



Connections

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

In Times of Hardship, Have Faith



*"I ask not for a lighter burden, but for broader shoulders.
I ask not for an easier path, but for stronger feet.
I ask not for weaker enemies, but a stronger me.
Let life do with us what it wants but let us be strong
enough to handle it...
We are strong enough to handle it. Our shoulders are
broad, and they get broader with time."*

This Jewish proverb is very appropriate during this pandemic. The last several months have been extremely difficult for everyone. The dedication and commitment of staff members working in these challenging conditions to keep residents healthy is remarkable despite the fact that many are experiencing anxiety, stress, fear, and burnout due to constant changes, long work hours due to limited human resources, the unknown, and the "what if" an outbreak enters their facility. Family members on the other hand have experienced heartbreaking physical separations and time apart from their loved ones residing in long-term care due to COVID, and have had to adapt to innovative ways to visit, communicate, and connect.

These are times when we all need to find uplifting words with power and blessing in them, and to recognize hope, faith, and God's protection in this quarantined life. Faith leads us to hope, and that's what we all need in a situation like this. Our minds tell our hearts what to feel based on what it hears and reads. So choose to speak words of life, and hope, and faith and read uplifting material during these trying times. Remember, where there is hope, there is faith, and where there is faith, miracles happen!

*Julie Turenne-Maynard
Executive Director, IHCAM*

***"When you go through deep waters,
I will be with you."***
Isaiah 43:2

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FORMATION

**Join The Journey 8-week
Spiritual Care Series**—contact
Julie Turenne-Maynard

UPCOMING EVENTS

- **National Catholic
Healthcare Week**
Oct 6-11, 2020
Visit: [http://www.chac.ca/
NCHCW/index_e.php](http://www.chac.ca/NCHCW/index_e.php)
- **Compassionate Healers
Mass** October 4, 2020
- **Spiritual Health Awareness
Week** Oct 19-23, 2020
- **Grieving During COVID-19
1/2 day virtual workshop -
November 2019**
[https://
grieving.eventcreate.com/](https://grieving.eventcreate.com/)

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Tips for coping in uncertain times

Coping With Stress and Anxiety

Staying positive, especially during a time of massive changes to our routines, is of utmost importance to keep feelings of fear and anxiety at bay. Click on this link to find strategies on how to cope with stress and anxiety:

[HTTPS://WWW.CAMH.CA/EN/HEALTH-INFO/MENTAL-HEALTH-AND-COVID-19/COPING-WITH-STRESS-AND-ANXIETY](https://www.camh.ca/en/health-info/mental-health-and-covid-19/coping-with-stress-and-anxiety)



Keep in Touch

Having to self-isolate or be apart from our loved ones can limit our ability to perform everyday activities which inevitably results in feelings of loneliness, vulnerability and anxiety. To combat this, keep in regular touch and seek support with family members and friends through calling, texting, email, FaceTime, Skype and social media.

Seek Balance

If watching the news or constantly discussing the threat of COVID-19 is starting to raise our panic levels, then we should probably change the channel or talk about something else. Think about the good things around us, not the bad, to find a better balance.

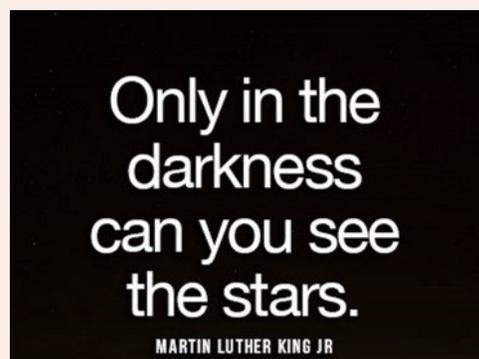


Roll With the Punches

Because this pandemic is evolving, every day brings something entirely new and unexpected. These disruptions to our cherished routines can be another big source of anxiety. Try to create new routines, new structure and find new positivity to create comfort in the home. Above all, eat well, get plenty of fresh air, get rest and relaxation, and don't forget to exercise.

There's Light at the End of the Tunnel

Remember that all the measures we are taking to protect ourselves from COVID are temporary. Like all other disease outbreaks, this too shall pass, and life will return to normal. Because we don't know when that day will come, we just have to wait it out. By following the guidelines issued by public health and practising good hygiene and physical distancing, we can ensure the health care system does not get overwhelmed all at once. Calm your nerves by listening to soothing music, practice mindfulness, pass the time by doing something else you enjoy, and most of all have FAITH.



Compassionate Healers' Mass

A VIRTUAL CELEBRATION

All healthcare professionals, volunteers and lay persons who support the sick and the most vulnerable are cordially invited to attend this special Mass.

The Compassionate Healers' Mass is sponsored by the Archdiocese of St. Boniface, the Archdiocese of Winnipeg, the Archeparchy of Winnipeg and the Catholic Health Association of Manitoba. It is a time to gather, celebrate with, and commission those involved in the healing ministry. A special blessing will be extended to all attendees involved in health care at the end of the Mass.

SUNDAY | 7:00 pm
OCTOBER 4 | 2020

LIVESTREAM

https://www.youtube.com/channel/UCfstLyrxPc_OCGeoT8lKQnw

"As each one has received a gift, use it to serve one another as good stewards of God's varied grace."

-1 Peter 4:10



Held at Holy Family Home via their YouTube channel and celebrated by Metropolitan Lawrence Huculak of the Ukrainian Archeparchy of Winnipeg.



Archidiocèse de
Saint-Boniface
Archidieceze



SPIRITUAL HEALTH AWARENESS WEEK

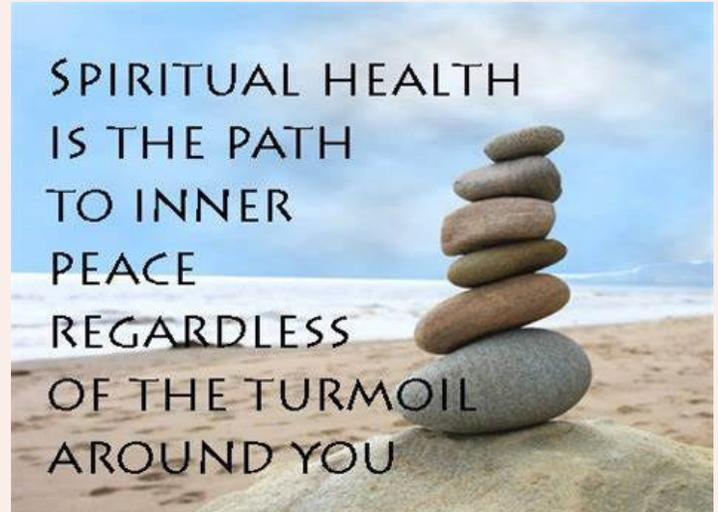
OCTOBER 19—23, 2020

NURTURING SPIRITUAL HEALTH AND RESILIENCE AMIDST A PANDEMIC

Spiritual Health Awareness Week (SHAW) provides an opportunity to recognize the value and dedication of spiritual health practitioners and religious service providers of all faiths who work in specialized settings such as, hospitals, long-term and continuing care facilities, mental health centres and correctional facilities.

While the world grapples with the unfolding Covid-19 crisis, we as faith communities need to begin by acknowledging the tremendous work of frontline workers, by having compassionate empathy for the hardship that our communities are facing, and by looking forward to advice and wisdom of leaders and planners thinking of post Covid-19.

In previous years, health care operators set up displays, organized activities and celebrations in their facilities to promote this week. As this is an exceptional year, a working group met on several occasions to determine how best to celebrate Spiritual Health Awareness Week in a virtual fashion.



Visit www.ihcam.ca to participate in SHAW Week

It was decided to use IHCAM's website as the hub for all information and activities that individuals could do on their own to learn and celebrate Spiritual Health Awareness Week.

This year's theme *Nurturing Spiritual Health and Resilience Amidst a Pandemic* also has sub-themes for each day of the week:

- Mon. Oct 19: Whole Person Health
- Tues. Oct 20: Connections & Relationships
- Wed. Oct 21: Culture and Community
- Thur. Oct 22: Mindfulness & Compassion
- Frid. Oct 23: Faith

Each day during SHAW, content will be uploaded to the site that includes a thematic description and things to watch, do, and read. We encourage you to share this with your colleagues, staff, residents, families and friends!





Holy Family Home
Дім Пресвятої Родини

Hires New Chief Executive Officer



Tara-Lee Procter (Maciuszonek), BSW, RSW officially began the position of Chief Executive Officer at Holy Family Home on July 1st .

She comes with a wealth of experience in health care, most recently as the Regional Director of the

Long-Term Care Program with the Interlake-Eastern Regional Health Authority in Manitoba with responsibility for 747 long term care residents.

Prior to that, Tara-Lee was the Program Director for Home Care and the Director of Operations, Home Care Centralized Services in the Winnipeg Regional Health Authority (WRHA).

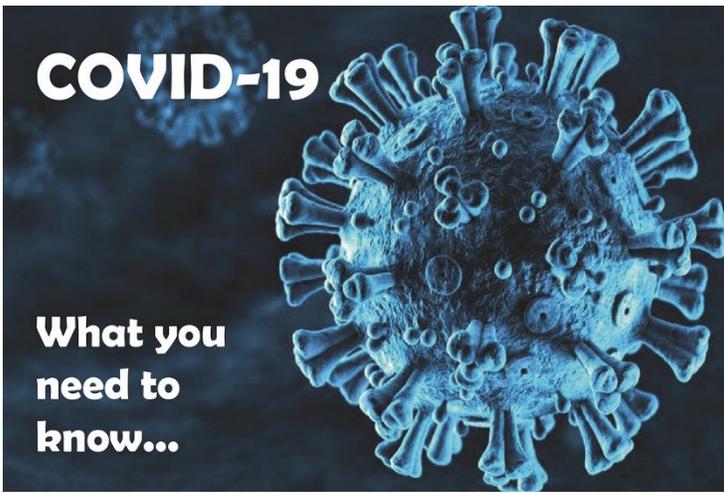
With over 30 years of experience in healthcare, she has experience across all sectors as Utilization Manager at the Health Sciences Centre, the Transition Manager of the WRHA Long Term Care Access Centre and most recently in leadership positions in Home Care and Long Term Care. She has also had extensive experience in rural and urban healthcare settings, enabling her to have a broad perspective on healthcare delivery both strategically and operationally. Tara-Lee has been a surveyor for Accreditation Canada since 2011 evaluating organizations across Canada in the LTC and homecare sectors against a set of national standards for quality healthcare service provision.

Tara-Lee has a Bachelor of Social Work from the University of Manitoba and a Masters of Public Administration through the Universities of Winnipeg and Manitoba Joint Program. She has also completed the Health Systems Leadership Graduate Certificate through Royal Roads University. Throughout her career, she has been committed to being client-focused and advocating for a just and equitable system.

"I am very excited to be in the CEO role at Holy Family Home. It is an honour and privilege to work with the Sister Servants of Mary Immaculate in their mission to care for the vulnerable seniors in our community and to be part of an organization with such a good reputation for providing quality care to our seniors. I have worked with seniors for the vast majority of my career and have a passion for long term care and ensuring those most vulnerable are cared for in a respectful, warm and dignified manner."



Gerhard Heinzman piano FREE to anyone who is interested. Contact Joyce Kristjansson, CEO Golden West Lodge: 204-896-2401 jkristjansson@goldenwestlodge.ca



COVID-19 is on everyone's minds throughout the world. John's Hopkins Hospital is the teaching hospital and biomedical research facility of the Johns Hopkins School of Medicine, located in Baltimore, Maryland, U.S. They have provided a very good assessment of what this coronavirus strain is and what we need to do to protect ourselves from it.

This virus is not a living organism. It is a protein molecule (RNA or DNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells of the ocular (eyes), nasal (nose) or buccal mucosa (mouth), changes their genetic code (mutates) and converts into aggressor and multiplier cells.

- Since the virus is not a living organism, but is a protein molecule, it cannot be killed. It has to decay on its own. The disintegration time depends on the temperature, humidity and type of material where it lies.
- The virus is very fragile; the only thing that protects it is a thin outer layer of fat and that is the reason why soap or detergent is the best weapon. The foam CUTS THE FAT (that is why you have to scrub for 20 seconds or more, to create lots of foam).

By dissolving the fat layer, the protein molecule disperses and breaks down.

- HEAT melts fat; this is why it is necessary to use water above 77 degrees for hand washing, laundry and cleaning surfaces. In addition, hot water makes more foam, making it more effective.

Alcohol or any mixture with alcohol over 65% DISSOLVES ALL FAT, especially the external lipid layer of the virus.

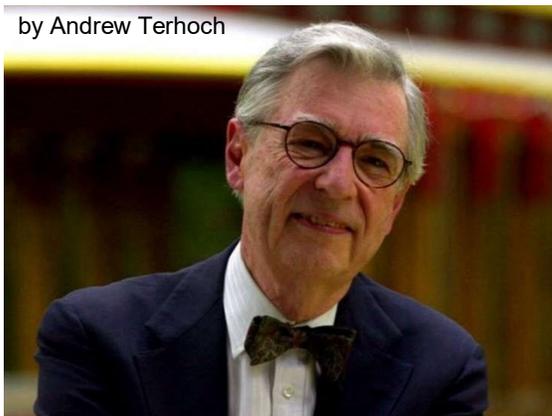
Any solution with 1 part bleach and 5 parts water directly dissolves the protein, breaking it down from the inside.

- Oxygenated water increases the effectiveness of soap, alcohol and chlorine, because peroxide dissolves the virus protein. However, because you have to use it in its pure form, it can damage your skin.
- NO BACTERICIDE OR ANTIBIOTIC WILL WORK because the virus is not a living organism like bacteria; antibodies cannot kill what is not alive.
- The virus molecules remain very stable at colder temperatures, including air conditioning in houses and cars. They also need moisture and darkness to stay stable. Therefore, dehumidified, dry, warm and bright environments will degrade the virus faster.
- UV LIGHT on any object that may contain the virus breaks down the protein. Be careful, it also breaks down collagen (which is protein) in the skin.
- The virus CANNOT go through healthy skin.
- Vinegar is NOT useful because it does not break down the protective layer of fat.
- NO SPIRITS, NOR VODKA, serve. The strongest vodka is only 40% alcohol, and you need a minimum of 65%.
- LISTERINE is 65% alcohol.
- The more confined the space, the higher the concentration of the virus there can be. The more open or naturally ventilated, the less.
- You have to wash your hands before and after touching any commonly used surfaces such as : mucosa (mouth area) , food, locks, knobs, switches, remotes, cell phones, watches, computers, desks etc. and don't forget when you use the bathroom.
- You have to MOISTURIZE YOUR HANDS due to frequent washing. Dry hands have cracks and the molecules can hide in the micro cracks The thicker the moisturizer, the better.
- Also keep your NAILS SHORT so that the virus does not hide there.

Stay Well and Be Safe

Compassion Corner - What would Mr. Rogers do?

by Andrew Terhoch



What is the best thing we can do in a time that challenges us? When we worry, feel anxiety or feel sadness, how can we best support ourselves?

Quite simply, the best thing we can do is to practice being present. To recognize what we are feeling. To be honest with those around us. To reach out to others for help. And to be a helper to others when we can.

Mr. Rogers famously said; "When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'"

But what about us adults?

It's really no different. We find comfort and confidence in the support of others too, regardless of our age. This is especially true when faced with uncertainty. We all benefit from a hug, from another voice telling us, "I am here for you...don't be so hard on yourself...do your best...take care...I love you".

Sometimes though, for a whole variety of reasons, we tend to not reach out for support as often as we might need to. It can be hard to say "I'm vulnerable...I am not feeling confident". Often when we struggle, when our confidence is low, we may withdraw. We can then more easily miss opportunities for connection as they arise each day.

The most important thing we can remember in a challenging time is that we are not alone in how we feel. We all struggle at times, we all feel vulnerable at times. At any moment, there are millions of people feeling the same feeling you are right now. Joy or anxiety just the same, at any moment, you are akin with tens of millions of people.

If you look up and around, someone near you is experiencing the same emotion you are. This is even more true in this unique time.

In looking up, we open up. Open up to the possibility for connection. We step out of our thoughts, feelings and our planning, and into the present moment. The only time when a kindness and a comfort can be felt, is in the now.

Kindness is an antidote to disconnection.

Kindness is present everywhere. We need not look far to see the helpers in the present time. From healthcare providers to first responders, from grocery clerks to shipping and receiving staff, in this extraordinary time, we all have many helpers changing our lives each day. We ourselves are part of a team of 'helpers' too.

And so we must remember, the small gifts we can give and receive in daily living, can create change in someone's day. And in an act of kindness, in making connection, we ourselves, our purpose and our place in the common humanity are nurtured...

- Send a "good morning, I hope you can create some peace in your day" text to a loved one
- Say "Hello, good morning" to a person you've never met
- Smile at the driver in the car next to you at a red light...Spark a smile in the driver in the car next to you as you **bop and sing to your favourite song**
- Put your shopping cart back in its place
- Thank the grocery store staff who is keeping the carts clean
- Say "I love you" to someone you love
- Out of the blue, send flowers to a friend
- Practice being present
- Say "please" and "thank you"—and really mean it
- Let a fellow driver merge into your lane
- Call or write to a teacher who changed your life

- Practice a Self-Compassion Break
- Be present with someone, watch and listen with all your senses on a phone or video call
- Be present with nature. Watch and listen with all of your senses
- Write a note or email to the manager of someone who helped you, explain how great a job that person is doing
- Simply say "I'm sorry" when you're wrong or when you've reacted out of fear or worry
- Ask someone "How are you doing?"—and then really listen to his or her response

Never underestimate the good we are doing when we notice the opportunity to create a tiny but beautiful moment with intention. This is what we can do when we are living mindfully. We see an opportunity arrive because we are living in the present. A gesture of kindness, an offering of compassion, a moment of connection. We can do this. We can choose this.

Look for the helper. Be a helper. In our common humanity, we are all needed and, we all need a hand at times. Be present, stay connected, be kind, be useful, do your best, just as you are.

"All of us, at some time or other, need help. Whether we're giving or receiving help, each one of us has something valuable to bring to this world. That's one of the things that connects us as neighbors--in our own way, each one of us is a giver and a receiver."

Mr. Fred Rogers



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M O D U L E S

01

Mental Health
in the Context
of COVID-19

02

Addressing and
Preventing Staff
Burnout and
Caregiver Stress

03

How Self-
Compassion
Can Help
You Stay Well

04

Exercises and
Strategies
for Self-Care and
Self-Compassion

05

Staying on
Track

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