



# Connections

**Giving hope, comfort, peace and sharing community with those we serve.**

September is upon us and we can feel the buzz of people getting back into the swing of things. Traffic is increasing with the start of the school year, and many of us are back from our summer holidays and refreshed to tackle what is to come, yet others are still feeling depleted and are anxious to find out what the next wave of the pandemic will bring.

COVID continues to be among us, and as I write this article many personal care homes are in active outbreaks, and people in community are regularly testing positive for this virus. Thankfully, some of the Stevenson Report recommendations are being actualized and the long-term and continuing care operators are actively trying to hire uncertified health care aides as well as infection control support workers. For more information, visit: <https://healthcareersmanitoba.ca/professions/clinical-support/uncertified-health-care-aides/bridging-program/>

The province of Manitoba is faced with a human resource shortage in many sectors, and healthcare is no exception. If you know of anyone who may be interested in working in long-term and continuing care, please encourage them to reach out to one of IHCM's members by using this link and clicking onto any of the member organization names: <https://ihcam.ca/index.html?lang=en>. There are many job openings.

Activities are gearing up and there are several events and workshops that are being promoted in this Newsletter. I am pleased to state that IHCM is offering the seventh Body, Mind & Spirit Spiritual Care Series that is aimed to provide individuals who work, volunteer, caregive, or want to know how to help individuals in the aging journey. Participants who have taken this 8-week program previously find it to be very worthwhile.

*"I have taken the course and it is one of the best training courses I've done and recommend it all the time!", states Darlene Dueck, a chaplain at Heritage Life Personal Care Home. You will find more information and how to register on page 3.*

Two activities that take place in September should be noted. **The International Day of Peace** (Peace Day) is observed around the world each year on **21 September**. Established in 1981 by United Nations resolution, Peace Day provides a globally shared date for all humanity to commit to Peace above all differences and to contribute to building a Culture of Peace. **This year's theme is End Racism. Build Peace.** We all have a role to play in fostering peace. Tackling racism is a crucial way to contribute to this effort. #PeaceDay



Each year, **September 30** marks the **National Day for Truth & Reconciliation**. The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.

**Wear Orange.**

**Participate** in activities to commemorate the history and legacy of residential schools.



# Taking your health into your own hands

**PERSON-centred care** (is the philosophy of giving power back to patients and putting them “at the centre” of care. It can lead to lower health-care spending and better patient health outcomes. That’s why person-centred care has become a top priority in Canada.



## What is person-centred care?

“Putting patients at the centre” is a really vague goal. That’s why your family doctor, pharmacist, physiotherapist and everyone in between probably has different ideas about how to be person-centred. Here are three signs that the care you’re getting is person-centred:

**They see you as a whole person:** You are unique and complex. You have wants, needs, friends and families. That’s why your health-care provider wants to hear what you have to say and respects your right to make choices about your own body.

### They treat you like a partner:

Rather than tell you what to do, your health-care provider listens, teaches and partners with you to build a care plan that aligns with your goals. Like any partnership, trust is key. You trust them, and they trust you.

### They help you navigate your journey to better health:

They listen to your concerns and validate your feelings. They also give helpful advice, using words you understand,

and point you to other resources when you need them.

## Where did this idea come from?

A hundred years ago in the western medical system, patients were expected to be passive. The healthcare provider was the knowledge-keeper for your body, so you did what they said without question. That’s why it was revolutionary when, in the 1950s, psychologists started saying that people can cure their own problems when they get the right support. In the following decades, other experts brought more ideas, such as how patients should be seen as unique human beings. (Indigenous peoples understood this long before colonizers did.)

## 3 ways to push for person-centred care

Person-centred care has become essential. Especially when it comes to chronic diseases, you need to self-monitor, self-care and advocate for yourself. So what can you do to take your health into your own hands?

**Do your research:** Information is power. Learn as much as you can about your health condition(s) to gain confidence, make appointments more efficient and even improve your relationship with your health-care provider. *Don’t know where to start?* Ask your local librarian if they have any research tips or book suggestions. Join a virtual community and look for learning opportunities (such as workshops or webinars at the Alzheimer’s society, Diabetes Canada or other organizations). If you have a health-care provider, Google them to find out what they do, if they speak your native language and what their training background is. If you don’t,

service directories may help you find a health-care provider who meets your needs.

**Be prepared:** Don’t be afraid to bring in a list of questions and concerns, and take notes to help you remember what the health-care provider said. You can also bring in a support person, such as a friend or family member, for emotional support, to advocate for you, to help with decision-making or to take notes. Show your health-care provider that you want to know more about your health and don’t be afraid to speak up if you’re feeling dismissed.

**Give feedback:** The challenge with person-centred care is that problems in the health system, such as staffing shortages, can make it harder to do. But you can help change the system. Be kind to your health-care providers. Share your opinions (on the good and the bad) by filling out patient surveys when you get them.

You can also join a patient and family advisory council, committee or network. These are groups of people with lived experience that help improve the health-care system who can give feedback on hiring decisions, safety planning, education and more. Look online to find a local, provincial or national group (such as the Patient Advisors Network).

While you might not be able to change the system on your own, always remember that your voice matters.

This article was first published at The Conversation Canada: [theconversation.com/ca](http://theconversation.com/ca) and written by Amanda Aguilar da Nova who is a PhD candidate in the faculty of health at the University of Waterloo.

*"This has been a blessing for me personally and professionally. The principles are very much useful not only for the elderly residents but for everyone who needs support. Thank you so much for your leadership and your untiring effort to bless us and help us grow as spiritual care gives to our community."*  
Neil Tagarao, Spiritual Care Practitioner, PCH

*"I can honestly say there was not one thing with the series that I didn't truly enjoy. The program content was very well developed and it kept a person really connected. I highly recommend for others to take this course."*  
Roy Bechard, Spiritual Care Practitioner, PCH

## 2 HOUR WEEKLY MODULES

Understanding the Aging Journey

Spirituality in Aging

Good Communication

The Power of Storytelling

Dementia

A New Home, A New Way of Life

Loss, Grief, Death & Dying

Roles, Boundaries and Self-Care

## START DATE

# Oct 4 or 5, 2022

PUBLIC: \$125

CHAM & IHCAM Members: \$100  
Includes workbook and on-line  
program development

ON-LINE REGISTRATION:

<https://www.eventcreate.com/e/join-the-journey-fall2022>

CONTACT:

Julie Turenne-Maynard

204-771-5585

[jtmaynard@cham.mb.ca](mailto:jtmaynard@cham.mb.ca)

## AN 8-WEEK TRAINING PROGRAM

Designed to help develop a deeper understanding of how to accompany older adults in every aspect of their journey, whether they are living at home or are in Long-Term Care.

## WHO SHOULD PARTICIPATE

This training is beneficial for family members, staff of Seniors Care facilities, Spiritual Care volunteers, Church leaders, and others who desire to serve and care for older people.

*Medical science has brought about countless breakthroughs in the way we care for older people. But it has also led to a realization that physical and mental health are essential – but not enough. True, holistic care means understanding and supplying their spiritual needs as well.*

*join the journey*

# BODY MIND SPIRIT



Interfaith Health Care  
Association of Manitoba  
Association interconfessionnelle  
en soins de la santé  
du Manitoba



CATHOLIC HEALTH ASSOCIATION OF MANITOBA  
ASSOCIATION CATHOLIQUE MANITOBAINE DE LA SANTÉ  
МАНИТОБИКА КАТОЛІЦЬСЬКА АСОЦІАЦІЯ ЗДОРОВ'Я





## Dignity IN CARE

If you are looking to expand your ability to care for patients as people, to reconnect with why you chose to work in healthcare in the first place, or to broaden your community of like-minded clinicians, this workshop is for you.

**Workshop dates are September 8th, 15th and 22nd. 0900 – 1300 You may attend one, two or all three training days.**

For details: <https://www.cpd-umanitoba.com/events/dignity-in-care-online-training/>



MANITOBA  
MULTIFAITH  
COUNCIL

Due to unforeseen circumstances, the 2022 AGM of the Manitoba Multifaith Council scheduled for September 7 at 7 pm has been postponed.

A new date will be set ASAP.

Canadian Virtual Hospice webinar series

Free Grief Training Webinar  
12:30 pm ET  
Sept. 20

# Let's Talk about Grief



Marney Thompson  
Bereavement Services,  
Victoria Hospice

INTERCHURCH HEALTH MINISTRIES

CANADIAN VirtualHospice

Health Canada Santé Canada

Production of Canadian Virtual Hospice webinar series has been made possible through a generous contribution from Health Canada. The video equipment loans do not necessarily represent the views of Health Canada.

virtualhospice.ca

Topic	Let's Talk about Grief
Description	Facilitated by a seasoned grief counsellor and educator, this webinar will provide participants with an opportunity to learn about and reflect on grief. Topics covered will include: models for understanding grief, ways to respond supportively to it, and tips for how to take care of ourselves as we companion the bereaved.
Time	Sep 20, 2022 12:30 PM in <a href="#">Eastern Time (US and Canada)</a>

Registration: [Webinar Registration - Zoom](#)

## Sara Riel Presents... MEASURING RECOVERY

Our 10th Annual  
Mental Health and Wellness Expo!

### SAVE THE DATE

Tuesday, October 4, 2022

10:00am - 3:00pm

Centre Culturel Franco-Manitobain  
340 Boul Provencher, Winnipeg MB

Register now for your \$60 table!





## CMF'S ANNUAL CONFERENCE

# Healing the Moral Injury

To ease the harm that arises from a betrayal of one's core values

**SEPTEMBER 14TH, 2022 @ 11AM-1:30 PM EST**  
**IN PERSON + VIRTUAL (ZOOM)**

In Person Venue: 270 Export Blvd, Mississauga, ON L5S 1Y9

Virtual Venue: Zoom

### Workshop Facilitators



**ROBERT MUNDLE**

SPIRITUAL-HEALTH PRACTITIONER



**DR. DANIEL ROBERTS**

CEO MORAL INJURY SUPPORT

### Keynote Speaker



**BRIGADIER-GENERAL J.L.G. (GUY)**

**BÉLISLE, MB, MSM, CD**

CHAPLAIN GENERAL OF THE  
CANADIAN ARMED FORCES

### Panelists



**DR. LORRAINE S. MACDONALD**  
POSTDOCTORAL FELLOW



**IMAM MICHAEL R. TAYLOR**  
REGIONAL CHAPLAIN, ONTARIO  
CORRECTIONAL SERVICE CANADA



**DR. RAJ PATIL**  
JAIN REPRESENTATIVE  
AT CMF



**BIJU K. CHACKO**  
DIRECTOR OF CLINICAL  
PASTORAL EDUCATION, BAPTIST  
MEDICAL CENTER JACKSONVILLE



**REGISTER HERE**



Canadian Multifaith Federation  
3570 Victoria Park Avenue, Suite # 207  
North York, Ontario, M2H 3S2  
Tel: (416) 422-1490 | Email: cmfsrc@cmfsrc.ca

Registration: <https://www.eventbrite.ca/e/cmf-annual-conference-healing-the-moral-injury-tickets-368373534157>

### What is Mental Health First Aid?

MHFA is the help provided to a person developing a mental health and/or substance use problem, experiencing the worsening of an existing mental health and/or substance use problem, or in a mental health and/or substance use crisis.

Just like physical first aid is provided until medical treatment can be obtained, MHFA is given until appropriate support is found or until the crisis is resolved.

Mental Health First Aid is a nationally recognized certification course. Course participants will learn how to:

- Recognize signs that a person may be experiencing a decline in their mental well-being or a mental health crisis.
- Have conversations that encourage a person to: Talk about declines in their mental well-being; discuss professional and other supports that could help with recovery to improve mental well-being; and, reach out to these supports.
- Assist in a mental health or substance use crisis.

## MENTAL HEALTH FIRST AID STANDARD VIRTUAL CERTIFICATE COURSE

- Use MHFA actions to maintain one's own mental well-being.

### UPCOMING DATES

Maximum 15 seats per session  
1pm – 430pm CST both days

September 28-29, 2022 [MHFA Standard \(Virtual\) on 2022-09-28 by Carissa Listrom | Mental Health First Aid](#)

October 5-6, 2022 [MHFA Standard \(Virtual\) on 2022-10-05 by Carissa Listrom | Mental Health First Aid](#)

October 19-20, 2022 [MHFA Standard \(Virtual\) on 2022-10-19 by Carissa Listrom | Mental Health First Aid](#)

November 2-3, 2022 ([MHFA Standard \(Virtual\) on 2022-11-02 by Carissa Listrom | Mental Health First Aid](#))

November 16-17, 2022 [MHFA Standard \(Virtual\) on 2022-11-16 by Carissa Listrom | Mental Health First Aid](#)

November 30-December 1, 2022 ([MHFA Standard \(Virtual\) on 2022-11-30 by Carissa Listrom | Mental Health First Aid](#))

December 7-8, 2022 [MHFA Standard \(Virtual\) on 2022-12-07 by Carissa Listrom | Mental Health First Aid](#)

December 14-15, 2022 [MHFA Standard \(Virtual\) on 2022-11-30 by Carissa Listrom | Mental Health First Aid](#)

### Registration information:

\$275.00/person plus 5% GST

Registration form: <https://ihcam.ca/media/Conferences/Mental-Health-First-Aid-Registration-Form-2021-2022.pdf>

Send form to [carissa-clark17@hotmail.com](mailto:carissa-clark17@hotmail.com)

## The Savvy Director framework



These six key habits are inspired by the Russell Reynolds research and supplemented by DirectorPrep's own experience and observations.

- **Build Governance Skills.** Access the resources you need to understand the board's stewardship role and your responsibilities as a director.
- **Prepare for Meetings.** Spend time before each meeting so you are ready to add real value to board and committee discussions.
- **Ask Great Questions.** Stay curious. Help the board move forward with well thought-out questions that get to the heart of issues.
- **Collaborate with Others.** Treat the board and management with respect. Work towards reaching a common understanding.
- **Think Independently.** See with your own eyes. Avoid *Groupthink* and challenge the status quo in a respectful manner.
- **Demonstrate Courage.** Maintain your integrity. Don't be afraid to do the right thing for the right reasons.

DirectorPrep's Savvy Director™ framework depicts the work of a savvy director as a continuous improvement process incorporating the six key habits.

It's a continuous improvement cycle because a savvy director never stops learning and keeps building on their strengths.

If you want to become a member of DirectorPrep click here: <https://savvy.directorprep.com/>

Salem Foundation & Salem Ladies Auxiliary presents

# **Building for Tomorrow Dinner**

*Thursday, October 6, 2022*

Winkler Mennonite Church, 31 Willowdale Crescent, Winkler

Doors Open at 6 PM  
Dinner starts at 6:30 PM

Proceeds from the dinner will go to  
Cottonwood Renovation - Phase II

## **Tickets**

**\$100**  
*with tax receipt of \$50*

**Table: \$800**  
*with tax receipt of \$400*

Tickets available from Salem  
Home Business Office  
9:00 AM - 4:00 PM  
Phone 204-325-4316

## **Guest Speaker:**

**Wilma Derksen founder of  
Candace House & author  
of *The Way of Letting Go***



Salem Foundation | 165-15th Street | Winkler, MB | R6W 1TB | (204) 325-4316

Spending of funds is confined to board approved programs and purchases. Each gift designated toward an approved program will be used as designated with the understanding that when any given need has been met, or where projects cannot be carried out for any reason, designated gifts will be used where needed most.

**You can make a difference in  
Salem Home Residents' lives**



## The new Online version of the CPE/PTE Bursary Form for student members is now available in both English and French.

The funds for bursaries are made possible through the Archie MacLachlan Memorial Award. Through a generous donation by Archie MacLachlan in 1997 the CFSC/FCSS was established to support CASC/ACSS student members to help support their educational efforts.

One of the primary objectives of the Foundation continues to be the disbursement of funds to CASC/ACSS student members and to spiritual care researchers.

The Board of Directors looks forward to reading your applications.

[Foundation Bursary Student Application ENGLISH \(formsite.com\)](https://formsite.com)

## VILLA YOVILLE HIRES NEW DIRECTOR OF CARE



**Justine Hill** began her career in the health care field at a young age by becoming a certified health care aide during her last year of high school. Shortly after graduating, she was invited to join the team at Villa Youville where she discovered her calling.

While continuing to work at Villa Youville, Justine earned a Bachelor of Science in Nursing. After becoming a registered nurse, she accepted a position at Ste. Anne's Hospital where she worked in all areas of nursing, including long-term care, for a period of 6 years and then began working in small hospitals in northern Manitoba in 2012. This experience broadened her knowledge of the indigenous culture and gave her a new appreciation for the resources available in the more southern regions of Manitoba.

While Justine enjoyed her time in the acute care field, her best memories remain in the long-term care field where she began her career. Justine is now back with us and has been named the new Director of Care at Villa Youville on August 23, 2022. Her dedication to providing exceptional resident care, her focus on creating an ideal work environment for our staff members, and her empathetic and energetic personality make her a perfect addition to the Villa Youville leadership team.

## SPIRITUAL HEALTH AWARENESS WEEK IS OCTOBER 17 -21, 2022.

The theme set by the Canadian Multi-Faith Federation is **Moral Injury** (harm that arises from a betrayal of one's core values). The Interfaith Healthcare Association of Manitoba, (IHCAM) in collaboration with other spiritual healthcare practitioners are in the process of creating the program for this week.

IHCAM will continue to use its website as the hub of information for SHAW Week this year. Additional information and content will be shared later this month. 2020 and 2021 SHAW week content can still be found by clicking onto the following links:

**COMPASSION AND SELF-COMPASSION IN CHALLENGING TIMES**  
<https://ihcam.ca/main.php?p=68>

**NURTURING SPIRITUAL HEALTH AND RESILIENCE AMIDST A PANDEMIC:**  
[HTTPS://IHCAM.CA/MAIN.PHP?P=76](https://ihcam.ca/main.php?p=76)



### CMF IS HIRING A PART-TIME CEO

Salary Range - \$35-\$50K

To view the job description, click here: [Microsoft Word - CMF Job Description Of CEO Position \(weebly.com\)](https://weebly.com)

Please send applications to [kevin.rogers@paoc.org](mailto:kevin.rogers@paoc.org) by October 6<sup>th</sup>, 2022

**SATURDAY, SEPTEMBER 24**  
**440 RIVER ROAD**

# LET'S RECONNECT

**RUN • WALK • PLAY**

**10AM - 2PM • FREE ADMISSION**



**FREE THE  
SPIRIT  
FESTIVAL**



**LIVE MUSIC • GAMES • KIDS ACTIVITIES •  
LOTTERY • MARKET • 5K RUN • 2K WALK**

**[FREETHESPIRITFESTIVAL.CA](http://FREETHESPIRITFESTIVAL.CA)**

**f y t @ @StAmantMB**

**LEAD SPONSOR:**



**PROCEEDS TO:**





# Trauma-Informed Care: Building a Culture of Strength

*In-person Workshop*

*Nov 3rd, 9 am-4 pm*

Trauma is prevalent in our world and has an impact on many of the people we interact with, including those who engage with our organizations. Compassionate and trauma-informed care is essential to providing effective support and building sustainable services.

This workshop explores five key principles to integrate a trauma-informed approach throughout the organization. By embracing these principles, participants can better contribute to the positive transformation of individuals and relationships affected by trauma.

*This workshop has been designed around participants engaging in discussions with the trainer and fellow participants.*

*Becoming trauma-informed creates a sustainable foundation in any setting to promote strength, engagement, and healing.*

## Some of the Topics Include

- Trauma’s Ripple Effect
- What Is Trauma-Informed Care?
- Building a Trauma-Informed Culture
- Understanding Trauma
- Post-Traumatic Growth & Resilience
- Steps for Implementing Principles

## 5 Principles of a Trauma-Informed Approach

- o Promote Awareness
- o Shift Attitudes
- o Provide Choice
- o Foster Safety
- o Highlight Strengths

Facilitated by:



REGISTRATION: <https://www.eventcreate.com/e/tic>

FOR MORE INFORMATION CONTACT:  
Julie Turenne-Maynard, ED  
Tel: 204-771-5585 //  
Email: [jtmaynard@cham.mb.ca](mailto:jtmaynard@cham.mb.ca)



Interfaith Health Care Association of Manitoba



MANITOBA MULTIFAITH COUNCIL



CATHOLIC HEALTH ASSOCIATION OF MANITOBA  
ASSOCIATION CATHOLIQUE MANITOBAINE DE LA SANTÉ  
МАНІТОВСЬКА КАТОЛИЦЬКА АСОЦІАЦІЯ ЗДОРОВ'Я

“

You do not need to work to become spiritual. You are spiritual; you need only to remember that fact. Spirit is within you. God is within you.”

JULIA CAMERON

woman's day

*Creator of Life, We lift up people of all faiths and of no faith, all people of goodwill, so that everyone may change their lives for the love and service of neighbor; help us to ask in our hearts how we can be good neighbors to the other, especially in times of crisis and disaster.*

*We pray for all people who take care of the sick, suffering and dying. We especially lift up all public health personnel, spiritual health practitioners and social workers, health educators and researchers who serve selflessly day and night to care for all in need and try to find solutions to save lives. Grant them more and more courage, wisdom and grace, so that they also take care of themselves while serving others.*

*Creator of life, you have created order out of chaos, new life out of many crises. In this long-winded Coronavirus pandemic, we know that you are with us despite the human resource challenges and craziness and trauma; you are with all humanity and especially with the all those who continue to struggle. We know in a mysterious way you will transform everything into good; Help us to cling onto that Hope. Amen.*

## INTERESTED IN APPLYING FOR A FORMATION GRANT?

IHCAM's Formation Fund has been established as part of its commitment to providing on-going support and training to its members. We value excellence in leadership, board governance, and person-centred care, and encourages our members' trustees, employees and volunteers to explore ways to grow in compassion.

Investing in our people will allow them to perform their duties to the best of their abilities, and help to create the conditions for them to grow throughout their journey in the facility and community they serve.

We want to provide IHCAM members the opportunity to acquire additional skills & knowledge to strengthen their effectiveness in the position they hold in our member institutions. Our hope is that by investing in the development and formation of individuals today, our Communities of Service and the community at large, will benefit for years to come.

For more information on this program and access to grants and the FAQ, click on this hyperlink. <http://ihcam.ca/news.php?lang=en>

## MEMBERSHIP OPPORTUNITIES

**Associate Members consist of individuals or non-profit health care organizations operating in the Province of Manitoba (annual fee is \$350). Individual memberships are also available at the cost of \$50 per year.**

If you, or your organization, is interested in becoming a Regular, Associate or Individual member, contact our executive director Julie Turenne-Maynard for more details.

<http://www.ihcam.ca/media/IHCAM-Membership-Application--Fees-structure.pdf>