



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

July 2022

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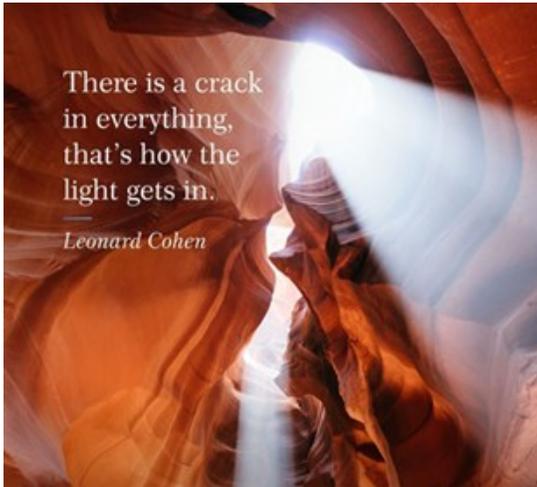
The marginalized give soul to the world

In his song, *Anthem*, Leonard Cohen uses the refrain, "There is a crack in everything; that's how the light gets in." Whatever else Leonard Cohen had in mind when he coined that phrase, it says something about how wisdom, compassion, and morality seep into our lives.

When I was the homelessness coordinator for St. Boniface numerous years ago, I met a man living along the riverbank that stood out and it caused me to reflect on Cohen's words. He stood out because it was apparent that he had somehow fallen through the cracks. He was an educated man with mental health challenges who eventually lost his job, his wife left him, and was now homeless and very much looked the part.

For several years now I have been a board member of Centre Flavie, a charitable organization that provides household material and furniture for free to the impoverished, vulnerable and homeless individuals. Many of these people we serve have fallen through the cracks in our society.

Cohen words ring so true. There is a crack in everything.



Our culture, and our Canadian cities, are no exception and all is far from well with the world. People are falling through its cracks and it is these persons; the homeless, the sick, the unattractive, the broken, the handicapped, the untalented, those with Alzheimer's disease, the unborn, and the poor in

general – who are the crack where the light is entering. From my past experiences and now those we support at Centre Flavie, these people give soul to our world. What do I mean by this?

This tells us that those whom the culture marginalizes and sees as unimportant, those whom it deems disposable – the sick, the aged, the severely handicapped, the dying, the homeless, and the unborn – are in fact, spiritually, the most important people in the world. They are where the light gets in.

In other words, it is where Love gets in. How we value them is the true measure of our wisdom, compassion, and morality.

Good-hearted people and organizations provide the homeless with food, water, shelter, a shower, a shave, and whatever else they need.



In my experience with those we serve at Centre Flavie, I see love flourish.

I see compassion in action when close to 100 people volunteer to support Flavie's operations, and the countless number of donors who come by daily to give their household material goods to support and help those in need.

People who fall through the cracks of our society are indeed the crack where the light gets in. If our world has any real soul left, if indeed we still even understand the words wisdom, compassion, and morality, then it is because someone who has no power in the culture, someone who has been marginalized and rejected, has shared a gift with us.

Let us be open-hearted enough and wise enough to accept and cherish this gift.

St. Hayward



Hôpital St-Boniface Hospital

St. Boniface Hospital selects Nicole Aminot as President and CEO

On July 4th, 2022 the St. Boniface Hospital's Board of Directors was pleased to announce the selection of Nicole Aminot as the organization's new President and CEO.

Nicole, who has been acting as Interim President and CEO since October 2021, was selected as the successful candidate following a competitive national recruiting process. She began her new role – including shedding the “interim” title – immediately.

The Board of Directors is excited to have Nicole on board for the long term, as she brings a wealth of experience at St. Boniface Hospital to the position, having started with the hospital in 2008 as an account manager. Nicole rose through the ranks to become Director of Finance, then Chief Financial Officer and Executive Director of Support Services, before becoming their Interim President and CEO last fall.



Nicole is a Chartered Management Accountant, and holds a Business Administration diploma from l'Université de Saint-Boniface. She is also a current board member with HealthCareCAN, representing Manitoba as the province's only director on the organization's national board.

“The SBH Board of Directors has come to know Nicole as a collaborative, results-oriented leader, who has a strong sense of ethics and isn't afraid to challenge the status quo,” says Debbie Brown, chair of the St. Boniface Hospital Board of Directors. *“We've also come to know her as someone who has demonstrated compassion towards both her colleagues here at St B, as well as the patients we serve, and who truly wants St. Boniface Hospital to be the best it can be. We look forward to what Nicole and her engaged and motivated executive team can bring to the St. Boniface Hospital community, for years to come.”*



Rosé Soirée is back!
Buy Your Tickets Today!

Join the St-Boniface Hospital Foundation for an evening celebrating cardiac excellence at the enchanting

St. Boniface Cathedral ruins
Wednesday, September 7, 2022
6:30 to 10:00 p.m.

They look forward to gathering again, safely, at dusk to share in a five-star culinary experience with signature cocktails and premiere entertainment. All in support of St. Boniface Hospital and a cause near and dear to our hearts.

Purchase your ticket here:
[St. Boniface Hospital Foundation \(convio.net\)](https://convio.net)



Ben Adaman: New President & CEO at St. Amant

The St. Amant and St. Amant Foundation Boards of Directors, recently announced that Ben Adaman accepted the position as incoming President & CEO for St. Amant succeeding John Leggat upon his retirement.



Ben joined St. Amant in 2014 as the Senior Manager of Clinical Services, and has been in the role of Director of Clinical Services and member of the St. Amant Executive Team since 2019.

Originally trained as a speech-language pathologist, Ben started his career with the augmentative and alternative communication service at Toronto's Holland Bloorview Kids Rehabilitation Centre. Before joining St. Amant, Ben was the first coordinator of the WRHA's communication devices program.

Ben has led the development of St. Amant's Jordan's Principle program, which now delivers hundreds of services to children and youth in nearly 50 First Nations communities across Manitoba. Ben also led the development and implementation of the new strategy for spiritual health services and the development of St. Amant's first accessibility plan and accessibility policies.

St. Amant's board chair, Ken Kustra, indicated that the hiring committee was very impressed with Ben's vision to continue to deliver services to the disability sector with a focus on mindfulness, a desire to understand and support the individual, and an attitude of respect.

His vision aligns well with the Board of Director's goals of enhancing the lives of everyone they serve by enabling them to express choice, establish friendships, and live fulfilling lives.

Ben's career has centred around supporting people with disabilities to live full and meaningful lives and he is deeply committed to a holistic approach that is creative, flexible, compassionate, and efficient.

Ben Adaman states: *"I'm grateful for this opportunity to serve St. Amant in a new way and am looking forward to continuing to support the current strategic vision through values-based decisions and a person-centred approach to services. I'm also looking forward to getting to know each of our program and service areas from a new perspective and learning how best to support each team."*

CHAM looks forward to meet Ben and to continue supporting St. Amant in whichever way we can. Congratulations Ben!

"Sane leadership is the unshakeable faith in people's capacity to be generous, creative and kind. It is the commitment to create the conditions for these capacities to blossom, protected from the external environment. It is the deep knowing that, even in the most dire circumstances, more becomes possible as people engage together with compassion and discernment, self-determining their way forward."
from Who Do We Choose to Be?

Margareet Wheatley

Yann Boissonneault



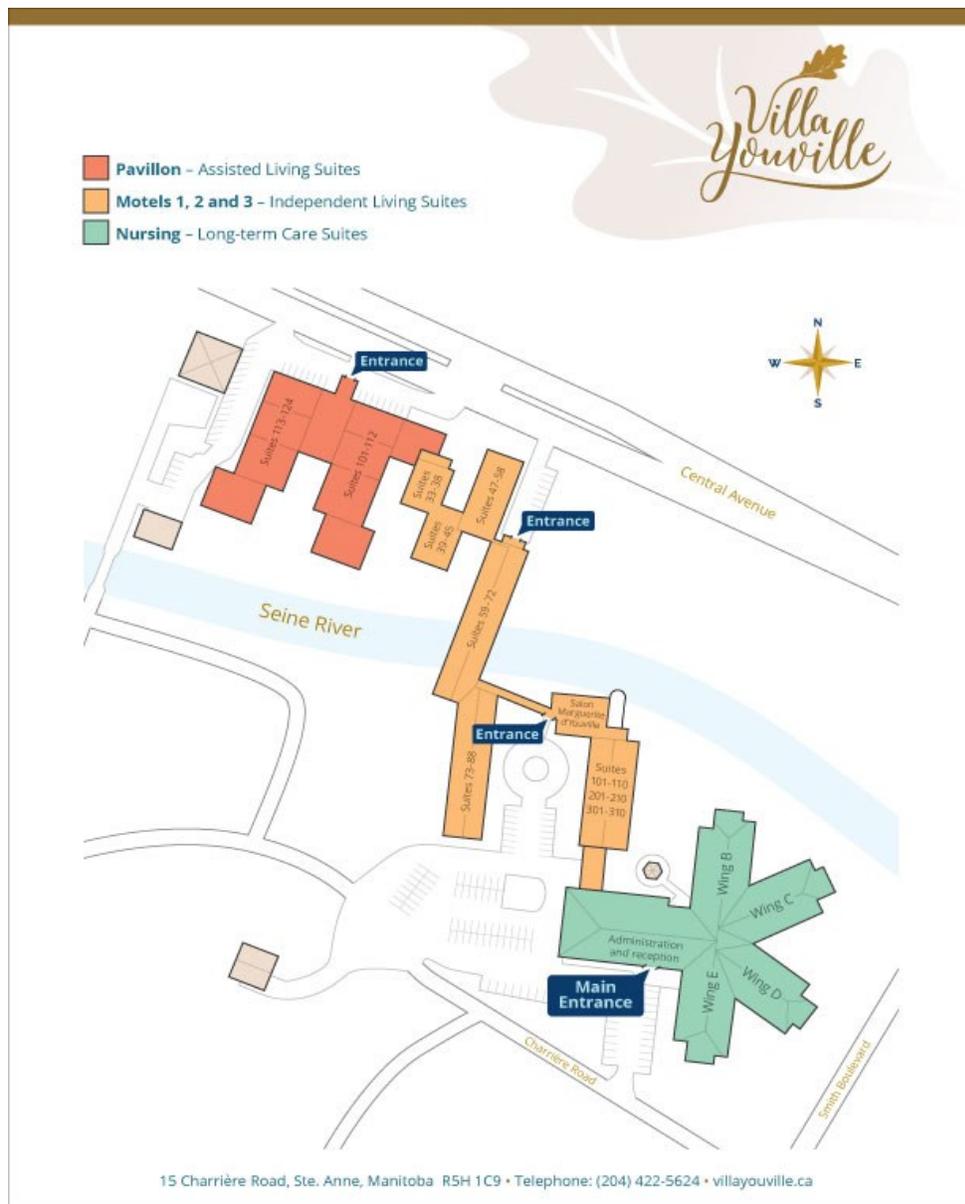
has been appointed the new Chief Executive Officer of Villa Youville Incorporated in Sainte-Anne, MB effective July 1st.

Villa Youville is a destination of choice for Francophone seniors in Manitoba, offers 84 independent living apartments, 24 supporting living residences and 66 long-term care services all under one roof.

For the residents in the Independent Living Motels and Supportive Living Pavillon, Yann needs no introduction. He was their Director of Services for the last two years and has managed their entire housing sector.

The residents know that Yann personifies Villa Youville's values of tender, loving care and the importance of hospitality and family spirit. These are essential qualities for Villa Youville's CEO.

During his time as Director of Services, he has shown himself to be personable and able to create positive relationships. He quickly gained the confidence and respect of his team leaders. He has proven to be an excellent member of our senior leadership team.



Yann has shown an impressive list of professional achievements and qualifications that are sure to be beneficial to Villa Youville's management team. With studies in sciences, municipal administration, accounting and project management, he adds exceptional knowledge and assets. His work history demonstrates outstanding customer service skills.

CHAM, in collaboration with the Interfaith Healthcare Association of MB and the MB Association of Residential and Community Care Homes for the Elderly, wishes Yann the very best in his new position and will be there to support him

and Villa Youville's board of directors.

"I look forward to collaborating and sharing with my counterparts in our associations", stated Yann.

For more information about Villa Youville, visit their social media outlets:

www.villayouville.ca

Facebook - @lavillayouville

Instagram - VillaYouville

Hospitality - Kindness - Family



THE ELDERLY IN CANADA

The negligent ways in which senior citizens and the elderly were treated in the early days of the pandemic. In a previous 'Opinion' article in *The Globe*, some well known figures in Canadian health care referred to the moral duty of fixing long-term care. Systemic problems are often stifled, but the statistics they quote should shock us into resolving, not hiding, the problems.

The authors write, "***During the first few months of the pandemic, long-term care home residents accounted for 81 per cent of COVID deaths in Canada, a rate far higher than that of any other developed nation.***

By the spring of 2021, as the pandemic reached its one-year anniversary, 16,000 long-term care home residents across the country had died.

Most upsetting is the fact that we could have avoided this national tragedy altogether if we had addressed structural problems in our nursing homes that health experts had been flagging for years."

The last part is correct: the structural problems are well known, but knowledge without the will to change is practically useless. Will the systemic problems remain? Do questions about them feature prominently in provincial and federal debates? Are the relevant ministers held to account? We say we care, but do we care enough to do something about this?

Dr Rory Fisher has long asked questions of this nature and has brought these injustices to public attention, seeking to remedy and improve the care of senior citizens and the frail elderly. In his contribution today he refers to the 'warehousing' of our elderly and makes strong recommendations about possible improvements. Social attitudes are changing about all sorts of circumstances in Canada, including euthanasia. It's possible to see that people might choose such a course rather than put up with negligence and uncaring treatment in places we call '**long-term care.**'

If we truly care about human dignity, our actions will have to follow, and we need to become more active for the sake of the common good in trying to make society more aware that the elderly deserve a truly dignified, natural death, sustained by those who love them, in turn sustained by our health care systems.

If we were to realize more fully that such action ties in with our Catholic emphasis on the preferential option for the poor, perhaps our responsibilities would become clearer. **We need to look beyond ourselves and our own circumstances to the common good, and that means some level of activity in the political realm.**

Catholic hospitals and facilities have a duty to establish and maintain this vision, but Catholics in general need to be looking to remedy areas destructive of dignity, especially when their parents and relatives are in care facilities.

Regular exposure to Catholic Social Teaching is important to focus us and remind us of its core values. Care, long-term or otherwise is not about profits or worldly success in the first instance, but is care for people, vulnerable people who depend on that care in the later stages of life.

[Political squabbles led to awful conditions that residents at Herron nursing home died under, Quebec coroner says - The Globe and Mail](#)

[Opinion: The pandemic revealed brutal realities about long-term care. Canada has a moral obligation to fix the system - The Globe and Mail](#)

<https://youtu.be/cAvsZArFK-g>

Overview of the Aging Journey

The aging process is different for everyone, and the journey—which will take decades for most of us—will have ups and downs along the way. We will all go through some age-related changes or episodic medical crises along the way, and most of us will require assistance from family, friends, or formal caregivers. This is likely to increase as we age.

There are a number of age-related changes that we may face as we enter our later years. Many older adults find physical activity increasingly difficult, some may experience emotional changes and start to withdraw, and some will experience cognitive problems. **Retired psychologist Dr. Mark Frankel** describes the overall journey in stages and scenarios, each with their own needs and challenges.

Independence

While older adults are managing independently in their own homes, their adult children may begin to see their parents as less capable than do the parents themselves. Older adults are usually quite capable of taking care of themselves, though perhaps not in the ways preferred by their loved ones. They may experience some of the chronic ailments associated with aging (e.g., heart conditions, diabetes, arthritis, hearing or visual impairments), but they are able to compensate on their own for any loss of function. Family and friends may worry about their health, judgment and what will happen if they fall seriously ill.



Interdependence

As they age, seniors may begin rely on help with everyday living. Due to disabilities, they may need some substantial assistance. But they may be resistant to hiring outside help, either citing the cost or denying the need or both. There is often embarrassment about needing help and a fear that it is the first step to leaving their homes and all their memories. When help is absolutely necessary, most would prefer receiving it from family or friends.

Supported Living

Older adults trying to cope with multiple disabilities and often chronic pain may begin to accept outside caregivers who can help with personal care and/or healthcare. They may rely on family and friends for transportation to medical appointments. The vast majority still prefer to stay in their homes, but some will move to retirement communities or living arrangements where more support is available. Family members are often heavily involved in helping to find, hire and coordinate formal caregivers and programs of support or may themselves assist their loved one with personal care needs and activities of daily living.

7 in 10 Canadians over 50 would use the following technology for health and wellness:

Devices that alert for falls

Devices that allow them to stay independent at home
Devices that help them recover at home

Devices that keep them mentally active at home

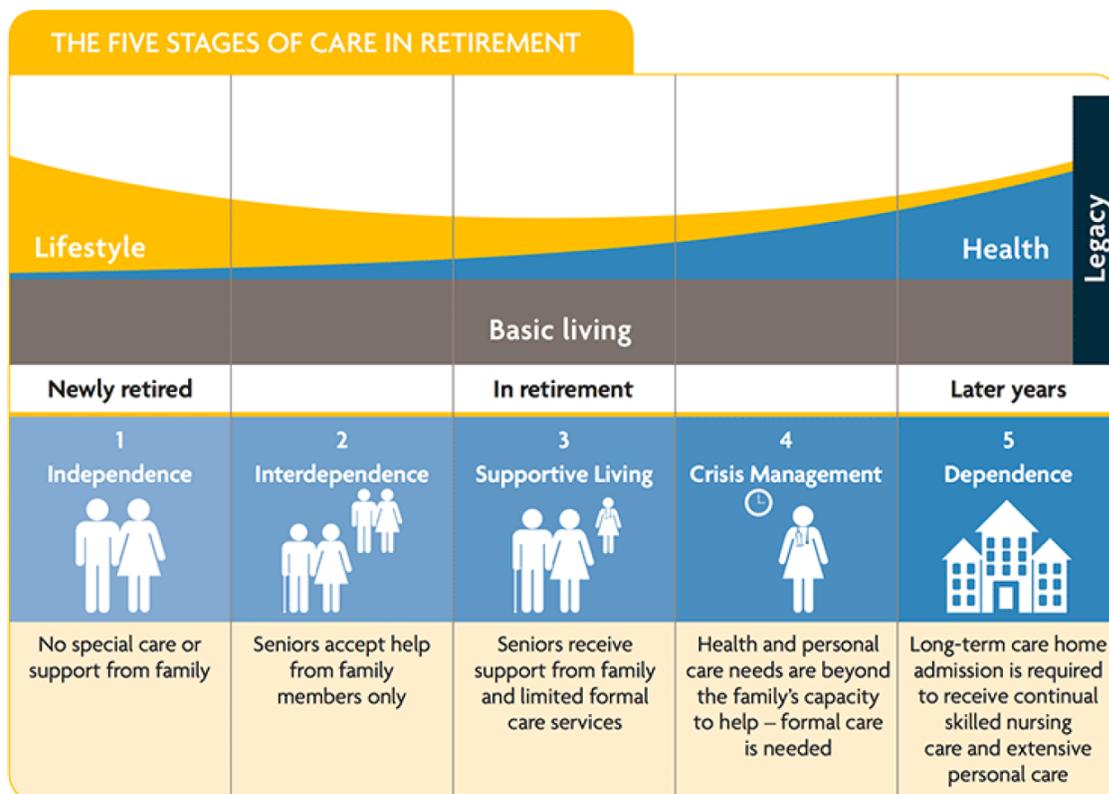
Devices that help connect with a doctor/health care provider

Complex care/crisis management

When an older adult's condition has declined to such a degree that he or she is dependent on others for most of the care, there are usually multiple health conditions, requiring a variety of treatments and therapies. If cognitive problems are a part of the problem, close skilled supervision is also required—often around the clock. Despite the involvement of formal caregivers, the levels of care in the home available may be inadequate or too expensive, leading to one crisis after another. The need for day programs and respite care increases. There may be psychological resistance in the family to placement in a care facility.

Dependence

At some point, families may come to see that the well-being of both their elderly loved one and of the remaining family will be better served by admission to 24-hour residential care as safer and more comfortable than a patchwork of homecare services.



Resources:

Image credit: SunLife

Content of this overview taken/adapted from the following:

Five stages of caregiving, Dr. Mark Frankel,
<https://www.caregiversolutions.ca/caregiving/5-stages-caregiving/>

Your health in retirement, Sun Life,
<https://www.sunnet.sunlife.com/files/advisor/english/PDF/810-3931.pdf>

Older adults: health and related changes, American Psychological Association,
<https://www.apa.org/pi/aging/resources/guides/older>



"This has been a blessing for me personally and professionally. The principles are very much useful not only for the elderly residents but for everyone who needs support. Thank you so much for your leadership and your untiring effort to bless us and help us grow as spiritual care givers to our community."
Neil Tagarao, Spiritual Care Practitioner, PCH

"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 Bechard, Spiritual Care Practitioner, PCH

2 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

START DATE Oct 4 or 5, 2022

PUBLIC: \$125

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

ON-LINE REGISTRATION:

<https://www.eventcreate.com/e/join-the-journey-fall2022>

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



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



CATHOLIC HEALTH ASSOCIATION OF MANITOBA
ASSOCIATION CATHOLIQUE MANITOBAINE DE LA SANTÉ
MANITOBIENSKA KATOLICKA ASSOCIACIJA ZDROVJE I
NEKOPANJE



The Thing About Compassion

Setting Intentions To Care For Others & Ourselves

Caregivers do many things, and among those we give hope, compassion, love, respect and incredible amounts of time to care for our loved one. How well, though, do we do these same things for ourselves? The answer, very often, is, “not too well”.

Failing to practice self-compassion is well studied. We know that neglecting to have compassion for ourselves will take its toll on us, most often in the form of stress, depression, feelings of resentment or problems in our personal relationships, including our relationship with God.

The reality is that to care for another, by definition, is to be kind, understanding, patient and compassionate. Caring is an intimate journey with another, and that includes showing mercy and forgiveness.

As Christians we recall, especially through church services, Jesus’ ultimate sacrifice and His forgiveness of our sins...the greatest act of compassion in all of history. We know that as humans we are imperfect. We make mistakes. We need compassion and God’s mercy.

We also need to see ourselves as God sees us.

When we show compassion to ourselves, we are treating ourselves the same way God treats us. When we do not practice self-care, we suffer physically, emotionally and spiritu-

ally. The remedy is to plan for & set intentions of self-compassion, praying for the strength and courage to hold us accountable.

Take the time to explore ways to intentionally care for yourself and the impact the lack of self-compassion has on

others and yourself. To experience the joys and blessings in caregiving, self-compassion is essential in order to be able to receive God’s graces. And, when we can learn to practice self-care, we will experience greater satisfaction, gratitude and peace.

Risks Of Caring From Lack Of Self-Compassion?

Compassion fatigue is at the top of the list of significant issues related to the cost of caring. The risks impact us physically, emotionally and spiritually. Below are the top signs:

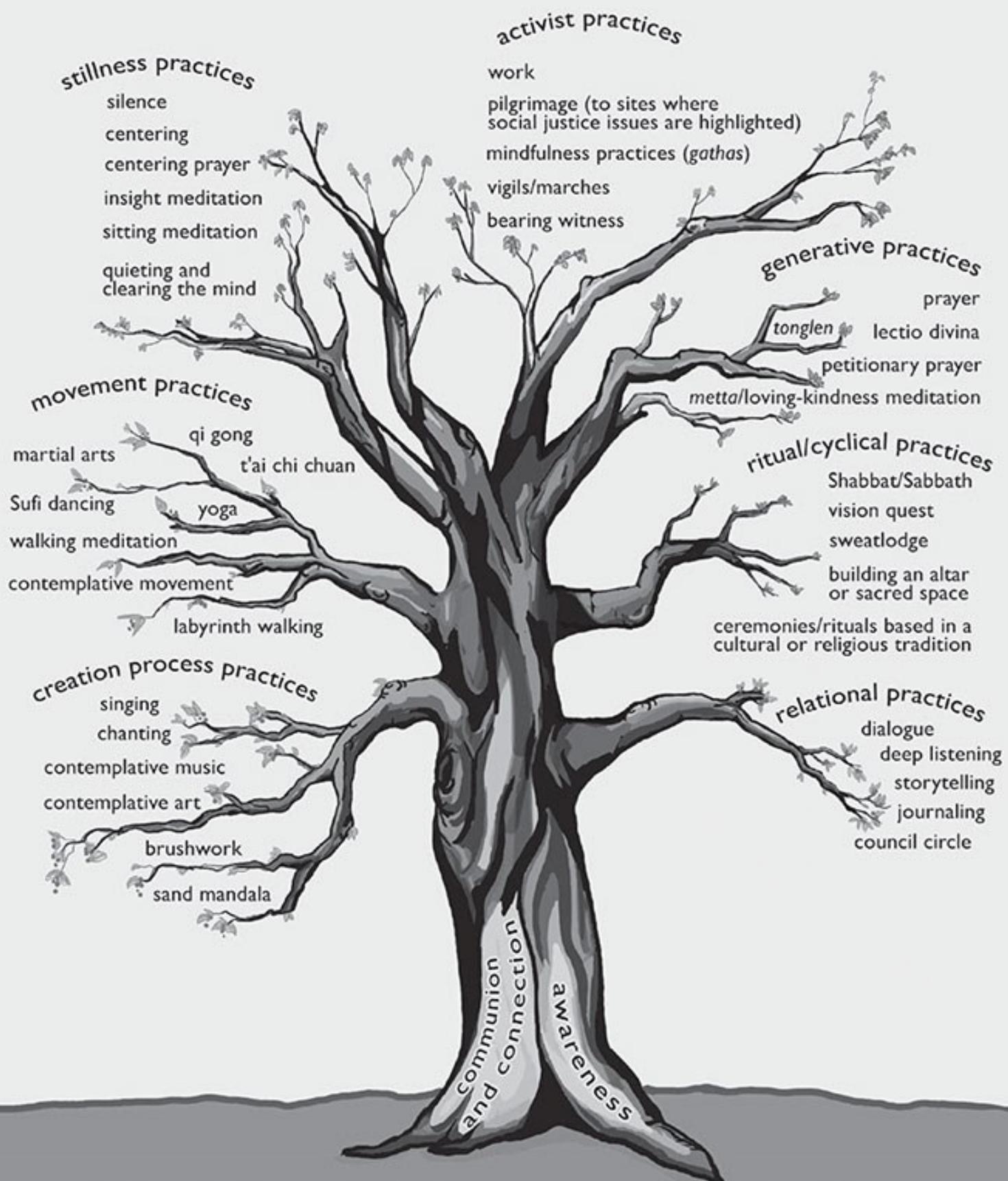
Physical	Emotional	Spiritual
Exhaustion Trouble Sleeping Weight loss Headaches Lack of motivation	Depression Anger/Resentment Anxiety Guilt/Shame Stress	Distancing self from God Inability to forgive Lack of trust in God Failure to be grateful Lack of peace

What Can We Do To Prevent Compassion Fatigue?

Below are ideas and tips to share and start the discussion surrounding ways to set intentions to care for and have compassion for ourselves:

- Be more aware of our personal physical, emotional and spiritual signs that we need to address with self-compassion
- Set specific self-care intentions, such as:
 - Eat healthier
 - Get outside/regular exercise
 - Get regular, good night’s sleep
 - Schedule breaks/time with friends
- Know what things you simply cannot do or need to eliminate and follow through by setting boundaries
 - Start/restart a daily ritual of prayer
 - Keep a daily gratitude list
 - Write in a journal
 - Go to services during the week (if available)
 - Pray for mercy and forgiveness

Sometimes, we may find ourselves needing a little extra help. That is where spiritual direction or talking with a professional may be helpful in order to prevent a more serious problem.



The Tree of Contemplative Practices

UPCOMING EVENTS



INVISION

Thursday, 22nd of
September, 2022

5:00 PM (CDT) to
10:00 PM (CDT)
RBC Convention Centre
Winnipeg, MB

How sweet it will be to
gather together for the
return of our signature
fall event!

Eager attendees will
enjoy this gorgeous
black-tie affair with a
delicious dinner, exu-
berant entertainment,
and the opportunity to
bid on exciting prizes.
We anticipate a jubi-
lant, joyous night and
hope you can join us!

Questions about this event?

Misericordia Health
Centre Foundation
204-788-8458
[mhcfounda-
tion@misericordia.mb.ca](mailto:mhcfoundation@misericordia.mb.ca)



Meditation
Circle

ASIST:
APPLIED SUICIDE INTERVENTION
SKILLS TRAINING

ASIST is a two-day in-person interactive workshop in suicide first-aid. Created by LivingWorks, this workshop teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop as ASIST can be learned and used by anyone. In fact, participants without prior learning are as successful as participants that do.

For more information on ASIST, visit the LivingWorks website at <https://www.livingworks.net/>

Click here to register: <https://aulneau.com/events/asist-september-2022/>

DATE
THURSDAY & FRIDAY,
SEPTEMBER 22 & 23,
2022

TIME
8:30am – 4:30pm
Lunch Included
Break for lunch is only
½ hour

PRICE
\$300

WHERE
IN-PERSON
228 HAMEL AVE

TO REGISTER
WWW.AULNEAU.COM

target audience
[anyone]



Glenn Schroeder B.Th, B.A.
True Listening Center
<https://truelistening.ca/>



FREE weekly meditation circle, hosted over Zoom

Please join us for a 20 minute meditation every Tuesday from 12:05 to 12:25. No experience required. This is a chance to catch your breath and take a moment to yourself during the week. Meditations are lightly guided and you can always stay to talk or ask questions at the end. This is a difficult time. Remember, you can't do what you are called to do without taking care of yourself.

No registration required, simply join us on Tuesdays by clicking [HERE](#).

KEEPING A pulse ON PALLIATIVE CARE

30TH ANNUAL PROVINCIAL PALLIATIVE CARE CONFERENCE



CONFERENCE FEES (Early bird rate expires July 28th)

Regular 2-day EB \$375, Regular \$460
 Member 2-day EB \$340, Regular \$420
 Student/Volunteer 2-day EB \$265, Regular 1 day \$160

[Conference Registration | \(palliativemanitoba.ca\)](http://palliativemanitoba.ca)

THURSDAY, SEPTEMBER 15, 2022			
7:15 AM	REGISTRATION		
8:00 AM	OPENING		
8:30 AM	KEYNOTE: Dr. Samantha Winemaker & Dr. Hsien Seow		
9:30 AM	BREAK		
10:00 AM	A1 Creating Caregiver Friendly Communities Jamie Penner	A2 Prevent Burnout, Strengthen Caring: Enliven Your Journey Around the Circle of Caring David Zinger	A3 Expanding your Communication Toolbox: Strategies for Communicating during Difficult Times Trevor Lehmann
	BREAK		
	B1 The Waiting Room Revolution: Testing practical patient-family exercises Dr. Seow & Dr. Winemaker	B2 Prevent Burnout, Strengthen Caring: Enliven Your Journey Around the Circle of Caring David Zinger	B3 Palliative Care for Muslims: Diversity and Gender Considerations Shahina Siddiqui
12:15 PM	LUNCH		
1:15 PM	C1 What do Canadians say about their Preferred Location of Dying? Results from a National Mixed-Methods Policy Research Study Dr. Laura Funk	C2 The Genius of Dr. Seuss and its Relevance to Palliative Care Dr. Robin McClure	C3 Advance Care Planning - A Death Doula's Perspective Michelle Stokotely
	BREAK		
	KEYNOTE: Canadian Virtual Hospice Panel Discussion		
5:30 PM	PALLIATIVE MANITOBA ANNUAL GENERAL MEETING		

FRIDAY, SEPTEMBER 16, 2022			
7:15 AM	REGISTRATION		
8:00 AM	OPENING		
8:30 AM	KEYNOTE: Erin Davis		
9:30 AM	BREAK		
10:00 AM	D1 The Palliation of Movement Disorders Dr. Jana Pilkey	D2 Medical Assistance in Dying – An Interdisciplinary Overview with Updates MAiD Team	D3 Canadian Memorial Quilt: An Online Portal to Interconnectedness & Healing Following the Losses of the Covid-19 Pandemic Canadian Virtual Hospice
	BREAK		
	E1 Cerebrovascular Accident (CVA) and Palliative Care Dr. Braeden Debroni	E2 Medical Assistance in Dying – An Interdisciplinary Overview with Updates MAiD Team	E3 Grief Literacy: Supporting Grieving Children Through Shared Language Carla Mitchell
12:15 PM	LUNCH		
1:15 PM	CARSTAIRS AWARD CEREMONY		
1:15 PM	F1 Non-Forced Care: Using An Individualized Approach to Care Kayla Vanderwees	F2 Provision of Patient and Family Centred Care to Critically Ill Patients in the Intensive Care Unit Dr. Kendiss Olafson	F3 Cultivating Hope during Challenging Times Trevor Lehmann
	BREAK		
	KEYNOTE: Dr. Jillian Horton		
3:30 PM	CLOSING		

EMPLOYMENT OPPORTUNITIES



[Employment Opportunities | Actionmarguerite](#)

MHC has been working on re-building its spiritual care team. If you are interested, please click on: - <https://careers.wrha.mb.ca/job/Winnipeg-Spiritual-Health-Practitioner-MB/559478317/> or contact Jennifer Klos at jklos5@misericordia.mb.ca for more information.



[Postes | Villa Youville](#)



[Join Our Team | St. Amant \(stamant.ca\)](http://stamant.ca)



Peer Warm Line Support Workers—Term position
[Sara Riel Jobs in Winnipeg, MB \(with Salaries\) 2022 |](#)



[Ste Rose General Hospital Careers \(prairiemountainhealth.ca\)](http://prairiemountainhealth.ca)



[Get Involved - Holy Family Home](#)



[Careers | Centre de santé \(centredesante.mb.ca\)](http://centredesante.mb.ca)



[Apply Now! - St Boniface Hospital](#)



[Winnipegosis and District Health Centre Careers \(prairiemountainhealth.ca\)](http://prairiemountainhealth.ca)