Annual Conference 2019
Wednesday May 15 to Friday May 17, 2019
Towards a Leadership Role in Mental Health and Addictions: Serving Vulnerable Populations

For more information and to register for the conference visit: http://www.chac.ca/conference/index_e.php

Catholic health care in Canada has been blessed with a legacy of faithful leaders whose dedication throughout their careers has built the ministry and ultimately brought care and healing to persons and communities.

If you know of someone who is deserving of the Midcareer Leadership or Lifetime Achievement Awards, click on the link below for more info and to nominate them.

Nomination deadline: 31 Jan 2019
http://www.chac.ca/conference/awards/current-recipient_e.php

World Day of the Sick—February 11
An observation started by Pope John Paul II as a way for believers to offer prayers for those suffering from illnesses. The day coincides with the commemoration of Our Lady of Lourdes.

People around the world take the time to pray for the sick and for those who work very hard to alleviate the sufferings of the sick on this day. Faith organizations mark this day especially to provide the sick with medicines, food, and spiritual guidance.

To honour the World Day of the Sick, the St. Boniface General Hospital is planning a ceremony to officially bless and illuminate the new cross situated on the roof of the hospital prior to a Eucharistic Celebration that will be presided by the Most Reverend Albert Legatt, Archbishop of St. Boniface in the SBGH Chapel at 11:30 a.m.

Everyone is invited to attend.

May the God of the well and the sick, Of the caregiver and the cared for, Of the comforter and the comforted, Be with us this day. Amen.

New Director of Mission, Ethics & Spiritual Health at St. Boniface Hospital

Dawn MacDonald was appointed Director of Mission, Ethics and Spiritual Health, effective November 19, 2018.

In this shared role with the Catholic Health Corporation of Manitoba (CHCM) and SBH, Ms. MacDonald will lead efforts to develop strategies, processes and programs to support the integration of core Catholic ethos inspired by their sister leader predecessors, including compassion, ethics and spiritual health within their Communities of Service (CoS) and beyond; the education and formation of board directors, leaders and staff engaged with their sponsored communities; and the transfer and sharing of knowledge gained through research.

Ms. MacDonald will also engage with the CHCM CEO Leadership Council and participate in build- ing strong relationships with the Catholic Health Association of MB and the Catholic Health Alliance of Canada.

Dawn has become well known to CHCM’s CoS since being seconded from SBH in 2010 to take a role with CHCM as Director of Strategic Initiatives and Education Lead.

In addition to having a Master of Social Work degree, she is an internationally recognized teacher and trainer of mindfulness-based interventions through Brown University, UMASS, UCSD, Stanford University, as well as the Institute for Mindful Leadership.

She has worked extensively with leaders, physicians, employees, and volunteers, offering evidence-based mindfulness and contemplative trainings through the Compassion Project. Dawn also served on SBH’s Ethics council for several years and completed a certificate in Bioethics through the Provincial Health Ethics Network (AB). She has been part of an extensive review of Ethics Capacity in Catholic Health across Canada.

The Board of Directors of the CHCM is pleased to announce its commitment to establishing a new Centre for Excellence in Mission Integration, in collaboration with the St-Boniface Hospital.

This endeavor seeks to fulfill a long-standing vision to realign, focus and engage existing resources and strengthen their mission culture throughout their Communities of Service.

This joint venture will help renew the ethics capacity at SBH and provide additional support to CHCM’s CoS on the integration of ethics in organizational life.

Through this collaborative effort, they also aspire to further their mission as leaders in fostering ethical reflection, nourishing spiritual health, and inspiring individual, interpersonal and organizational well-being and compassionate connections between CHCM, their CoS, their various client groups, their partners, and
Many Canadians with life-limiting illnesses wish to remain independent and receive the care they need at home or in their community. Improved access to palliative care in a variety of settings is critical to making this happen.

The Honourable Ginette Petitpas Taylor, Minister of Health, tabled in Parliament a Framework on Palliative Care in Canada. The Framework will help support improved access to palliative care by providing a useful reference point for governments, stakeholders, caregivers and communities to help identify common directions and opportunities, address gaps, and share best practices.

Palliative care is a crucial part of our health care system, providing much-needed support to individuals with life-limiting illnesses, and to their families and caregivers, during a very difficult time. Over the coming months, Health Canada will develop a federal implementation plan that will define next steps and federal actions linked to this Framework. It is expected that the implementation plan will be completed by summer 2019.

The Government of Canada will continue to work with provinces, territories, people living with life-limiting illnesses, caregivers, stakeholders, and communities to improve the quality and availability of palliative care for Canadians. Click here to view the new Framework on Palliative Care in Canada.

Liberals changing Canada Summer Jobs attestation after reproductive rights controversy

The controversial Canada Summer Jobs attestation that required program applicants to attest respect for a range of established rights, including access to abortion, has been rescinded following a barrage of protest letters, demonstrations, and people meeting with government officials across the country.

CHAM, several of its members, and a multitude of organizations, individuals and lobbying groups reacted to a change in the Summer Jobs attestation for the 2018 Summer Jobs program. Now, groups that work to undermine those rights or that promote discrimination simply won’t be.

Employment Minister Patty Hajdu stated “the changes this year are really a reflection of the conversations we’ve been having with Canadians, with members of Parliament, with faith-based leaders and with progressive groups across the country. At the end of the day, we are extremely pleased with how this landed. We think that we’ve managed to listen to Canadians and listen to a variety of voices.”

Tangible Spirituality

We might think of Jesus’ physical touch as symbolic of the tangibility of Spirit -- as indicating God’s nearness and realness and man’s actual, spiritual identity. The effect of this Christly touch was always healing, for it was a product of Jesus’ recognition of man’s present spiritual perfection -- of his inherent goodness, wholeness, innocence, beauty, and intelligence. The instant human consciousness reached out to touch or was touched by the Christ, it was lifted higher; it became more spiritual.

Tangible comes from a Latin verb meaning “to touch”. Yet touching, in the sense Jesus did it, clearly superseded mere physical contact with another person. It was really a mental touch. And though Jesus’ power did result in physical healing, it was spiritual in nature. He told his listeners, in effect, that the only power he had was reflected power because God, Spirit, was his almighty Father -- the source of his healing power and of all power on earth.

CHAM Gears up to help coordinate 175th Anniversary of the Arrival of the Grey Nuns in Manitoba

Preparations have begun to pay tribute and celebrate the Sisters of Charity of Montreal’s (Grey Nuns) 175th anniversary in 2019.

As the Sisters were foundresses of our Association, CHAM is honoured to collaborate in the planning this hallmark celebration. Julie Turenne-Maynard is chairing the planning committee in with the Grey Nuns and a few community volunteers. The St. Boniface Archdiocesan Vocation Committee is also involved in planning an event on February 2nd.

Tangible spirituality

There’s a force in the universe, which, if we permit it to flow through us and produce miraculous results.
Ministry of Care (formerly known as Ministry to the Sick, Elderly and Disabled), a volunteer committee within the Archdiocese of St. Boniface, offers formation and resources to parishes to support clergy, eucharistic ministers and all individuals reaching out and offering a presence to those in need.

To provide safe and effective service, the individuals should be reliable and mature; able to communicate with teams at hospitals and personal care homes; able to effectively and non-judgementally communicate with family members; have excellent listening skills and be able to “meet people where they are”.

A renewed committee, of which CHAM is a member, draws upon resources from within the community to address areas of need, including a volunteer training toolkit, grief and bereavement resources and mental health support.

The diocesan pastoral council chairperson has been invited as a committee member for effective communication amongst the parish communities. In addition, the Ministry of Care committee is appreciative that the executive director of CHAM has agreed to provide support through available resources and information in Manitoba.

A survey of existing resources will be developed and executed by the committee to further determine the area of most need.

https://www.archsaintboniface.ca/

**UPCOMING EVENTS 2019**

Jan 24–9 am to 4 pm
Compassion Fatigue
Aulneau Renewal Centre

Feb 6th Reflections on Suffering
(see poster for more details)

Feb 6 & 7. The Butterfly Model of Care in Canada

Feb 10-17 Catholic Health Care Week

Feb 11 World Day of the Sick

March 24-29 Recreating the Heart of Compassion
Visit CHOM winter pro-
gramming (see link below)

April 17 Leah Weiss
9-11 Workshop (Details to follow)
12-1 Grand Rounds
(see poster)

May 15-17, 2019
CHAC Annual Conference—Banff

View all Compassion Project Winter Programming by clicking here:

If you have questions or comments, contact Julie Turenne-Maynard at 204-235-3136

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**Relaxing the Body, Awakening the Heart**

with Dillon Cherrett

MONDAYS, Jan.7—Mar. 18

No class on Feb. 18

16h 30—17h 30

Location: St. Boniface Hospital Parlour, 431 Taché Avenue

Cost: $100/10 weeks or $10 drop-in

In these movement-based classes, attention will be paid to release muscle tension, employing a specialized ball rolling technique. This practice has significant therapeutic benefit, releasing physical pain and discomfort, greatly improving flexibility, while developing strategies that can be practiced at home. These classes are ideal for anyone who is dealing with soreness and stiffness in their neck and shoulders, hips, hip flexors, hamstrings, lower back, upper back, and feet.

Balls and yoga mats are provided.

For more information, contact Shawna Namaka at 204.258.1053

February 2nd—7:00 pm
St. Boniface Cathedral

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### Purpose and Meaning at Work

Preventing burnout through compassion cultivation

**COMPASSION GRAND ROUNDS**

**WEDNESDAY, April 17, 1200-1300 hrs**

with Leah Weiss, PhD

Location: Samuel N. Cohen Auditorium, St. Boniface Hospital Albrechtsen Research Centre
351 Tache Avenue

Explore In this one-hour talk, our capacity to bring our whole selves to our professional work, based on Dr. Leah Weiss' overwhelmingly popular course at the Stanford Graduate School of Business and her new book, *How We Work*. Using contemplative approaches and stressing the importance of fully engaging our hearts and minds at work, Dr. Weiss shows how to attend to difficult feelings without becoming submerged by them, how to develop awareness of our bigger picture goals that orient us and allows us to see purpose in the most menial tasks. She offers a set of practical, evidence-based strategies for practicing presence in the real world, revealing how not to merely survive another day, but how to use ancient wisdom traditions to sharpen our abilities, enhance our leadership and interpersonal skills, and improve our satisfaction.

**FREE - NO REGISTRATION REQUIRED**

Leah Weiss, PhD, is a researcher, trainer, consultant and author. She teaches courses on compassionate leadership at the Stanford Graduate School of Business and is Principal Teacher and Trainer for Stanford’s Compassion Cultivation Program. She also directs Compassion Education and Scholarship at HopeLab, an Omidiy Group research and development non-profit focused on resilience.

**INFORMATION:**

Call 204-258-1053 or email compassionproject@chcm-ccsm.ca

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Journey towards your deeper sense of purpose

Find clarity, reduce stress, and nurture the spirit of compassion.
Reflections on Suffering

February 6, 2019

Morning Session
9:00 Registration
9:30 The Gift Given by Those Who Suffer
Dr. Christine Jamieson will explore the gift given by those who are "marked" through the affliction of physical and mental illness, or of disability and how we experience the unique transformation that is only possible through our encounter with one who suffers illness or disability.
10:00 Health Break
10:45 The Value of Suffering
Katarina Lee will discuss end of life issues and their interactions with the notion of suffering as well as how the Canadian cultural shift towards Medical Assistance in Dying has influenced suffering. Katarina will also speak on society’s ability to appropriately address suffering, the philosophical reasons for suffering, and the benefits and limitations of palliative care.
12:00 Brown Bag Lunch.

Location: St. Boniface Cathedral - Lower Level, 180 avenue de la Cathédrale

CHAM & IHCAM Members: Free
General Public: $25

To register copy this link and fill out the form on-line: shhp.ca/9755
For more Information, contact Julie Tarenne-Maynard: 204.236.3136 or jm@cham.mb.ca

The Butterfly Model of Care in Canada

February 6, 2019

Registration: 12:30
Public lectures: 1:00 to 4:00

The presentation will include the history of Dementia Care Matters and information on The Butterfly Model in Canada and internationally. Recent videos of work and success in Canada would be provided and the audience would engage in a few interactive exercises to help make the Model alive in an experiential way.

Catarina Versamol
National Director
Dementia Care Matters

The Butterfly Model of Care in Canada

February 7, 2019

Full-day Workshop – Designed for those interested in understanding more deeply what a Butterfly Project entails and what the Butterfly Model is about
8:30 Registration
9:00 “Being Person Centered” & Feelings Matter Most The Butterfly Model of “Emotional Intelligence”
12:00 Lunch Break
1:00-4:00 The Butterfly Model of Care and Culture: What Is It and How to Get There? The Butterfly Model in Canada - Successes and Impacts on Care

The objectives for the day are:
► To have a clear perspective on what a Butterfly Home looks, sounds and feels like
► To begin to explore DCM’s Model of Emotional Intelligence which underpins The Butterfly Model
► To understand the journey required from the Clinical Model to the Congruent Butterfly Model
► To see where people are at with the existing and new culture of care
► To learn about the Butterfly Model implementation so far in Canada

Location: St. Boniface Cathedral – Lower Level, 180 avenue de la Cathédrale

CHAM & IHCAM Members: $75
General Public: $100

To register copy this link and fill out the form on-line: shhp.ca/2668
For more information, contact Julie Tarenne-Maynard: 204.236.3136 or jm@cham.mb.ca