



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

Equity, Inclusion, Diversity and Anti-Oppression

Every individual within an organization has a role to play in creating and sustaining a culturally safe, anti-oppressive workplace. All organizational members share in these efforts and should require collective commitments to action.



Toni Tilston-Jones, Executive Director of Youville Centre, is fiercely passionate

about social justice and anti-oppressive perspectives and integrates them in all of what she does. Living within the many dimensions of self, she has witnessed the power of inclusion and equality and been inspired by socially just actions and events. At the same time, she has witnessed and experienced the detrimental effects of exclusion, oppression, inequality, inequity and injustice.

It is not surprising therefore, that the well being of all people connected to Youville Centre is extremely important to her and to the Board of Directors. They believe that they cannot understand health and wellbeing, nor foster it, without an explicit acknowledgement of the social, political and economic contexts in which we all exist as

humans, in which they operate as an organization and the impacts these factors have on health and wellbeing.

All our organizations should take note and learn from Youville Centre's commitment to cultivate and sustain an anti-oppressive, inclusive, diverse and equitable workplace.

They are committed to developing their critical consciousness as individuals and as an organization and taking concrete actions to achieve equity, inclusion and diversity throughout all levels and processes of the organization. This will include the composition of the Youville Board, by-laws, staff composition, policies, processes, procedures, practices, resource allocation and structures.

 is committed to doing the work of anti-racism and anti-oppression, which includes acknowledging and addressing ongoing colonialism and the way it manifests within healthcare institutions. They believe diversity and equity makes their organization and our world stronger, more vibrant and beautiful and is fundamental to their vision and their mission.

The Board of Directors of Youville acknowledge that colonialism, racism, sexism, ageism, able-bodied-ism, homophobia,

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transphobia, Islamophobia, xenophobia, discrimination and other forms of oppression are ever-present in Canadian society and institutions and are harmful. Additionally, they acknowledge privilege in all its forms and the impact power and privilege dynamics have on how individuals and groups experience the world.

An Anti-oppressive Youville will respect the unique and intersecting identities of staff and of those they provide service to, and address the unique historic and current impacts of oppression faced by individuals, groups and communities.

The Youville Board also recognizes the importance of the explicit commitment and endorsement to equity, diversity and inclusion of the governance members and management teams.

To this end, is your Board of Directors ready to embark on creating and sustaining a culturally safe, anti-oppressive workplace?

Would you go as far as sign a commitment statement to collaboratively take action to co-create and sustain an organization that delivers anti-oppressive, equitable services and supports like Youville Centre has? Think about it...

"This course was like...God handed it to me on a silver platter, so that I can listen, love and serve people much more deeply, wisely. As before, indebted to you for offering this course." Ruth Participant

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

Roy, Spiritual Care Practitioner

2.5-HOUR WEEKLY MODULES

Understanding the Aging Journey

Spirituality in Aging

Good Communication

The Power of Storytelling

Dementia

A New Home, A New Way of Life

Loss, Grief, Death & Dying

Roles, Boundaries and Self-Care

8 WEEKS
VIRTUAL LEARNING PROGRAM
Starting the week of
September 26, 2021

PUBLIC: \$125

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

ON-LINE REGISTRATION:

[https://www.eventcreate.com/e/join
-the-journey-fall-2021](https://www.eventcreate.com/e/join-the-journey-fall-2021)

CONTACT:

Julie Turenne-Maynard
204-771-5585
jtmaynard@cham.mb.ca

AN 8-WEEK TRAINING PROGRAM

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

WHO SHOULD PARTICIPATE

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

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

join the journey

BODY MIND SPIRIT



TUESDAY
NOVEMBER 23 &
NOVEMBER 30
1 PM - 4 PM

OR

WEDNESDAY
NOVEMBER 24 &
DECEMBER 1ST
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

**CHAM & IHCAM
MEMBERS \$50**

GENERAL PUBLIC \$65

Includes workshop, workbook, videos and on-line access for one year

Register Online

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



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Interfaith Health Care
Association of Manitoba
Association confessionnelle
de la santé du Manitoba



October 3 to 9, 2021

Why October?

October marks the time of year when Hôtel Dieu, the first Catholic hospital in Canada, opened its doors, falls soon after the feast day of St. Raphael, the patron saint of healing (in late September), and takes place during Thanksgiving, a well-recognized time of gratitude.

Together in Care

Our mission relies on healing relationships of openness and trust with those we serve. In all we do, we work to provide a safe place where partners in the healing journey can connect as people and learn from each other in humility and respect.

As Catholic health care providers, we are committed to the long journey with First Nations, Métis and Inuit Peoples towards the shared and long-lasting reconciliation we all long for—anchored in authentic healing and restoration, mutual understanding, trust and community.

We also continue the long path to recovery from the COVID-19 pandemic—addressing the ongoing burden of uncertainty, separation, fatigue, and anxiety for our care teams, the seniors living in over 80 Catholic homes across the country, and the millions of Canadians we serve through our hospitals, health centres, clinics, and other services.

Our Catholic identity is grounded in a core belief that it is a privilege to attend to the physical, emotional, and spiritual needs of those we serve, offering them comfort, healing, and love. Throughout this challenging time, we have witnessed the tremendous depth and strength of our people and encountered stories of courage, hope, struggle, pain and resilience—stories that we can amplify during National Catholic Health Care Week.

To read stories and posts during NCHCW, click: <https://www.chac.ca/en/national-catholic-health-care-week/>

National Catholic Health Care Week Focus and Resources

This year, National Health Care Week focusses on the theme of “Together in Care,” grounded in our commitment to social justice and the values of inclusiveness and compassion, in the spirit of reconciliation.

We begin with a prayer

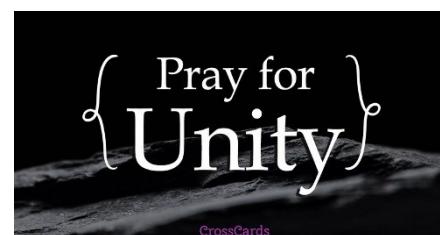
to walk together in unity and healing.

Prayer by the late

*Frank Fools Crow,
Oglala Lakota Grand-
father, Wakan Tanka*,
Grandmother, the
Earth who hears
everything.*

**together
in Care**

We believe that health care relies on openness and trust. In all we do, we work to provide a safe place where partners in the healing journey can connect as people and learn from each other to make the best decisions.



Give us a blessing so that our words and actions be one in unity, and that we be able to listen to each other, in so doing, we shall with good heart walk hand in hand to face the future.

In the presence of the outside, we are thankful for many blessings. I make my prayer for all people, the children, the women and the men.

I pray that no harm will come to them, and that on the great island, there be no war, that there be no ill feelings among us.

From this day on may we walk hand in hand. So be it.

Daily Reflections to engage your community

<https://www.cham.mb.ca/media/CHAC/NCHCW-2021-daily-reflections-and-prayers-EN.pdf>

Social Media Posts and Hashtag

Please promote National Catholic Health Care Week on your social media platforms and use #catholichealthcareweek wherever possible during the Week.



Truth and Reconciliation Week 2021

An online event

To celebrate the success of last year's online event, Every Child Matters, the National Centre for Truth and Reconciliation is proud to present a full week of Truth and Reconciliation programming.

TRUTH AND RECONCILIATION WEEK is a 5-day national event that will continue the conversations from Every Child Matters. Important conversations including the truths of the Indigenous treaties, First Nation, Métis and Inuit land claims, and the residential schools system. This online event will provide historical workshops, exclusive video content, and activities for students — all supported by artistic and cultural performances by First Nations, Métis, and Inuit artists.

REGISTER HERE: <https://www.eventbrite.ca/e/truth-and-reconciliation-week-tickets-153491752965>

TENTATIVE SCHEDULE:

Day 1 - Treaties, Land Claims and Unceded Territories

Day 2 - Land and Culture

Day 3 - Truth and Reconciliation

**Day 4 - Reconciliation and Me (Special APTN
programming) & Orange Shirt Day Celebration**

Day 5 - Knowledge Transfer - Elder and Youth Dialogues



CHAM acknowledges that our office is located on original lands of the Anishinaabeg, Cree, Oji-Cree, Dakota, and Dene peoples, and the home-land of the Metis Nation.

We respect the treaties that were made on these territories and acknowledge the history and legacy of settler colonialism, the harms of the past and that continue today. We are committed to taking transformative actions now, on this sacred land, to contribute to reconciliation and equity in any and all ways that we can. In solidarity.



**National Day
for Truth and
Reconciliation**

September 30th is National Day for Truth and Reconciliation.

Support an Indigenous owned business, and more importantly, a business that will be sharing the profits of these shirts back to Indian Residential School Survivors.

Www.indigenousvision.com created a list of stores and websites that sell Orange shirts and how much of the proceeds are being donated and where.

SEPTEMBER 21, 2021



1 PM
TO
3:30 PM

The KAIROS Blanket Exercise™ program is a unique, participatory history lesson - developed in collaboration with Indigenous Elders, knowledge keepers and educators - that fosters truth, understanding, respect and reconciliation among Indigenous and non-indigenous peoples. The Exercise concludes with a debriefing, conducted as a 'talking circle', during which participants discuss the learning experience, process their feelings, ask questions, share insights and deepen their understanding.

WHERE: Outdoor property across St. Boniface Cathedral,
151 avenue de la Cathédrale
In case of rain - the blanket exercise will move
indoors
COST: \$10.00

Space is
limited
Enroll Today

REGISTER ON-LINE

[https://www.eventcreate.com/e/
kairosblanketexercise](https://www.eventcreate.com/e/kairosblanketexercise)



For more information contact:
Julie Turenne-Maynard
Phone: 204-235-3136
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Email: jtmaynard@cham.mb.ca



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Interfaith Health Care
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Join Us

October
27th
10 am -
Noon

Advance Care Planning

Advance care planning is a process of formal decision making to help you establish decisions about your future care which takes effect when you lose capacity to make decisions for yourself.

It is a voluntary process and a written record of your wishes that can be referred to by caregivers and health professionals in the future.

Advance care planning is important in identifying early palliative care needs and recognising the end of life.

Other benefits include less aggressive medical care and an improved quality of life near death. It also helps families prepare for the death of a loved one, resolve family conflict, and cope with bereavement.



KATARINA LEE

BA, MA, JD, HEC-C
Clinical Ethicist for St. Boniface Hospital and Réseau Compassion Network; Assistant Professor Department of Family Medicine, University of MB.



KERI RANSON

B.A. LL B, MBA.
Deputy Public Guardian and Trustee – Adult Services Province of Manitoba

TOPICS COVERED

- Ethics behind advance care planning
- Health care proxy
- Surrogate decision making
- Process of public guardianship and trustee.

Register

CHAM & IHCAM MEMBERS: FREE
GENERAL PUBLIC: \$10.00

Click here to register:
<https://www.eventcreate.com/e/acp>

For more information:

Julie Turenne-Maynard
Phone: 204-236-3136
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Email: jtmaynard@cham.mb.ca

**SHORT COURSE -
MINDFUL SELF-COMPASSION**
**COURS ABRÉGÉ DE LA
COMPASSION ATTENTIVE EN SOI**

with / avec Jennifer Kilimnik & Andrew Terhoch



October 5 to November 9, 2021

of mindful self-compassion, so you can better relate to and care for yourself, both physically and emotionally. It was conceived out of the need to offer MSC training to participants who are short on time and who cannot engage in the longer 2 a QED5 hours weekly class.

Research has shown that these techniques can help improve our emotional well-being, improve our ability to cope with life's challenges, lower levels of anxiety and depression, promote healthy habits such as diet and exercise, and lead to more satisfying personal relationships.

REGISTRATION LINK: [Short-Course Mindful Self-Compassion \(Fall Session\) - Réseau Compassion Network \(compassionaction.ca\)](https://www.compassionaction.ca)

Learn principles and practices of mindful self-compassion, so you can better relate to and care for yourself and others.

Mindful Self-Compassion combines the skills of mindfulness and self-compassion, providing a powerful tool for emotional resilience.

In this 6-week Mindful Self-Compassion course you will learn some of the principles and practices

SPIRITUAL HEALTH AWARENESS WEEK

October 18 - 22, 2021

Compassion and Self-Compassion in Challenging Times



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.

As the pandemic enters its fourth wave in Manitoba, SHAW activities will be virtual again this year on the Interfaith Healthcare Association of Manitoba's website.

Each week day will have a theme and will include a reflection, things to watch, things to read, and things to do.

**Visit www.ihcam.ca to
participate in SHAW Week**

The Nourish for Caregivers Program



CHAM has researched and acquired a program entitled **Nourish for Caregivers** as a result of conversations that have taken place in the past year with several *Join the Journey Spiritual Care Series* participants who are caregivers, and their need for support.

It's no secret that when someone takes on the role of caregiver they take on stress, exhaustion, and frustrations.

As a result, caregivers often report declining health, emotional fatigue, depression and even spiritual depletion. In this state, purpose and meaning can be easily lost.

There is no training for someone to be a caregiver. Caregivers are called to perform tasks that they may feel is beyond them.

The definition of '*caregiver*' is broad, and so too is the reach of the Nourish for Caregivers program to address many different types of caregivers, such as:

- Family caregivers
- Home care agency caregiver
- Professional healthcare caregivers
- Spiritual caregivers

This turnkey program is designed to provide the tools and resources to build a caregiver's resilience by supporting their practical, emotional and spiritual needs so that they can experience the many blessings that come with caregiving.

Come to me, all you who labor and are burdened, and I will give you rest.
Matthew 11:28

How Does Nourish Support Caregivers?

It's no secret that when someone takes on the role of caregiver they take on stress, exhaustion, and frustrations. As a result, caregivers often report declining health, emotional fatigue, depression and even spiritual depletion. In this state, purpose and meaning can be easily lost.

This program is designed to provide the tools and resources to build a caregiver's resilience by supporting their practical, emotional and spiritual needs so that they can experience the many blessings that come with caregiving.

The **faith-based** materials focus on issues common to all caregivers, covering twelve (12) topics such as:

- The Caregiver Role and Decisions You Face
- Coping with Stress
- The Spirituality of Asking For Help
- End-of-Life Issues

An information session on the *Nourish* program will be held virtually on September 30th for persons interested in participating in this program. If you want to attend this Zoom meeting, please contact Julie at 204-771-5585 or jtmaynard@cham.mb.ca

The first of twelve monthly 1.5 hour modules is intended to be offered in December 2021 if there is sufficient interest for this program.

Spiritual Health Awareness Week - October 18 to 22, 2021



Compassion Grand Rounds

October 20, 2021 Noon – 1:15 p.m.

In this one hour Compassion Grand Rounds, Dr. Shane Sinclair will talk about the evidence and impact of compassion on patients and HCPs & utilizing the Sinclair Compassion Questionnaire (SCQ) to assess patients compassion in clinical spiritual care

*Shane Sinclair, PhD
Associate Professor
Director, Compassion Research Lab
Faculty of Nursing,
University of Calgary*

Dr. Sinclair will also touch upon why compassion in health care is important during this time.

Founder and Director of the Compassion Research Lab Dr. Sinclair is a nationally funded, internationally recognized, and award-winning researcher of the topic of compassion.

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.

Registration Fee

Member of CHAM or IHCAM: **FREE**
General Public: **\$10.00**

Online registration:

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

For more information: Julie Turenne-Maynard
jtmaynard@cham.mb.ca
204-235-3136 or 204-771-5585

Sponsored by:



Interfaith Health Care

Association of Manitoba

L'association interconfessionnelle
en soins de la santé
du Manitoba



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Organizational Changes at St. Boniface Hospital

Martine Bouchard, President and Chief Executive Officer, steps down for personal reasons

Three and a half years ago I was introduced to Martine Bouchard, the front-runner for the new President and CEO position at Hôpital St. Boniface Hospital. Réseau Compassion Network had organized an informal meeting for Martine to meet people in our community who would be there to welcome and support if she chose to assume this important leadership role in health care and our community. From the get-go, I was struck as to how intelligent, honest, kind, ambitious, forward-thinking, fun-loving and courageous she was.

Martine embraced the legacy of the Grey Nuns who founded this hospital, and was eager to take up the challenge and strive to lead the hospital with innovation, excellence, compassion, strategic direction, and open communication.

It goes without saying that during this time Martine was confronted with many challenges as a result of the provincial Health Transformation, HR vacancies, the pandemic, and yes, even the media who were critical of her commuting to Québec where her family resides. Yet, she was just as productive when away because of the uninterrupted ability to work and stay connected with her team at all times.

The tenure of Ms. Bouchard as the head of the St. Boniface Hospital was marked by notable achievements. She successfully negotiated with multiple stakeholders for the hospital's Emergency Room and she oversaw the renovation and expansion of the emergency department and the psychiatric wing, while continuing to manage the hospital's delivery of services. She is leaving the hospital in an excellent position in terms of governance and rigorous management processes.



Tom Carson, Chairperson of the Board of Directors states
"I would like to thank Martine for her leadership

throughout these crucial years for our hospital, including tremendous achievements during the COVID-19 pandemic. Although she is leaving before the end of her term, she significantly contributed to the institution's growth and built the foundation to support our vision of becoming a world-class hospital research centre."

As the first secular woman to hold the position of CEO at our hospital, she also led the creation of a new corporate image, guiding the institution toward a bright future."

The Hospital takes this transition seriously and, as such, will put in place a recruitment committee that will conduct an appropriate process to select the new CEO. This will be effective as of October 15, 2021.

Her decision to step down for personal reasons was a hard one to make, but the pandemic, coupled with her partner's health situation this year, made the distance much harder than she ever anticipated. Her choice to move back to Quebec and be close to him and her children is an understandable one.

Sometimes the hardest thing and the right thing are the same. She has learned throughout the years and throughout her career, that whenever she decides something with an open heart, she usually make the right decision.

"I'm saddened to leave my position and Winnipeg. Since 2018, I've given my all to St. Boniface and the community. I'm proud of what we've accomplished, and I would like to sincerely thank everyone who welcomed me and made me feel at home here in Winnipeg. I will never forget the compassion of the people of St. Boniface," stated Martine Bouchard, President and CEO of St. Boniface Hospital.

Martine, you have been a shining star that we will never forget. Although you are leaving Winnipeg, the ties that have been woven can span over provinces, and I look forward to learning what your next professional endeavour will be. You will be missed. This is not a goodbye, it's an 'au revoir'.

Julie Turenne-Maynard, ED, CHAM



JOB POSTING
Part-Time Executive Director

The Catholic Health Association of Saskatchewan (CHAS) is a faith-based, not-for-profit association committed to providing leadership, education, and resources for all who serve in the healing ministry of Christ in health care, parishes, and communities.

For more information on this job posting click on the following link:
<https://chassk.ca/employment-opportunities/>

Cover letter and resume by October 4, 2021, to: ethnamartin54@gmail.com