

COMMUNITY SUPPORT DURING TRYING TIMES



Daniel Lussier, CEO, CHCM



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

During this COVID-19 outbreak, we know that many of you are working tirelessly to help our most vulnerable populations - we are grateful for your for your hard work, dedication and for the sacrifices that you are all making, whether it be by following physical distancing guidelines or by working on the frontline.

We know it's not business as usual for anyone, which is why CHCM wants to send information on how to stay healthy mentally, physically and spiritually, while keeping our social distance. We hope these resources can be useful for you, your colleagues and loved ones.

Online meditation circle
<https://www.chcm-ccsm.ca/youre-invited-to-join-an-online-circle-of-meditation-self-compassion/>

Online Wellness Community
<https://www.chcm-ccsm.ca/online-wellness-communities/>

Staying connected...Apart
<https://www.chcm-ccsm.ca/staying-connectedapart/>

24 hour Mental Health help line
<https://www.chcm-ccsm.ca/24-hour-phone-line-open-for-all/>

Virtual mass options
<https://www.chcm-ccsm.ca/virtual-option-for-mass/>

Mindful self-compassion videos
<https://www.chcm-ccsm.ca/free-mindful-self-compassion-online-videos-from-dr-kristin-neff-and-dr-chris-germer/>

CENTRE DE RENOUVEAU AULNEAU RENEWAL CENTRE

It's a strange and uncertain time for all of us. That's why the Aulneau Renewal Centre is offering free wellness checks to everyone - both clients and non-clients alike. **Click the link below to request a wellness check!**
<https://aulneau.com/wellness-check-covid-19/>

BUSINESS AS UNUSUAL

Mental Health Support to Employers

- ★ As an employer are you experiencing additional stress and anxiety due to COVID 19?
- ★ Are you wondering how to support your employees?

CALL SARA RIEL INC.
204-237-9263 ext. 125

WE'RE HERE TO HELP

Sara Riel
www.sarielinc.com

CHAM is posting a **daily prayer** on its FaceBook page and via email to its members and regular workshop attendees to help us face and overcome all types of struggles we are currently facing during this pandemic. If you would like to receive this daily prayer via email, please contact jtmaynard@cham.mb.ca to be added to distribution list.

204-237-9263 ext. 137

Sara Riel Inc.

GOT EMPLOYMENT QUESTIONS???

"WHAT HAPPENS IF I'M LAID OFF OR LOSE MY JOB?"
"HOW WILL I PAY MY BILLS?"
"HOW DO I APPLY? WHERE DO I APPLY?"

CALL OUR EMPLOYMENT SUPPORT LINE
8AM - 4:30PM

OUR EXPERIENCED EMPLOYMENT SPECIALISTS CAN HELP

SARA RIEL INC.

SENECA SERVICES PEER SUPPORT WARM-LINE OPEN 24-HOURS A DAY

CALL IF YOU WANT TO CONNECT WITH SOMEONE.

204-942-9276 or 204-231-0217

It helps to talk to someone who understands.

Sara Riel Inc.



CATHOLIC HEALTH ASSOCIATION OF MANITOBA
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COVID-19 Pandemic



the coronavirus pandemic.

On March 29, the Pope opened the celebration of the Eucharist with words loaded with emotion. He invited the world "to weep" with the people suffering this tragedy.

"I think of all the persons that weep: persons isolated, persons in quarantine, elderly persons who are alone, hospitalized persons and persons in therapy, parents who see that because they have no salary, they are unable to feed their children. Many people are weeping. We too, with our whole heart, we accompany them. And us too, it will not hurt us to share in the weeping of the Lord for all his people."

In his homily, he comments on the Gospel of St. John: *"Jesus wept with love, he wept with his own tears, He wept always out of love, as he has a heart full of compassion."*

Before a world that is suffering from this pandemic - he posed the question - *are we capable of weeping as Jesus did? Those who weep*

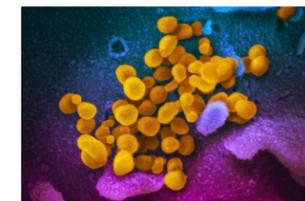
Pope Francis dedicates his Daily Mass to particular groups of people who are suffering the effects of

today are numerous. And so we ask for the grace to weep as He did."

Through different means of technology, we manage to communicate and to remain informed on the global situation of this pandemic. We can also follow up on those who are close to us and our friends. However we must not forget those who do not have these means, and so we must find creative means to communicate with them. We all have access to the telephone.

In his homily, the Pope made reference to the calmed storm which means to say that we are all in the same boat, that is to say confined in our own living quarters. However, do not be afraid as Jesus is not asleep!

Dear friends, COVID-19 obliges us to isolate ourselves bodily, but this unprecedented necessity reaffirms and strengthens the union of our hearts. Let us support one another, pray for those who are working diligently on the front lines in health care and essential service organizations who are putting themselves at risk to support everyone in need.



In This Issue

Coronavirus & Upcoming Events	P. 1
CHAC News	P. 2
Portrait of a Spiritual Care Director	P. 3
Upcoming Event Posters	P. 4-6
What do I want to be During COVID-19	p. 7
Ring the bells Initiative	P. 8
Spiritual Health	P. 8
Support during Trying Times	P. 10

UPCOMING EVENTS

April 20-22, 2020

Caring for the Human Spirit Virtual Conference via Zoom hosted by IHCAM and Healthcare Chaplaincy Network (see poster)

The following events have been postponed due to COVID-19

Join the Journey - Body, Mind & Spirit Spiritual Care Series scheduled to begin April 15th will be postponed until September.

Can you feel the Pain in My Heart Too?

Honouring the Mystery rescheduled to June 11th.— may be postponed further or offered virtually.

Advance Care Planning Workshop is postponed to Fall 2020.

Caritas Award Dinner rescheduled to September 29th

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Catholic Health Alliance of Canada

JOHN P. RUETZ APPOINTMENT OF PRESIDENT & CEO



The Catholic Health Alliance of Canada (CHAC) is pleased to announce the appointment of John P. Ruetz as President & CEO, effective July 1, 2020.

John comes to CHAC after six years in the role of President & CEO of Catholic Health Sponsors of Ontario (CHSO). During this time John served on the CHAC Governing Council and is the immediate Past Chair. He has held senior leadership positions in health care organizations across the continuum of care over the last 25 years.

CHAC is an alliance of the 14 sponsors/owners representing 124 Catholic health institutions throughout Canada. These institutions encompass 88,000 dedicated staff who serve over 5 million people per year with an annual budget in excess of \$6 billion.

Catholic health care is rooted in the healing ministry of Jesus with a focus on providing holistic systems of care. Our programs and services are open to all regardless of background and faith, with a special focus on people who are vulnerable and marginalized.

CHAC is committed to work in collaboration with our health care partners in providing services with dignity, respect and compassion while creating an environment conducive to safety, healing and social justice.

CHAC and CHSO believe that collaborative relationships and shared capacity models can help advance our Catholic health mission. With that in mind, CHAC and CHSO have agreed that John will do some focused project work to support CHSO initiatives that have the potential for national impact, with opportunities for involvement from other sponsors, sponsored organizations, or community partners.

Over the next few weeks, John will be working closely with retiring CEO Michael Shea to affect an orderly transition.

Notice of Cancellation - CHAC Annual National Conference 2020

We ask for God's blessings – especially for those suffering directly from the effects of the pandemic and for our health care professionals and others that are working tirelessly to deal with it.

NEW DATE: May 5-7, 2021 in Montreal

Delta Hotels by Marriott

Conference Theme: Towards a New Legacy: Becoming Beacons of Hope for the Future



Darlene Kolody

Former LPN at SBGH and board member at St. Joseph's Residence



CHAM, in partnership with the Interfaith Healthcare Association of Manitoba has been collecting stories from people who have benefitted from the services they have received in our faith-based healthcare facilities.

Below is Darlene Kolody's story who's life changed in a way she couldn't have predicted when she found out she needed quadruple bypass surgery. But the journey was more positive because of her faith in God and the care she received at St. Boniface Hospital in Winnipeg.



"When I came in for surgery, I was very blessed by the people around me. I knew that I was surrounded by good people." Kolody had actually worked at the hospital more than a decade earlier, as an LPN. "I have a strong association with the hospital. I have always felt very comfortable being there. I share the same beliefs they have."

So Kolody was familiar with the health centre's faith-based service. St. Boniface offers a variety of spiritual services, including 24-hour spiritual care, a team of on-site chaplains, a chapel and spiritual television. Along with Catholic services, the hospital also provides a Muslim prayer room and cater to those of other faiths as well.

Kolody found out she needed quadruple bypass surgery last September, very soon after her doctors found a blocked artery. When the blockage was discovered, she had only a few days to prepare for the surgery. But when it came time to have the operation, Kolody's faith, coupled with the spiritual care she received in the hospital, ensured she didn't get too anxious.

She spoke about when her father was ill, and passed away a few years ago, she found herself negotiating with God. But she feels that she is more easygoing now. "I kind of live 24 hours. I don't believe in getting in a big flap and worrying about tomorrow. "It's all up to Him, take me where you want, do with me

what you will. It has worked better," she says. When Kolody woke up from her procedure, she saw a crucifix on the wall of her room. "When I opened my eyes right from surgery, that was one of the very first things I saw. I felt very comforted." Also, she said she felt lifted by prayer along with the excellent health care she received.

"I felt the power of prayer from the people who prayed for me and I cannot tell you how much I did appreciate it." While she didn't request a spiritual care visit, Kolody says she knew that it was there if she needed it.

While Kolody did have family and friends visiting her throughout her 15-day stay in hospital, she said she also appreciated the care she received, "from the cleaning staff to the cardiac surgeon, you couldn't ask for better people." She says she felt the hospital staff all came from the same place of faith-based caring.

She says from her time working at St. Boniface, before she became a community foot care nurse, (Kolody has been retired for 11 years) she also appreciated the fact that had she been of another religion, she would have received equally good spiritual care. "St. Boniface is a multicultural group. From our Catholic people, to Muslims to you name it, it [spiritual care] is there."

Kolody feels she has made a full recovery thanks to the excellent medical and faith-based support she received. She was able to speak at the 25th anniversary of Alpha House, a women's shelter she has been involved with for many years, in November, and made that a goal for recovery. Not only did she do so, she has returned to her involvement with Friends of St. Joseph's Residence (a long-term care facility) as board chair. She says her experience wasn't "on her bucket list" but a lot of positives came out of it.

"Spiritual care can come in many directions. I felt respected and I felt that from everyone."

CARING FOR THE HUMAN SPIRIT

April 20-22 / 2020

Hosted by Healthcare Chaplaincy Network™

APRIL 20th, 2020 <https://us04web.zoom.us/j/232145949> | Meeting ID: 232 145 949

Password for this day **49155**

- 7:30 am – 8:15 am** Welcome and Opening Reflection
- 8:15 am – 9:45 am** Keynote Address by Richard Rohr, OFM: Tracking the Perennial Tradition Creates an Alternative Orthodoxy
- 10:15 am – 11:45 am** Plenary Session with Roshi Joan Halifax, PhD: Compassion and Challenges in Chaplaincy: A Perspective on Caring Interactions
- 1:00 pm – 2:30 pm** Workshop: Clinical Personal Education – An emerging model of preparation for clinical service
- 3:00 pm – 4:30 pm** Workshop: The Soul of Aging: Creating a 'Circle of Trust' for Deep Explorations of Meaning in Long Term Care and in Our Later Years

APRIL 21st, 2020 <https://us04web.zoom.us/j/588842162> | Meeting ID: 588 842 162

Password for this day **658119**

- 8:15 am – 9:45 am** Plenary Session with Bryan Sexton, PhD: Thriving vs. Surviving Times of Change: The Science of Enhancing Resilience
- 10:15 am – 11:45 am** Plenary Session with Jason Callahan, MDiv, MS, BCC: Bridging the Divide: Chaplaincy in the Secular Age
- 1:00 PM – 2:30 pm** Workshop: Palliative Care: The Family: The Theoretical Constructs of Collective Mind, Sense-making, and Do
- 3:00 PM – 4:30 pm** Workshop: Staying Fresh: The Art of Personal & Professional Revival

APRIL 22nd, 2020 <https://us04web.zoom.us/j/242204557> | Meeting ID: 242 204 557

Password for this day **658119**

- 8:30 am – 10:00 am** Workshop: Trauma and Resilience: A Clinician's Guide to Healing and Health
- 10:30 am – Noon** Workshop: Panel Discussion: Building Resilience – Programs that Work

log in anytime for any of the scheduled sessions

an online conference via zoom

FREE REGISTRATION

All participants will have access to every presentation from this conference.

Participants may log on via Zoom meeting link, details shown in above daily agenda. For a full description of all sessions <https://www.spiritualcareassociation.org/conference-agenda.html>

For more information, please contact Julie Turenne-Maynard at jtmaynard@cham.mb.ca or 204-771-5585



THE CATHOLIC FOUNDATION OF MANITOBA
LA FONDATION CATHOLIQUE DU MANITOBA
КАТОЛИЧКА ФУНДАЦИЈА МАНІТОБИ

CARITAS

AWARD DINNER 2020

SEPTEMBER 29, 2020
VICTORIA INN HOTEL & CONVENTION CENTRE
1808 WELLINGTON AVENUE, WINNIPEG
RECEPTION 5:30 PM, DINNER 6:30 PM

New Venue
FREE PARKING



Caritas Award Honouree Flavie Laurent Centre

A provider of support and comfort to the poor and vulnerable that allows them to live with dignity.



Karin Gordon and Tom Denton

Service Award Honourees

Recognizing their decades of devotion and dedication in helping refugees arrive safely, live, and prosper in Canada.

2020 Charity of Choice Hospitality House Refugee Ministry

A small, volunteer organization that aims to sponsor as many refugees to arrive safely, have access to proper living conditions, and the capacity to flourish.



Tickets: \$110 (tax receipt \$40) available on-line at www.catholicfoundation.mb.ca or at 204-233-4268.

All tickets must be purchased in advance. Assigned seating.

50/50 Draw - Proceeds raised at the dinner will be disbursed to a draw winner and Hospitality House

REVISED WORKSHOP DATE

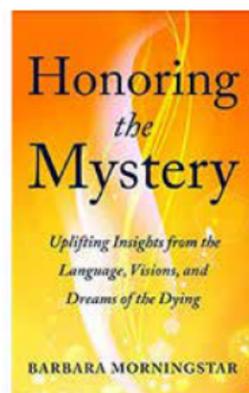
CAN YOU FEEL THE PAIN IN MY HEART TOO?



HONOURING THE MYSTERY

THURSDAY, JUNE 11, 2020

A workshop designed for healthcare professionals working in hospice, palliative care, bereavement programs, and caregivers who are supporting persons who are ill or palliative.



MORNING SESSION:

CAN YOU FEEL THE PAIN IN MY HEART TOO?

Barbara will explore some of the more sensitive turning points witnessed during the dying phase of life and in supporting family caregivers. Through stories and shared experiences, she will guide participants in ways to deepen our care, while also discovering ways to hold and attend to the suffering we often bear witness to, including our own.

AFTERNOON SESSION:

"HONORING THE MYSTERY- THROUGH THE EYES OF CAREGIVERS"

Barbara will invite healthcare participants to contemplate the mystery of death, with an attitude of an explorer venturing into unknown realms, while listening and absorbing all that is being shared by the dying and the bereaved. She will highlight key themes and discuss how these moments can help with healing, aid in a more peaceful passing, and offer greater comfort to families, friends and the care providers who support them.

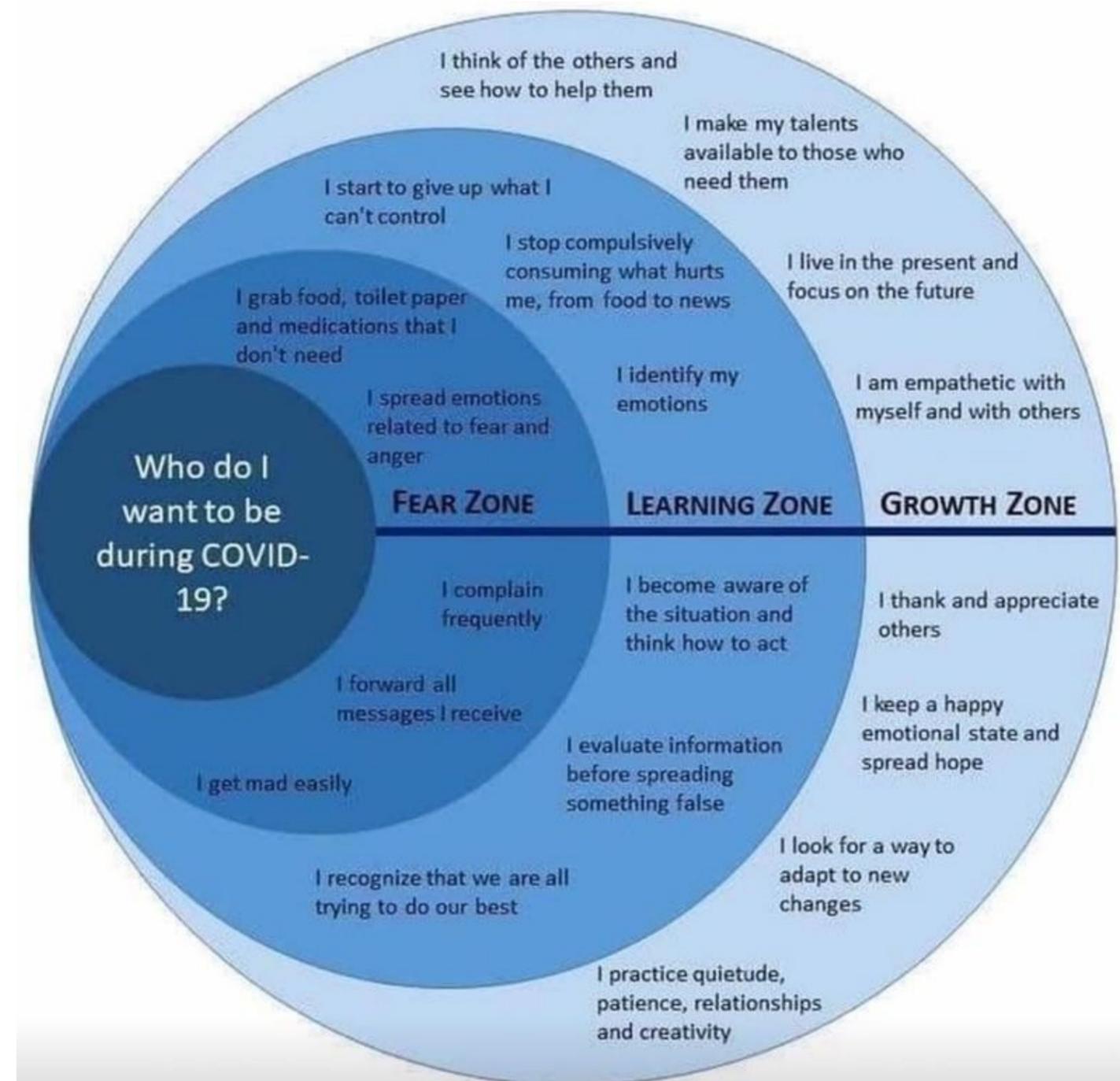


Barbara Morningstar has lived at the frontier of death, both professionally and personally for over twenty-five years. While working for three different hospice societies in BC, she oversaw palliative and bereavement programs, counseling staff, and hospice volunteers for a twenty-bed hospice residence, an eleven-bed Tertiary Palliative Care unit in the local hospital, and with people who were being supported to die at home in the community. She has worked with thousands of people during this tender life transition over her many years in the hospice field.

Now an End of Life Educator, and founder of Autumn's Cocoon Education, Barbara has been a keynote speaker at major hospice and palliative conferences. She is the author of the book "Honouring the Mystery: Uplifting Insights from the Language, Visions and Dreams of the Dying."



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



Shared Health leads the planning and coordinates the integration of patient-centred clinical and preventive health services across Manitoba.

To obtain the most up-to-date and accurate information on COVID-19, please visit their website: <https://www.gov.mb.ca/covid19/>

REGISTRATION INFORMATION

Full Day Session (includes lunch) 9:00 am – 3:00 pm \$75 (Members \$50)	Morning Session only 9:00 am – 11:30 am \$30 (Members \$20)	Afternoon Session only 12:15 pm – 3:00 pm \$30 (Members \$20)
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Registration Link:
<https://chamihcamworkshop.eventcreate.com>

For more information:
Joanne Laroche
204-258-1224
jlaroche@chcm-ccsm.ca

Ring the church bells



At the suggestion of Martine Bouchard, President and CEO of Saint-Boniface

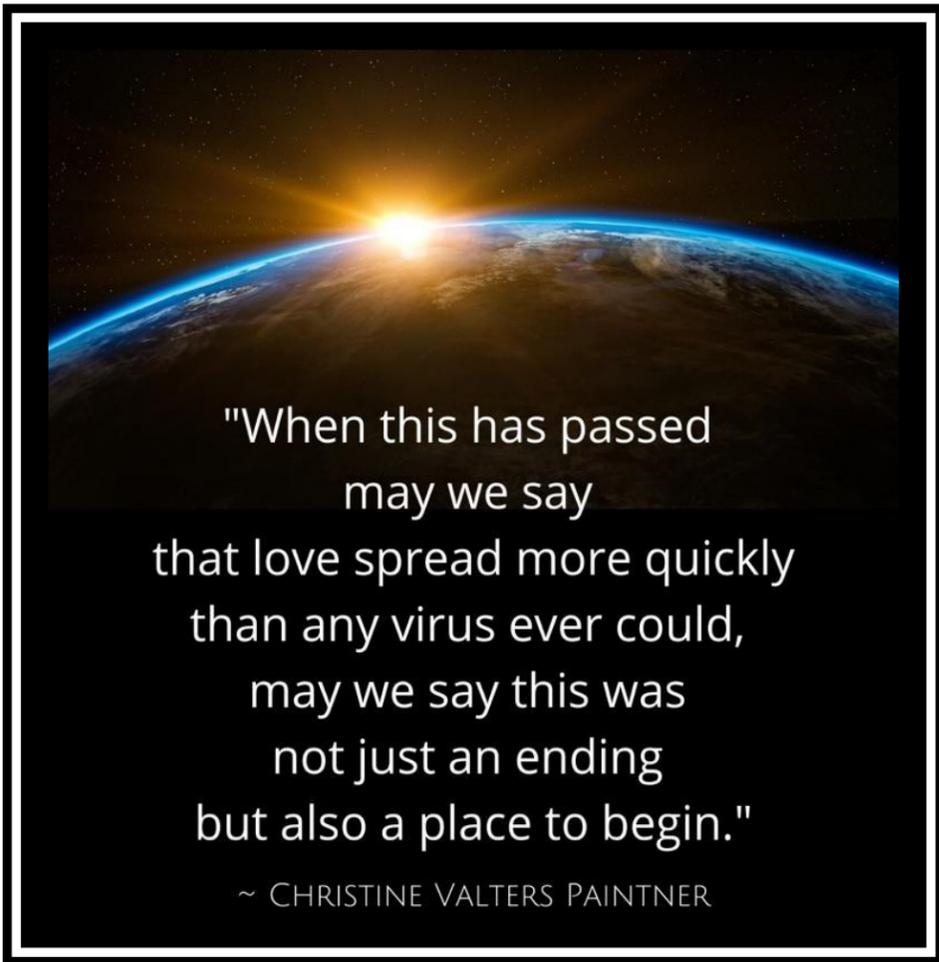
Hospital, who has already seen this practice in Quebec this spring, the Most Reverend Albert LeGatt, Archbishop of St. Boniface is inviting all parish priests to ring the bells of their churches at noon on Easter Sunday and every Sunday until Pentecost, that is, until the end of Easter time.

In this context, the fact of ringing the bells joyfully serves to signal all Catholics gratitude to the front line employees in our society, the thousands of people who leave their homes and the safety of their good health, to commit to providing essential services as we, the rest of the population, continue to live our lives as normal as possible, safe and knowing that we will receive the care we need when we need it.

The practice of ringing church bells will be a symbol of our sincere gratitude to all of these people. However, in order for this to have maximum impact, people need to

be informed about why Catholic churches are ringing their bells. Please spread the word to everyone you know of this wonderful gesture of appreciation.

Julie Turenne-Maynard, Executive director of CHAM, who is also Executive Director of the Interfaith Healthcare Association of Manitoba and associated with the Manitoba Multifaith Council, will be reaching out to members of both organizations and encourage them to embark on this same initiative .



Spiritual Health



Joan Crabtree, Lead Spiritual-Health Provider Misericordia Health Centre

The COVID-19 pandemic is changing our world and health-care professionals are on the front lines.

There's an increasing demand for spiritual health services amongst those who call Misericordia home.

"People are scared and uncertain," says Joan Crabtree. Very simply put, Joan describes spiritual health as: "How you find meaning and purpose in life."

While COVID-19 has changed the offerings of the spiritual health department at Misericordia, Joan and her team are working tirelessly to meet the spiritual-health needs of residents and clients.

"We're doing a lot more one-on-ones, acknowledging it's normal to feel anxious, scared, lonely. And from there, we're exploring where [residents] can find encouragement – whether it's prayer, music or calling family."

Alongside one-on-one meetings and discussions with residents, *Nurturing the Spirit* – a conversational group program – is still running. However, the capacity has been decreased and the room where it takes place has been spaced out, to ensure appropriate social distance measures.

Despite looming uncertainty, Joan notes there are some really positive things happening in the world right now including: "People are reaching out and talking on the phone with others they haven't connected with in a long time."

Connection and belonging are major parts of spirituality. "Everyone can discover their own sense of spirituality, regardless of religion, race, creed or otherwise," says Joan. "It's acknowledging there's something bigger than us. That's a powerful realization of COVID-19 – we're all in this together."

Keep COVID-19 informed by visiting: covid19manitoba.ca #mhcfamily #healthcareheroesMB #COVID19

Let us thank God for the example of heroism people in health care give us in caring for the sick.