

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

Settling In for the Long Haul

When I was a kid, I used to climb on the back of a flat deck trailer with my siblings and cousins several times year to pick rocks, weeds, or bales in the fields. I was armed with antihistamines for my allergies and dressed in old jeans, prepared for long days of hard work. The arrival of fall, progress through harvest, and beginning of school in month seven of a pandemic has me thinking about these days a lot.

The work in a hospital, much like the work of the farm, keeps going no matter what. The pandemic has added more change, constantly shifting realities, and new pressures to already demanding work. Our home lives have also changed, and many members of our families and friends are carrying their own burdens.

When all of this started in March, it felt a bit like getting ready for a day of rock picking – gearing up with extra energy for days or weeks of extra heavy work. Now, we know we are in this for the long haul.

Heavy seasons require lower expectations. We often need more sleep, more rest and grace, and more patience – with ourselves and each other. It can be tempting to hope that fall will bring us more normal. While it might do just that on some levels, we can be

sure that fall in a pandemic will also bring more of the unexpected.

Working in difficult conditions for the long haul requires a lot of compassion for ourselves and each other. Summer holidays provided many with some reprieve, and the fall will bring fewer breaks. Each of us will have harder and lighter days, will need to give support and receive it. And we are doing this from a place of low or already depleted energy reserves. Awareness of our shifting reality is only the first step. Accepting and making peace with our reality is hard internal work. And only then can we move into adjusting our actions.

In the space between what used to be and the end of the pandemic, we need to stop thinking about just surviving and transition into thinking about *living* through this for the longer haul. I can hear my mom's voice from the evenings of those work days: drink lots of water, take breaks, go to bed early, be kind, and just do your best. The advice still applies.

Let's go gently together this fall, friends. We are settling in for the long haul together, one day at a time.

-- Leah Perrault
Director of Mission

The LifeLine



St. Paul's Hospital

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

1702—20th Street West
Saskatoon SK S7M 0Z9

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

St. Paul's Hospital Mission Office



Vision Mission Values

Please contact the Mission Office at
655-5819 for permission to reproduce articles.
Submissions are subject to editing.

Message from Emmanuel Health

Wow, what a spring and summer! Emmanuel Health sites have all done a tremendous job implementing the response plan to COVID19. I know staff always work hard to prevent transmission of infections within our buildings and home to our families and those good practices are paying off big time now.

Emmanuel Health Board has had a busy spring and summer reviewing and approving financial statements and holding their annual meeting. Over the winter the Board established a Quality and Safety Committee who is working with Administration to develop Emmanuel Health's Board reporting mechanisms.

At the Emmanuel Health Annual Meeting held June 23rd, recommendations were put forward for the Board Chair and Vice Chair positions. Darryl Bazylak is the new Chair of the Board and Mary Donlevy-Konkin was appointed to the Vice Chair role. David Patola has moved to the Past Chair position and continues to Chair the Governance Committee.

Over the past year Joanne Colledge-Miller and

Sarah Oosman left the Board. Wayne Blazieko from Moose Jaw joined the Board in the last year.

Bonnie Hope, a long time employee within the health system in Saskatoon retired from her position with Emmanuel Health earlier this year. Tychelle Kostiuk began working in the vacated position in April. Angela O'Hara Towler, joined St. Paul's team in Administrative Assistant role and part of her time is dedicated to Emmanuel Health. Emmanuel Health is also fortunate to benefit from the creation of an Executive Lead Finance and Corporate Services position at Emmanuel Care. Stephanie Francis began work early in February and has been on a steep learning curve. All those that joined Emmanuel Health this year have addressed the challenges with hard work and a smile!

It is many thanks for your competence and hard work that I sign off. Please take care and may you and your family stay safe!

*-Jean Morrison
President & CEO Emmanuel Health*

Smudging Ceremony at St. Paul's



A smudging ceremony is held every Thursday at 9:00 a.m. in the Ceremonial Room on the 5th floor of the hospital.

All patients, and families and staff are welcome.

Social distancing is in effect.

Smile Cookie Campaign 2020

Tim Hortons Smile Cookie Week is September 14-20, 2020! The Hospice at Glengarda (St. Paul's Hospital Foundation) and STARS Ambulance have been chosen to be the recipients of this year's Smile Cookie proceeds.

To make sure that Smile Cookie Week is as successful as possible, we need your help:

You can help raise important funds for two great causes simply by ordering Smile Cookies!

You can purchase Smile Cookies at most Tim Hortons locations in Saskatoon, including the one in St. Paul's Hospital.

In order to ensure your preferred location has the capacity to fulfill all orders, they recommend pre-ordering for bulk requests that exceed 20 cookies.

This allows them to prepare, saves you time, and raises more money for charity!

Visit www.stpaulshospital.org/foundation/currentneeds/smilecookie to download the pre-order form, and bring it to your preferred location 24-48 hours in advance.

Once you get your cookies, you can help inspire others with a social media post with your cookie. We'd love to see how you are sharing your smiles, don't forget to tag us!

@StPaulsHospitalFoundation @STARSAmbulance, #Smilecookie #YXE

Buy a
Smile Cookie.



100% of proceeds from each
Smile Cookie help support
local charities.

September 14-20

Tim Hortons.

Support for Staff at St. Paul's Hospital

Do you need to talk?

Spiritual Care staff are available seven days a week from 8:00 am to 11:00pm.

Call 5884 or call switchboard to have staff paged.

Mission and Ethics staff are available in the Mission Office Monday to Friday, 7:15am to 5pm.

Healing Arts staff are available by referral.

**WE ARE
NOT
ALONE**

Would you rather walk?

Staff are invited to walk outside with others for 15 minutes at 12:15 on selected weekdays, weather permitting.

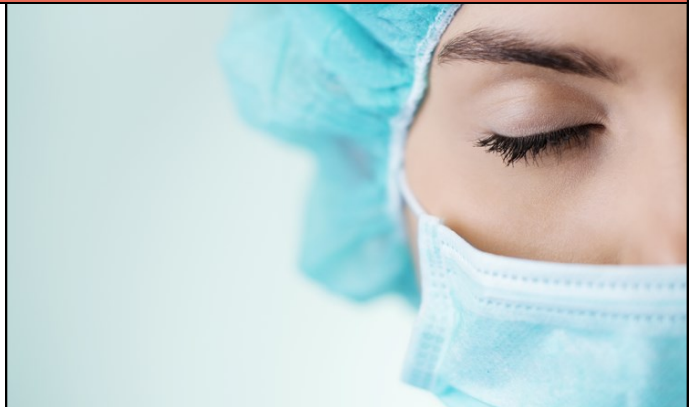
Walkers will meet by the statue out the front doors. Listen for an overhead announcement to indicate the group is meeting.

To be notified personally, email naomi.moorgen@saskhealthauthority.ca and you'll get an email by 10:30 am on the selected days.

Guided Meditation for Staff during COVID-19

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

Physical distancing and sanitization procedures in place.



Our work presents us with constant needs—for time, attention, details, compassion and care. Taking time to pay attention to our own inner state of being is an essential part of being able to offer our attention to other people and situations.

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

A Message from our Executive Director

Welcome to Autumn! As we move into this new season, we continue to be presented with pandemic challenges. It is understandable that we may be anxious about another large outbreak, and how that may further impact our work and personal lives.

We can take some comfort and gratitude in knowing we have avoided the tragic experiences of countless others across the world, but that does not necessarily address the undertone of anxiety we may be experiencing.

For many of us, books have been read, gardens planted, home improvement projects completed. For others, the challenges of finding ways to work and play differently have been exhausting. Many of us are experiencing 'pandemic fatigue.' As a people person, I know I am definitely experiencing online meeting fatigue. The lack of social interaction has been my greatest challenge.

It seems we will be operating in this mode for some time, so how can we keep ourselves uplifted and feeling positive? Here are a few things that have worked for me:

- Feeling helpless and unable to control the situation takes its toll. Some days I wonder if we will ever have a vaccine. Focusing on what I can control, such as a daily routine and working on initiatives that can move us forward, in spite of COVID, helps.
- Exercise. It is so easy to fall into endless Netflix series. Scheduling exercise with phone alarm reminders has helped to ensure I get a walk or brain refresh. I started to use a mindfulness app. It works!
- Demonstrating compassion toward others and myself. It is rewarding to be able to help

someone else through a difficult time, as we all do in our daily work. It is also important to 'give ourselves a break' from the pressures to be superhuman and remind ourselves that we are doing our best in extraordinary times.

- I am trying new things. Why not take this opportunity? I am 'trying' to learn to play tennis. There are several free community courts available which is great. It is much harder than it looks, and provides a great new challenge....and possibly comic relief to those observing!

I would love to hear your ideas about how you are 'beating the fatigue.' Please bring a sticky note with your ideas to the kudos board by the parkade or the mission board outside the cafeteria, or email them to naomi.moorgen@saskhealthauthority.ca and she will post them.

Finally, I want to express my gratitude to each and every one of you for your outstanding efforts to contain this virus and the continued commitment to providing excellent care. I have received letters and

notes from patients and their families who are very grateful for the compassionate care they and their families members have been receiving in our hospital. Thank you.



- Tracy Muggli
SPH Executive Director

St. Paul's Hospital

Healing Arts Program

The Healing Arts Program at St. Paul's Hospital offers opportunities where patients, families, community, and staff can connect and engage in the creative arts to create meaning and improve health and wellbeing.

If you are a patient, family member or staff and would like a visit from one of our Healing Arts practitioners please give us a call.

Artist in Residence: Marlessa 655.0514

Music Therapist: Tinaya 655.0560

Writer in Residence: Daniel 655.5873 *coming early October 2020

The Healing Arts Studio

The Healing Arts Studio is open to patients, family, community and staff who would like to get creative and explore the arts.



Healing Arts Program



Lens

It's all about how we see things and take them.
Clouds are like those circumstances which "come and go".
Sometimes with bright colours, sometime with dull colours.
But I feel each colour has its own importance.
Like day and night.
It is all how you see things.
Just remove your "lens" before you see or perceive things.
He never promised there will be only brightness.
No dark days in your life.
Only angels no demons.
Only rain no storm.
Only love no hatred.
Keep sailing because the oar of your boat is in your hand,
Sail it where you want because you are "unique".

Painting and Poem by Patient Abhineet

Writer (Back)-in-Residence—Early October

While our Writer-in-Residence, Kristine Scarrow, is away on leave, we welcome **Daniel Macdonald** to the Healing Arts team. Here are a few words from Dan by way of introduction:

"It is a true honour and pleasure to come on board as St. Paul's Hospital writer-in-residence and to be a part of the Mission staff. I'm beyond excited to meet more of the staff and patients alike and to get to know everyone. I'm particularly interested in the possibilities of sharing my passion for writing and reading and to get a small (or large!) glimpse into the interests and passions of others in this area. My main area of expertise is in drama and theatre, although I have a strong background in film and TV (both acting and writing) and a passion for poetry, fiction, and short stories. I'm looking forward to conducting small workshops and readings in any of these areas. There are plenty of great activities we can create to further our skills and interest in reading and writing to support our wellbeing, including book clubs; poetry, prose, and playwriting workshops; and mini-lunch-time readings and sharing in addition to all the bedside visits and story-telling. Beginning in early October, I expect to be at St. Paul's on Mondays from 9:00 – 1:00 and from 11:00-3:00 for several days the rest of the week (specific days TBA). I'm so looking forward to continuing the St. Paul's tradition of holistic healing and growth through the arts and am anxious to hear, read, and share our voices together."



St. Paul's Hospital Personnel Association—Fall Activities

We are getting creative with our fall line-up to ensure we can still have fun and stay safe!

PPE Poster Contest—August

Congrats to Kira Boyenko and Julie Bergen and all who participated. Posters are out on the wall by the Mission Office.

The SPHPA Ninja— Sept to Dec

*We can't gather the way we used to, so the St. Paul's Hospital Personnel Association has sponsored the **SPHPA NINJA** to randomly surprise 20 staff at SPH with gift cards. Thanks for working at SPH.*

Treat Day—October 1

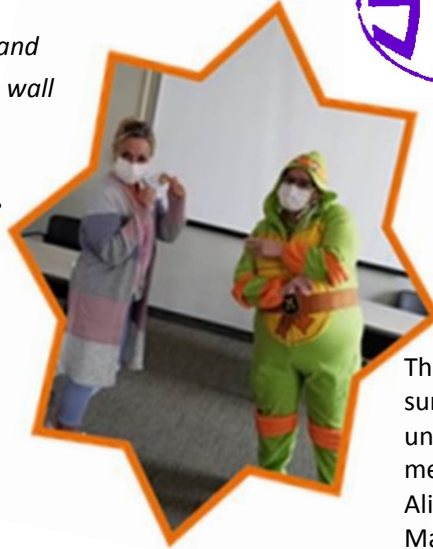
Treats will be delivered to units for staff!

Members' Secret Santa—December

Watch the bulletin boards for more details.

Children's Christmas Party—December 5

More details on an outdoor party to come!



The SPHPA Ninja surprises the first unsuspecting staff member. Congrats Alicia Oucharek-Mantyka on your \$25 Gift Card win!

Upcoming Events

Mark your calendar:

Sept 13-19—International Housekeepers Week

Sept 15—Nutrition and Food Services

Appreciation Day

Sept 30—Orange Shirt Day

Oct 13-16—Mission Week at SPH

Oct 26-30—Spiritual Care Week

Nov—Arts in Health Month

Nov—W.F. Mitchell Ethics Lecture

Nov—Project Christmas Angel

Dec 5—Kids Christmas Party

Email events for January through March to leah.perrault@saskhealthauthority.ca

Cancellation Notice

The Annual Christmas Craft Sale usually held in December has been cancelled for 2020.

We hope you'll get online and find ways to creatively & safely support local artists for your shopping this Christmas!

Hope to be back in 2021!

St. Paul's Spirit Days

Friday, September 30: **Orange Shirt Day**

Thursday, October 1: Fun Sock Day

Thursday, October 8: Jersey/Team Shirt Day

Friday, October 16: **Red Day**

Thursday, October 22: Music/Band Shirt Day

Friday, October 30: Halloween/Costume Day

Thursday, November 5: Superhero Day

Thursday, November 12: **Blue Day**

Thursday, November 19: **Riders** vs. CFL Day

Thursday, November 26: Animal (Print) Day

Thursday, December 3: **Purple** Day

Thursday, December 10: Vintage Day

Thursday, December 17: Bright Shoe Day

Wednesday, December 23: **Ugly Christmas Sweater Day**

Prizes: Every week at 2:30, a winner will be drawn for \$10 Gift Cards to Tim Hortons. A Grand Prize for \$100 Christmas Gift Basket will be made on December 23. All the weekly entries, including the weekly winner's entry, will be put in the drum for the St. Paul's Spirit Grand Prize.

What counts?

Any effort to participate will be honoured: any accessories, lanyards, earrings, socks or shoes, pens, stickers, scrubs, or visible clothing that lines up with the theme all work. Be creative. The goal is to have fun, show our spirit, and have a chance to win prizes. Ultimately, you decide what counts when you put in your ballot!

Remember...

Work dress codes and uniform policies are still in effect. And, our colleagues in **Infection Prevention and Control** remind us that everything we use, bring, and wear needs to be able to be washed/sterilized and cannot interfere with patient care, PPE use, or hand hygiene.



The **Rough Rider Draws** of previous years went out with the cancelled CFL Season, but we are resilient and adaptable!

How to Participate:

1. Have fun and enlist others to join you!
2. Dress or accessorize according to the theme.
3. Drop by the Mission Office before 2:30 pm to fill out a ballot, or submit your name, phone number and department by email to naomi.moorgen@saskhealthauthority.ca

Highlighting our Teams: Lithotripsy

Written by Naomi Moorgen

The St. Paul's Diagnostic Imaging department is home to the only Lithotripsy unit in Saskatchewan. What is lithotripsy? "It's the use of shockwaves to break up stones in the kidneys, ureter, or bladder. A specialized hybrid x-ray unit performs imaging and delivers shockwaves," says Dana.

Performed in coordination with a team that includes technologists, anesthetists, nurses, and urologists, the lithotripsy team performs 300-400 procedures each year. Lithotripsy occurs at St. Paul's on a weekly basis every Tuesday and the odd Thursday. Patients with pre identified stones who are candidates for lithotripsy are scheduled.

Even though lithotripsy can be used in many circumstances, there are still patients that require surgery to remove a stone. During the lithotripsy procedure, the patient will be sedated, and the urologist will target the stone using x-ray to localize it. Shockwaves are then utilized by the team to break up the stone. Each procedure takes approximately one hour to complete.

In 2017, the Medical Imaging Lithotripsy

Recovery Unit received a Partners in Excellence award from the SPH Foundation. With this endowment, they were able to purchase not only clinical equipment such as infusion pumps, a bladder scanner, and a Doppler ultrasound, but also items to make the patient's recovery more comforting, including



new stretchers, bedside tables, comfortable seating, a toaster, and a TV. "We are always eternally grateful, and so are our patients, to the Foundation for their contribution" said Marla.

When I asked Marla and Dana about what they enjoy about working at St.

Paul's, they had much to share. "We recognize that this is a faith-based hospital, that not only welcomes, but also appreciates, the diversity of our community. Everyone is here to serve the patients that come here", they intimated.

"There is something unique about St. Paul's that makes us all like family. It's something you realize when you work here - we all look out for each other."

Mission Week 2020

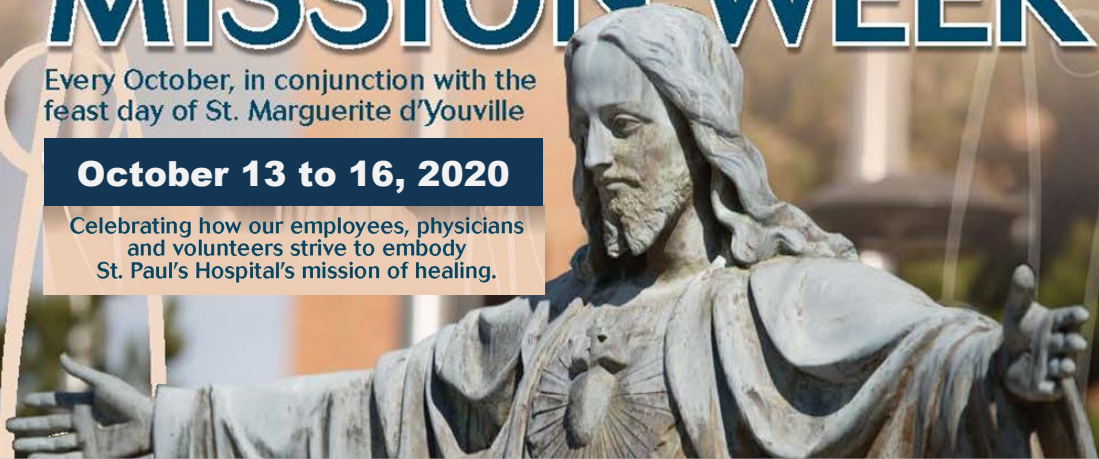
St. Paul's Hospital Mission Office presents

MISSION WEEK

Every October, in conjunction with the feast day of St. Marguerite d'Youville

October 13 to 16, 2020

Celebrating how our employees, physicians and volunteers strive to embody St. Paul's Hospital's mission of healing.



Tuesday, October 13th: Mission in Action and Charism Awards

Awards will be presented in units. Five employees will be recognized for living our core values with Mission in Action Awards. The Charism award will be presented to one team for living the charism of our founding sisters. All nominees will also be recognized.

Wednesday, October 14th: Feast Day & Professional Development Awards

Feast Day Gifts Delivered to Units. Modified Feast Day includes a meal gift card and annual feast day gift for staff and physicians working on October 14th (days & evenings) in celebration of & gratitude for the mission entrusted to us by St. Marguerite D'Youville. **SPH Foundation** will post & announce winners of the Professional Development Awards.

Thursday, October 15th: Virtual Schwartz Rounds – “(How) Am I Coping?”

12-1. All Staff, Physicians, & Students at SPH are invited to join virtual Schwartz Rounds. Email naomi.moorgen@saskhealthauthority.ca to get your link to join in the live event.

Friday, October 16th: St. Paul's Spirit Day - Wear Red!

Wear red to celebrate the St. Paul's spirit and enter to win prizes! Enter at the Mission Office or by email (naomi.moorgen@saskhealthauthority.ca) by 2:30pm.

Mark your calendar

Long Service Awards 2020



St. Paul's Hospital

*54th Annual Long Service &
Retirement Recognition
Celebrations
October 2020*

We regret that COVID precautions mean that we cannot have a banquet to honour those celebrating Long Service and Retirement this year. The following initiatives are underway to recognize and honour you, our staff:

1. Pictures and write ups for all award recipients will grace our hallways and the screens in the Cafeteria through October. Plan to check them out.
2. A photo location will be set up in the cafeteria beginning October 1 for recipients to take their own photos to celebrate.
3. The gifts staff have selected will be delivered to the unit in early October. Each recipient will also receive a box of chocolates in lieu of the customary meal.
4. Greetings will be posted on the website and in the hospital in lieu of speeches.
5. All recipients and greetings will be printed in the December Lifeline.

We appreciate you as much as ever, and are grateful for your understanding of the changes.

St. Paul's in the News...

Why St. Paul's Hospital turned off its blue lights

"We don't want people to use injection drugs in our washroom. But we don't want to send a message that you don't belong here."

Executive Director Tracy Muggli was interviewed last week by the Star Phoenix and you can read the the story here: <https://thestarphoenix.com/news/local-news/why-st-pauls-hospital-turned-off-its-blue-lights>



Do you have wisdom, energy, or experience to share as we do antiracism and inclusion work at St. Paul's?

Email Leah in the Mission Office to connect:
leah.perrault@saskhealthauthority.ca

Memo on Targeted Vandalism

DATE: September 15, 2020

TO: SPH Staff and Physicians

FROM: Tracy Muggli, Executive Director
St. Paul's Hospital Administration

RE: Targeted Vandalism at SPH



St. Paul's Hospital

I am writing to share some concerns with each member of our team here at St. Paul's. Over the summer, a significant number of posters in the hospital, particularly in the elevators have been damaged. Investigation has revealed that there has been an ongoing problem of defacing signage in elevators and on bulletin boards for more than ten years. This summer, however, an ongoing irritation has turned into a deeper concern as the defacement has included racism targeted at First Nation and Métis peoples and sexism targeted at female staff.

We share a deep commitment at St. Paul's to care for and extend compassion to all people. The legacy of the founding Sisters of our hospital is a particular commitment to care for and welcome those who are most vulnerable and marginalized among us. Though I am deeply saddened personally by this targeted vandalism, I am especially concerned for and supportive of our First Nations and Metis and female staff, family members, and patients and the impact that this vandalism can have on their cultural and psychological safety and well-being.

Safety and compassion are everyone's responsibility, and I am asking for the assistance of every person who comes to work at St. Paul's as we work to ensure a community of health, hope and compassion for everyone who enters our hospital. Huddle talks will be going out to outline our collective responsibilities if or when we witness the vandalism – as it happens or after the fact.

St. Paul's is committed to ongoing antiracism and efforts which ensure that any persons or groups who are marginalized are well supported. If you have experiences to share, ideas for improvement, or are interested in being involved with this work, please let me or the Mission Office know; we would be very pleased to have staff from all levels of the hospital engaged in these initiatives.

Thank you for your commitment to being a compassionate member of our St. Paul's family,

A handwritten signature in black ink that reads "Tracy Muggli".

Tracy Muggli
Executive Director

Catholic Healthcare Week in Canada: October 5-9

At the heart of Catholic health care is a deep respect for the intrinsic value and dignity of every human being and an unwavering commitment to serving all people, from all backgrounds and faiths – especially society's most vulnerable.

We are purpose driven.

Our footprint on the Canadian health system is vast and our impact is great. Millions of Canadians seek care and services at our facilities each year, and we respond with compassion, innovation, and patient-centeredness. Our contributions make the Canadian health care system, and Canadian society, stronger.

Drawing on a legacy of faith and trust in Providence, we are courageous, resourceful, and confident in taking risks to meet needs. We are inspired by the example of our Founding Sisters – visionary women who for generations advocated and cared for the most destitute people in their communities.

Their ministry has become our mission.

Revealing the courageous gift
of Catholic health care.



awaken

Our Calling to Serve

Rooted in the healing ministry of Jesus Christ, Catholic health care begins with a spiritual purpose. We have a deep and profound calling to serve and provide care to all people, especially those most vulnerable. We take a holistic and compassionate approach, recognizing the whole person in community, the fundamental link between spirituality and healing, and the diverse cultural and spiritual needs of those we serve.

Our Culture of Encounter

Catholic health care fosters a culture of encounter, where those involved in the healing journey are people first, and health care providers participate with those they serve with compassion and humanity. This culture creates awareness, both of self and others, and opportunities to build profound relationships and lasting impact on people's lives.

Our Commitment to Social Justice

Catholic health care is committed to collaborating with our partners to create the conditions for a just and caring society, where people's voices are heard, and every person has the ability to thrive in community. With a focus on dignity, respect, and compassion, we advocate for service to individuals at times of their greatest vulnerability, and to create culturally safe environments of health and healing.

Our Leadership Role

Catholic health care makes the Canadian health care system stronger, more responsive, and more sustainable. Guided by our values and inspired by our Founding Sisters, we are pioneers, leaders, and innovators. We are resourceful and effective partners within the health system, responding to the communities we serve with compassion, ethical integrity and the highest quality care and services.

The message

Nominate a Colleague or Team!

2020 Mission in Action Awards

*Who Inspires You?
Who Lives the SPH Mission?*



Nominate a colleague for a Mission In Action Award!

2020 Charism Award

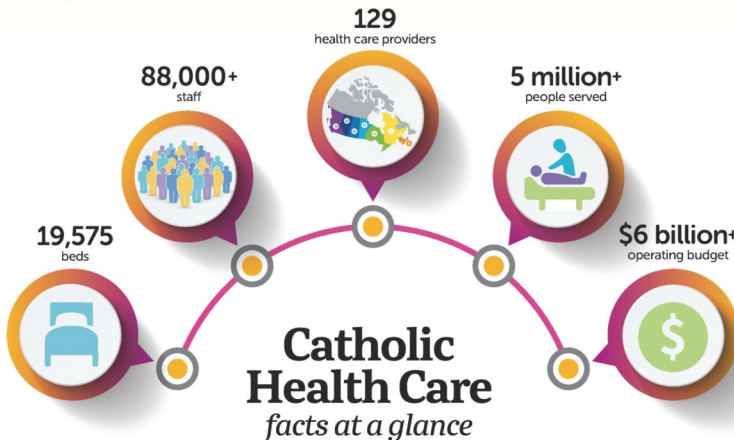
\$1000 Award for a Team that Exemplifies our Founders' Charism of compassionate care and/or advocacy for the marginalized.

Sponsored by the Grey Nuns & Emmanuel Care



Nomination forms are available in the Mission Office and must be submitted by October 2, 2020.

National Catholic Healthcare Week—Thank you!



Thanks to all the staff and physicians who serve every day in Catholic Health Care at St. Paul's Hospital.

Highlighting our Teams: The Community Renal Health Centre

Written by Naomi Moorgen

The Community Renal Health Centre is a satellite department to St. Paul's in-center hemodialysis unit, and is located right across the road on 20th street. Hemodialysis is a life-saving treatment for patients whose kidneys do not medically function as needed. In hemodialysis, an external machine is used to draw a patient's blood, cleanse it, and put the blood back in their body. This dialysis clinic is open 6 days a week, and functions with three shifts each day with up to 18 patients per shift. A typical dialysis treatment lasts 4 hours, and a patient may have up to 3 treatments a week.

The Community Renal staff is a diverse and highly specialized team that includes nurses, dialysis assistants (a.k.a. DA, a specialized form of continuing care assistant), nephrologists, social workers, dietitians, and a pharmacist.

"Our team shows up. Every day, they are present, and we lift each other up. We support each other, and we genuinely care for each other and for our patients. Everyone here has

passion for their work," Alicia responded, when I asked how her department connects with the mission and values of St. Paul's. "We really get to know our patients, and enjoy having them know us, too. A lot of our patients have seen some of our employees go through pregnancies and life changes. We develop real relationships with each other, and they become like family to us. We notice when they do not come to their appointments".

"My favourite part of the day would be the laughs. Renal attracts a certain type of nurse. And, the patients are fun, too. We see each other more than we see our own family, so the way we connect with each other is what makes us special," explained Roxanne.

"There is a sense of family that you can feel when you walk into St. Paul's," Alicia said, as she described the palpable sense of community here. "It's that recognition of a faith-based hospital, which I think fosters the sense of community and comradery here."

SPH Foundation: Mistletoe 2020

The enthusiastic Mistletoe volunteers have re-imagined this year's event by offering the purchase & delivery of beautiful Mistletoe Baskets in lieu of a Ball so you can enjoy the exceptional, quality delights synonymous with the Mistletoe Ball from the comfort of your own home!

Your generous support will provide the St. Paul's Hospital Laboratory with a state-of-the art Nano-Sequencer and a Cell Imaging Analysis System to help ensure kidney transplant recipients go on to lead long, full and healthy lives!

To order your Mistletoe Basket for you or a friend,
visit sphfoundation.org/mistletoe or call Jesse Greenwood at **306-655-5821**.

Baskets will be delivered on November 21st 2020.

SPH Foundation

WE are WORKing REMOTELY

The **St. Paul's Hospital Foundation Office** is temporarily closed to the public to protect the health and safety of our community. Foundation staff still have access to voicemail and email, so please reach out to contact any and all of us. If you require assistance, please contact reception during office hours from **8:00—4:00** Monday to Friday at **306-655-5821**.



Hospital Home Lottery tickets are now available!

Support the important work of St. Paul's Hospital's Laboratory by purchasing your tickets at www.HospitalHomeLottery.org.

Final Draw date is December 2, 2020.



Store Hours

Monday to Friday 10:00 - 4:00

Closed weekends and statutory holidays.

(Hours subject to change without notice.)



SPHFoundation.org

Give Generously

Safety and Security in and around SPH

DATE: September 15, 2020

TO: SPH Staff, Physicians and Volunteers

FROM: Tracy Muggli, Executive Director
St. Paul's Hospital Administration

RE: Safety and Security in and around SPH Property



St. Paul's Hospital

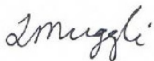
In keeping with our commitment to improve safety in and around SPH property, we have taken recent measures that we would like to tell you about. We are always open to hearing your ideas on how we can build on these improvements, so please do not hesitate to contact us.

The following initiatives have been implemented:

- The entry and exit parkade doors have been adjusted to close within 5 seconds of entry and exit.
- Additional lighting has been added in the parkade at the exit doors in the alley and along the first level in the southwest corner.
- A trial camera is being installed at the car entrance, specifically designed to alert security when people are attempting to enter the parkade on foot through the vehicle entrance, signaling a need for further investigation.
- Additional security patrols have been added day and night
- Saskatoon Police Service has been informed of our safety issues and has brought this to the attention of their new community patrol team in Pleasant Hill. They are aware of our shift change times when we would have the largest number of people travelling to and from their vehicles.
- Additional signage is being installed to warn intruders that there are cameras monitoring/trespassers will be prosecuted

We appreciate all the feedback we have been given to move forward with safety improvements. Please remember, it remains important that we continue to check our environment regularly when walking to and from work and to contact Protective Services for safe walks. When incidents do occur, including 'near misses,' please report immediately to Protective Services, the Safety line and Saskatoon Police Services as necessary. Also, please remember that there are 'panic buttons' in the parkade on the end pillars for the centre rows. They are tested regularly and are in working order.

Many thanks to everyone for your continued commitment to safety at SPH as we work through this together.



Tracy Muggli
Executive Director

Protective Services: Guidelines for Safety

Guidelines for the safety of you and other people:

- Look around before entering a space, before leaving your workplace or exiting your vehicle.
- If you encounter an unsafe environment, leave immediately and get to a place of safety, then call Protective Services and/or the police as necessary.
- If you drive to work and either park in the parkade/parking lot or on the street, look around you before exiting your vehicle. If you feel unsafe while still in your vehicle, do not exit your vehicle. Instead, leave the area and then call Protective Services or the police as necessary.
- Always walk with your head up and scan your environment continuously. Avoid texting or talking on your cell phone as that distracts you from your surroundings.
- NEVER ENGAGE with anyone who makes you feel unsafe. If you find yourself approached and faced with demands made by a suspect, ensure you comply with the demands and do not attempt to resist in any way. Once you move to a safe and secure location call the police immediately. Take note of important evidentiary information as the suspect's description and the last known direction of travel.
- When entering or exiting through a locked door, ensure the door closes behind you before proceeding to ensure no unauthorized person enters the space.
- This includes the parkade and all our offices and buildings. In the parkade, please check your rearview mirror to ensure the doors have closed before you leave the entrance or exit.
- Do not leave items such as packages or bags visible in your vehicle. Thieves will risk breaking in to find anything of value. Take them with you or lock them in your trunk, out of sight.
- Do not leave loose change visible.
- Make sure your vehicle is locked.
- Whenever possible, leave or arrive at work with a buddy. Let someone know when you're leaving and when you expect to arrive at your destination then announce your arrival so they know you're safe.

And remember, Protective Services Officers at St. Paul's Hospital may be able to provide a safe drive/walk for you. In addition, please report any unusual behavior to Protective Services. If you have further concerns or questions, or improvement suggestions, please share with your Manager or Protective Services or Tracy Muggli at tracy.muggli@saskhealthauthority.ca or 306.655.5107.

Rosh Hashanah—September 18-20

Sundown on September 29 marks the beginning of two days of the Jewish new year. Rosh Hashanah is a time of celebration and personal reflection, marked by eating honey dipped challah (bread) and apples.



L'Shana Tovah to our Jewish patients, staff and community members!

Staff are asked to keep using the Cafeteria Door



Due to large numbers of patients and visitors screening at the Main and ER doors, staff who come in to work from the south side of the building are asked to continue using the

Cafeteria Doors

from 6:00-9:00 am
Monday to Saturday

Your adjustment and understanding is noticed and appreciated.

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