

the  
**LifeLine**

St. Paul's Hospital Staff Newsletter



**St. Paul's Hospital  
& Foundation**

**Together, for Good.**



## **Hospitality and Safety Go Hand-in-Hand**

In 1991, I went to live in Australia for the year. Specifically, I went to work on an Oblate street mission based in Surfer's Paradise. The mission was called, "Rosies—friends on the street" ([www.rosies.org.au](http://www.rosies.org.au)).

Our mission was a simple one: to be a compassionate, listening presence to the folks living on the streets. We served coffee and tea and sat on the sidewalks visiting. Hospitality was at the heart of what we offered.

Our mission was not to save every person caught up in addiction, crime or being trafficked through prostitution; our mission was to simply be present and to create a safe space for people to talk.

Most nights were uneventful. Nice conversations about family, dreams, parties, shoes, spirituality and music. I met some really wonderful people whose lives were gravely afflicted by

addiction, abuse, and colonialism.

Some nights were very hard. There was one night, a very tough Māori (original inhabitants of New Zealand) came by the bus. He had come many previous weeks but always kept his distance. On this night, he was upset and high on something and he pinned me up against the bus and held a knife to my throat.

"You think you're pretty special coming out here with all us rejects," he slurred. "How would you like to feel what it's like to have everything taken away from you?"

I was terrified. I was just trying to offer him some coffee and conversation; a little hospitality. He turned it into a potentially deadly situation.

Luckily, a few of my colleagues coaxed him off me and he wandered off into the night.

*Continued...*

# The SPH LifeLine



**St. Paul's Hospital & Foundation**

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

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## Hospitality and Safety Go Hand-in-Hand continued

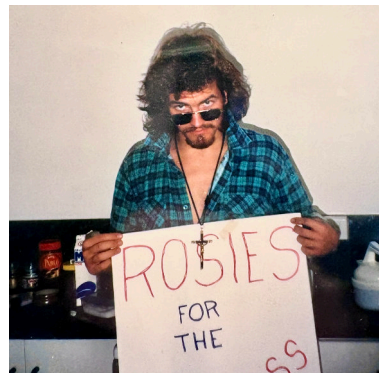
When he came back the next day, he remembered nothing. He just wanted a coffee with two cream and two sugars.

The priest who ran the mission chatted with me later on. He spoke about the dangers of hospitality. When you are dealing with people who have had terrible things happen to them, sometimes they do not even know how to accept kindness and care. It was essential to our mission that we offer welcome and we then discussed as a team some ways that we could deal with future safety concerns.

Hospitality and safety are not at odds. We need to take them both seriously. If we do not take security seriously—for the patients, their families and staff—then we are putting at risk the people we serve and the staff.

There are no easy answers as to how to find this balance, but our mission demands that we continue to wrestle with creating a space where all people feel safe and welcome at St. Paul's—both in coming here and in working here.

Blake Sittler  
Director of Mission



If you would like an article in the SPH LifeLine please contact Ashley Drayton, Mission Office Coordinator.

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306.655.5808

## Hospitality in Catholic Health Care

Hospitality has been at the heart of St. Paul's Hospital since the very beginning. When the Grey Nuns first opened St. Paul's Hospital. They brought faith, courage, and a deep desire to welcome those who were sick, vulnerable, and in need. Their hospitality was more than kindness, it was a lived belief that every person who walked through the doors deserved dignity, compassion, and care.

That spirit is still with all of us today.

While much has changed over the years, the foundation that the Sisters laid remains strong. Hospitality is reflected in the way we greet patients and families, the time we take to listen, and the care we provide to the whole person: body, mind, and spirit. It lives in the everyday moments of compassion shown by our staff, physicians, volunteers, and leaders. It is also visible in the spaces we create. The new front entrance at St. Paul's Hospital has been thoughtfully designed to be open, bright, and welcoming, a clear sign that all who enter are received with respect and care. From the very first step inside, we want people to feel that they belong and will find compassion here.

As Emmanuel Health continues to grow and evolve, our commitment to hospitality remains central. It shapes

how we steward our resources, how we collaborate with the Saskatchewan Health Authority, how we support our Local Councils, and how we engage the communities. Especially in times of change, hospitality reminds us that how we deliver care matters just as much as what we deliver.

The Grey Nuns built more than a hospital. They built a legacy of compassionate service. Today, each member of the St. Paul's Hospital team carries that legacy forward, ensuring that hospitality remains not only part of our history, but at the heart of our future.

Corey Miller  
President & CEO  
Emmanuel Health



# An Easter Greeting from Bishop Mark Hagemoen



**Bishop Mark Hagemoen**

*Greetings to you all as we approach the Holy Week and Easter Season in this Jubilee Year of Hope!*

This year I send this greeting and reflection on the Feast day of St. Joseph, the patron saint of Canada, and also the patron saint of the Universal Catholic church.

In this Lenten time I think we are all profoundly aware of the challenge to *peace* and *right-relationship* the world faces. Amidst conflicts and wars, and so many social and political tensions — the Lord Jesus Christ shows us a way of being in words and actions.

Very soon the celebration of Palm Sunday and Holy Week will be upon us. I find this is *the* time in the year when I am faced with a profound *tension*. What unfolds is the great and loving gift of God, meeting the tragedy and complexity of human longing and failing.

I am grateful for the life and way of Jesus Christ, who reveals a new way, the calls each of us — and all humanity — to a new excellence: one that features humility, generosity, and self-offering.

May we take inspiration form the recent prayer of Pope Leo: as we prepare to celebrate this most holy and life-changing season:

*“Lord of Life, you shaped every human being in your image and likeness. We believe you created us for communion - not for war, for fraternity - not for destruction... You who greeted your disciples saying, ‘Peace be with you,’ grant us the gift of your peace and the strength to make it a reality in history... May every kind word, every gesture of reconciliation, and every choice for dialogue be seeds of a new world.”*

We soon begin Holy Week — a time when we are profoundly confronted by the radical forgiveness of Jesus Christ, the guiltless Son of God who gives His life *for our sins* — so that we may have

*life... and have it abundantly!* (see John 10:10). Reflecting on Jesus’s meeting with the tax collector, Nicodemus, who seeks out Jesus because he has sensed that He can illuminate the darkness of his heart:

Sisters and Brothers of our One God — let us be amazed at the unique journey Jesus Christ takes. He demonstrates the greatest love the world has known — as during Holy week and the Easter Triduum we see that our salvation and new life passes through the wood of the Cross! Destruction meets new life; hell meets heaven; and death meets resurrection. I take this opportunity to thank you so very much for your caring service to so many people at St. Paul’s Hospital — who come because of need and sickness, and leave on the journey of healing and new hope.

Blessings to you all during the upcoming Holy Week and Easter Season.

*+ Mark Hagemoen*

Bishop Mark Hagemoen

## What is Lent?

Lent means springtime, it is a 40-day season in the Christian calendar leading up to Easter, focused on reflection, prayer, and spiritual growth. Beginning on Ash Wednesday, it invites people to deepen their relationship with God through practices like fasting and acts of service, following the example of Jesus Christ.



# Front Entrance Opening Celebration

On January 29<sup>th</sup> we officially welcomed our first patients through the doors of the new front entrance. For more than three years we have worked around construction zones, machine noises, and navigated detours. Your patience throughout this disruption has not gone unnoticed — your understanding is so appreciated!

January 28<sup>th</sup>, we hosted a media event with SHA and the Ministry of Health to officially 'cut the ribbon' on our beautiful new space. Elders Nora McAdam and Peter Gardippi gave a blessing, and Nora announced the name of the Indigenous Healing Centre — *kikâwînaw wîki* - meaning, Our Mother's Home. Father Gerard Cooper shared remarks from Bishop Hagemoen, and Minister Cockerill brought a message on behalf of the Province of Saskatchewan. And our

leadership trio (Lecina Hicke, Carrie Dornstauder, and Corey Miller) spoke about the culture of hospitality that this new entrance embodies.

The opening of our new front entrance is a visible milestone of our integrated partnership and our shared mission to be a community of health, hope, and compassion for all.

Thank you for your patience through three years of change, for your patience, and more importantly for continuing to show up for patients and families — even when the path to the front door wasn't always straightforward.

This entrance reflects who we are together and stands as a beautiful reminder that we truly are together, for good.



# kikâwînaw wîki - Our Mother's Home

We are children of our Great Mother. We are in our Mother's womb right now — Mother Earth — who holds us, nourishes us, and gives us life.

Everything we have, comes from her: our homes, our clothing, our food, and all that sustains us each day. We receive these gifts with gratitude and respect, honoring Mother Earth for all that she provides.

No matter where we come from, or what nationality we are, we are one family here on this Earth. She is our Mother, and we are connected as one human family. We are united to love one another, to care for one another,

and to walk together with respect and understanding.

We gather here as united people, connected with love through light.

We all hold responsibility from Our Creator to honor Mother Earth and the teachings she gives us. May we move forward together with open hearts, gratitude, and kindness for all life.

Yours truthfully,  
Nora McAdam  
Sitting on Mother Earth  
Protector of the Children

**This was made for the naming of the new facility at St. Paul's Hospital, Saskatoon, SK. (2026)**



# Hospitality at Hospice: Creating Space for Comfort, Connection and Care.



A Hospice Care Partner helps a family make perogies while volunteers bake treats for patients and families.



A hospice patient explores creativity and self-expression while working with a Palliative Arts specialist.

At the hospice, the kitchen table often becomes a place where quiet moments unfold. A family member may pause for a warm meal after hours at the bedside, while nearby a patient carefully arranges flowers into a small bouquet to bring back to their room. In these simple moments sharing food, conversation, creativity, and presence, hospitality comes to life at Hospice.

For many families, hospice becomes a temporary home while they spend precious time with their loved one. Through our Family Fridge program, members of the Holistic Care Team and dedicated volunteers cook and bake nourishing meals and snacks for families staying at the Hospice. These offerings ensure that those spending long days and sometimes nights at the bedside have access to comforting, homemade food.

Hospitality is also expressed through presence. Our Volunteer Companionship Program allows trained volunteers to spend time at the bedside offering conversation, quiet support, and human connection. These visits comfort patients while giving family members the chance to step away briefly, knowing their loved one is not alone.

Our Holistic Care programming also creates opportunities for connection and reflection. Each month, a schedule of activities invites patients and families to gather and participate in experiences such as flower bouquet arranging at the kitchen table, art

exploration, and even songwriting sessions with our music therapist. These shared activities offer meaningful moments of creativity, expression, and togetherness.

Staff, patients and families also gathered to share Shrove Tuesday with pancakes and sausages, marking the occasion together before Ash Wednesday. Moments like these bring people together in simple but meaningful ways while honouring faith-based practice, reflecting the spirit of hospitality at the heart of spiritual care.

Hospitality is also present in the everyday care provided at the bedside. Our nursing staff and care partners play an essential role in creating a respectful and comforting environment for patients and their loved ones. From knocking before entering a room, to using a patient's preferred name, to quietly moving around the space while families visit or pets rest nearby, these small but intentional actions help ensure dignity and respect are maintained while honouring each person's wishes and routines.

Hospitality at Hospice also includes learning and understanding the diverse cultures of the families we serve. Through a Cultural Endowment, we are hosting a series of *Lunch & Learn* sessions for staff where local leaders share perspectives on end-of-life practices from Islamic, Buddhist, and Jewish traditions, helping us provide care that is both



A family gathers to enjoy a concert performed by a patient and our music therapist, creating a sense of community.

compassionate and culturally responsive.

Alongside these programs, social work provides essential emotional and practical support to patients and families as they navigate difficult conversations, grief, and transitions during end-of-life care.

At its heart, hospitality in hospice is about creating an environment where patients, families, staff, and volunteers feel welcomed, supported, and cared for. Through food, presence, creativity, learning, and compassion, our hospice community works together to ensure this space remains one of comfort, dignity, and connection. This work is made possible through the dedication of our interdisciplinary team including nursing, care partners, physicians, social work, our holistic care team and volunteers all working together through a holistic lens to support patients and families at the end of life.

Kristin Hubic  
Manager of Patient & Family Relations  
Hospice at Glengarda

# Music Therapy Awareness Month



Tinaya Entz

March is Music Therapy Awareness Month across Canada! St. Paul's Hospital is fortunate to have four Certified Music Therapists. Mylandra Zielinski-Douglas cares for patients

and their families in the Palliative Care Program while Lisa Wutch, Tinaya Entz and Alanna Barr work with the Healing Arts Program through the rest of the hospital.

The hospital experience can be a stressful and ever changing one, filled with unknowns. Issues of grief, boredom, anxiety, and pain are everywhere. Music therapists can come alongside people and offer beauty and hope amid difficult situations. Music can provide relaxation where there is anxiety, distraction and relief where there is pain, and comfort where there is grief. As patients and their families face difficult realities, music can help build coping skills, facilitate self-expression and help people process and integrate their experiences into their lives. Music can also be a tool for doing legacy-work for individuals facing a life-threatening diagnosis.

Because each person is different and each situation unique, music therapists

tailor sessions to meet the individual needs of those they work with. They draw on interventions like song writing, improvisation, singing and guided relaxation to suit the interests, needs, and abilities of each person. They also work collaboratively with the healthcare team to aid in the achievement of treatment goals.

A beautiful example of this work in action occurred when Tinaya went to visit an Indigenous patient and discovered that their health status had changed and death was imminent. The room was full of family, the atmosphere was tense and grief was tangible. As Tinaya began to sing in Cree, the space was transformed as the patient and family began to sing along. Music made an incredible difference for this family during a very difficult time.

Another piece of the music therapists' role in the hospital is to care for St. Paul Hospital & Foundation staff. Those providing care face incredible amounts of stress and must also process their own experiences. Music therapists can offer music to release that stress and work through some of the difficult thoughts and emotions that arise when caring for people.

We proudly celebrate Music Therapists and the gifts they bring to enhance the experiences of patients, families, and staff at St. Paul's Hospital.

## Bingo Prizes Needed!

Three times a year, music therapist, Tinaya Entz, hosts music bingo for patients at the SPH In-center Dialysis Unit and the SPH Outpatient Dialysis Center.

We are looking for donations to the prize cart! It could be a gift card, coupon, or merchandise (no food items please).

If preferred, you can also provide an invoice showing the dollar value of your donation to be recognized by our hospital foundation.

**To donate, or for more information, please contact Tinaya Entz at 306-655-5857 or [tinaya.entz@saskhealthauthority.ca](mailto:tinaya.entz@saskhealthauthority.ca)**

**ST. PATRICK'S DAY MUSIC BINGO!**

**Music Bingo Truth and Reconciliation Edition Celebrating the music of First Nations, Inuit and Métis peoples**

**To connect with a music therapist, or make a referral contact:**

<b>Healing Arts Program</b> Tinaya Entz and Alanna Barr 306-655-5857  Lisa Wutch 306-655-0560	<b>Palliative Care</b> Mylandra Zielinski-Douglas 306-655-5526
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# The Gift of Sight Starts with a Referral

At any given time, 300—400 people in Saskatchewan are waiting for eye surgery that requires donated tissue. The need continues to grow, yet there is currently no synthetic alternative for corneal tissue—meaning transplantation is only possible through the generosity of donors and their families.

One ocular donor can enhance the lives of up to 10 recipients. Two corneas can restore vision through corneal transplantation, while the sclera may be used in additional procedures that support eye health, comfort and vision restoration. For patients waiting for these surgeries, ocular donation can mean the difference between limited vision and seeing clearly again.

Healthcare staff play an essential role in making this possible. Donation begins with informed consent, either through first-person consent from the patient (such as end of life) or through next-of-kin consent after death. Once a referral is received, a Donor Coordinator from the SHA Donation Program reviews eligibility, speaks with the family about the option of donation, and coordinates the next steps if the family wishes to proceed.

## Practice Update

To better support families and ensure high-quality tissue recovery, ocular retrievals are now typically coordinated during daytime hours when clinically appropriate and suitable for the family.

A Donor Coordinator remains available 24 hours a day to:

- Support staff
- Review referrals
- Speak with families about donation
- Coordinate the next steps in the process



Kim Groff - Transplant Recipient

## A Recipient's Story

"I was diagnosed in my teens with Lattice Corneal Dystrophy, causing painful corneal scarring. Corneal transplants and PTK laser treatments restored my sight. I'm forever grateful for the gift of sight made possible through donated corneal tissue. Please sign your donor card and let your family know your wishes."

-Kim Groff, Saskatoon

Email: [sha.donationprogram@saskhealthauthority.ca](mailto:sha.donationprogram@saskhealthauthority.ca)

Phone: 306-655-0315

Phone: Switchboard - Donor Coordinator on call

## What Nurses Should Do

Nurses can support donation awareness for patients and families by sharing information when patients are diagnosed with a life limiting illness, when patients are in their last season of life or when a patient passes away by:

1. Complete the Ocular Donor Referral Assessment Form - Available on Forms on Demand.
2. Send the referral Fax or email to the SHA Donation Program using the contact information listed on the form.
3. Contact the Donor Coordinator if eligible, available 24/7 through switchboard.

The Donation Team will:

- Review medical eligibility
- Speak with the next of kin to offer the option of donation
- Complete consent and medical social history if the family wishes to proceed
- Coordinate ocular tissue recovery

## Thank You for Making Donation Possible

Your referral is the first step in offering families the opportunity to give the gift of sight. Without healthcare staff identifying potential donors and submitting referrals, this option cannot be offered.

# St. Paul's Hospital Hospitality Project

In August 2023, St. Paul's Hospital faced three interconnected challenges. First, the release of the "Everyone should feel welcome" report in 2021 revealed that many members of the Pleasant Hill Community did not see us as a place of welcome. Second, as we reopened our doors following the pandemic, there was a prevailing sentiment expressed by our staff that our renewed accessibility to families and visitors would have a negative impact on their work. Third, just as we were beginning to address these challenges, the construction of our new front entryway closed the main doors of our hospital and left a wall in the middle of our main floor, which would require us to reroute foot traffic in a variety of ways over the two-year construction period.

To meet these challenges, the administration team of St. Paul's Hospital decided to do something radical, and returned to the root of how hospitals began.

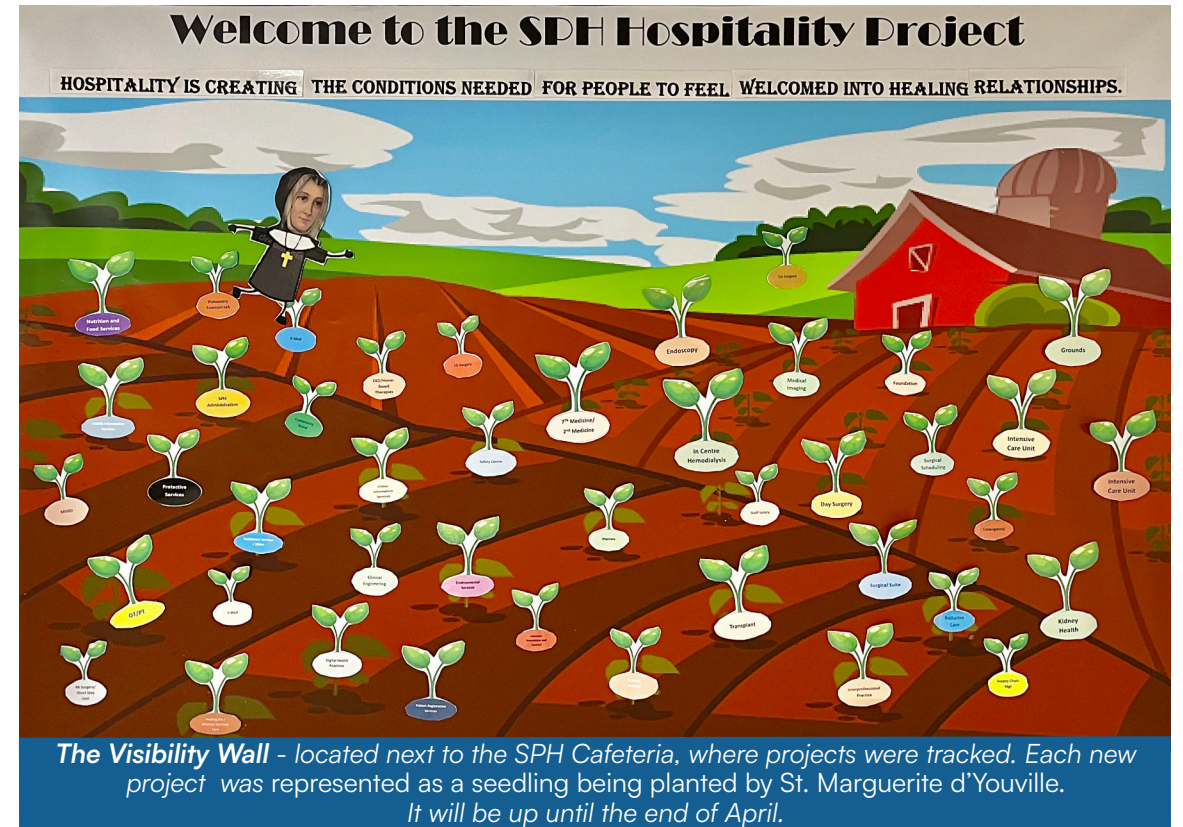
Catholic healthcare is deeply rooted in the value of hospitality. Early Christians responded to Christ's call to welcome the stranger by opening their homes to travelers. They provided three simple gifts — shelter, food and friendship — which were for many the beginning of a journey towards healing.

The Grey Nuns brought this commitment of caring for the stranger to Saskatchewan, and established St. Paul's Hospital in 1907.

For this project, we defined hospitality as, "creating the conditions needed for people to feel welcomed into healing relationships."

Our team identified several areas of need in our hospital and began looking for ways to reach out to our teams. Our outreach included the development of the Mission Offices culture videos, partnering with Chokeycherry Studios to create Culture Videos and inviting Sean Polreis for a special two-part W.F. Mitchell Seminar on unconscious bias. We also developed three separate series of huddle talks for our teams on the topics of hospitality, substance use and poverty to provide them with the information they need to become champions of hospitality in our community.

As we rolled out these resources, we also wanted to find meaningful ways to engage our teams. With this in mind, we developed the St. Paul's Hospitality Challenge. The Challenge asked each of our teams to develop a project that would make St. Paul's a more welcoming place. Teams were



encouraged to think about patients and visitors as well as about other staff members. We moved forward boldly under the assumption that welcomed people welcome people, and we were not disappointed.

Our Visibility Wall, and garden grew quickly as opportunities for hospitality sprouted around our building: *Protective Services* began handing out activity books for children; our surgical departments sent notes of gratitude back and forth to each other; and our *Facilities Management* team hosted a pancake breakfast that required an emergency trip to the store to buy

more pancake mix! *Health Information* posted a joke of the week on the ground floor; *Nutrition and Food Services* left a caring note on patient trays; and several departments assisted with traditional Indigenous feasts at the beginning of each season. *Information Services* gave out stickers to children; the *Safety Centre* took extra care to provide directions during construction; the *Pharmacy* team restocked the patient book cart; and *Infection Prevention and Control* designed an extra special welcome for anyone who survived the walk to the 4<sup>th</sup> floor in C-wing. *The Emergency*

Continued...

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Department hosted a cake decorating competition; the Surgical Suite collected warm weather clothing to share with St. Mary's shelter; In-Centre Hemodialysis shared renal friendly cookies; the Mission Office provided support to people waiting in the emergency department's waiting room; and many teams focused on intentionally greeting patients and visitors to the hospital.

In total over 40 departments completed projects that helped make St. Paul's Hospital & Foundation feel like a welcoming place to be.

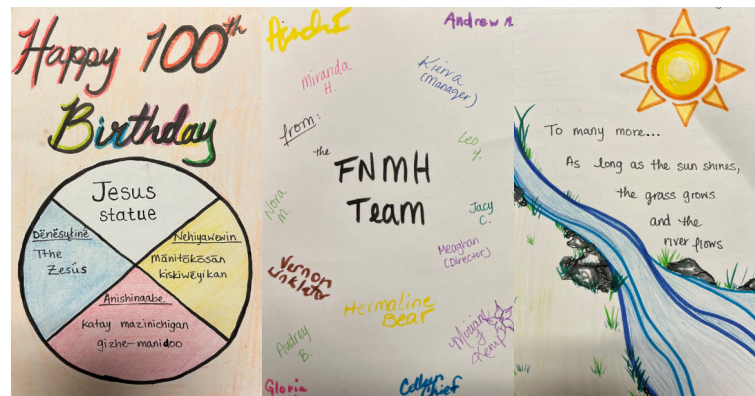
This project highlighted several practices that, if kept alive will support the culture of hospitality that has infused St. Paul's Hospital for over a hundred years. These include the importance of sharing meals together, caring for each other rather than being passive recipients of hospitality, intentionally finding joy in our work, and cultivating leaders who welcome their teams into healing relationships.



The winners of the Emergency Department cake decorating competition stand with the judges.

## An Important Lesson Learned

Safety is an integral part of hospitality. This project began before the closure of the front entry and wrapped in the weeks following the re-opening. At the beginning of this project, it felt as though hospitality and safety were in conflict. Our project team came to understand safety as a component of hospitality. If people do not feel safe, they cannot enter into healing relationships. This is true for our team members as well as patients, families, and community members.



The Administration team gifted a pizza party to the writer of the best happy 100th birthday card to our statue of the Sacred Heart.

# Painting the Path Forward: Stone by Stone



On a recent afternoon in the St. Paul's Hospital & Foundation cafeteria, patients, families, and staff gathered around tables to paint stones with colourful symbols of meaning for the St. Paul's Hospital & Foundation miyo-opikihitowin garden. After 10 hours of hospital shadowing, students co-facilitated the workshop alongside SPH&F Healing Arts Program Artist in Residence as their final project - part of the U of S College of Medicine's Community-Based Learning Experience. It was an afternoon of tending to heart, hand,

community and garden. Through meaningful creativity, participants explored healing, responsibility, and reconciliation with each painting a stone or two...painting a path forward. The stones are placed in the garden. One student reflected:

"Spending time with the Healing Arts reminded me why I wanted to pursue medicine in the first place, so it will be nice to ground myself in that truth over the years. Connection and kindness are paramount to someone's healing journey - you can be soft in a space that seems to build hardness. We learned so much about how to carry forward with a soft heart and a sharp mind - thank you for your guidance."

Marlessa Wesolowski  
Artist in Residence



# Living our Mission of Hospitality



There's a saying in Catholic healthcare that is sometimes used to describe the relationship between our Mission and our Ethics: "Mission

is who we say we are. Ethics is what we do in light of who we say we are." As one of the few ethicists in the country that shares my office with my hospital's mission team, this relationship is never far from my mind, and over the past three years it became even more important as I explored the value of hospitality.

My fixation on hospitality began in 2022 when the Catholic Health Association of Saskatchewan asked me to facilitate a breakout session at their convention ([SaskEthics-7-2.pdf](#)). The session started me on a journey to answer the question: if we say that Catholic hospitals and care homes are places of welcome, what are we doing to live out this part of our mission?

After the convention, I was blessed with many opportunities to explore this question with teams across Saskatchewan, and I was always delighted to hear about how they worked to create environments to help patients, families and visitors feel more welcome. For example, many of our teams spoke about the conversation

they have with residents when they first arrive in our care homes, which usually includes a question such as, "what can we do to help you feel more at home?"

Our teams also spoke about how valuable it is to feel welcome in their own work environment. Some spoke about how important it is to feel appreciated, with many teams adopting a staff appreciation cart to provide a small thank-you gift to staff in the form of chocolate or a notebook or even socks! These gifts have had a ripple effect in our buildings, as the smiles they give to our team members are passed forward.

I have pulled a few insights from all of these conversations. The first is a recognition that hospitality is a two-way street. Fun fact: did you know that in Italian the same word, *ospite*, is used to designate a host and a guest? Both people have a shared responsibility in creating an environment in which a relationship can be nurtured. This is absolutely true in Catholic health care where the only way we can grow in our exercise of hospitality is through reciprocal relationships with our patients, clients and residents.

The second lesson is that hospitality is hard work. I asked our teams to share some of the barriers to hospitality that they experience, and they had a lot to

say. Some spoke about feeling pressured by a never-ending list of tasks that made it difficult to be hospitable. Others said that it was often challenging to ask a person what they needed because there was a fear that the team would not be able to accommodate the request. Still others shared that it is impossible to champion hospitality if team members and those they care for do not feel physically safe, which is unfortunately the context in which some of our teams provide care.

The third lesson learned is that the work of hospitality is never complete. As our communities grow and change,

there will always be new opportunities to evaluate whether we are living up to our mission. If we say that hospitality matters to us, what questions are we asking to discover whether the people who enter our hospitals and homes feel welcome?

How is your team living out the mission of hospitality? What are the challenges to hospitality that you have struggled to overcome? What would help you to bring a spirit of hospitality to your work?

Dr. Mary Heilman,  
Bioethicist, St. Paul's Hospital & CHAS  
(306)-655-5197  
mary@chassk.ca

## March has a lot to celebrate!

Nutrition Month

Music Therapy Awareness Month

National Social Work Month

Pharmacy Appreciation Month

Thank you for all the great work you do!



# International Year of the Volunteer

**Did you know** 90+ volunteers gave over 3000 hours of service at St. Paul's Hospital (SPH) last year? As we celebrate 2026 as the International Year of the Volunteer, we invite you to reflect on all that volunteers bring to SPH and how we can all support and show appreciation for their contributions.

“Volunteers embody SPH's mission in action. They promote health through creative engagement that eases anxiety, manages pain, and enhances well-being in ways medicine cannot. They nurture hope by helping patients rediscover their ability to imagine, choose, and create — even on difficult days. Their compassionate presence reminds patients that they are a whole person, not their illness. By mentoring and training diverse volunteers, and healthcare students, we're cultivating a culture of holistic creative care and practices.” - Marlessa Wesolowski

In the Healing Arts Program, volunteers work across creative disciplines, from visual arts to music to delivering books via the book cart. “The hospital environment and illness can often narrow a person’s sense of self. Volunteers help patients to reconnect with their imagination and creative spirit, reminding them they are more than their diagnosis... Volunteers help to expand what's possible. I cannot be everywhere, but through mentorship, we can reach more patients across multiple units and

sustain meaningful engagement. Mentoring volunteers also keeps me reflective. Teaching others deepens my own understanding, and in many ways, volunteers teach me as much as I teach them.” - Marlessa Wesolowski

Volunteering benefits the volunteers themselves, too. For Healing Arts volunteer Fatema, “Being in the art space at SPH reconnects me with my creative self and brings me a sense of happiness and calm. It has allowed me to explore the therapeutic side of art and see first-hand how creativity supports emotional well-being. This experience has strengthened my belief in the importance of accessible creative spaces, and I hope to carry what I’ve learned into the community through my own art classes.”

Help us support and honour volunteers during this special year and watch out for extra celebrations during National Volunteer Week (April 19-25).



Healing Arts volunteer Fatema and Artist in Residence and Staff Liaison for volunteers in the Healing Arts Program (Visual Stream) Marlessa A. Wesolowski



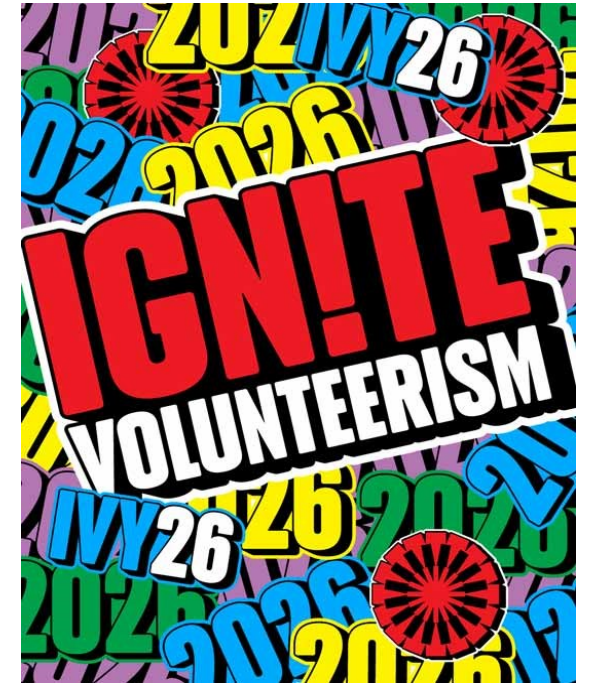
## NATIONAL VOLUNTEER WEEK APRIL 19th TO 25th, 2026

### Thank You, Volunteers!

Your compassion, generosity, and steady presence make a profound difference in the lives of patients, families, and healthcare teams across our province. Whether you are offering comfort during difficult moments, guiding visitors through hospital halls, supporting long-term care residents, or lending your time behind the scenes, your impact reaches far beyond what can be measured.

This year, we celebrate **International Volunteer Year**.

From **April 19 to 25**, we also recognize **National Volunteer Week** — a special time to honor the dedication and heart you bring to your roles every single day. While this week shines a spotlight on your contributions, our gratitude extends throughout the entire year.



### Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



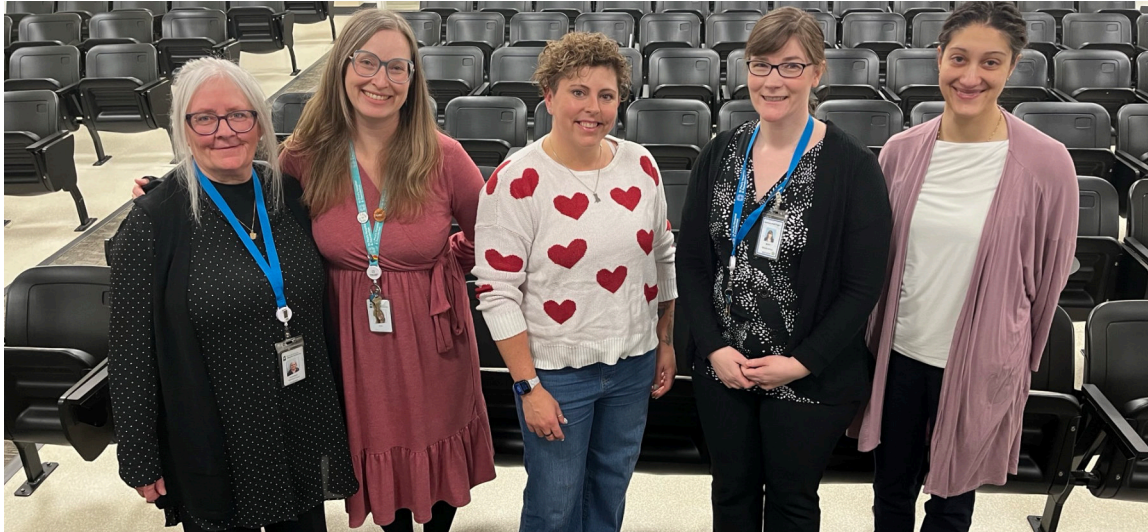
# Schwartz Rounds Review

Schwartz Rounds was hosted in Pylypchuk Hall on February 5<sup>th</sup> on the theme, “The Code that Never Ended: Processing Work Related Trauma.” Over 100 participants gathered to listen to stories from Dorothy Schick (Spiritual Care Associate), Dr. Sabira Valiani (Physician), and Melissa McGillivray (Nurse) and to share their own experiences. As stories were shared, a few valuable themes emerged. Many participants highlighted the importance of recognizing that our responses to trauma — whatever they may be — are normal responses to the abnormal events that we witness in health care.

When faced with traumatic experiences, several participants spoke about needing to seek support

so the incident would not define them as a professional or as a person. Others spoke about how challenging it becomes when the health care system begins to normalize traumatic experiences as “just part of the job” without taking the steps necessary to improve the experiences of staff, patients and families. A consistent theme across all stories was the importance of our families and personal support systems in helping us to identify and process work related trauma.

As always, the Schwartz Rounds Committee provided care for body and spirit with a free lunch and grounding exercises bookending our time together.



The next Schwartz Rounds will be on Tuesday, April 28<sup>th</sup> on the theme, “False Narratives, Real Conversations: The Increasing Misinformation in Healthcare.” If you have a story to share on this important theme, please reach out to Mary Heilman in the Mission Office, by e-mail, or at ext. 5197.

# SPH Clothing Room: Supporting Patients Beyond Care



Did you know that St. Paul’s Hospital has a Clothing Room. The Clothing Room, supported by the Mission Office and dedicated volunteers, provides clean, donated clothing to patients in need, particularly those whose belongings have been lost, damaged, or are unavailable. Whether someone arrives without appropriate attire, is experiencing financial hardship, or requires weather-appropriate clothing for discharge, this resource ensures that every patient can leave the hospital with dignity.

This initiative plays an important role in enabling safe and timely discharges by ensuring patients have suitable clothing, allowing staff to support smoother transitions back into the community.

The Clothing Room is a practical service and a reflection of our mission and values. It embodies compassion, care and respect.

**How You Can Help:** The Clothing Room relies on the generosity of staff. Donations of freshly laundered, appropriate items including:

- Sweatpants and lounge pants
- Plain t-shirts (long & short sleeve)
- Sweatshirts, sweaters, hoodies
- Coats and jackets
- Socks

- Flat shoes & boots (low-heel)
- Sports bras
- Winter accessories such as toques, scarves, and mittens
- New, packaged underwear only

*All donations can be dropped off at the Mission Office.*

## Items We Cannot Accept

- Any patients’ clothing
- Shorts
- Tank tops or crop tops
- Dresses or bathing suits
- Underwire bras
- Children’s clothing
- Blouses, dress shirts, formal wear
- Unclean, stained, or damaged items
- Clothing with holes or inappropriate language/graphics

We appreciate your understanding in helping us maintain a respectful and functional resource.

## Staff: When visiting the SPH

### Clothing Room:

Take the items you need and fill out the metrics paper. Tracking usage helps identify which items are most needed, ensuring donations are targeted and readily available for future patients.

For more information about the SPH Clothing Room contact the Mission Office:

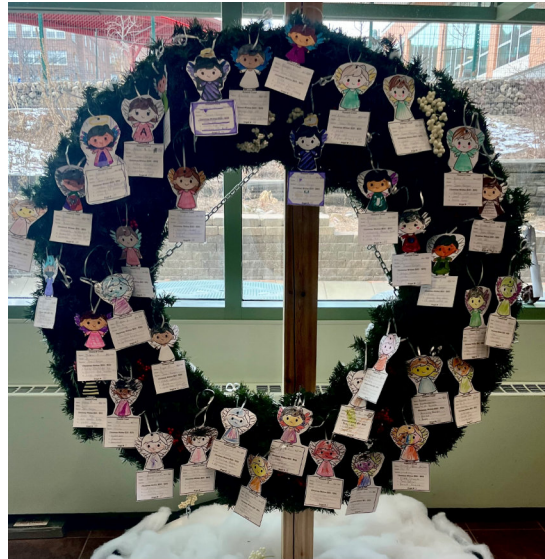
ashley.drayton@saskhealthauthority.ca

# Thank you for Supporting Project Christmas Angel

This past holiday season, Project Christmas Angel at St. Paul's Hospital stood as a powerful reminder of the compassion and generosity within our community.

Staff at SPH, along with partners from Robertson Stromberg LLP, the Saskatoon Fire Department, and the Saskatoon Police Service, came together to make a meaningful difference. Together 408 gifts were purchased for students from Pre-K to Grade 3 at Howard Coad School, St. Mary's Wellness and Education Centre, and St. Maria Goretti Community School.

With the support of the Saskatoon Police Service and Saskatoon Fire Department, the gifts were delivered to the schools, creating unforgettable moments and bringing huge smiles to children who eagerly awaited their surprises.



During one of the deliveries, school administration shared how much of an impact this initiative truly is. For many families facing financial challenges, these gifts help ease the pressure of the Christmas season and ensure their children can experience the joy of receiving something special.

Project Christmas Angel not only supported local families but also strengthened the sense of community within St. Paul's Hospital and beyond. In a busy healthcare environment, it provides a meaningful opportunity to extend care beyond hospital walls and into the lives of those in our broader community.

Thank you to everyone who contributed to the success of Project Christmas Angel. Your generosity and kindness made a lasting impact.

O R G A N D O N A T I O N X O H A E R H  
 R E S P I R A T O R Y T R G T O D M I O  
 N U T R I T I O N T G E E S H S M E N L  
 J H J G I F T S H O P S S O E P I R T I  
 J O M T H S Z O H H Z T P C R I N G E S  
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|-----------------|----------------|-----------|---------------|----------------|
| Administration  | Ambulatory     | Art       | Collaborative | Compassion     |
| Education       | Ethics         | Endoscopy | Emergency     | Giftshop       |
| Health          | Hemodialysis   | Holistic  | Hope          | Hospital       |
| Hospitality     | Intensive Care | Kidney    | Laboratory    | Marguerite     |
| Medical Imaging | Medicine       | MDRD      | Nursing       | Nutrition      |
| Organ Donation  | Pharmacy       | Respect   | Social Work   | Spiritual Care |
| Stewardship     | St Pauls       | Surgery   | Test Center   | Therapy        |
| Transplant      | Urology        |           |               |                |

The first 5 to finish the word search and bring it to Ashley at the Mission Office win a chocolate bar!

# The Healing Arts Mobile Book Cart

The Mobile Book Cart at St. Paul's Hospital brings the gift of reading directly to patients and families with a rotating selection of books, magazines, and other reading materials delivered right to the wards. Whether someone is looking for a comforting novel during a long stay, a light read while waiting for an appointment, or a distraction from pain or anxiety, the Book Cart offers a quiet, portable refuge.

By offering a chance to read and reflect, the Book Cart supports emotional and mental well-being, complementing the physical care provided. It's a simple but meaningful way to foster comfort, hope, and connection among everyone who walks through the hospital's doors.



Dan Macdonald  
Writer-in-Residence

Our Healing Arts writer-in-residence, Dan Macdonald is always on a mission to collect book donations to provide patients at St. Paul's Hospital with reading materials through our mobile book cart. If you have books and other reading materials you're willing to part with, we're happy to take them off your hands.

Our reading materials needs in descending order:

- Crime/Detective novels (soft cover preferred)
- Thriller/Horror (Stephen King, etc.) (Soft cover)
- Fantasy and Sci-Fi novels (soft cover)
- Biography or autobiography novels (soft cover)
- Chicken Soup Books and other story collections
- Easy reading magazines (People, US, Time, McLeans, (etc) Sports, Fashion, Home/crafts)
- Graphic novels and comic books
- National Geographic
- Large Print books

If you have any books/magazines, etc., you'd like to donate please contact Healing Arts at the Mission Office at 306-655-5808 or Dan Macdonald at 306-655-5873.

We and our patients thank you!

# Red Dress Day - May 5, 2026

Red Dress Day was first commemorated in 2010, inspired by Métis artist Jaime Black's Red dress Project installation. Red Dress Day, also known as the National Day of Awareness for Missing and Murdered Indigenous Woman and Girls and Two-Spirit people.

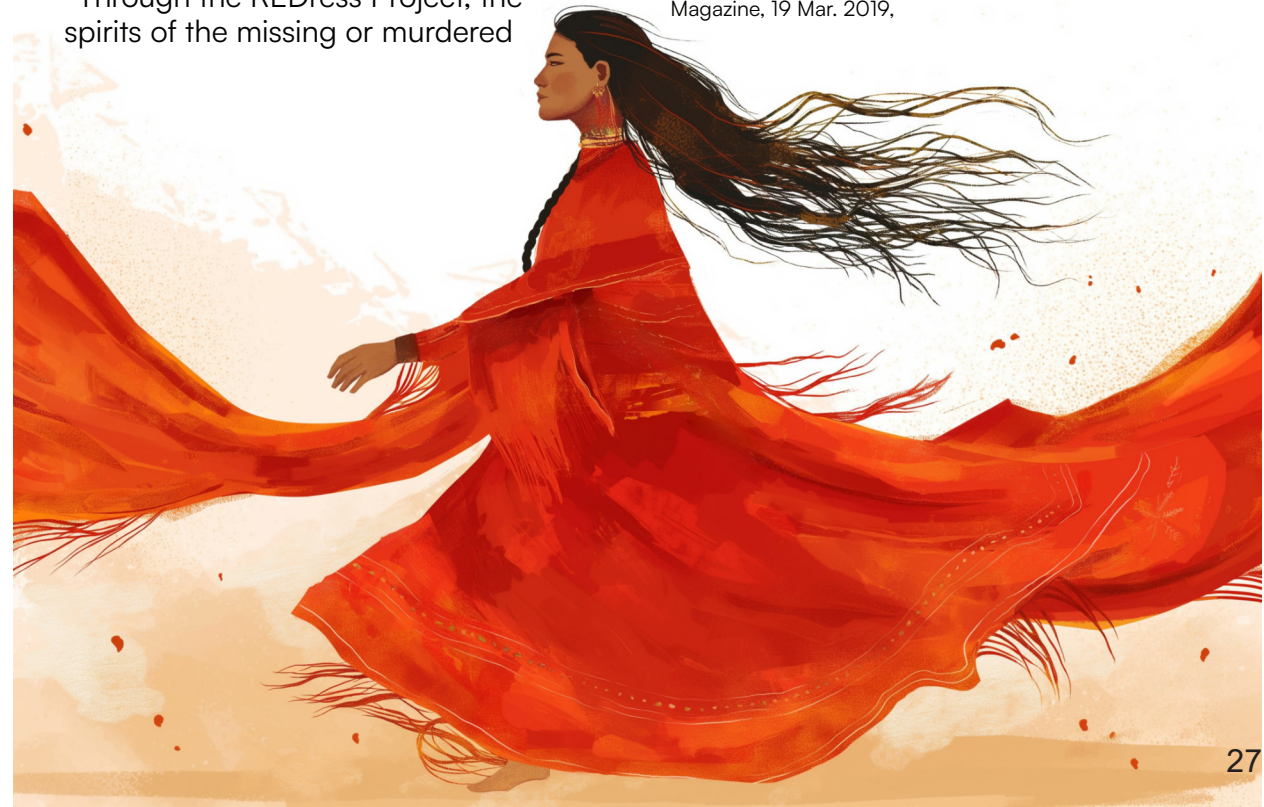
Red Dress Day honor's the memories of missing and murdered Indigenous women, girls, and Two-Spirit people (MMIWG2S) across Canada. Métis artist Jaime Black helped inspire the red dress movement, where red dresses are hung from windows and trees to represent the pain and loss felt by loved ones and survivors.

"Through the REDress Project, the spirits of the missing or murdered

women and girls stand with us here today, giving us courage, strength and clarity — leading us forward on the path to REclaim our sovereignty as indigenous women." - Jaimie Black\*

One way anyone can spread awareness and show our love and support, is we can hang a red dress in our windows of our homes, or on our front trees of our home. Also educate our self on the MMIWG2S crisis. On the city of Saskatoon website they have different events happening throughout our city like Knowledge Sharing, training active bystanders and the Red Dress Day walk.

\*Ault, Alicia. "These Haunting Red Dresses Memorialize Murdered and Missing Indigenous Women." Smithsonian Magazine, 19 Mar. 2019.





**St. Paul's Hospital  
& Foundation**

## **Gift Shop**

Many visitors and staff know it as St. Paul's Hospital Gift Shop, a trusted place to find thoughtful gifts and essentials.

A welcoming, supportive stop for patients, visitors and staff, the St. Paul's Hospital & Foundation Gift Shop provides essential items and comfort goods including giftware, clothing, reading material, greeting cards, snacks, lottery tickets, and more.

The Gift Shop was established by the Nurses Alumni in 1983. St. Paul's Hospital Foundation assumed responsibility of it on December 31, 1998. Staff consists of a Manager, part-time Sales Associates, and volunteers.

**Open Monday to Friday 10:00 a.m. to 5:00 p.m.**

**Saturday 10:00 a.m. to 4 p.m.**

**closed on Sundays and stat holidays.**

For more information, call 306-655-5856 or email [giftshop@sphfoundation.org](mailto:giftshop@sphfoundation.org).

## **Together, for Good.**

**By choosing the Gift Shop, you help invest in St. Paul's Hospital, with all proceeds supporting employee professional development and training.**

**sphfsk.ca**