



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

MISSION: ASSISTANCE IN LIVING UPDATE

Since September CHAM finalized the [Mission: Assistance in Living briefing document](#) as well as the Call to Action postcard that is being circulated to create a groundswell of organizations and individuals who support our position to enhance palliative care across our nation, as well as to invest more in supports and services for individuals suffering from mental health challenges.

We supported the enactment of Bill C-314 which amends the Criminal Code to provide that a mental disorder is not a grievous and irremediable medical condition for which a person could receive medical assistance in dying. Unfortunately, it does not pass by a mere 17 votes. If you have Liberal MPs in your riding, let them know how disappointed you are in their quest to continue to expand MAiD in lieu of focussing on, and investing in better palliative care, and supports and services for people with mental health challenges.

CHAM submitted the briefing document to the Special Joint Committee on Medical Assistance in Dying AMAD who continue to study and evaluate the expansion of MAiD and inform the Joint Clerk that we are amassing supporters who support MAiD.

We continue to contact organizations and people to support this cause. If you would like to include your name and/or the organization you represent to our growing this of supporters, please contact me as soon as possible. CHAM would like to submit the list of supporters to all MPs and Senators before the end of January—several weeks ahead of the vote to expand MAiD.

Email: admin@cham.mb.ca or call Julie at 204-202-7544

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What is Complex Poverty?

Over the past 50 years poverty in Canada has become increasingly complex, racialized and often intergenerational. It is about a shortage of income, poor housing, poor health, low educational outcomes, social exclusion, racism and colonialism, all of which interact with and reinforce each other, aggravating the problem.

This complex poverty is often internalized, with those who experience it blaming themselves for their problems, resulting in low levels of self-esteem and self-confidence and in many cases a lack of hope for a better future. The self-blame and lack of hope—reinforced by the common “blame the victim” understanding of poverty—have the effect of trapping people in a web or cycle of poverty.

There are no quick, easy or one-dimensional solutions. But there are solutions to reduce the incidence of complex poverty. It requires a multi-faceted response that would include, among other things: job creation strategies with programs designed for moving those experiencing complex poverty into good jobs; tailored educational strategies to promote improved educational attainment; early childhood education, especially in low-income areas; a national housing policy aimed at supporting the production of low-income rental housing; and legislation that would make it much easier for the working poor to form or join a union.

There are also many community-level anti-poverty initiatives that are working well. But they are too few and too small to have a dramatic effect on those living with complex poverty. Nevertheless, they demonstrate that change is possible, and that large numbers of those who are poor are prepared to take risks to build a better future for themselves and their families, if the properly tailored and supported opportunities are created.

Catholic Health Care organizations across Canada are actively involved in finding ways to address complex poverty. In Manitoba, Réseau Compassion Network is committed to identifying emerging and unmet needs in the communities they serve, wants to invest in bold, innovative solutions to make a difference in the lives of people facing barriers, and aims to be an important partner in ensuring the vitality of our communities, where everyone can aspire to reach their full potential.

What can you do, in your own way, to make a difference? Think about this during Advent and see if you can also play a role in 2024.

The Catholic Health Association of the US releases videos on the Ethical and Religious Directives

The Ethical and Religious Directives for Catholic Health Care Services

PROVIDE VALUABLE PRINCIPLES AND CONSIDERATIONS
FOR ETHICAL DECISION MAKING IN HEALTH CARE.



The CHAUSA recently unveiled videos that cover the history and content of the ERDs and is intended for use during employee orientations. These are prepared for Catholic Health Care facilities in the United States but would be of interest for anyone involved in Catholic Health Care

[The Ethical and Religious Directives: Orientation \(short version\) - YouTube](#) Short Version

[The Ethical and Religious Directives: Orientation - YouTube](#) Long version

CATHOLIC SOCIAL TEACHINGS

We often hear about Catholic social teaching but many people have difficulty understanding what they since this is a complex and evolving doctrine that has been developed over time by the Catholic Church.

It is based on the teachings of Jesus and aims to promote social justice and human dignity. The seven key principles of Catholic social teaching are:

Respect for the Human Person: This principle emphasizes the inherent dignity of every human being, regardless of race, gender, or social status. It recognizes that every person is created in the image of God and has a unique value and worth.

Promotion of the Family: This principle recognizes the family as the fundamental unit of society and emphasizes the importance of protecting and supporting it.

The Individual's Right to Own Property: This principle recognizes that individuals have a right to own property, but also emphasizes that this right comes with responsibilities to use it for the common good.

The Common Good: This principle emphasizes the importance of working together for the common good of all people, especially those who are most vulnerable.

Subsidiarity: This principle recognizes that decisions should be made at the most local level possible, rather than by a central authority.

The Dignity of Work and Workers: This principle emphasizes the importance of work as a means of contributing to society and achieving personal fulfillment. It also recognizes the rights of workers to fair wages, safe working conditions, and collective bargaining.

Pursuit of Peace and Care for the Poor: This principle emphasizes the importance of promoting peace and caring for those who are poor or marginalized in society.

[These seven principles summarize some of the essentials of Catholic social teaching from Leo XIII through Benedict XVI ¹.](#)

We hope this helps you have a better understanding of Catholic Social Teachings.



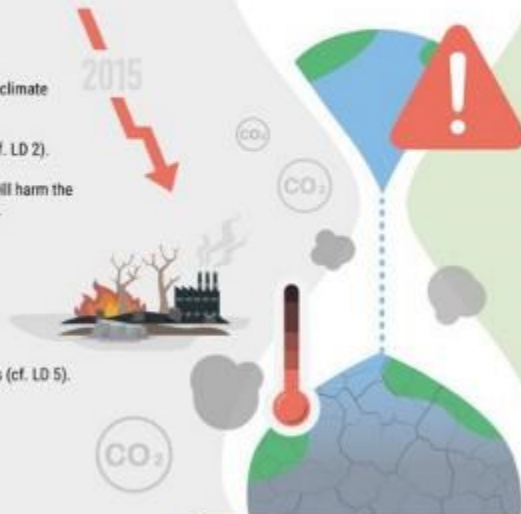
APOSTOLIC EXHORTATION
LAUDATE DEUM
Of the Holy Father Francis
To all people of good will on the climate crisis
October 4, 2019

SINCE THE PUBLICATION OF
LAUDATO SI' IN 2015...

- We have not reacted strongly enough to the climate crisis (cf. LD 2).
- The world that welcomes us is crumbling (cf. LD 2).
- We see how the impact of climate change will harm the lives and families of many people (cf. LD 2).

THE SIGNS OF
CLIMATE CHANGE ARE:

- Extreme phenomena, unusual heat, droughts (cf. LD 5).
- Heavy rainfall, floods (cf. LD 5).
- Unusual acceleration of warming (cf. LD 6).
- Acceleration of the increase of greenhouse gases (cf. LD 11).



HOW DID WE GET
TO THIS POINT?



Neither the **human causes** of climate change (cf. LD 11) nor its position in the **technocratic paradigm** can be doubted.

The **human being** believes himself to be **limitless**, "whose capacities and possibilities could be expanded to infinity thanks to technology" (cf. LD 21).

We believe that the world around us is an object of exploitation, of unbridled use, of **unlimited ambition** (cf. LD 25).



LACK OF EFFICIENCY, OPPORTUNITIES, AND LASTING PROGRESS IN MULTILATERAL AGREEMENTS BETWEEN STATES (cf. LD 34).

There are no organizations with real authority to ensure non-renounceable objectives (cf. LD 35).

Previous effective decision-making procedures were not sufficient (cf. LD 43).

Prior Climate Conferences have had a low level of implementation (personal interests are privileged over the common good) (cf. LD 52).

What is the point of preserving a power that will be remembered for its inability to intervene (cf. LD 60)?

On October 4th the Vatican published Pope Francis' Apostolic Exhortation, Laudate Deum : A publication on the climate crisis addressed to all people of goodwill. This document is a follow up to Pope Francis 2015 Encyclical Letter Laudato si'. As part of this publication the Vatican has also released a number of resources to help us further explore the issue of the worldwide climate crises. For more information follow this link:

[Laudate Deum: Apostolic Exhortation of Pope Francis - Dicastery for Promoting Integral Human Development](#)

ADVENT 2023

WEEK ONE

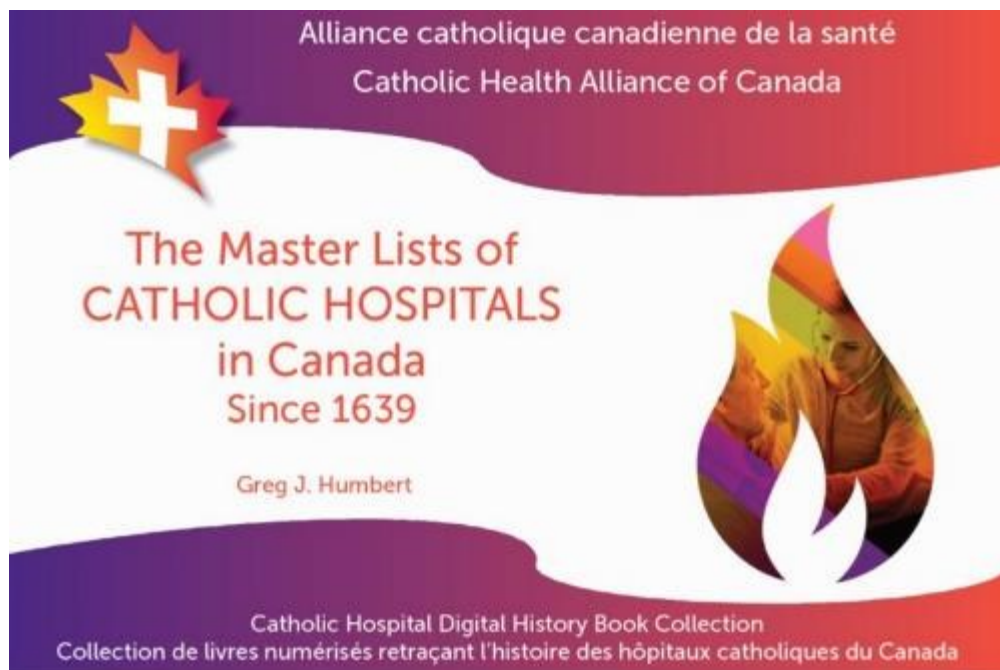
presence:

BE THERE



Lord, we know we have eyes that see not and ears that hear not. Today, something we may see or hear will capture our presence and cause us to pause. Keep our eyes and ears open so we may follow the Spirit that calls us into the grace of Advent where the Light shines in the darkness.

Amen. (Let it be!)



A historical resource of over 500 digital history books, booklets and some videos chronicling Catholic hospitals and schools of nursing in Canada spanning every province and territory and founded by over 50 congregations of Women Religious and two congregations of Men Religious.

To set out to create a “master list” of all the Catholic hospitals that have ever existed in Canada is a daunting and humbling task. Yet for Greg Humbert after researching Catholic hospitals in Canada these past 19 years, he remains convinced that such a comprehensive list has historical relevance as a research tool for others.

This being said, there are more important reasons for creating such a master list of all the Catholic hospitals in Canada the overriding purpose is to demonstrate two things.

Firstly, to emphasize that the 54 congregations of Women Religious (and the four congregations of Men Religious) were not only pioneers of health care delivery and nursing education in Canada, but furthermore, their scope of service was national. In fact, they did not operate hospitals only in large urban centres. On the contrary, they took particular care to provide service to often small and remote communities in under-served areas.

Secondly, they provided a style of compassionate and values-based health care that made its mark on health care delivery in Canada.

Regardless of one’s religious affiliation, the Sisters exemplified a mission and level of service to those in need that has become the hallmark of the health care system today, enshrining and culminating into a humane and communal approach to care outlined in the Canada Health Act.

From 1639 (when the Augustinian Sisters opened the first hospital in Quebec City) to modern times the Sisters undertook an indefatigable enterprise of outreach to the citizens of Canada. Regardless of the creed, social standing, or a person’s ability to pay they shaped the kind of healthcare delivery that hospitals and Nursing Homes provide to this very day.

In short, these congregations of Women Religious and Men, who owned and operated hospitals in Canada, made a significant and lasting contribution to the health care that we all rely on, and are thankful for, today. In 129 Catholic hospitals and long term care homes today they continue to provide compassionate and professional healthcare delivery throughout Canada.

<https://www.chac.ca/en/catholic-hospital-digital-history-book-collection/>



The Health Care Ethics Service is pleased to offer monthly hour-long virtual ethics education sessions for health care providers. The topics, times and dates are listed below and will be presented by Katarina Lee-Ameduri, Clinical Ethicist, St. Boniface Hospital, Director of Ethics, Réseau Compassion Network and Assistant Professor, Department of Family Medicine, University of Manitoba.

Registration is free. Please email Lydia Shawarsky at lyshawarsky@sbgh.mb.ca to register and receive Zoom information details.

Session	Topic	Time	Date
1	Ethics & Pandemics	1200-1300	December 21, 2023
2	Advance Care Planning (new)	1200-1300	January 11, 2024
3	Moral Distress	1200-1300	January 18, 2024
4	Surrogate Decision Makers Refusing Pain Medication: Case Analysis	1200-1300	February 01, 2024
5	Ethics & Long Term Care	1200-1300	February 08, 2024
6	Medical Assistance in Dying (MAiD)	1200-1300	March 07, 2024
7	Resource Allocation (new)	1200-1300	March 14, 2024
8	Disability Ethics	1200-1300	April 04, 2024
9	Organizational Ethics (including Policy Review & Development)	1200-1300	April 11, 2024



FACILITATING OLDER ADULT LEARNING

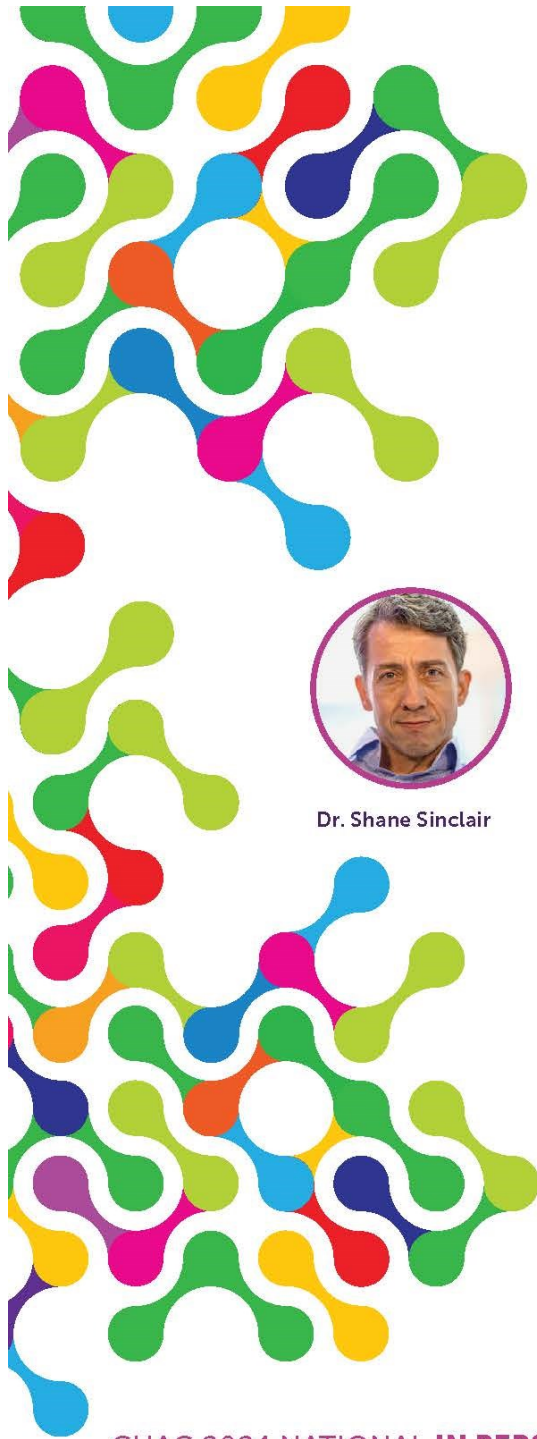
Earn a micro-certificate with 3 online courses

[UMextended.ca/programs](https://umextended.ca/programs)



Learn to work more effectively with older adults. Earn a UM micro-certificate with just three courses, online from anywhere. With Facilitating Older Adult Learning from University of Manitoba Extended Education, **you will learn how aging affects learning, and how to design and provide learning experiences for older adults.**

Learn more: <https://bit.ly/3QiHCB1>



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

meaningful connections & actions



Dr. Shane Sinclair



Andrew Terhoch



Lee Tomlinson



Dr. Louise Hawkey



Zofia Dove

We continue to build on the theme of Being, Caring, Doing. Our 2024 conference will focus on fostering connections and taking action to make a difference in our communities and in people's lives.

You will also have the opportunity to choose from seven engaging sessions geared to selfcare through reflection, movement, exploration and creativity.

The second day will focus on the journey from loneliness to connection with an agenda that will challenge us to explore the inseparable aspects of being, doing and caring in our own work and our healing ministry.

CHAC 2024 NATIONAL IN PERSON CONFERENCE | MAY 08 – 10, 2024 | WINNIPEG, MANITOBA

Conference Hours

May 8 19:00 opening session
May 9 09:00 – 16:00
18:00 banquet
May 10 08:00 mass
09:00 – 15:30

Registration Fee

Individual - \$349
Organization - \$1,250
(up to 5 individuals)

Hotel & Conference Site

Radisson Hotel Winnipeg
288 Portage Avenue

Book your Winnipeg Hotel

<https://www.choicehotels.com/reservations/groups/G9660529>
Hotel room rate : \$157.00

More Information

Julie Turenne Maynard
CHAC.ACCS.2023@gmail.com

Conference Details

For a complete list of speakers, the program at a glance and to register:

<https://www.eventcreate.com/e/chac2024conference>



Catholic Health
Alliance of Canada



Alliance catholique
canadienne de la santé

Deadline for Submission

February 29, 2024

Catholic Health
Alliance of Canada



Alliance catholique
canadienne de la santé

CALL FOR NOMINATIONS 2024 AWARDS

Lifetime Achievement (3 categories)

Tomorrow's National Leaders

Programs of Distinction

Leadership will be recognized at the CHAC
National Conference on May 08 - 10, 2024



If you would like to nominate an individual please click on this link for the nomination form: [https://www.chac.ca/documents/788/2024 CHAC National Awards - Call for Nominations.pdf](https://www.chac.ca/documents/788/2024%20CHAC%20National%20Awards%20-%20Call%20for%20Nominations.pdf)

GET TO THE HEART OF IT. A NATIONAL CONFERENCE IN THE HEART OF WINNIPEG.

CHAC's national conference being held from May 8th to 10th, 2024 is a golden opportunity to learn and meet individuals involved in health and human services across the country who all believe in the healing ministry of Jesus, and the call to respond to unmet needs and supporting vulnerable populations.

Speakers and panelists from MB, across Canada and the United States

who embrace the importance of making Meaningful Connections and Actions in our professional and personal environments have been selected for this conference.

We will address how to:

- ⇒ Spread and scale up compassion in healthcare: Moving from personal responsibility to organizational priority
- ⇒ How being of service leads to impactful compassionate actions
- ⇒ Continue to care for self
- ⇒ Address loneliness and learn from organizations in Catholic

Healthcare who have developed programs that are transferrable to yours

- ⇒ A first-person perspective on vulnerability and trust in support relationships
- ⇒ The Naked Truth About Compassion is Revealed — A Return to the Heart of Healing

The cost is quite reasonable for organizations - 5 registrations for \$1250 or \$349 per individual.

Register today: <https://www.eventcreate.com/e/chac2024conference>





Despite what most people think, not everyone looks forward to the holidays. Losing someone through death may create dread as the holiday season approaches. This is often the case for the bereaved, as holidays tend to magnify the feelings of loss. It is important and quite natural to experience the sadness especially felt at this time of year.

Because holidays are supposed to be joyful times, this season of the year can emphasize the absence of your deceased loved one. There is an extraordinary (although unrealistic) expectation that you should feel close to everyone. It is important to remember that you and your family do have options about how to cope with the holidays.

Whatever your holiday traditions or beliefs may be, keeping a positive memory of your loved one can help to lessen your sadness. While no one can take away the pain completely, there are some things you can do to make the holidays less stressful.

Here are some suggestions that may help during the holiday season:

- ◆ As much as you'd like to skip this time of year, it isn't possible. Therefore, it will be more helpful to take control of the situation and plan for what you do and do not want to do to get through this time.
- ◆ Family get togethers may be extremely difficult. It is often helpful to be honest with each other about your feelings, to sit down and decide what you all want to do for the holiday season. Try not to set expectations too high for yourself or other family members on that special day.
- ◆ Be careful of "shoulds" - it is better to do what feels best for you and your family, not what you or others think you should do. Give yourself permission to *not*

do things. Once you have decided how your family will handle the holidays, let others know. Remember, what you choose to do this time can always be changed next year.

- ◆ Recognize that your distress about the holidays is normal. It doesn't make you a bad person. Countless other bereaved people have felt, and do feel, as you do right now.
- ◆ Recognize too, that you can be happy and express joy. This does not mean that you are dishonouring the person who has died.
- ◆ Do the holiday preparations that you enjoy and look for alternatives for those you don't. For example, this year you could buy baked goods, let others bake for you, or do without.
- ◆ Be aware of the pressures, demands and fatigue that come with the holidays. Take time out to care for yourself. You will need all your energy during this time.
- ◆ Be gentle with yourself. Tears and sadness are normal and do not have to ruin the entire holiday for you or for others. Let yourself cry and you will be surprised that you can go on again.
- ◆ As the holiday approaches, it may be helpful to share your concerns, feelings and apprehensions with someone. Try to accept their offers of help.
- ◆ Do something symbolic. Think about including rituals that can appropriately symbolize your memory of your loved one. For example, hanging a special holiday ornament, lighting a candle, or setting aside a special time to remember your loved one. Rituals allow you to channel your feelings and thoughts into an activity. They can make your feelings more manageable.
- ◆ You may find yourself reminiscing about other holidays you shared with your deceased loved one. This is normal. Let the memories come. Talk about them. This is part of mourning and doesn't stop just because it is a holiday.
- ◆ Consider doing something for someone else. Although you may feel deprived, reaching out to another can bring you some measure of fulfillment.

Often after the first year of bereavement, people expect you to be "over it" ... You may never be "over it"

We do heal and learn to live with our losses. But we can still feel intense sadness many years after the loss—especially at holiday times.

Creating Meaningful Connections

Actionmarguerite and Résidence Despins have launched a new initiative to invite people like you to connect with residents in their community.

With the support of Réseau Compassion Network and a Community Services Recovery Grant, four community engagement specialists have spent several months hearing from residents, families, volunteers and staff on ways to enhance the life of residents through a **volunteer program**.

"It is our mission to provide residents and their families superior care and a warm home atmosphere. It would be impossible to achieve this mission without our community. We are welcoming back volunteers to help residents feel that they are a part of a vibrant, caring community," says Micheline St-Hilaire, Chief Executive Officer, Actionmarguerite.

The Réseau Compassion Network is looking for people like you to connect with residents at Actionmarguerite and Résidence Despins. We know that volunteers are a vital link to help co-create living environments where life is good!

From enjoying conversations and walks to sharing in hobbies and pastimes, as a volunteer there is a wide range of opportunities that exist. Whether you like connecting directly with residents or prefer to be behind-the-scenes supporting our community, there could be an opportunity for you to join our Compassion Crew.

"We believe this initiative can benefit residents and volunteers alike. Our program can build genuine, enduring and meaningful relationships between residents and volunteers throughout all phases of their life journey."

Both Micheline St-Hilaire and Aurèle Foidart, Executive Director, Résidence Despins say the goal is to offer new and meaningful volunteer opportunities to enhance the life of those who live and work in their organizations. This initiative is intended to set a foundation for all future volunteerism within the Réseau Compassion Network.

They are taking new applications for volunteer opportunities starting in January 2024. For more information to become part of the Compassion Crew click here: <https://reseaucompassionnetwork.ca/join-our-compassion-crew/>

Actionmarguerite St. Joseph's (1149 Leila) is currently recruiting for a part-time (0.8) spiritual care provider position. For more information, please communicate with Daniel St. Vincent dstvincent@actionmarguerite.ca
Thank you.



Those who can do,
do. Those who can
do more, volunteer.
AUTHOR UNKNOWN

SAVE THE DATE

APRIL 11, 2024

HOLY EUCHARIST
PARISH HALL

Caritas Award Dinner

Growing in Faith Together: Journeying with



Youth are important to the Church of today and tomorrow. Their faith, creativity, dynamism, and vitality are a surge of hope that can change the world.

The 2024 Caritas Award dinner will honour those who have dedicated their time, talents, and energy in supporting the youth ministry.



Image by prgtree.com



THE CATHOLIC
FOUNDATION
of MANITOBA

LA FONDATION
CATHOLIQUE
du MANITOBA

КАТОЛИЧКА
ФУНДАЦІЯ
МАНІТОБИ

Supporting Catholic Values - Always

CALL FOR NOMINATIONS

Submit your nominations for an Individual, a Group or an Organization that you believe is worthy of the Caritas Award, the Service Award or be selected as a charity of choice.

SUBMISSION DEADLINE

December 31, 2023. For more information on the criteria for the Caritas, call **204-233-4268** or click on this link: [CARITAS DINNER | Catholic Foundation](#)

WEDNESDAY
JANUARY 10 & 24
5:30 PM - 8:30 PM

LEARNING OBJECTIVES

- Explore the concept of good mental health
- Recognize that mental health is not static but part of a continuum and become aware of the dynamics of mental health challenges.
- Understand some of the internal, emotional, and psychological dynamics in an older person's response to mental health issues and the value of a spiritual caregiver to other people.
- Explore the issues and dynamics in both the church and local community as spiritual caregivers responding effectively to people with mental health challenges.



SPIRITUAL CARE
SERIES

For more information:
Julie Turenne-Maynard
Cell Phone: 204-771-5585
Email: jtmaynard@cham.mb.ca

SPIRITUAL CARE SERIES CHRISTIAN MENTAL HEALTH WORKSHOP



Research suggests almost everyone will be impacted by mental health issues at some point in their lives.

Spiritual caregivers are highly likely to encounter people who they provide spiritual care for who have some mental health challenges. Both understanding of the complex issues and effective spiritual care is critical.

This stand alone workshop of the Spiritual Care Series provides a practical introduction and awareness to mental health care with an emphasis on the older person, however the principles learned can be applied to people of all ages who are mentally challenged.

First Workshop:

- Introductions & Devotion
- Introduction to Mental Health
- Mental Health Challenges

Second Workshop:

- Relating to a person with a mental health issue
- Putting into practice what you have learned

FREE

Includes workshop, PDF of workbook and videos.

Hard copies of workbook are \$30.00

Register Online

<https://www.eventcreate.com/e/spiritual-mental-health>



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МАНІТОБСЬКА КАТОЛИЧЬКА АСОЦІАЦІЯ ЗДОРОВ'Я



Interfaith Health Care
Association of Manitoba

Association confessionnelle
de la santé du Manitoba



Archidiocèse de
Saint-Boniface
Archdiocese

presents

Compassionate
Community Care

Being With **Volunteer Training**

Gain the confidence to journey and visit with those who are suffering, socially isolated, sick, or dying, to renew their hope and purpose in life.

**FREE Visitor's Training – Live Online! Everyone is encouraged to attend.
Registration is required to attend the Two online Zoom sessions.**

Thursday, February 15th and Thursday, February 22nd, 2024
7:00 PM to 9:00 PM CST



SCAN

REGISTER HERE: www.bit.ly/being-with

To order hard copies of the Being With training manual and/or My Story workbook, please contact us at info@beingwith.org or call 519-439-6445.



Training provided by Compassionate Community Care. Speakers include: Kathy Matusiak Costa, Executive Director of Compassionate Community Care, and Alex Schadenberg, Executive Director of the Euthanasia Prevention Coalition.

Compassionate Community Care is a registered charity comprised of health care professionals and volunteers who provide support to vulnerable persons and their families during times of illness and crisis.

Visit: www.beingwith.org

Compassionate Community Care: 383 Horton St. E, London, ON N6B 1L6
Office Tel. 519-439-6445 • info@beingwith.org • CCC Helpline: 1-855-675-8749
Charitable registration # 824667869RR0001 www.beingwith.org

Program Participation

This Program provides an excellent opportunity for Canadian Catholic women from all walks of life, who are committed to making a difference in society, by developing their leadership skills.

We are happy to announce that we are currently accepting applications for the 2024-2025 cohort of the Catholic Women Leadership Program.

Program Outline

The 11-month Certificate Program consists of an in-person residency program at Saint Paul University in Ottawa and online modules guided by trained facilitators as follows:

- Online introductory module
- A five-day face-to-face intensive in Ottawa. During this Intensive, they will develop their learning community and hear from inspiring women leaders.
- The 5 online study modules, about 20 hours each, include videos, readings, personal reflections, and discussion forums.
- 5 Coaching Circle where the participant will reflect on their learning from each module and take turns sharing complex leadership challenges.
- A final intensive; an announcement will be made whether this will be online or in person.

Application
Deadline
January 15,
2024

CWLF Leadership Program 2024-
2025 Application Form
(jotform.com)



In this season of waiting,
Breathe in life.
Life of the One
Who created all things,
And whose image we bear.
In this season of waiting,
Breathe in love.
Love of the One
Who gave a precious Son
to live as one of us.
In this season of waiting,
Breathe in peace.
Peace of the One
Who calms the sea
And quiets the tumult of our souls.
In this season of waiting,
Breathe in hope.
Hope of the One
For whom we wait
Who is indeed making all things
whole.



NOTICE: The Catholic Health Association of Manitoba office will be closed from December 22nd, 2023 to January 2nd, 2024.