



get to the heart of it : being, caring, doing

meaningful connections & actions



Catholic Health
Alliance of Canada



Alliance catholique
canadienne de la santé

2024 NATIONAL CONFERENCE | MAY 08 – 10, 2024 | WINNIPEG, MANITOBA



Our Mission

Inspired by the Gospel and grounded in shared beliefs and values, the Alliance is a forum for Catholic health and social services Sponsors in Canada, to exchange ideas and develop shared strategic initiatives that support their ability to strengthen the healing ministry of Jesus.

We exist because we want a Canadian society that reaches out to every person who is suffering from illness, stigma, poverty, or loneliness.



WELCOME TO THE 60TH CHAC NATIONAL CONFERENCE



Welcome to the 61st Annual Catholic Health Alliance of Canada National Conference. The conference is being held both in-person in Winnipeg and we are grateful to the Winnipeg team who is working with CHAC to deliver a program that is rich and empowering for all of you.

We have learned much over the past four years that has included: our commitment to be a healing presence on the journey of Truth and Reconciliation, including welcoming Pope Francis to Canada; responding to a pandemic; the exploding opioid crisis in many parts of the country; and what has been described as, a crisis in health care recruitment.

Personally, I am deeply thankful for the steps we in Catholic health care have taken to address the past three years' evolving issues including homelessness and loneliness. We can be proud of our investment in new ways of addressing these issues; of listening to our partners and clients, and of ensuring inclusion in our decision-making.

The 2024 Conference theme, *Get to the Heart of It: Being, caring, doing. Meaningful Connections & Actions* could not be timelier. Our keynote speakers, panelists and moderators, experts in their fields, will guide us through perhaps new ways of considering strengthening the compassionate core of the program and services we in Catholic health care deliver, as well as, reflecting on what we need to do individually to ensure that care providers take care of their needs.

I am grateful for our presenters' wisdom and willingness to share their experiences and advice. Importantly, our 129 health organizations with Catholic identity across the country are working to better understand and respond to the specific needs of the vulnerable populations we serve.

As Catholic health care providers and individuals 'we are called upon to lead, collaborate, innovate and influence in order to improve health care in Canada and to serve where the needs are the greatest'. I know that our collective actions can and will significantly improve the lives of those we serve, and of each other.

Sara John Fowler
Chairperson
Catholic Health Alliance of Canada

19:00 | WEDNESDAY MAY 08 | 2024

Welcome

John Ruetz, CEO Catholic Health Alliance of Canada

Opening prayer and Smudge

Elder Clayton Sandy, Knowledge Keeper

Opening Remarks:

Meaningful Connections & Actions

Daniel Lussier, Réseau Compassion Network

Vanessa Nicholas-Schmidt, Unity Health

19:30 | WEDNESDAY MAY 08 | 2024

Cultural entertainment and social evening

08:00 | THURSDAY MAY 09 | 2024

Breakfast

09:00 | THURSDAY MAY 09 | 2024

Welcome and Opening Reflection

Conference Weavers

09:15 | THURSDAY MAY 09 | 2024

Presentation and Interactive Learning Session

Spreading and scaling up compassion in healthcare: Moving from personal responsibility to organizational priority

Shane Sinclair

This presentation and interactive learning session will map the evolution of research conducted by the Compassion Research lab and other researchers over the last decade that have helped answer important questions including: What is compassion? What is the impact of compassion in patient care? Can it be measured and enhanced in patient care? And what is the role of healthcare organizations in transforming compassion in healthcare?

The goal is to move from ideation to implementation—to reclaim the heart of healthcare in personal practice and at an organizational level.

11:30 | THURSDAY MAY 09 | 2024

Lunch

12:30 | THURSDAY MAY 09 | 2024

Keynote: The Power Bestowed on You

Zofia Dove

This energizing, entertaining, actionable and inspiring presentation is based on three decades of an international service in health care systems.

During this presentation participants will learn how being of service leads to impactful compassionate actions, results in the most meaningful care and how a heart centered approach in the most challenging times, leads to real connections, humour- joy and meaningful conversations, while positively impacting all involved.

13:45 | THURSDAY MAY 09 | 2024

Health Break

14:00 | THURSDAY MAY 09 | 2024

Concurrent Sessions

- Expressive Arts Therapy in Health Care
- Indigenous Teachings and Sharing Circle
- Laughter Therapy
- Meditation Workshop
- RCN - Group tour
- Yoga & ball rolling

16:00 | THURSDAY MAY 09 | 2024

Free time

18:00 | THURSDAY MAY 09 | 2024

Cocktail reception and banquet

07:30 | FRIDAY MAY 10 | 2024

Breakfast

08:00 | FRIDAY MAY 10 | 2024

Eucharistic Celebration - Radisson Hotel

Most Reverend Albert LeGatt, Archbishop of St. Boniface presiding.

09:00 | FRIDAY MAY 10 | 2024

Welcome and Reflection

Daniel Lussier, Réseau Compassion Network
Vanessa Nicholas-Schmidt, Unity Health

09:15 | FRIDAY MAY 10 | 2024

Keynote: Loneliness

Louise Hawkey

Louise Hawkey is a nationally recognized expert on loneliness and health during aging. This talk will review how loneliness research has informed our understanding of human sociality and the health impact of unmet social needs. It will also review ways that loneliness can be prevented or reduced and will go on to explore community and organizational approaches that capitalize on the power of social connections to heal ourselves and our society.

10:15 | FRIDAY MAY 10 | 2024

Health Break

10:30 | FRIDAY MAY 10 | 2024

Panel Discussion : Programs that provide meaningful connections that respond to loneliness

Christopher DeBono, Moderator, Unity Health Toronto

David Stewart, Manager of Education and Training at Sara Riel: Seneca Warm Line

Terry Landry, Vice-President, Community Programs & Long-Term Care at Providence Care: Catalyst & ACT Programs

Bre Brown, Coordinator of Community Connections, St.Amant

11:45 | FRIDAY MAY 10 | 2024

Lunch

12:45 | FRIDAY MAY 10 | 2024

CHAC National Awards

The Catholic Health Alliance of Canada will announce this year's recipients in the following categories:

- Lifetime Achievement
- Tomorrow's National Leaders
- Program of Distinction

13:00 | FRIDAY MAY 10 | 2024

Your Presence with My Toothbrush!

A first-person perspective on vulnerability and trust in support relationships.

Andrew Terhoch, Spiritual Health Practitioner, St. Amant and **Kalvin Kristjansson**, Disability Consultant

- How do compassion, connection and presence feel within a support relationship?
- How are compassion and mindful support practices essential to the spiritual health of someone receiving support, and the supporter?

14:00 | FRIDAY MAY 10 | 2024

Health Break

14:15 | FRIDAY MAY 10 | 2024

Keynote : The Naked Truth About Compassion is Revealed – A Return to the Heart of Healing

Lee Tomlinson "Patient Lee"

Founder The C.A.R.E. Effect Movement, Cancer Survivor, Author, & Adjunct Professor, Keynote and TED Speaker.

15:30 | FRIDAY MAY 10 | 2024

Closing Comments

Daniel Lussier & Vanessa Nicholas-Schmidt

15:45 | FRIDAY MAY 10 | 2024

Closing Prayer

Elder Clayton Sandy, Knowledge Keeper

KEYNOTE SPEAKERS | CHAC NATIONAL CONFERENCE 2024



Zofia Dove

Zofia is an expert in Palliative Communication and currently works as a Spiritual Health Practitioner at Actionmarguerite in Winnipeg, as well as an internationally known keynote speaker on this subject. Zofia's focus is on bringing more human connection to all involved in transitioning in life. She touches her audiences on a deeper level by bringing more joy and laughter to serious topics. Her best-selling book entitled *Unexpected Gifts* was inspired by her experiences with gravely ill and dying patients.



Louise Hawkely

Louise Hawkely is a nationally recognized expert on loneliness and health during aging. At NORC (National Opinion Research Center at the University of Chicago), she is a co-investigator on the National Social Life, Health, and Aging Project (NSHAP), a National Institute on Aging funded panel study of health and social factors among older adults in the United States.

Her research and analyses center on identification of factors that increase risk for loneliness, physical and mental health correlates and consequences of loneliness, and the types of interventions that offer some benefit to lonely people.



Kalvin Kristjansson

Kalvin is a disability consultant who has worked alongside countless clinicians, health care providers and educational professionals and paraprofessionals. His extensive experience in developing support relationships has fuelled his interest in advancing the ideas and principles of mindful care and support. He is a University of Manitoba graduate with a Bachelor of Arts, Major in history and minor in film studies.



Shane Sinclair

Dr. Sinclair is a nationally funded, internationally recognized, and award-winning researcher on the topic of compassion. He is a Professor in the Faculty of Nursing and an Adjunct Professor in the Cumming School of Medicine at the University of Calgary. His research is directly informed by the clinical arena where he witnessed the transforming power of compassion in the lives of patients and families facing a serious illness. Over the years, the Compassion Research Lab has had the good fortune of partnering with organizations around the world who are committed to improving compassion by partnering in research, utilizing evidence-based resources, and consulting with our team.



Andrew Terhoch

Andrew Terhoch is part of the Réseau Compassion Network as the Spiritual Health Practitioner for the St. Amant community. He began learning about presence and meditation 30 years ago as a daily practice and a support for anxiety. In his daily work, Andrew explores the importance of presence and connection in health and human through both contemporary and traditional teachings.



Lee Tomlinson

Award-winning television producer, movie studio owner, ex-professional athlete, and TED Talk presenter, "Patient Lee" is literally alive today due to a lifetime of continuous, extraordinarily effective medical treatment and deeply compassionate care. During a recent battle with Stage 3+ throat cancer, "Patient Lee" became painfully aware of the trauma caused by treatment lacking in compassion. What saved him from suicide was one single, powerful act of compassion by his doctor and friend.

With his renewed passion for life and newfound purpose, "Patient Lee" created the C.A.R.E. Effect Movement that is designed to inspire America's 12.5 million healthcare professionals to reconnect with the compassion that got them into medicine in the first place.



Bre Brown (they/them)

Bre Brown is the Coordinator Community Connections at St. Amant. Their passion for inclusive, sustainable communities and authentic connection drives their work and commitment to listening and learning what people we support

want from their lives and how they want to be supported to find valued social roles in their communities and 'the good things in life.' They support teams to walk alongside people as they make build relationships and live full and meaningful lives.



Terry Landry

Terry began his Occupational Therapy career with St. Michael's Hospital in Toronto in Neurosurgery – Trauma in 2001 and began with Providence Care in 2005. He became Manager of the Community High Intensity Treatment Team in 2013; and then moved to Regional

Director Community Mental Health in 2015 prior to becoming Vice President, Community Programs & Long-Term Care in 2022. He is currently completing the Doctor of Science – Rehabilitation & Health Leadership at Queen's University.

Terry's professional experience has focused on delivering mental health services in the community, acute care, and tertiary care. Terry is an Adjunct Professor with Queen's University School of Rehabilitation. His areas of research are in mental health and addictions, homelessness, recovery, social inclusion, and primary care/mental health collaboration.



David Stewart

David has been employed at Sara Riel Inc, a non-diagnosis specific, mental health service provider offering Community-Based services to individuals with mental health and addiction needs through support in Mental Health Counselling, Employment

Services, Community Mentorship, Respite and Peer Support care. since 2012 and is currently their Manager of Education and Training. He has a degree in Applied Counselling from Red River Polytech.

David is a proud member of Queer People of Colour and is proactive and committed to social work and mental health advocacy through volunteering and being a Board Member of Psychosocial Rehabilitation Manitoba (PSR) as well a National Representative for (PSA).

CONCURRENT SESSION FACILITATORS | CHAC NATIONAL CONFERENCE 2024



Dillon Cherrett

Founder of Source Yoga, Dillon has been practicing Yoga for 21 years. Dillon is certified in over 10 different yoga styles and is a massage therapist and longtime trainer of yoga teachers. He

loves sharing yoga strategies that help

students become more aligned and wholehearted on and off the mat. He describes his teaching style as therapeutic: "I try to help students see that it's less important what poses you do and more important how you do the poses." His fun fact? "I worked with the Edmonton Oilers." He will be offering a session on Thursday afternoon that combines Yin Yoga and Ball rolling.



Miriam Duff

Miriam is a Canadian Certified Counsellor (CCC) and has a Diploma in Expressive Arts Therapy (2019). She is trained in EMDR Therapy, Basic and Advanced (R-TEP & G-TEP) and also has training in Mindful Self-Compassion (2016). She is a strong believer in the healing

power of the arts and the self in the natural world. She works full-time in the healthcare sector, serving children, adults and families impacted by cancer diagnoses and treatment, as well as provides grief counselling. Miriam is a member of OEATA, IEATA and CCPA and is actively involved with FACT Manitoba in efforts to regulate counselling therapy in her province.



Rolande Kirouac

Rolande is a workplace wellness solutions expert who lifts the spirits of audiences and inspires people to move forward. Her careful attention to individual needs allows Rolande to deliver tailor-made presentations infused with powerful stories and contagious laughter. These presentations teach participants how to lighten up and stand out in a crowded market!



Bernice Parent

Bernice is a certified yoga instructor and a certified teacher in the globally recognized Mindfulness Based Stress Reduction program. As a Director of Leadership and Organizational Effectiveness, she has worked with leaders at all levels, and employees.

With a background in Leadership Development, Employee Engagement, Performance Management and Team Building, Bernice continues to offer consulting services in those areas of her expertise as a board member and to various organizations. As a bilingual educator with a Bachelor of Arts degree in Psychology, a Certificate in Adult and Continuing Education, and Project Management, she is seen as a reputable leader in developing organizational changes and bringing passion to my work and projects.



Clayton Sandy

Clayton Sandy is a respected knowledge keeper, cultural advisor, and community activist who's spent his working life educating generations of non-Indigenous people in the province about the history of Indigenous people in this country. His home community is Sioux Valley Dakota First Nation.

In Clayton's 38 years of service, he's had the opportunity to work in many provincial government departments, including Natural Resources, Energy and Mines, Labour, Civil Service Commission, Family Services, and Education and Training. He also did a two-year secondment at Stony Mountain Institution. Clayton is the epitome of community bridge-building leadership in action, as he seizes every opportunity to work with Indigenous and non-Indigenous leadership to engage people and advance truth and reconciliation.



MODERATORS & WEAVERS | CHAC NATIONAL CONFERENCE 2024



Christopher De Bono

Christopher is a highly regarded Catholic senior leader, ethicist and practical theologian with more than 20 years' experience in progressive and strategic health-care roles in secular and Catholic sponsored health-care in both British Columbia and Ontario

Prior to joining Unity Health in November 2021, Christopher was with Providence Health Care, a Catholic health-care network in British Columbia, where he was most recently the VP of Mission, Organizational Development and Ethics. Previous roles at Providence include VP of Mission, Ethics and Spirituality, VP Mission, People and Ethics, and Executive Sponsor for Indigenous Wellness and Reconciliation.



Jocelyne Nicolas

Jocelyne is a Communications Specialist with Réseau Compassion Network who carries out her work on Treaty 1 territory in Winnipeg, Manitoba. Her career and volunteer time have been dedicated to non-profit organisations that support health, economic development, education, and those experiencing homelessness. Jocelyne is passionate about social justice, committed to a slow and intentional life, is a master puzzler and will never say no to a quick nap.



Fran Ross

Fran Ross is a consultant based in Alberta and part of the Catholic Health Alliance of Canada team, supporting strategic communications and engagement, planning and projects.

Fran served as Chief Communications Officer at Covenant Health for 20 years and received a CHAC Lifetime Achievement Award for Leadership in 2022. Fran thrives in helping values-based organizations bring their experience, insight and vision to improve the lives of the people they serve. She has designed and led stakeholder engagement and strategic communication strategies and project plans in the development of national initiatives, organizational strategic plans and the planning and execution of projects in health care, education, and human services.



Daniel Lussier

Appointed in 2007, Daniel Lussier is CEO of Réseau Compassion Network (RCN). Prior to joining RCN, Daniel served as a Senior Policy Advisor and Executive Assistant to the late Hon. Ron Duhamel who served as Federal Minister of several portfolios including

Western Economic Diversification. He was Chief of Staff to the former Mayor of the City of Winnipeg, Glenn Murray, and Executive Director of Festival du Voyageur. Currently he is a director for the Forks North Portage Partnership, the Winnipeg Foundation, the Catholic Health Alliance of Canada, and an ex-officio Director of St. Boniface Hospital.



Vanessa Nicholas-Schmidt

A settler with Tamil and British roots, Vanessa has served as a Mission Leader for over 15 years with the Sisters of St. Joseph of Toronto and currently Unity Health Toronto. Vanessa is a graduate of Regis College, University of Toronto as a Master of Divinity and the University of Waterloo as a BA in Psychology and Political Science. She is deeply committed to ongoing learning and passionately believes that the Mission and Values of Unity Health, which are founded in social justice, advance equity. Vanessa seeks to practice collaboratively with an openness to adjacent possibilities. She has designed and facilitated many programs, retreats and workshops that help participants connect with purpose and their leadership potential.



John Ruetz

John has held a variety of senior leadership positions which have taken him on a journey across the healthcare continuum. These various roles have focused on implementing strategy and leading major change initiatives. John is currently President & CEO of the Catholic Health Alliance of Canada (CHAC), which brings together 13 sponsor/owners of 129 health organizations with Catholic identity in Canada.

2024-2025 GOVERNING COUNCIL



Sara John Fowler, Chair
Sisters of St. Ann Apostolates,
Victoria, BC



Richard Corneil, Vice Chair
St. Joseph's Health Care Society,
London, ON



Fiona Dalton Providence
Health Care Society & Sisters of
Providence of Western Canada,
Vancouver, BC



Patrick Dumelie Spiritus Vitae
Catholic Health Sponsor,
Edmonton, AB



Most Rev. Ronald Fabbro
Canadian Conference of Catholic
Bishops (CCCB), Ottawa, ON



Daniel Lussier Réseau Compassion
Network, Misericordia Health
Centre & Sisters Servants of Mary
Immaculate, Winnipeg, MB



Julie Turenne Maynard
Provincial Catholic Health
Associations, Winnipeg, MB



Francis Maza Providence Living
Society, Vancouver, BC



Elizabeth Millett Sisters of St.
Martha of Antigonish, NS



Robert Stewart Catholic Health
International, Miramichi, NB



Glen Wood Catholic Health
Sponsors of Ontario, Toronto, ON



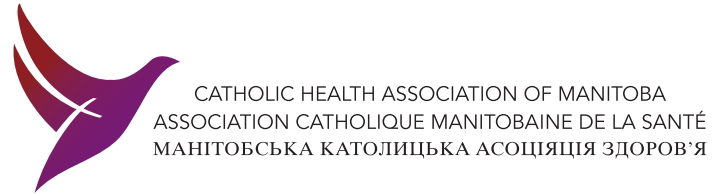
John Woods St. Joseph's Health
System, Hamilton, ON



**John Ruetz, President and
CEO** Catholic Health Alliance of
Canada, Ottawa, ON

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of Antigonish*

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2024 NATIONAL AWARDS

The Catholic Health Alliance of Canada will announce this year's recipients Friday, May 10.

2023 NATIONAL AWARD RECIPIENTS



Dale Kenny

2023 Lifetime Achievement



Gordon Self

2023 Lifetime Achievement



Ed Stelmach

2023 Lifetime Achievement



Nadia Losier

2023 Leader of Tomorrow



Jennifer Gibson

2023 Leader of Tomorrow



Seneca Warm Line

2023 Program Of Distinction