



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

# THE PATH TO RECONCILIATION

April 2022

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Last month a delegation of First Nations survivors and leadership gathered with the head of the Catholic Church in Rome.

When the European sovereign arrived on the shores of Turtle Island, their international laws known as the doctrines of discovery was applied to the lands of the Indigenous and denied them their existence as human beings.

They began to experience relentless attempts to destroy their way of life. They were uprooted, displaced and relocated from their homes. However, they have never given up their teachings and how they perceive their existence. The examples all constitute evidence of the genocidal intent in forcefully removing Indigenous children from their families.

The delegation sought an acknowledgement of the claim by the Roman Catholic Church related to the right of domination over every one and everything and its role in the spiritual, cultural, emotional, physical and sexual violence of First Nations in Catholic-run Residential Institutions.

As you know, Pope Francis held several private meetings to hear what they had to say, and gave a

formal apology for abuses by some Catholic Church members in residential schools.

We need to work towards fostering relationships built on the truths of colonialism and oppression, learning from the past, understanding the importance of Indigenous People's right to self-determination in their own healing, and rebuilding trust to work towards developing healthier relationships.

This work will continue for many years to come and will involve both learning and unlearning. We need to unlearn some of the things that we think we know, particularly attitudes we have been socialized to believe to be true.

We are called to be in relationship and walk side-by-side with people in these communities.

It is therefore quite timely for the Catholic Health Alliance of Canada to be focusing their upcoming virtual conference on May 12th and 13th on **Looking Within: Creating Environmental Spaces of Care for Indigenous Peoples**. As a member of the planning committee for this conference, I have had the privilege of meeting some incredible people who have taught me so much in a short period of time.

The presenters are experts in their fields, and we are grateful for their wisdom and willingness to share their experiences.

Whether you are directly involved in healthcare or not, I strongly encourage you to participate, and am confident that you will find the conference program rich, humbling and yet empowering as we navigate our paths to truth and reconciliation together.

Please check out the conference poster and listing of speakers on the next pages of this newsletter.

Artist: Jordan Quequish



[www.thecreativecompany.ca/jordan-quequish](http://www.thecreativecompany.ca/jordan-quequish)

Catholic Health  
Alliance of Canada



Alliance catholique  
canadienne de la santé

## 2022 National Virtual Conference May 12 & 13, 2022

### Looking Within: Creating Culturally Safe Environments of Care for Indigenous Peoples

This conference will showcase Indigenous speakers that will help us better understand the truth and highlight how we can create collaborative partnerships for organizational change, as well as co-create approaches and learnings at health organizations and other institutions with Catholic identity.

It has never been more important for people across this land we call Canada to embrace diversity, equity, inclusion, and belonging.

#### REGISTRATION FEE

Individual Participant: \$295  
Organizational Group rate (up to 5): \$1,000

#### REGISTER ON-LINE:

[https://chac.formstack.com/  
forms/2022\\_conference\\_registration](https://chac.formstack.com/forms/2022_conference_registration)

Artist ~ Jordan Quequish

For updates about the conference go to:  
[www.chac.ca](http://www.chac.ca) or contact Cheryl Spencer, Operations  
and Events Manager: [Cheryl.spencer@chac.ca](mailto:Cheryl.spencer@chac.ca)



# Conference Speakers



## **Kahontakwas Diane Longboat BA, BEd, MEd**

Kahontakwas Diane Longboat is an Elder from Mohawk Nation, Turtle Clan, a traditional teacher from Six Nations Grand River Territory, and a ceremonial leader, and healer.



## **Niigaanwewidam James Sinclair, PhD**

Niigaanwewidam James Sinclair is an Anishinaabe academic and writer, activist and public speaker on Indigenous issues, and Head of the Department of Native Studies at the University of Manitoba.



## **Cynthia Wesley-Esquimaux, PhD**

First Indigenous Chair for Truth and Reconciliation in Canada for Lakehead University and Chair of the Governing Circle for the National Centre for Truth and Reconciliation at the University of Manitoba



## **Harmony Johnson BA, MHA**

Harmony Johnson is of Tla'amin First Nation (Coast Salish) ancestry and Interim Vice-President of Indigenous Wellness and Reconciliation at Providence Health Care, Vancouver.



**Lisa Raven** Lisa Raven is from the Hollow Water First Nation in Manitoba, and Executive Director of Returning to Spirit, an organization that delivers experiential reconciliation workshops.



## **Paul Francis Jr.**

was born and raised in Thunder Bay, with Indigenous roots in Mnidoo Mnising (Manitoulin Island) and is a member of Wiikwemkoong Unceded Territory. Paul is the Director of Indigenous Relations at St. Joseph's Care Group in Thunder Bay, Ontario. Paul's part-time private practice Shkode Mkwa provides individual and family counseling that is First Nation Trauma-Informed, culturally appropriate, and utilizing holistic methods.



## **Terrellyn Fearn**

is Snake Clan, and a member of Glooscap First Nation in Mi'kma'ki with strong Mi'kmaq lineage from her paternal grandmother & rich Irish roots from her maternal grandmother. Her work over the last 25 years has focused on advancing social justice and systems change around health, gender-based violence, education, and healing. As Co-Director of Turtle Island Institute she is privileged to have worked with over 340 rural and urban Indigenous communities throughout Turtle Island.



## **Ro'nikonkatste (Standing Strong Spirit) Bill Hill**

is an Adjunct Assistant Professor at Western University, Dept. of Psychiatry. He has worked at Parkwood Institute Mental Health London since 1982, originally as a nurse and then as a Social Worker on several Assertive Community Treatment teams. Currently he is the Project Lead for the Biigajiisakaan: Indigenous Pathways to Mental Wellness. He has a Bachelor of Social Work from Ryerson University, a Masters of Social Work in Indigenous Field of Study from Laurier University and completed a degree in Education from Brock University in the Indigenous Teacher Education Program.

Catholic Health  
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Réseau  
Compassion  
Network



# KAIROS BLANKET EXERCISE

**May 11,  
2022  
1:00 PM  
to  
4:00 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:**

St. Boniface Cathedral  
180, avenue de la Cathédrale

**INFORMATION/REGISTRATION:**

Joanne Laroche

Phone: 204-410-4960

Email: [jlaroche@compassionaction.ca](mailto:jlaroche@compassionaction.ca)

If you will be attending the CHAC conference, you are already registered for this KB exercise



Music as Medicine

# THE HEALING POWER OF MUSIC

Humans have used music since the beginning of time for many different purposes, including as a form of communication, as healing and as a way to connect with the sacred. Instruments and sounds have the ability to transport us, to open our imagination and even move us into action. The effects of music are tremendously valuable to us as individuals and as caregivers.

Music creates a connection and soothes the soul like nothing else can: it opens our minds and brightens our spirits.

Sometimes have you found yourself at a loss? Words are not always easy to find, whether that's in formulating a prayer, conversing with our loved one or putting ourselves in a better mood.

Music is a wonderful tool to connect with the person you care for. It also is a powerful way to reduce stress and lower anxiety - theirs and yours.

Through music a caregiver can pray, relieve stress, and feel more alive and happy. A caregiver can use music to create bonds with their loved one, as a means of recalling memories, of breaking up the monotony of the day or as a way to spiritually connect.

For seniors with Alzheimer's and dementia, listening to music can be incredibly beneficial. A study by the University of Miami School of Medicine found that music therapy increased the levels of melatonin, serotonin, norepinephrine, epinephrine, and prolactin in patients

with Alzheimer's. *Why is this important? Those 'feel good' brain chemicals are associated with improved mood, as well as reduced stress and agitation. This clip shows the impact of music on a gentleman with Alzheimer:* <https://www.youtube.com/watch?v=8HLEr-zP3fc>

We need to look no further than our everyday experiences to see that music is magical. It opens for us, and the ones for whom we care, glimpses of God's existence in the here-and-now. **Music has the power to create an experience which goes beyond what words alone can do.** The effects of music are tremendously valuable to caregivers and to those we care for. Remember that we can tap into the power of music to:

### *Improve our mental and physical health.*

Science has proven that singing, dancing, and smiling along with music improves brain and body functions. Music can help calm your nerves, shift your mood, and turn your attention to something that is more positive.

**Overcome resistance to an activity.** Whether it's waking up, gathering the energy to run just one more chore or getting your loved one to dress or take a shower, upbeat (or favorite) music can be used to provide the motivation and spur the movement required.

**Pray when we are too exhausted or can't find the words.** Listening to a song that contains messages of faith, is a wonderful way to pray. Sometimes, through a hymn or contemporary Christian song, we hear words that trigger a prayer within our hearts.

Make it an intention to look for ways to incorporate music into your caregiving days. Use it with your loved one or someone you care for. And use it for yourself.





**CASC / ACSS**  
 Canadian Association for Spiritual Care / Association canadienne de soins spirituels

Canadian Association for Spiritual Care / Association canadienne de soins spirituels

*Virtual*

# 2022 CASC/ACSS National Conference

**Reconciling Heart and Soul: Moral Injury and Pathways to Healing**

**May 1-4, 2022**



## Our Keynote Speakers:



**Rita Nakashima-Brock**

Director, Shay Moral Injury Center at Volunteers of America



**Adrian Jacobs**

Keeper of the Circle Sandy-Saulteaux Spiritual Centre



## 22 Amazing Workshops

All 22 available for viewing after conference

[Click here to read workshop descriptions](#)

**Connect virtually from anywhere**

Click here for Registration Info:

<https://spiritualcare.ca/home/conferences/2022>



# MISERICORDIA

Health Centre  
*The future of care*

Misericordia Health Centre was founded in Winnipeg in 1898 by the Sisters of Misericordia. Since those early beginnings, Misericordia has seen many significant changes. However, as always, the organization remains focused on those who need their care.

Their Founders entrusted the ownership of the health centre to the Misericordia Corporation members within the Archdiocese of Winnipeg. The volunteer corporation members are responsible for nominating and providing expert direction to the Board of Directors of Misericordia Health Centre (MHC). Their chairperson, Ray Cadieux is a retired Partner of Pricewaterhouse Coopers LLP, and also the chair of the Catholic Health Association of Manitoba since 2016.

The volunteer directors of the MHC Board are responsible and accountable to the community, the Winnipeg Health Region and Manitoba Health for ensuring the delivery of high-quality faith-based care to their patients and residents while ensuring the best use of financial resources.

Most importantly, the Board also ensures the Misericordia Sisters' Mission and values are emulated through the staff and volunteers in their delivery of clinical and service excellence.

During this exciting time of significant redevelopment, this Board continues to advocate for and be responsive to the diverse health care needs of the populations MHC serves.



Caroline DeKeyster, CEO of the Misericordia Health Centre says :  
*"We are truly blessed. We have vibrant and caring staff, a dynamic Senior Leadership Team and a dedicated group of community leaders who volunteer and serve as members on our Board. Together, with the support of the community we serve, as health-care providers, we live our core values of caring, respect and trust.*

*We remain committed to the ideals and principles of our Founders, the Sisters of Misericordia, who live their motto daily, Compassion of the Heart for those in Need."*

## **Compassion of the Heart for those in Need**

### **Services offered at Misericordia Health Centre**

#### Acute Care

- Ambulatory Care
- Clinical Resource Team
- Community IV Program
- Easy Street
- Eye Care Centre of Excellence
- MHC for Lungs
- Oral Health/Pediatric Dental
- Sleep Disorder Centre

#### Clinical Services

- Diagnostic Imaging
- Focus on Falls
- Laboratory
- Recreation Therapy
- Rehabilitation Services
- Social Work
- Spiritual Health

#### Long-Term Care

- Misericordia Place
- PRIME
- Respite Care
- Transitional Care Unit
- **Opening in 2023:** Misericordia Terrace Assisted Living Centre

#### Provincial Health Contact Centre

- Dial-a-Dietitian
- Health Links-Info Santé
- TeleCARE T  L  SOINS  
Manitoba



# CATHOLIC CHURCH AND HEALTHCARE

The Roman Catholic Church is the largest non-government provider of health care services in the world. It has around 18,000 clinics, 16,000 homes for the elderly and those with special needs, and 5,500 hospitals, with 65 percent of them located in developing countries.

Religious sisters have injected a remarkable legacy into Canadian history when it comes to providing health care. That's what Greg Humbert discovered when he started creating a digital archive of resources documenting Catholic health care across the nation. He has scanned more than 500 historical documents about Catholic hospitals in Canada between 2005 and 2022.

"When I started this, I didn't realize the scope of the ministry of the sisters. They did it in the background. They didn't advertise it. What I'm recognizing is the amazing scope: from working with orphans to communities with disease", states Greg Humbert.

Humbert has digitized over 300 books, booklets, and other documents about the work of Catholic sisters



(and a few brothers) in health care.

"My underlying concern is: people forget," said Humbert, who started the project after retiring from the Catholic Health Alliance of Canada.

"It's easy to forget that they did this great work of mercy and often went to communities in the 1600s, 1700s, and 1800s. When our land was pioneering, they would go to small communities and open health clinics and

hospitals. I didn't want that to be forgotten."

In all, 68 congregations of sisters and two congregations of male religious have founded hospitals or nursing homes in Canada since 1639.

BY AGNIESZKA RUCK

Today, there are 129 catholic health and

human services entities in Canada, and their sponsor organizations are continuously seeking how to respond to unmet needs.

In Manitoba, there are 16 corporations with Catholic roots that operate health and human services facilities in Winnipeg, Southern Health & Prairie Mountain Health.

## TOP 10 Religious congregations that founded the most hospitals and nursing homes in Canada:

Sisters of Charity of Montreal   72
Sisters of Providence   55
Religieuses Hospitalieres de Saint-Joseph   42
Sisters of Charity of Ottawa (formerly Soeurs Grises de la Croix)   18
Sisters of Providence of St. Vincent de Paul   15
Soeurs Grises de Quebec   14
Sisters of St. Martha   13
Soeurs Grises de St-Hyacinthe   13
Misericordia Sisters   10
Augustines Hospitalieres   10

## Celebrating the Legacy



## Canadian Catholic Hospitals Digital History Book Collection

Documenting the legacy and contribution of the Congregations of Religious Women and Men in Canada, their mission in health care, and the founding and operation of Catholic hospitals

A unique historical resource available online and free to the public

View Catholic hospital history books online at:  
[www.chac.ca/resources](http://www.chac.ca/resources)



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

# CARITAS

## VIRTUAL AWARD DINNER

On April 21st, the Catholic Foundation of Manitoba hosted its annual Caritas Award Dinner to honour individuals and organizations who support Catholic values and have made outstanding contributions towards the well-being of others and the fabric of life in Manitoba. This year the selection of the Caritas Award Honourees was based on those who are deeply dedicated to support individuals who experience who experience issues with mental illness or mental health challenges.

CHAM was pleased to sponsor and to MC this event. We were delighted that one of our members, **Sara Riel Inc.** ([www.sarariel.ca](http://www.sarariel.ca)) was selected as the Caritas Award Honouree, as well as **Sharon Blady**, founder of Speak Up (<https://speak-up.co>) and a former minister of health for Manitoba received the Service Award.

**Artbeat Studio Inc.**, a not-for-profit organization that runs unique community-based, self-directed, peer-supported programming was chosen as the Charity of Choice.

Artbeat provides social supports, a working art studio and gallery space, and mentorship for individuals living with mental illness for the purpose of recovery and empowerment. (<http://artbeatstudio.ca>).

To view the virtual program, please click on this link: <https://www.youtube.com/watch?v=12UsNk24pGk>

