

Connections

Giving hope, comfort, peace and sharing community with those we serve.

Let us Pray that COVID-19 subsides

As I sit down to prepare IHCAM's spring newsletter from my home office, the coronavirus weighs heavily on my mind since the majority of IHCAM members are working hard on the front lines of healthcare to do all they can to keep their residents, patients, clients, staff, and facilities safe.

I have been posting daily prayers on our association's FaceBook page and sending them to those on my contact lists, but feel it also important to dedicate the first page of this newsletter with a prayer.

In this time of COVID-19, we pray:

When we aren't sure, God, help us be calm; when information comes from all sides, correct and not, help us to discern;

When fear makes it hard to breathe, and anxiety seems to be the order of the day, slow us down, God;

help us to reach out with our hearts, when we can't touch with our hands;

Help us to be socially connected, when we have to be physically distant; help us to love as perfectly as we can, knowing that "perfect love casts out all fear."

For the doctors, we pray, for the nurses, we pray, for the technicians and the janitors, and the aides and the caregivers, and the health care administrators we pray.

For the researchers and theorists, the epidemiologists and investigators, for those who are sick, and those who are grieving, we pray.

For all who are affected, all around the world... we pray for safety, for health, for wholeness.

May we feed the hungry, give drink to the thirsty, clothe the naked and house those without homes; may we walk with those who feel they are alone, and may we do all that we can to heal the sick—

in spite of the epidemic, in spite of the fear.

INSIDE THIS ISSUE

Let us Pray	P. 1
Who do I want to be during Covid-19	P. 2
Power of Storytelling	P. 3
Portrait of a Spiritual Care Director	P. 4
Ring the Bells & Welcome Carolyn	P. 6
Upcoming Events	P. 6-7
Donwood Manor's 50th Anniversary	P. 8
Education Fund & Membership	P. 9

Help us, O God, that we might help each other.

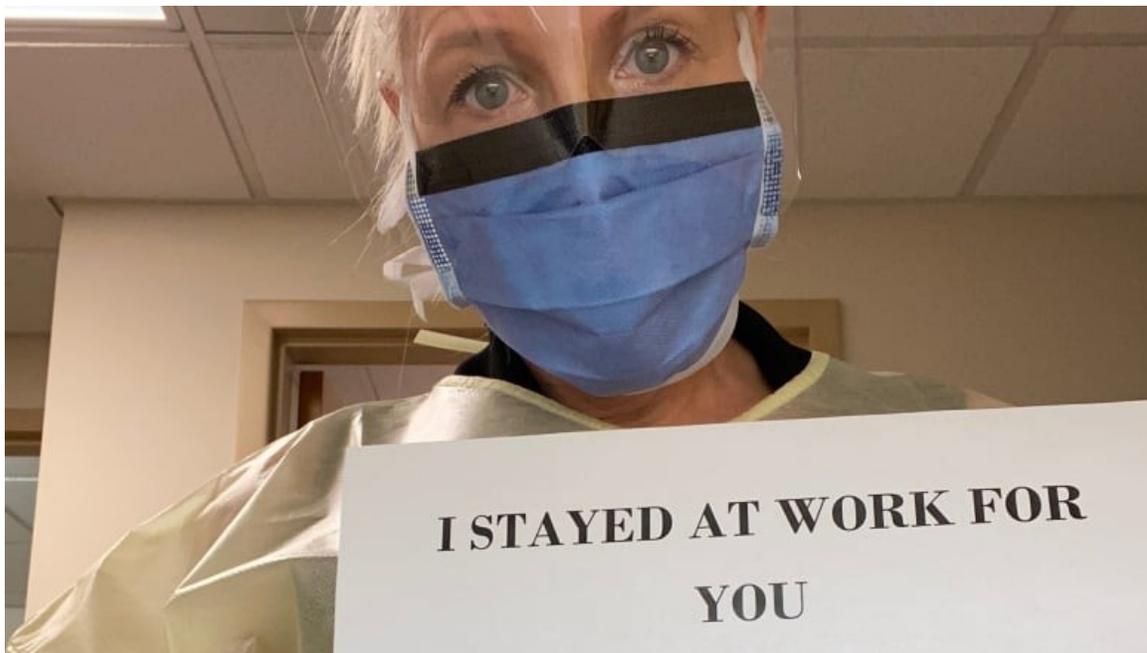
In the love of the Creator, in the name of the Healer, in the life of the Holy Spirit that is in all and with all, we pray. May it be so.

A prayer during times of COVID-19 by the Right Rev. Richard Bott of the United Church of Canada.

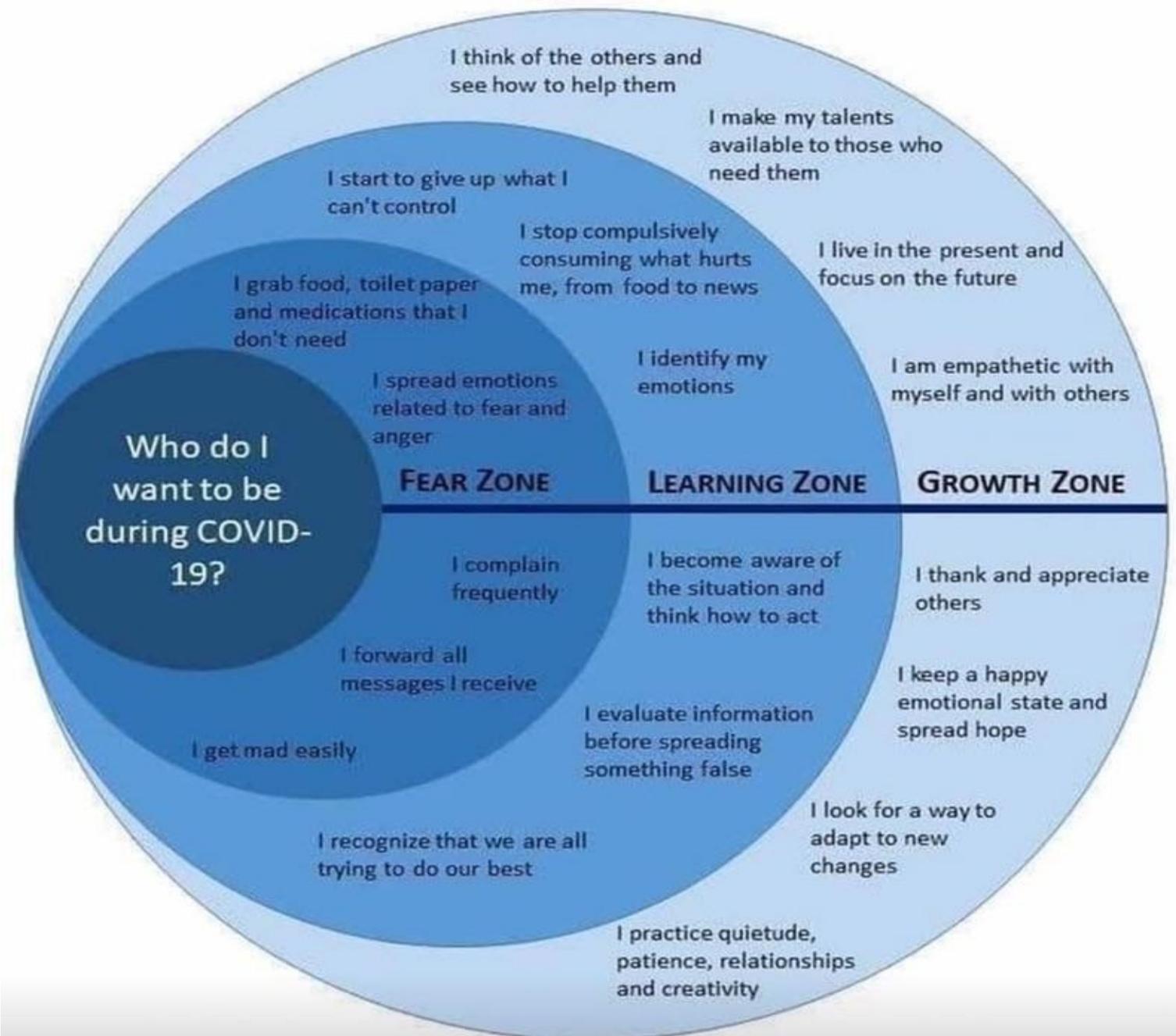
I invite you to listen to this short song entitled "We Are Not Alone" by Pepper Choplin by Sandy Ridge Mennonite Church parishioners.

<https://www.youtube.com/watch?v=GQtjInSK3g&list=RDOviilwuJVtE&index=5>





Erin Marshall is an occupational health nurse at St. Boniface Hospital. Her husband, Chris, worries she will contract COVID-19. People who can stay home should stay home to protect people like her. Let's all do what is best for Manitobans.



“To care for those who once cared for us is one of the highest honours.”



IHCAM, in partnership with the Catholic Health Association of Manitoba has been collecting stories from people who have benefitted from the services they have received in our faith-based healthcare facilities.

Finding Joy While Caring for Those You Love

Bernice Parent noticed how the staff at Actionmarguerite (AM) interacted with her mother, Dorothée Parent, and it touched her deeply. *“The staff would stop, smile, and ask her how she was doing. This is so important for a resident who is dependent on her caregivers,”* says Parent, a past board member of the AM Board of Directors. *“They speak slowly and patiently, and there is often soft music playing. The gentle environment was so good for my mother and it was worth everything to me.”*

Parent’s mother lived at AM St. Vital at 450 River Road for several years, until the time of her passing in August 2018. She was safe and comfortable, but her health declined over time. Her dementia worsened and needed a wheelchair to get around. Even with the complexity of her needs, says Parent, her mother was treated with the utmost dignity and respect.

“For example, they knew that throughout my mom’s life she liked to be well-groomed and well-dressed,” explains Parent. *“So, when they saw that she wasn’t clean after a meal, they took her back to her room to get changed. Small things like this meant so much that she always received at Actionmarguerite.”*

Tia Walker

In 2016, Lisa Schmidt’s 76 year old father had returned from Mexico feeling unwell, and ended up in hospital with a life-threatening illness that no one had seen coming.

“He nearly passed out in pain,” says Schmidt. He went to the emergency room twice and it was finally discovered that his appendix had ruptured, and he was septic. Her dad was admitted to SBGH and they began immediate intravenous antibiotics. *“His blood had become so infected. He needed to get stabilized.”*



The fact that her father was being treated in a facility that provided faith-based services was extremely reassuring, says Schmidt.

“We are a Christian family, so we felt very comforted by the fact that the hospital had that same ideology. St. Boniface Hospital ensures that it “meets the spiritual and religious needs of the patient— regardless of faith tradition, practices, or beliefs.”

She adds that although it was a scary

situation for the entire family, they were extremely happy with the care they received.

“I think they saved him from death,” Schmidt says. She knew that if things were very dire, the family would have accessed a chaplain at St. Boniface to perform a last blessing or attended the chapel to pray.

Schmidt also says the family, who were at the health centre round-the-clock while her father was so ill, found solace in the hospital’s icons and religious symbols. While not overt, they provided the background knowledge that her father was in a place that supported his beliefs, she said.

“It was familiar and comforting but also understated,” she says. The family is of Lutheran background, and religion is very important to her father, who fortunately made a full recovery. Lisa adds that her family is extremely grateful to St. Boniface Hospital and the religious-based health care her father received.

“Everything there went so smoothly. He really started to improve once he was admitted. And we were extremely satisfied with the care we received. Not just the physical day-to-day care of the doctors, nurses and support staff—that was exceptional—but also just the feeling that your religion is supported and nourished there.”



In 2017-2018, Spiritual Directors International brought a task force together to create a "Portrait of a Spiritual Director"

Spiritual directors/companions support the unique spiritual journey of every individual. They are present with those they companion, listening and responding without passing judgment. They are contemplative and honor silence as a spiritual practice. They are intuitive spiritual friends – accountable and compassionate, loving yet independent.

Spiritual direction/companionship inspires people to experience authenticity in their lives as they connect with and explore the ground of all being, that deepest of truths which is beyond life and death and goes by many names, including God, and no name at all.

Abilities & Gifts

A spiritual director is called

The natural gifts of a spiritual director may include: discernment; guiding others in prayer and silence; ability to share wisdom at appropriate times without imposing on a directee; capacity for depth and breadth; acknowledgement of spiritual freedom; grounding in stability; interpersonal rapport.

Others recognize the director's inherent qualities such as: wisdom; gentleness; compassion; maturity; caring; prayerfulness; traveling a recognizable spiritual journey; personal integration; openness to self, others & the transcendent.

Portrait of a Spiritual Director

Aspiration is intuitive: Directors seek to connect others with the deepest of truths; to support the spiritual transformation of self, others and the world; to embrace holism by integrating mind, body, will and spirit.

Skills & Knowledge: A spiritual director has training or experience

Listens deeply: noticing, tracking, waiting, distinguishing, prioritizing, paraphrasing, probing, challenging and disclosing - always to serve the directee and the spiritual direction relationship.

Maintains an inner-life practice: including prayer or other contemplative practice, reflection, deepening self-awareness, and familiarity with personal gifts, limitations, & wounds, recognizing that all these affect the spiritual direction relationship.

Honors healthy interpersonal boundaries: understanding when and how to make appropriate referrals; acknowledging assumptions & personal biases and recognizing when those get in the way of the spiritual direction relationship.

Exhibits habits of self-care and care for others, including careful attention to the "Guidelines for Ethical Conduct for Spiritual Directors."

A spiritual director is competent

Distinguishes between psychology and spirituality and recognizes the limits of personal knowledge and experience which might indicate the need to refer to another professional.

Recognizes varied states in directees, including mental, emotional, physical, spiritual states; noticing shifts in spiritual movements, affective moods, cognitive states; naming personal triggers, hooks, wounds.

Considers on-going learning part of the calling, including study of various faith/wisdom traditions, sacred texts, and exemplars of faith; a spiritual director is open to insights from other professional disciplines, and the dynamics in psycho-socio-cultural integration.

Accountability & Integrity A Spiritual Director is Authentic

Attends regular spiritual direction for self.

- Receives supervision by peers and teachers - and is responsible for her/his work through that direct supervision;
- Shows respect for the agency of directees;
- Follows universal ethical guidelines, summarized as "Do no harm";
- Finds support and is accountable in a community setting.
- Inspires others to explore and embrace: trustworthiness; vulnerability; openness; courage; faith; integrity; transformation
- Integrates values into daily life, such as: non-judgment, inclusion, contemplation, compassion and service for the common good



Ring church bells or play music at noon on Sundays to honour our essential service workers

Bishop Albert LeGatt, Archbishop of St. Boniface has invited all parish priests to ring the bells of their churches at noon on Easter Sunday and every Sunday until Pentecost, that is, until the end of Easter time on May 31st, 2020 .

In this context, the ringing of the bells joyfully serves to signal our gratitude to the front line employees in our society, the thousands of people who leave

their homes and the safety of their good health, to commit to providing essential services as we, the rest of the population, continue to live our lives as normal as possible, safe and knowing that we will receive the care we need when we need it.

The practice of ringing church bells will be a symbol of our sincere gratitude to all of these people.

IHCAM is inviting all faiths to join in by ringing their church bells, play music, or an instrument at noon starting April 8th. However, in order for this to have maximum impact, people need to be informed about why churches are ringing their bells.

Please spread the word and contact your local pastor, minister, rabbi or priest to participate in this endeavour.

Carolyn Fenny fills in Sherry Hildebrand's shoes as new CEO at Tabor Home in Morden

After thirty years, Sherry Hildebrand made the decision to retire from her position of Chief Executive Officer at Tabor Home in Morden in January of 2020. The position of CEO didn't remain vacant with Carolyn Fenny already taking up the role. Fenny shadowed Hildebrand learning the ins and outs of personal care services for one month before taking over the helm of the personal care home.



"Sherry is an incredible person, and she made me feel so welcome from the start." Carolyn is excited to begin her career at Tabor and looks to build relationships with both residents, staff, and the community.

Fenny has worked in the personal care industry for many years in recreation at a personal care home. As a student, she saw the opportunity to learn from residents and improve their quality of life. Speaking to a career advisor after taking a course, she was encouraged to find a place that fit with her mission, vision and values, and Tabor was that opportunity.

She says she will be taking what she learned from Hildebrand by building and maintaining relationships not only with residents and colleagues but the community as a whole. Carolyn has embraced being a member of the Interfaith Healthcare Association of Manitoba, as well as the Manitoba Association of Residential and Community Care Homes for the Elderly, and looks forward to meeting many of the CEOs in Manitoba's non-profit faith based organizations once the pandemic has subsided.

Volunteerism is another aspect she hopes to focus on. She says volunteers are an integral part of the culture at Tabor Home and are always looking for new individuals searching for a way to serve their community.

Welcome Carolyn!

CARING FOR THE HUMAN SPIRIT

April 20-22 / 2020

Hosted by Healthcare Chaplaincy Network™

APRIL 20th, 2020

<https://us04web.zoom.us/j/232145949> | Meeting ID: 232 145 949

Password for this day **49155**

7:30 am – 8:15 am

Welcome and Opening Reflection

8:15 am – 9:45 am

Keynote Address by Richard Rohr, OFM: Tracking the Perennial Tradition Creates an Alternative Orthodoxy

10:15 am – 11:45 am

Plenary Session with Roshi Joan Halifax, PhD: Compassion and Challenges in Chaplaincy: A Perspective on Caring Interactions

1:00 pm – 2:30 pm

Workshop: Clinical Personal Education – An emerging model of preparation for clinical service

3:00 pm – 4:30 pm

Workshop: The Soul of Aging: Creating a 'Circle of Trust' for Deep Explorations of Meaning in Long Term Care and in Our Later Years

APRIL 21st, 2020

<https://us04web.zoom.us/j/588842162> | Meeting ID: 588 842 162

Password for this day **658119**

8:15 am – 9:45 am

Plenary Session with Bryan Sexton, PhD: Thriving vs. Surviving Times of Change: The Science of Enhancing Resilience

10:15 am – 11:45 am

Plenary Session with Jason Callahan, MDiv, MS, BCC: Bridging the Divide: Chaplaincy in the Secular Age

1:00 PM – 2:30 pm

Workshop: Palliative Care: The Family: The Theoretical Constructs of Collective Mind, Sense-making, and Do

3:00 PM – 4:30 pm

Workshop: Staying Fresh: The Art of Personal & Professional Revival

APRIL 22nd, 2020

<https://us04web.zoom.us/j/242204557> | Meeting ID: 242 204 557

Password for this day **658119**

8:30 am – 10:00 am

Workshop: Trauma and Resilience: A Clinician's Guide to Healing and Health

10:30 am – Noon

Workshop: Panel Discussion: Building Resilience – Programs that Work

log in
anytime for
any of the
scheduled
sessions

an online
conference
via zoom

FREE REGISTRATION

All participants will have access to every presentation from this conference.

Participants may log on via Zoom meeting link, details shown in above daily agenda. For a full description of all sessions <https://www.spiritualcareassociation.org/conference-agenda.html>

For more information, please contact Julie Turenne-Maynard at jtmaynard@cham.mb.ca or 204-771-5585



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

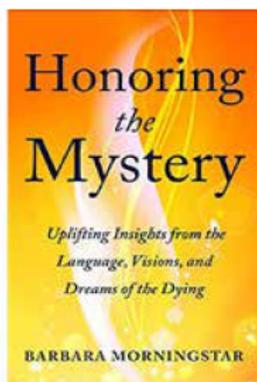
REVISED WORKSHOP DATE

May become a Webcast due to COVID-19

CAN YOU FEEL THE PAIN IN MY HEART TOO? & HONOURING THE MYSTERY

THURSDAY, JUNE 11, 2020

A workshop designed for healthcare professionals working in hospice, palliative care, bereavement programs, and caregivers who are supporting persons who are ill or palliative.



MORNING SESSION:

CAN YOU FEEL THE PAIN IN MY HEART TOO?

Barbara will explore some of the more sensitive turning points witnessed during the dying phase of life and in supporting family caregivers. Through stories and shared experiences, she will guide participants in ways to deepen our care, while also discovering ways to hold and attend to the suffering we often bear witness to, including our own.

AFTERNOON SESSION:

"HONORING THE MYSTERY- THROUGH THE EYES OF CAREGIVERS"

Barbara will invite healthcare participants to contemplate the mystery of death, with an attitude of an explorer venturing into unknown realms, while listening and absorbing all that is being shared by the dying and the bereaved. She will highlight key themes and discuss how these moments can help with healing, aid in a more peaceful passing, and offer greater comfort to families, friends and the care providers who support them.



Barbara Morningstar has lived at the frontier of death, both professionally and personally for over twenty-five years. While working for three different hospice societies in BC, she oversaw palliative and bereavement programs, counseling staff, and hospice volunteers for a twenty-bed hospice residence, an eleven-bed Tertiary Palliative Care unit in the local hospital, and with people who were being supported to die at home in the community. She has worked with thousands of people during this tender life transition over her many years in the hospice field.

Now an End of Life Educator, and founder of Autumn's Cocoon Education, Barbara has been a keynote speaker at major hospice and palliative conferences. She is the author of the book "Honoring the Mystery: Uplifting Insights from the Language, Visions and Dreams of the Dying."



REGISTRATION INFORMATION

Full Day Session
(includes lunch)
9:00 am – 3:00 pm
\$75 (Members \$50)

Morning Session only
9:00 am – 11:30 am
\$30 (Members \$20)

Afternoon Session only
12:15 pm – 3:00 pm
\$30 (Members \$20)

Registration Link:
<https://chamihcamworkshop.eventcreate.com>

For more information:
Joanne Laroche
204-258-1224
jlaroche@chcm-ccsm.ca



"A village without the elderly
is like a well without water."
- African Proverb

The Show Must Go On!

Monday, April 27th 7PM-7:45 PM On-line

<https://donwoodmanor.org/events>

When Donwood Manor began planning its 50th anniversary celebrations, never in a million years did they anticipate or imagine that a global pandemic would surface in 2020 and bring everything to a halt.

At Donwood, safety is always their top priority, and the current COVID-19 crisis has heightened their vigilance to ensure that all residents, staff, and families are safe.

Given this new reality, Donwood has made changes to

the 50th Anniversary Fund-raising Banquet format that has been planned for Monday, April 27th.

The show will still go on, and they sincerely hope that anyone interested will still join them from the comfort of their own homes for a 45-minute online event revolving around the theme ***"A village without the elderly is like a well without water"*** (African proverb), featuring live music from Steve Bell, a message from Carolyn Klassen, and

sharing from family members of Donwood residents.

They are offering this alternative presentation format with sincere gratitude and in partnership with Canadian Mennonite University.

Now, more than ever, Donwood invites you to partner with them to provide financial support for the continuation of spiritual care and other key Donwood Foundation Services during this challenging time.

Caring for Seniors with dignity,
respect, and Christian Values

MEMBERSHIP OPPORTUNITIES

The Interfaith Health Care Association of Manitoba (IHCAM) is a voluntary non-profit provincial association created in 1995 and comprised of health and social care organizations that are owned and operated by nine faith groups; Baptist, Catholic, Jewish, Lutheran, Mennonite, Pentecostal, Salvation Army, Seventh-Day Adventist and United. IHCAM advocates on behalf of its membership the value of faith-based health care and governance, and creates opportunities for sharing of information, formation, and communication.

IHCAM's membership represents over 13% of Manitoba's health care budget employing over 10,000 staff and attracting over 2000 community volunteers.

Associate Members consist of individuals or non-profit health care organizations operating in the Province of Manitoba (annual fee is \$350). Individual memberships are also available at the cost of \$50 per year.

If you, or your organization, is interested in becoming a Regular, Associate or Individual member, contact our executive director Julie Turenne-Maynard for more details.

<http://www.ihcam.ca/media/IHCAM-Membership-Application--Fees-structure.pdf>



**Interfaith Health Care
Association of Manitoba**

**Association confessionnelle
de la santé du Manitoba**

N5067—431 Taché Avenue, Winnipeg, MB R2H 2A6

Email: jtmaynard@cham.mb.ca

Phone: 204.235.3136 Website: www.ihcam.ca

Executive Director: Julie Turenne-Maynard

IHCAM SUPPORTS TWO STUDENTS STUDYING ETHICS

IHCAM is pleased to have had the opportunity of providing formation grants to two individuals in its 2019-2020 fiscal year, both of which are studying in the field of ethics and bio-ethics. (At its simplest, ethics is a system of moral principles. Ethics is concerned with what is good for individuals and society and is also described as moral philosophy.) Ethics is so important in healthcare, and especially in healthcare environments that are faith-based. There is a great shortage of ethicists in North America, and we look forward to seeing them succeed in their studies.

INTERESTED IN APPLYING FOR A FORMATION GRANT?

IHCAM's Formation Fund has been established as part of its commitment to providing on-going support and training to its members. We value excellence in leadership, board governance, and person-centred care, and encourages our members' trustees, employees and volunteers to explore ways to grow in compassion.

Investing in our people will allow them to perform their duties to the best of their abilities, and help to create the conditions for them to grow throughout their journey in the facility and community they serve.

We want to provide IHCAM members the opportunity to acquire additional skills & knowledge to strengthen their effectiveness in the position they hold in our member institutions. Our hope is that by investing in the development and formation of individuals today, our Communities of Service and the community at large, will benefit for years to come.

For more information on this program and access to grants and the FAQ, click on this hyperlink. <http://ihcam.ca/news.php?lang=en>