

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

The Only Person Who Likes Change is a Baby With a Full Diaper

Change is a beast.

You just get used to the heat of summer and then BOOM—autumn.

You just get to know your job, and then BOOM—AIMS!

You just get to know your boss and then BOOM, Tracy Muggli is made a senator (more on page 03 and 09).

There is no getting around the tragic, beautiful and necessary force of nature we call change.

What changes are you going through in your life right now? What changes are you mourning? What changes are you looking forward to?

It is important to remember that much of what we celebrate in our lives are also changes.

A patient comes in sick and with a lot of care and skill, they are able to go back to their family healed.

Our daughter becomes pregnant and she becomes a mother...and you become a grandparent.

Change is associated with maturing, improving and making something our own. Change happens when a colleague shares a passing comment about some experience in their life or family and you get to know them better; maybe you begin to be more forgiving and patient. Maybe you end up sharing a bit more of yourself.

Change is a lot of things but since it is as inevitable as your next breath, why not harness the capacity of change and see it as an endless opportunity.

We all work in an institution which is part of a much larger provincial bureaucracy. There is a danger that in our darker moments we can look at the situation and say, "I can't make a difference; nothing will ever change".

Take heart—when enough good people support each other and struggle in our desire for something better, change for the better happens.

— *Blake Sittler*
Director of Mission

The LifeLine



St. Paul's Hospital

St. Paul's Hospital Mission Office



Vision Mission Values



**Emmanuel
Health**

A Catholic Health Organization

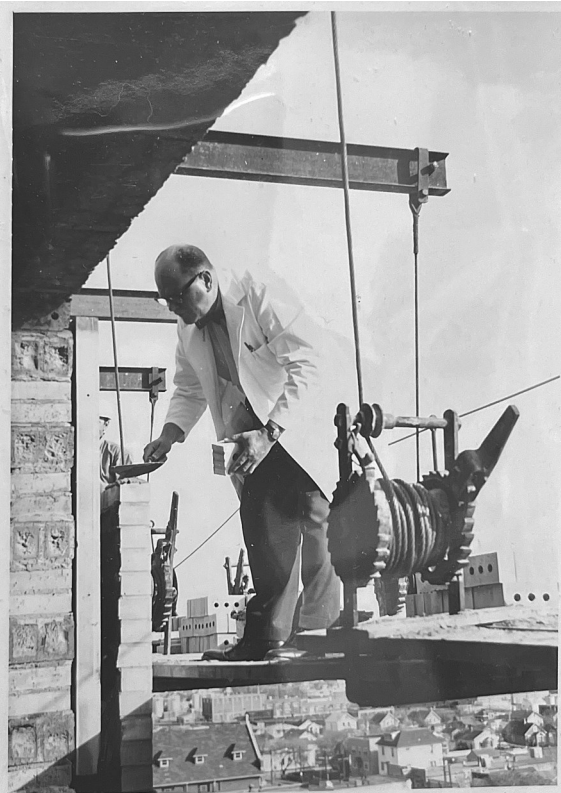
**Published for and by the
employees of St. Paul's Hospital**

#1702—20th Street West
Saskatoon, SK S7M 0Z9

www.stpaulshospital.org

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Archives Antics



This picture from our archives is labelled, “Dr. Smith-Windsor (Assistant Administrator) laying bricks on the walls of the new hospital” (circa 1963).

Initially, the photo captures a moment in time similar to what we are going through now with construction up front and within our hospital.

You will note that Dr. Smith-Windsor did not just step up to a plank to lay a brick, ceremonial or other; he had to climb over the edge of the roof of the hospital and stand on an open ledge with no harness, hard hat nor steel toed boots.

We can all be thankful that we have come such a long way in terms of workplace safety!

A Farewell Note from SPH ED: Senator Tracy Muggli

As I embark on the next chapter of my career, I want to take a moment to express my deepest gratitude to all of you for your kindness, collaboration, innovation, and compassion during my 4.5 years at St. Paul's Hospital, and over the 24 years with SDH/SHR/SHA. I feel incredibly fortunate to have had a career rooted in serving our community, and I am deeply humbled by the opportunity to now serve the people of Saskatchewan and Canada as a Senator in our nation's Parliament.

My time at St. Paul's Hospital has taught me so much—most notably, the power of perseverance. I began this role just two weeks into the pandemic lockdown, a time filled with uncertainty and fear.

Yet, this team came together immediately with ideas and plans that not only saved the lives of those we served but also sustained us through those difficult days. You should be proud of all you accomplished in the midst of such chaos. We truly supported each other as a family would, holding each other up through the darkest times.

This experience also reinforced my belief in never giving up on improving the services we provide and the spaces where we care for the most vulnerable in our community. We've extended our efforts beyond the walls of the



hospital, engaging with the community, participating in events, and contributing to important discussions on health inequities—all while delivering innovative, compassionate care within our hospital.

I hope to return, as my Senate schedule allows, to celebrate key milestones such as SPH Mission Week and the opening of the new Front Entry and Healing Centre. The work we do, always in collaboration with SHA, is vital, and these projects will greatly enhance the lives of those we serve. I am deeply thankful to our Foundation CEO Lecina Hicke and her team for their vision and dedication in raising funds for these important initiatives.

Once again, thank you all for your kindness, your support, and for making my time here at St. Paul's Hospital so memorable. I will always cherish the experiences we've shared and the relationships we've built. As I take on the responsibility of offering "sober second thought" in the Senate, I will carry forward the compassion and humanity I've learned here and apply that perspective to all the work I do.

With heartfelt gratitude
Honourable Tracy Muggli
Senator, Parliament of Canada
And lifetime friend of St. Paul's Hospital

Mission Week



Tuesday, October 15 @ noon in the Cafeteria:

AWARDS: Mission, Charism, SPH Foundation Professional Development

Tuesday, October 15: 6:30 PM Premiere of "Bringing Back the Circle: The Voices of Pleasant Hill" at the Roxy Theatre—free admission/popcorn!

Weds, October 16: 11 AM-1 PM, 8:30-10:30 PM Buffet Feast in cafeteria

Thursday, October 17: Centennial of Jesus Statue and Mission Recommitment Cake in the Cafeteria

Friday, October 18: St. Paul's Spirit Day (**Wear Red and retro swag!**)

Jesus Statue Centennial

The statue of Jesus that has crowned St. Paul's Hospital for a century has long been recognized as both a landmark on 20th Street (see image text below) and a denizen of Pleasant Hill.

It was first placed atop SPH on November 4, 1924. It had several moves over the years to different parts of the roof, a park on the southeast side of the building, upfront for several decades before it made its temporary move to the Avenue R entrance.



A discernment was hosted recently which included voices from Emmanuel Health, SPH

staff and community members. Their task was to decide where to place Jesus in light of the new construction.

The statue will be placed on the ground slightly east of the new main entrance in a garden area. The idea is that there will be a few benches and could be a place for rest and reflection.

We will mark the 100th anniversary of the statue during Mission Week with cake and a special gift for all staff. Cake will be served from the cafeteria on Thursday,

October 17. Keep your ears peeled for more info to come!

A Memory of the Sacred Heart

As I was leaving the chapel office, I noticed an elderly gentleman looking around as if searching for something. I approached him to see what he seemed to be looking for. He answered that he was looking for the statue of the Sacred Heart his now-deceased wife had spoken of. Apparently, she was born at St. Paul's Hospital.

When he and his wife got married, they lived in Paris for a number of years and they had visited the place where St. Margaret Mary Alacoque had apparitions of the Sacred

Heart. Now that his wife was dead he wanted to see for himself the statue his wife spoke about.

I offered to take him to the present location of the statue to make sure that he was not lost in the midst of the construction. His eyes teared up as he gazed upon the statue and spent some moments in silence, perhaps praying – a sublime time, a time of remembering.

Sr. Emiline Pena

SPH at the Olympics...kinda...

Blake Tierney is the son of Kalen Tierney, manager of Diagnostic Imaging here at St. Paul's Hospital. Blake competed at this past summer's Olympics in Paris.

"He didn't always love swimming," Kalen shared. "I had him in the water at three months for water safety".

Blake competed in the 100M men's backstroke, 200M men's backstroke, 4x100M mixed medley (backstroke, breaststroke, butterfly and freestyle) relay and the 4x100M men's medley relay.

Kalen describes the experience of watching her son compete, "It was unimaginable! I was just so happy to see him realize a dream he'd had since he was young".

"I was so fortunate to have a manager and a staff that supported me in being there for him. They told me, 'You should go, you need to be there!'".



Blake Tierney, Olympic swimmer

Kalen told her son that he should stay on and see a bit of Europe but he said he just wanted to get home and go fishing at Turtle Lake.

"He came back with more confidence and he is excited for the 2028 Olympics," she concluded.



A Message from the CEO of Emmanuel Health, Corey Miller

As we transition into the fall season, it's a perfect time to reflect on the journey we've shared this year. The dedication you have shown in providing exceptional care and service to our patients and communities continues to inspire me every day. Fall brings change and preparation, reminding us of the adaptability that is so crucial in the healthcare field.

Over the summer, we faced significant staffing and capacity challenges, and I extend my heartfelt thanks to you for your extra efforts and commitment during these demanding times. Your resilience and unwavering dedication have been truly remarkable, ensuring that we continue to deliver the highest level of care despite the obstacles. Your hard work does not go unnoticed, and I am incredibly grateful for the unique contributions each of you brings to our teams.

Let's embrace the opportunities that lie before us, supporting one another and striving for excellence in all we do. Let's continue to prioritize the health and well-being of our patients, our communities, and ourselves. With your continued support, I am confident we will achieve even greater success in the months to come.

Tracy Muggli, a cherished leader and dedicated advocate for our community, has been appointed to the Senate of Canada, representing the province of Saskatchewan.

This prestigious achievement is a testament to Tracy's commitment, leadership, and unwavering dedication to serving others.

Tracy has been an integral part of St. Paul's Hospital and the broader community, consistently exemplifying the Mission, Vision, and Values of St. Paul's and Emmanuel Health. Her compassionate leadership and commitment to excellence have helped to foster a culture of respect, integrity, and care that will have a lasting impact.

As a leader, Tracy has always placed the well-being of patients, families, and staff at the forefront of her work. She has supported initiatives that promote holistic care, inclusivity, and community engagement, embodying the true spirit of our mission to provide a community of health, hope, and compassion for all. Tracy's appointment to the Senate is not only a recognition of her outstanding contributions but also an exciting new chapter where she will continue to advocate for the needs of Saskatchewan at the national level. We are incredibly proud of her accomplishments and know that she will make a positive difference in her new role.

As we embrace the opportunities and challenges of this new season, let's continue to work together, innovate, and make a lasting impact for those we serve. Thank you again for your dedication and commitment. Here's to a productive and successful fall.

Pharmacy Team

The Pharmacy Department (Pharmacists, Pharmacy Technicians and Pharmacy Assistants) completed a group art project as a team building activity and opportunity to create a piece of art for our work space. This was a fun afternoon facilitated by Marlessa which involved come and go contributions by staff regardless of previous artistic experience. The afternoon included snacks from a well timed love cart visit, laughter and great company.
-Aleta Schellenberg, Clinical Coordinator



ST. PAUL'S HOSPITAL ED APPOINTED TO CANADA'S SENATE

Emmanuel Health, St. Paul's Hospital Local Council, and St. Paul's Hospital Foundation are pleased to congratulate St. Paul's Hospital's Executive Director Tracy Muggli, who was appointed to the Senate of Canada on August 17, 2024 at 9:00 a.m. ET. In mid-September, Senator Muggli will be officially sworn-in when the Senate sits.

"I was not surprised to learn of Tracy's appointment to the Senate. She has been a dedicated and committed leader at St. Paul's Hospital and throughout Saskatchewan, and the people of our province have truly benefited from her leadership and enthusiasm in serving others," said Corey Miller, Emmanuel Health President and CEO.

"I am very happy for Senator Muggli, and have no doubt she will continue to draw on her deep commitment to serve the needs of those most vulnerable in her role as a Senator."

CEO of St. Paul's Hospital Foundation, Lecina Hicke shared: "Working alongside of Tracy for the past four years has been an exercise in walking towards the possible, every day. Her capacity to see a bright future in the midst of challenging circumstances is driven by her relentless sense of empathy and compassion.

"I was thrilled and humbled when the Prime Minister asked me to serve in the Senate," Tracy said. "I truly love what I do and have been blessed with a rich career as a social worker and as a health care administrator. I have been so fortunate to work with and be mentored by amazing, intelligent and creative people in my health care career, especially Corey Miller, Jean Morrison and Shan Landry".



CANADA

Senator Tracy Muggli's last day at the hospital is Friday, September 13.

In her short time with the Hospital, Tracy has provided tremendous leadership throughout the COVID 19 pandemic and has been instrumental in building stronger relationships with our community through the calls to action for Truth and Reconciliation; facilitating multiple large capital projects, and developing a renewed strategic plan and rebranding strategy, to name just a few of the initiatives with which she has been engaged.

When asked about how she feels about the appointment, Senator Muggli said: "I hope to serve this country with the same enthusiasm I have tried to bring to this beautiful community and hospital."

CONGRATULATIONS, SENATOR MUGGLI!

Homelessness Survey

Saskatoon's 2024 Point-in-Time (PiT) Count will take place on October 8, 2024, from 11:00am to 11:00pm.

The PiT Count will look to better understand the extent of homelessness in Saskatoon on a given night

The survey has three purposes:

1. An enumeration, or count, of people experiencing absolute homelessness and to identify those experiencing homelessness in shelters or unsheltered locations.
2. A survey of the homeless population to gather information on demographics and service needs.
3. A survey of all encountered on Count Day (housed and unhoused) to gather data about perceptions of homelessness in Saskatoon.

The City of Saskatoon, CUISR and SHIP are looking for volunteers to assist with the 2024 PiT Count. To volunteer please complete the registration form by September 16, 2024.

Volunteers will survey individuals on the street, in encampments, and at service locations. Shifts will be three hours in length, and volunteers may sign up for multiple shifts.

Volunteers in groups of three will be assigned a team lead who has experience working with individuals that are experiencing housing insecurity.

Volunteer responsibilities include approaching everyone you meet on the street, identifying yourself as a volunteer doing a survey on housing and homelessness and seeking explicit consent from all potential survey participants.

The 2024 PiT Count headquarters will be located at Station 20 West, where all volunteers will check-in prior to your shift and debrief following your shift.

All volunteers are required to complete one three-hour training session, prior to the PiT Count.

If you have any questions, please reach out to Sarah King at sarah.king@saskatoon.ca or at 306-975-2774.



Rapid Assessment Critical Events (RACE) Team

In 2006, St. Pauls' Hospital established the ICU Outreach team. International research had shown that patients consistently exhibited signs and symptoms of deterioration prior to an arrest:

- 70% had a respiratory deterioration within 8 hrs;
- 66% showed abnormal vital signs but a physician was only notified 25% of the time.

The key was focusing on the basic signs to look out for, and to create a team of an ICU physician, a respiratory therapist and an ICU RN to respond. The main goal was to form strong teams and partners. To assess, support, and offer education if needed.

Could we bring the resources to the patient rather than move the patient?

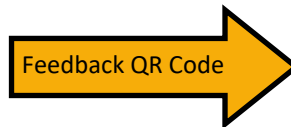
We reviewed our calls over the first year and discovered that patients presented with

a combination of symptoms. Only 23% needed to be moved to the ICU, 35% of the patients were already in an observation unit and stayed there. Another common issue was the identification of the need for a discussion related to goals of care and we were able to either have that conversation or connect the right people to have it.

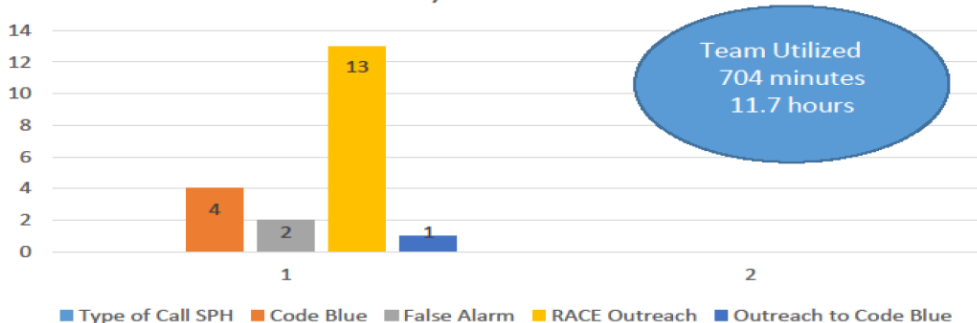
The most satisfying results were the feedback we received from the wards related to team building, support of decision making, and staff knowing if they needed help.

Connect with your RACE Resource RN at SPH:

Jackie.silzer@saskhealthauthority.ca



Code Blue/ RACE Outreach Calls
July 2024 - SPH



Prostate Cancer Registration QR Code

Mark your calendars for this year's
Leslie and Irene Dubé Urology Center
of Health Prostate Cancer Symposium:
Survive and Thrive!

Admission to this educational event is
free for all who wish to join thanks to
the generosity of our donors and
sponsors.



Free Documentary Premiere

Bringing Back the Circle: The Voices of Pleasant Hill

Tuesday, October 15 @ 6:45 PM

Roxy Theatre

Free popcorn and beverage

Everyone welcome; limited seating

*Film is one hour, followed by 20-minute panel with
film participants.*

Long Service Awards

After five years of celebrating at a “social distance” we are happy to announce that we are hosting a return of the in-person...

SPH LONG SERVICE AWARD BANQUET

Wednesday, November 13

6:30 - 9:30 PM

PrairieLand Exhibition—Hall “A”



If you would like to become part of the planning committee, please contact Naomi Moorgen to volunteer: (306) 655-5808 or naomi.moorgen@saskhealthauthority.ca

This night is an opportunity to celebrate your years of service as well as to look forward to many more years of engagement with your colleagues here at St. Paul’s Hospital. More details to come!

You had me at...Staff Pancake Breakfast



PANCAKES
ARE
BAAAACK!

The beloved St. Paul’s Hospital Pancake Breakfast has returned thanks to the good staff in Maintenance! Breakfast is free and limited to staff only due to time and financial capacity. Come and take a moment to enjoy some flapjacks with your colleagues!

Wednesday, September 18

8:30am to 10:30am

Cafeteria

September 30 Smudge

September 30 marks both the National Day for Truth and Reconciliation as well as what is popularly known as Orange Shirt Day.

We will begin the day with a staff and community smudge on the west side of the building (Ave R entrance). Everyone's invited!

We will begin at 8:30 AM. Please make some time to stay for a few minutes afterwards as

we will be serving muskeg tea and Bannock with jam.

Participation is education and reconciliation. Every time you participate in a traditional event, it is an opportunity to learn more about the history of First Nations people, their culture and build relationships with those who have been most impacted by colonization.

Therapeutic Art for ED

Recognizing the significant moral injury and psychological distress working in healthcare causes right now, I created an opportunity with the help of the foundation, to provide alternative outlets for stress and worry staff experience daily. This has also been a really wonderful team builder for us, connecting on a personal level outside of the work setting.

-Christina Perepelkin, ED Manager



ED staff Marlie, Stephanie, Daphne, Oxana, Tammy, Kelly, Katie (above).

Winston and Gus (left) were the stars of third psychological safety event, "Downward Dog with Dogs!"

International Overdose Awareness Day (IOAD)

Opioid Assisted Recovery Services (OARS) and Rapid Access Addiction Medicine (RAAM) observed IOAD the week prior by giving out purple ribbons (symbol of overdose awareness). They also asked people to write a message about how they have been impacted by overdones on 'Share A Memory Board' and provided take-home Naloxone education training kits and shared community supports on Opioid Use Disorder and Treatment options and much more.



We extend gratitude to all SHA physicians and staff, who go above and beyond daily, to serve some of the most vulnerable folks, as we truly are all in this together.

Ania Klonowski, RAAM LPN; Crystal Campbell, Office Supervisor; Leanne McIntyre, OARS Addiction Counsellor; Rachel Perehudoff- Manager of OARS-RAAM, Take Home Naloxone Program

Singing with the Stars for Mental Health

GET YOUR TICKETS

09 OCT 2024
TCU PLACE - BANQUET HALL - \$250/TICKET

STARS
Heidi Munro
Brock Andrews
Brad Johner
Mary Ellen Buckwold
Fraya Seitz
Ty Hunter

CELEBRITIES
Heather Morrison
Gregger
Ken Seitz
Brynn Boback-Lane
Les Lazaruk
Byron Bitz

5:00 PM – COCKTAILS & APPETIZERS
6:00 PM – PROGRAM STARTS
6:30 PM – 3 COURSE MEAL
8:00 – SHOWTIME

A REASON TO HOPE. THE MEANS TO COPE.
SOCIÉTÉ PARAPHÉNIQUE DE SASKATCHEWAN
SOCIÉTÉ DESCHIZOPHÉNIQUE DE LA SASKATCHEWAN
UNE SOURCE D'ESPOIR, DE SOUTIEN ET D'ENTRAÏDE.

W.F. Mitchell Bioethics Seminar

Complex Patients and Discharges: What should we do when every option feels problematic?

While medical professionals are very comfortable with patients who have decision making capacity, who are participatory in recommended medical treatment and have safe discharge options, increasingly we are seeing more complex patients who do not “fit” into these groups. This presentation will focus on the ethical challenges clinicians face in the following groups: (1) patients who lack decision making capacity or have questionable

decision-making capacity and wish to engage in risky choices; (2) patients who are unhoused or precariously housed; (3) patients who are using substances; and (4) patients who are non-participatory in their medical treatment.

The goal of this presentation is to provide participants with tools to be able to address these types of scenarios within their clinical care environment.

Monday, November 4 @ 12 noon

Free Lunch available for first 80 participants in-person in Pylypchuk Hall
No registration required!



Katarina Lee- Ameduri is the Director of Ethics for Reseau Compassion Network She is also an Assistant Professor in the Department of Family Medicine at the University of Manitoba. Katarina received her JD with a concentration in Health Law and Bioethics from the University of Minnesota and her post-doctorate in Clinical Ethics from Baylor College of Medicine and Houston Methodist Hospital. She has conducted more than 700 clinical ethics consultations in her career.

Contact: Bonnie.Hope@saskhealthauthority.ca



*Annual conference funding supported by
William F. Mitchell Endowment Fund*