

The LifeLine

St. Paul's Hospital Staff Newsletter



ST. PAUL'S HOSPITAL

A Community of Health, Hope and Compassion for All



Summer and the Soul

What do you think might happen to you if you fasted from all food and all drink (even water) for four days and four nights? It is a practice engaged in by some members of first nations.

Don't think you could do it? Well then how about if you found a way to sit silently in reflection and meditation for one hour, but you did it every day? This is a common practice for women and men in religious communities.

Still too tough? OK, let's start with just 15 minutes a day, every day. No phone or screens. No music, books, conversation, or activity. Just being in silent awareness of whatever your experience is.

Many of us would find even this very difficult. When people start with this practice, they often feel very restless, and think of a hundred things they should be doing or want to be doing instead. Their thoughts run all over the place. They think, "I'm useless at meditation. What a waste of time."

Some people at this point will quit. But some will trust the wisdom of others who have done this for a long time. These people will endeavor to persist anyway, learning to be patient with what they think are failed attempts at meditation, patient with their distractions, patient with the process. They will notice sooner or later a change within

themselves that is imperceptible at first. What change would happen to you? I don't know for sure, but probably it would involve a change in how you experience yourself, as well as a change in how you experience the world and the people around you.

Many people start to recognize things in themselves that they've never faced or admitted before now. It might be pain from the past, or guilt, or a sense of inadequacy and imperfection. But it might also be a growing awareness of personal strength, gift, connectedness, and ability to do good. For many, the dark side of this happens first and the light side of it happens later.

[An important note: it is good to be able to talk with someone trustworthy who has been through this themselves so that we can steer our way through new awareness in a positive way.]

In summer we like to get outside and be active. We also like to lay back and take it easy. If you are interested in the invitation why not try this silent time. Just being aware. Call it mindfulness, if you like. Or meditation, or just plain "taking it easy". Journal about what happens, if this is helpful. And at the end of the summer, notice.

- Brian Zimmer, Director of Mission

Provincial Transition: Emmanuel Care Developments

Emmanuel Care, the owners of St. Paul Hospital (SPH), and 12 other acute and long term care facilities in Saskatchewan, is also making changes. When the province announced merging the provincial health regions into one, Emmanuel Care opened discussions with its member facilities about the implications for Catholic facilities. It is the desire of Emmanuel Care to continue to be a part of health service delivery in Saskatchewan and to work in a manner that adds even greater value to the system.

To that end, Emmanuel Care and its member facilities have decided to merge the 5 acute care facilities, SPH, and the hospitals in Estevan, Esterhazy, Melville and Gravelbourg, under one corporate structure. Discussions are now occurring to explore opportunities for the long term care facilities owned by Emmanuel Care. St. Paul's Board wishes to ensure we contribute to this restructuring in a manner that improves effectiveness and is as efficient as possible, while continuing to live our mission and core values that are the foundation of our care!

- Jean Morrison, President and CEO, SPH

SPH Staff Enjoying Community Day



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St. Paul's Hospital Mission Office



Vision Mission Values

It's A Work In Progress

Have you noticed? Our Grounds staff are beautifying areas around the hospital. Besides the lively cement containers of flowers in several areas in the front of the hospital, they have been landscaping the entrance area of C wing. You might want to take a health break and walk around the block to see for yourself.

Then there's the cafeteria patio — grounds staff have added planters with very colorful flowers for us to enjoy on lunch or coffee break.

Thank You Grounds Staff and David Yanciw , Manager.



SPH Cafeteria Patio



(left) Steve and Jackie preparing spot for evergreens outside C Wing entrance.

A new bicycle cage is now operational at SPH. It is located near the bottom of the ramp to the ER/Admitting area. See the attached image.

It is keyed the same as the existing cage at the back entrance by the lab. If you do not have a key and would want one, please call 655-1400 to arrange receiving one.

Thanks to Michelle Murphy for arranging it, and especially to our Facilities team for building it.



Exceptional People. Extraordinary Care.

St. Paul's Hospital Foundation
is pleased to welcome
Chris Boychuk as our new
Volunteer Board Chair.

Chris Boychuk has served on the St. Paul's Hospital Foundation Board since 2014 and has served as Vice-Chair for the past two years. Chris is a partner at McDougall Gauley LLP with a civil litigation practice focused on professional regulation, health law, construction and employment law. A graduate of the University of Saskatchewan and an active volunteer in the Saskatoon community, Chris also serves on the Board of Directors for Emmanuel Care (formerly Catholic Health Association of Saskatchewan).



St. Paul's Hospital Foundation Board of Directors 2017-2018

*Standing Centre (l-r) Robert (Bob) Kirkpatrick (SPH Board Chair), Chris Boychuk (SPH Foundation Chair)
Seated (l-r) Colleen Cameron-Bergan, Darlene Cooper (Secretary), Mercedes Montgomery, Arlene Jorgenson
Back Row (l-r) Candace Wasacase-Lafferty, Neil Weber (Vice-Chair), John Agoritis (Past Chair), Jean Morrison (SPH President & CEO), Dr. Arne Paus-Jenssen, Bruce Acton (SPH Foundation CEO), Shari Watson, Dr. Vivian Walker,
Alan Koop (Treasurer)*

What to Do if You See Health System Property at a Garage

It's the time of year for yard and garage sales in our community.

If you see a wheelchair or any other medical equipment that appear to be the property of the health system, please let the host of the garage sale know that it should be returned to the hospital or health facility identified on it. Any property of the health system will have a name of the facility on it somewhere.

Wheelchairs especially are in very short supply in our facilities. They are absolutely necessary to patients and clients in our buildings, and they also go missing frequently. Staff and patients at every hospital in our system are grateful when they are returned.

Below is a sample script you can use if you find health system property at a sale.

"Excuse me, but I work in health care, and I noticed that there is a wheelchair at your sale that states it is property of [St. Paul's Hospital]. It should be returned to the hospital.

Wheelchairs are in high demand, and frequently go missing. I know St. Paul's would be grateful to have this one back in use within the facility."



Driving Fore **Prostate** Golf Classic

With Glen Gulutzan & Friends
July 18, 2017

proudly presented by
 ATHABASCA BASIN
SECURITY

The 2017 Driving Fore Prostate Golf Classic will further the highest standard of care for urology patients by advancing patient education and supporting the purchase of a GreenLight Laser XPS for the Leslie and Irene Dubé Urology Centre of Health at St. Paul's Hospital.

The GreenLight Laser will advance care for urology patients with enlarged prostate issues, providing improved access to services and advanced treatment options, resulting in improved post-operative outcomes and shorter hospital stays.

Volunteers are needed for the day. To volunteer contact Colleen McKay at 306.716.2890 or at colleenmckay@sasktel.net.



Community Day 2017

day of a thousand smiles

May 31, 2017 marked our 25th year of celebrating Community Day at St. Paul's Hospital. Our guests included over 700 children from kindergarten to grade 2/3 from 13 neighborhood schools and our surrounding community. We had awesome weather for food, entertainment and activities all on the hospital's front lawn. This event is a chance for healthcare staff, service agencies and volunteers to mingle with our community and neighbors in a relaxed, carnival type atmosphere. The committee was extra excited to receive tooth-brushes for the children's treat bags from Public Health Services .

Once again Remai Modern participated with the SaskTel Art Caravan, SCYAP (Saskatoon Community Youth Art Program) youth created colorful face painting. The Saskatoon Police Services and MD Ambulance Services provided tours of their service vehicles and visited with the children. Students from Tommy Douglas Collegiate helped with set up and so many tasks during the event.

Our entertainers were Parab Music, Kenni the Clown, Super Ron Magic Show and Powwow Dancers from Princess Alexandra School.

There could be no Community Day without the consistent generosity of our sponsors. Their commitment is the sole source of funding for this day. Whether it's a financial contribution or donation in kind and or a gift of their time, it all comes together on our front lawn in May.

We receive many comments from the schools about how the children look forward to this event every year which is a strong testament to its value. St. Paul's Hospital and the CD planning committee are ever grateful for the sponsorship we received for this year's event.





2017 Community Day Sponsors

Affinity Credit Union
AJW Sportscards
Cameco Corporation
Catholic Women's League,
St. Mary's Parish
Culligan Water Matters
Grey Nuns, Saskatoon Community
Knights of Columbus #9538,
St. Mary's Parish
Mount Royal Drugs
Pepsico Beverages Canada
Prairie Meats
Rexall Drugs,
1530 20th Street West
Saskatoon Co-operative Association
product from Co-Op Store- 33rd St.& Ave P
St. George's Anglican Church,
Anglican Church Women
St. Paul's Hospital Personnel Association
Saskatchewan Union of Nurses, Local 101
SYSCO Food Services
The Real Canadian Superstore,
Confederation Drive
Tim Horton's, St. Paul's Hospital





St. Paul's Hospital New Ethicist

Mary Deutscher has joined St. Paul's in the position of Bioethicist. Mary's duties will function within the context of the mission integration team of SPH which includes leading Catholic health care facilities in the ongoing development, implementation, evaluation and integration of ethics support services and potentially some ethics research.

Mary received her doctoral degree in Philosophy, Public Policy and her Bachelor of Arts Honours, with High Honours, in Philosophy, from the U of S; and she holds a Master of Arts in Public Ethics from the University of Ottawa. She recently worked as a Clinical Ethics Fellow for the Centre for Clinical Ethics in Toronto and has presented many workshops including Euthanasia

and Assisted Suicide in Canada, Ethics of Human Reproduction and Ethical Decision Making in Health Care. She has experience in clinical and organizational ethics, has served as hospital chaplain, served on the SPH ethics committee and completed her PhD work with the Palliative Care team at St. Paul's.

Mary will work with and for the faith-based institutional members of the Catholic Health Association of Saskatchewan (CHAS) in urban and rural Saskatchewan and in a collaborative partnership with the Saskatoon Health Region Ethics Services.

Her office is located in the Mission Office main floor, B Wing. Stop by to welcome Mary to St. Paul's. Her contact information is: phone: 655-5197; fax: 655-5809 and email: mary.deutscher@saskatoonhealthregion.ca



Thank You To SPH Staff, Physicians and Volunteers

I recently sent out an email to SPH staff, physicians and volunteers sharing appreciative comments from a caregiver whose mom was a patient at St. Paul's, and to say thank you for all that you do in your St. Paul's roles. If you were not on the email or have not read it yet, please know that whether you work in a clinical or a non-clinical area, the work that you do every day (or night) is truly appreciated, valued and recognized; and goes a long way to improving the lives of those who walk through our doors. I sincerely "Thank You" for all that you do!

- Jean Morrison, President and CEO, SPH

2017 St. Paul's Hospital Foundation Annual Draws

Congratulations to the following applicants!

\$125,000 was awarded by SPH Foundation on June 14th to the following Departments

\$1 - \$2,500 category

\$7,501 - \$25,000.00

4B Surgery	Laundry Hampers
5A Surgery	Isolation Room Equipment
5B Surgery	Staff Fridge
5 Med	Stethoscopes
6 Med	Computers
7 Med	Blood Pressure Cuffs
Ambulatory Care	Exam Light/Portable Pulse Oximeter
Day Surgery	Waiting Room Chairs
Distribution	Toaster
Environmental Services	Ladders
HLA Lab	Computer Monitor
ICU	Bed Tables
Lab Hematology	Task Chairs
Maintenance	Hammer Drill
Mission Office	Comfort Care Baskets
Occupational Therapy	Wheelchair Adaptors
PACU	Welch Allyn Sure Thermometers
Pharmacy	Height Adjustable Desks
Phlebotomy/Test Centre	Supplies for Huddle Communication
Physiotherapy	Gutter Attachments for Walkers
Registration Services	Break Room Furniture
Security	Surveillance Cameras
Specimen Management	Totes for Specimen Transportation
SPH Administration	Conference Equipment
Urology Centre	Mini Infusion Pump
Volunteer Workforce	Wireless Phone

2017 St. Paul's Hospital Foundation Annual Draws

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

Ambulatory Care	Vital Sign Machine
Day Surgery	Blood Pressure Machine
Emergency	Patient Stretchers
Environmental Services	Wet/Dry Vac
HLA Lab	Thermal Cycler
Interprofessional Practice	Speech Clinic Room Chair
Maintenance	Pressure Washer
Occupational Therapy	Replacement Wheelchair
PACU	ETCO 2 Monitors
Pharmacy	Computer Equipment
Surgical Scheduling	Sit/Stand Workstations

\$7,501 - \$25,000.00

5 Med	Medication Carts
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Important Dates For Your Calendar. Details to Follow

- **Personnel Association:** Ice Cream and Bingo—watch for posters sometime this summer
HarvestFest August or September “when the corn is ready”
- **Mission Week:** Tuesday October 10th - three SPH videos
Wednesday October 11th—St. Marguerite “Mission in Action” awards
Thursday October 12th—Feast Day and SPHF Professional Dev. awards
- **Long Service Recognition:** Thursday October 26th at Western Development Museum.



2017-2018 SPH Personnel Association Executive Committee

Officers:

President, Vicki Strelloff (Lab)
Past President, Frank Larocque (Maintenance)
Vice President, Werner Spenst (Maintenance)
Treasurer, Mariette Jean (Foundation)
Secretary, Sherry Kleiter (Palliative Care)

Councillors:

Diane Boechler (Mission Office)
Eryn Bourdon (7th Medicine)
Michelle Friesen (Transplant Unit)
Colleen Haichert (Library)
Annette Helmink (Volunteer Workforce)
Kathi Lewis (Volunteer Workforce)
Pam Molnar (Resource Team)
Scot Peterson (Information Technology)
James Saxinger (Maintenance)
Kari Sinkewicz (Foundation)
Shari Watson (ICU)
Betty Wolfe (ICU)
Joe Yuzak (Maintenance)
Brian Zimmer (Mission Office)

The executive committee meets on the third Thursday of each month to discuss the operations of the association and to plan upcoming events. One goal of these events is to provide opportunities for staff to mingle and get to know each other better across units and services. Membership is just \$1 per pay period. If you are interested in joining stop in to the Mission Office or talk to any member of the executive.

One annual event planned by the association executive is the winter barbecue held late February or early March. The barbecue menu usually includes chicken kabobs; but food costs have been increasing and so in 2017 we decided to try a different option. We wanted to retain the low ticket prices for personnel association members but come closer to breaking even between cost and revenue.

Food costs in 2016 included: chicken kabobs, 2 salads and beverage for an overall total expense of \$3,105. In 2017 we changed the menu to a burger meal with 2 salads, baked beans and beverage for a total expense of \$2,185. We were able to reduce our costs by more than \$900 with the change in menu while keeping the same low ticket price for our membership.

Frank and Joe making pancakes and sausage for Pancake Breakfast June 20/17



Nevada Winners

Name.....	Department
Patricia Cook.....	SPD
Donna Skwark.....	SPD
James Saxinger x 2.....	Maintenance
Kim Pocha x 2	Maintenance
Cindy Rohachuk.....	SPD

St. Paul's People

The Visit

It came with complete honesty because there was no one there to judge.

You didn't see me as a person who had something to do rather a being that God's love lived through.

How much either of us knew was irrelevant—because I could never know what you felt inside.

I could only listen to the words which painted a picture of you.

The energy that moved between us did not need to be named. what mattered is someone heard what you had to say and I think that is where grace lives.

Dorothy Schick, Spiritual Care Associate



An appreciation "bouquet" to the group of spiritual care volunteers who create and deliver flower arrangements about the hospital on a weekly basis. They are taking a summer break, but will be back in September. The flowers are donated from Grower Direct (8th St.) and Sobey's (College Park Mall). This is a wonderful way to brighten a patient's day, especially when it's a surprise.



Ticket purchased at SPH Gift Shop

The Volunteer Workforce Office is looking for donations of soft cover books and magazines that are within two years old, except for those with content that doesn't go out of date such as National Geographic. They can be dropped off at the Volunteer Workforce Office (G23) C Wing or The Mission Office. Please do not drop them off in the mail room. For more info please call 5708 or 5823.

