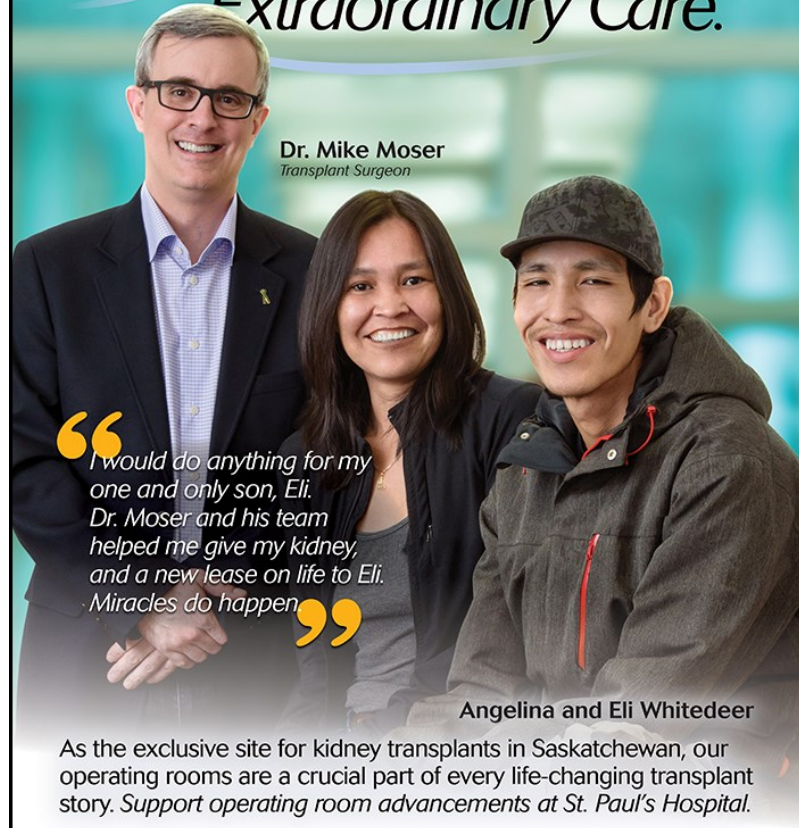
Pancake Breakfast



At the Pancake Breakfast, Joe (Maintenance) at the sausage grill, two staff members enjoying the meal, and Pam (float pool), Ken (Clinical Engineering), and Rhonda (Nursing Practice and Education). Opposite, at the Winter BBQ, are Brian (Spiritual Care Education) and Kim (Maintenance). Events such as these bring people together from various departments, and give us a break from the regular routine. Thank you SPHPA!

Two More Things our Foundation

Exceptional People. Extraordinary Care.



Dr. Mike Moser
Transplant Surgeon

“I would do anything for my one and only son, Eli. Dr. Moser and his team helped me give my kidney, and a new lease on life to Eli. Miracles do happen.”

Angelina and Eli Whitedeer

As the exclusive site for kidney transplants in Saskatchewan, our operating rooms are a crucial part of every life-changing transplant story. Support operating room advancements at St. Paul's Hospital.

When Dr. Mike Moser, transplant surgeon at St. Paul's Hospital, learned that St. Paul's Hospital Foundation was raising funds to advance the transplant operating room, he enlisted the help of his patient Angelina Whitedeer from Fond du Lac, who had a wonderful and moving story to tell.

“Eli is my one and only son,” Angelina said. “I told the doctor that I would do anything to help him”. Eli was receiving dialysis and on the transplant list when his family found out that his mother's kidney would be a good match for Eli. “I had been counting the days, every day,” said Angelina. “When I found out I could give my son my kidney, I was so happy I cried.”

So, in 2012, Angelina underwent the transplant surgery that removed a kidney, and gave it to her son. The surgery went well, and today Eli is living the life his mother

thought he might never have: “I'm so happy he is back to normal, because he means everything to me,” says Whitedeer.

St. Paul's Hospital Foundation is more than half way to raising \$4.9 million to advance all eight operating rooms at St. Paul's Hospital. New advanced integrated suites improve efficiencies, reduce wait times, create the conditions to attract and retain world class surgical teams and prepare St. Paul's Hospital for a future of surgical innovation.

If you would like to support operating theatre advancements at St. Paul's Hospital, please visit sphfoundation.org or contact Lecina Hicke, St. Paul's Hospital Foundation's Manager of Major Giving at 306.655.5832 or info@sphfoundation.org.

Air Ambulance Service Celebrates 70th Anniversary!

Saskatchewan's Air Ambulance Service, **LIFEGUARD**, was the first non-military air transport program in the world dedicated to the transport of acutely ill and injured patients. The first flight by LIFEGUARD occurred on February 3, 1946. Saskatchewan Air Ambulance (SAA) is a provincial program administered by Saskatchewan Ministry of Health, with affiliated support by the Saskatoon Health Region.

LIFEGUARD provides air medical transport of patients within and outside of the province to tertiary and specialty service agencies 24 hours a day, 365 days a year. In 2015, SAA completed 1,515 patient transfers! Interfacility transports include but are not limited to the following patient groupings: emergency, cardiac, medical, obstetrical, surgical and intensive care services, pediatric and neonatal intensive care, Saskatchewan Transplant Program.



AIR MEDICAL CREW

The dedicated air medical transport team consists of **Flight Nurses** contracted through Saskatoon Health Region, under St. Paul's umbrella and **Flight Paramedics** contracted through MD Ambulance Care Ltd. Neonatal and Pediatric Transport Teams supplement the air medical crew.

FLIGHT CREW

Lifeguard's pilots are licensed by Transport

Canada, employed by the Government of Saskatchewan and trained to conform to Canadian Aviation Regulations. They have extensive: instrument flight rule, northern and high density airspace experience as well as aviation physiology training.

AIR MAINTENANCE STAFF

A committed staff of aircraft maintenance engineers ensures that the aircraft operates properly and safely by performing repairs, troubleshooting problems, conducting inspections and implementing upgrades to the aircrafts.

AIRCRAFT AND MEDICAL EQUIPMENT

SAA has a fleet of 3-Beechcraft King Air B200 configured to transport two stretcher bound patients or two transport isolettes. Medical equipment includes advanced cardiac and invasive hemodynamic monitoring capabilities, advanced airway and ventilatory support equipment (invasive and non-invasive), point of care testing, etc.

ADMINISTRATIVE STAFF

Behind the scenes staff includes the Medical Director, Management teams of the Nursing, Flight Operations and Maintenance Departments as well as an enthusiastic administrative support team.

Watch for an invitation to SAA's open house in the late spring of 2016!



2016 St. Paul's Hospital Foundation Annual Draws

Congratulations to the following departments!

\$1 - \$2,500 category

4B	Portable Pulse Oximeter
5A	Vascular Dopplers
5B Surgery	Room Blinds
Ambulatory Care	Waiting room chairs
Day Surgery	Computer
Diagnostic Imaging-Ultrasound Intervention ..	Workstation chairs
Distribution	Utility Cart
Healing Arts	Art Easels
Hemodialysis In Centre	ICU Carts
ICU	Patient recliner chair
Lab-Medicine	Desks for the resource room
Lab-Chemistry	Fridge
Maintenance	Gas recovery system
Nursing Practice	CPR training equipment
PACU	Vascular Dopplers
Pharmacy	LCD monitor
Test Centre	Task chairs
Scheduling/Waitlist management	Fridge
Supply Chain	Fridge
Volunteer Workplace	TV/DVD player for immobile patients

\$2,501 - \$7,500 category

6 th Med	Vital Signs machine
7 th Med	Shower Trolley
Ambulatory Care	Portable Vital Signs machine
Day Surgery	Overbed tables
Emergency	Phillips Transport Monitor
Hemodialysis In Centre	Security Camera
HLA Lab	Pipettes
Housekeeping	Storage cart with lids
Non Invasive Cardiology	Vital signs machine
Occupational Therapy	Bariatric Tilt wheelchair
Security	HD Cameras
OR	Motivational Speaker

\$7,501 - \$25,000

Pharmacy	Medication Fridge
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Is Doing for Us Right Now

Proceeds from Caged for the Cure will support the Leslie and Irene Dubé Urology Centre of Health's cystoscopy equipment, post-prostatectomy planning, and education through the annual Urology Symposium.

After 12 hours, Rock 102's Shack, Watson and Whitney wrapped up the sixth annual **Caged for the Cure** radio marathon at The Centre Mall, raising a total of \$183,197 in support of the Leslie & Irene Dubé Urology Centre of Health at St. Paul's Hospital, thanks to the generosity of donors.

"Huge thanks to everyone in Saskatoon who pledged money," said Rock 102's morning host Mark Loshack. "It's because of your generosity that men have a place in our community to go with access to leading edge equipment and an in-house patient advocate for guidance, education and support when it comes to prostate health!"

Did you know that 1 in 6 Canadian men will be diagnosed with prostate cancer and 1 in 27 Canadian men will be diagnosed with bladder cancer in their lifetime? The **Leslie & Irene Dubé Urology Centre of Health** at St. Paul's Hospital provides patient-focused resources and state-of-the-art equipment to enable advanced detection and less invasive treatment options for those suffering from prostate cancer, bladder cancer and other urological diseases. By putting the patient first, the centre offers inclusive and integrated care.

THANK YOU ROCK 102 FM & listeners

TOTAL RAISED: **\$183,197!!!**



Photo credit: Rawlco Radio
(Front row l-r): SPH Foundation Manager of Operations Michelle Baumann; SPH Foundation Manager of Annual Giving Kari Sinkewicz; Rawlco Radio Rockettes Allie and Courtney Ramsay; Rawlco Radio Promotions Director Nicole Kelly; Rock 102 Program Director Ryan Zimmerman.
(Back row l-r): Rock 102 radio hosts Whitney, Shack and Watson; SPH Foundation CEO Bruce Acton



The 6th annual Rock 102 FM Caged for the Cure radio marathon – powered by Cherry Insurance – raised a whopping \$183,197 in support of the Leslie & Irene Dubé Urology Centre of Health's cystoscopy equipment, post-prostatectomy planning, and education through the annual Urology Symposium. St. Paul's Hospital Foundation would like to thank Cherry Insurance, Les and Irene Dubé, Driving Fore Prostate Golf Classic 2015, The Centre Mall at Lawson Heights, PotashCorp, Rawlco Radio, Rock 102, Shark Club Sports Bar and everyone who supported this cause!



St. Paul's Hospital Foundation

www.sphfoundation.org

Give Generously

Driving Fore Prostate Golf Tournament – July 19, 2016

My name is Murray Hill, and when I got the call telling me I had prostate cancer it changed my life and the lives of my wife and son forever.

One saving grace for me during this long emotional health journey was found through the St. Paul's Hospital Leslie and Irene Dubé Urology Centre of Health. The professional staff there helped me deal with my physical and emotional issues and made my journey much more bearable.

In a quest to find a way to show my appreciation and give back to the Hospital, I started volunteering with the Driving Fore Prostate golf tournament two years ago, and I am thrilled to be the volunteer Chair for the 2016 event.

Last year the money raised went toward upgrading the operating room for Urology.

This year the funds will help purchase a cystoscopy suite, a radiolucent operating table and X-ray C-arm. This equipment will offer clearer X-Rays for urological procedures, a patient-friendly operating table and an endoscope specially designed for urological use.

It's unfortunate that prostate cancer is so prevalent – one in seven men will have to face the prospect of dealing with it in their lifetime. Combine that with the fact that if a father or grandfather had prostate cancer the likelihood of getting it dramatically increases.

Prostate cancer is a disease that will have an impact on a family for generations.

Please contact Kari in the Foundation office at 306.655.5835 or

kari.sinkewicz@saskatoonhealthregion.ca

for information about Driving Fore Prostate with Todd McLellan and Friends on July 19, 2016. Thank you in advance for your support.

Sincerely,

Murray Hill Volunteer Chair, Driving Fore Prostate 2016

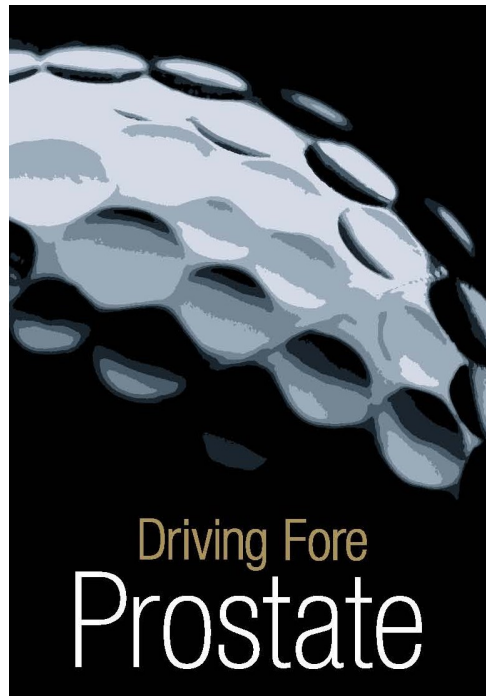
We invite you to be a part of the 27th Annual Mistletoe Charity Ball

Since the first Mistletoe Charity Ball in 1990, this event has raised more than \$1.7 million for St. Paul's Hospital. For over 100 years, St. Paul's Hospital has provided service to the Saskatoon community through its strong spirit of compassionate caring and innovation in treatment options.

Please contact Kari in the Foundation office at 306.655.5835 or

kari.sinkewicz@saskatoonhealthregion.ca for more information on how you can attend this spectacular event on Saturday, November 19, 2016.

Thank you in advance for your support.



More photos of staff on Community Day: <http://www.stpaulshospital.org/> Scroll down to "May 25 A Day to Celebrate Community". Click and scroll further.



Community Day



“I Wish I Had a Window in My Office”

These words expressed by Susan Foss, Manager of 5th floor Medicine at St. Paul's, inspired Darren from Security to visit the art studio one day in search of a painting with a view. His request, heard by Jodi and Azaria, the daughter and granddaughter of a patient in Palliative Care, warmed their hearts so much so that they offered to create a painting with a view for the manager's office. Here they are with Darren. The



Community Day 2016 — Day of a Thousand Smiles ☺



Over 850 elementary school children from local schools gathered on our front lawn for Community May 25. They joined staff and volunteers from SPH as well as many neighbors from our local Pleasant Hill community. We are grateful to our sponsors for making various kinds of donations of money, product, and time, to make the event possible. They, as well as many dozens of volunteers (including student from Tommy Douglas Collegiate) added to the truth that this was demonstrably a community day. No one counted, but certainly there were many thousands of smiles!

