



Connections

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

As I look out my office window and see a beautiful blue sky and hear birds chirping, I feel that we are finally turning the corner of what has been a long, cold, hard winter. Not only weather-wise, but it has been very difficult for families, healthcare employees, residents, and the overall community as we continue to live in a COVID environment.

Caring for our Human Spirit is of utmost importance, and it is for this reason that IHCAM took part in a conference organized by the Healthcare Chaplaincy Network in late March and invited those interested to take part in it with me. For those who were unable, you may listen to a few video recordings, and read the presentations via this link: <https://ihcam.ca/main.php?p=77>.

Spring also comes with a wealth of opportunities for you to take part in some very worthwhile formation and education opportunities. I have included several of them in this newsletter and hope that you will have the time to partake in one or a few of them.

If you are a 2021 member of IHCAM and plan to renew your membership, or are interested in becoming a member, (please note that our membership runs from April 1st to March 30th annually), there are opportunities to apply for an education grant if you need it. You can find more information on page 10 of the newsletter.

Spiritual Health has always been a priority for this association. As I have written in the past, IHCAM is committed to advocating the importance of incorporating spiritual health care as an integral part of the interdisciplinary team in our healthcare facilities and sector as a whole.

A spiritual care advisory committee has had some meetings and is working in collaboration with Ela Partyka of Shared Health as well as the department of Mental Health and Wellness and is progressing slowly but surely.

We are pleased that Providence College is finalizing the process to offer a MA and MDiv in Chaplaincy by the fall of 2022.

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These degrees would be for those who are interested in pursuing a career in the various places that Chaplaincy/Spiritual Care Ministry occurs. The student would be required to complete core courses from the Biblical and Theological Studies department along with others from the Counselling department. There would also be a collection of specifically tailored chaplaincy courses to prepare the student to work well within this field. If you know of someone who would be interested in pursuing this, please pass this on.

For others who would like to take a Clinical Pastoral Education Unit (CPE), applications are currently being accepted. Please contact Chene Layne at clayne@sbgh.mb.ca or Lindsay Drabiuk at lindsay.drabiuk@gov.mb.ca



Interfaith Health Care
Association of Manitoba

Association confessionnelle
de la santé du Manitoba

Julie Turenne-Maynard, Ex. Director
N5067—431 Taché Avenue,
Winnipeg, MB R2H 2A6
Email: jtmaynard@cham.mb.ca
204.235.3136 www.ihcam.ca



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](#)

REGISTRATION DEADLINE: MAY 1, 2022

Connect virtually from anywhere

Click here for Registration Info:

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



Webinar Series

Next Steps in COVID-19 Response in Long-Term Care

MONDAY MAY 16, 2022

As long-term care and retirement homes continue to adapt to COVID-19, collaborative learning is needed now more than ever. The Next Steps in COVID-19 Response webinar series brings people together so they can share with and learn from others facing similar challenges and opportunities in long-term care and retirement homes during the pandemic.

This webinar series focuses on six key areas that can strengthen pandemic response: preparation; prevention; people in the workforce; pandemic response and surge capacity; plan for COVID-19 and non-COVID-19 care; and presence of family.

This webinar series complements the [LTC+ Acting on Pandemic Learning Together](#) program and is open to anyone who would like to join.

CREATIVE STAFFING

MODELS IN LTC WITH DEBRA

BOUDREAU, MICHELE LOWE,

AND LAURIE CERQUETI

Join us for a discussion on some of the creative ways that LTC homes have approached models of staffing during the pandemic, and learn about a new framework for managing health human resources in LTC.

Registering gives you access to all webinars and series. Click on this link to register for this webinar:

[Webinar Series: Next Steps in COVID-19 Response in Long-Term Care \(office.com\)](#)



University of Manitoba | **Centre on Aging**

The Centre on Aging, University of Manitoba, was established on July 1, 1982, with a mandate to serve as a focal point for the conduct of research on aging. The Centre has developed a national and international reputation for excellence in research.

The goal of the survey is to gain a picture of training/ learning needs of those working with older adults and to determine how best to provide possible learning opportunities at the University of Manitoba.

<https://www.surveymonkey.com/r/V7Q98H3>

Continuing Education/Professional Development in Aging Survey

The survey asks participants to indicate their level of interest in workshops or training events by skill area, as well as specify topics of interest. The survey will take about 20 minutes to complete.

Your assistance with this project is greatly appreciated. If you would like more information about the study or if you have any questions, please send us an email at nicole.dunn@umanitoba.ca.

It has been approved by the University's Research Ethics Board (REB 1). They can be contacted at humanethics@umanitoba.ca, if you have any issues with this study.



be resilient

Avoid the “pleasure desert:” Finding your joy

The term self-care typically brings to mind things like healthy eating, regular exercise, maintaining good relationships, meditation, yoga or a bubble bath. Under ideal conditions, some or all of these activities can be something to look forward to, but it's easy to feel as though self-care becomes an entire to-do list of its own when we're maxed out and short on time and energy. When we need self-care the most, the last thing we need is another list of “must do” items that reinforces those feelings of being overwhelmed and inadequate.

Rather than give up on self-care altogether when you're struggling to find the time and energy, why not take a different approach and start with something that feels fun or brings you joy?

Take a moment to think about the presence or absence of joy and pleasure in your life. Where do you find joy shows up without effort? What do you do that brings you pleasure? Under what circumstances do you grant yourself permission to make joy and pleasure a priority?

For many of us, pleasurable activities fall to the bottom of our priority list. This means that we set conditions for pleasure: after my obligations at work and home are taken care of, and if I've eaten my vegetables and taken a walk and meditated for 20 minutes, then I'm allowed to sit down and play my guitar.

And if we're honest with ourselves and examine this set of conditions with a realistic eye, it's easy to see how the guitar ends up

collecting dust in the corner. When we're under a heavy load, we often lack the energy to do self-care tasks that aren't necessarily fun, like exercising regularly or meal planning for healthy eating. So, if we tell ourselves that we aren't allowed to “have our dessert until we've eaten our vegetables,” it's easy to end up in a ‘pleasure desert’ where joy seems impossible to find or appears only as a mirage in the distance.

It may seem the opposite to what you'd expect, but **making pleasure a priority can make it easier to do the things you have to do by energizing you and attending to all aspects of your self.**

The proverb, “All work and no play makes Jack a dull boy” originates as early as 1659. It means that when we don't make time for pleasure, we become boring people. It could also be said that “All work and no play” leads to a lack of motivation, lower productivity, increased risk of mental and physical health concerns, and all the usual suspects when it comes to poor wellness outcomes. That's because **play, joyfulness, pleasure and fun are some of the things that give our lives value and meaning.** When we feel that our lives have value and we regularly connect with the things that bring meaning, we're fueling our gas tank to take care of the “must do” tasks that typically fill the bulk of our days.

If you've been wandering in a ‘pleasure desert’ and are wondering how to bring joy and fun back into your life, it doesn't have

to be difficult. Often some small mental shifts are enough to move things in the right direction. Here are some questions for self-reflection to get you going:

- **What activities or experiences do you find fun?**
- **When you feel joy or pleasure, where do you notice it in your body?**
- **What do you do when you want to laugh?**
- **Which activity (past or present) do you do less than you'd like because it feels less important than other tasks?**
- **What change do you notice in yourself after you've experienced joy, pleasure or fun?**

A common reality is that when we're feeling low or tired, it can be difficult to engage our creative mind to come up with things that make us feel better. Many people find it useful to make a list of fun, joyful or pleasure-inducing activities to keep handy for times when they need a boost.

Joy and pleasure are important parts of a self-care plan and not to be banished to the bottom of the list. If “all work and no play makes Jack a dull boy,” then “a good mix of work and play makes me healthy, motivated and engaged” are certainly the better words to live by.

Jodie Voth, MMFT, RMFT
Manager, Employee Assistance Services,
Blue Cross

MAY 06, 2022 — MAY 08, 2022

BEING WITH DYING: Online Training Program (2022)

ONLINE PROGRAM • DONATION REQUESTED

Register for: [BEING WITH DYING: Online Training Program \(2022\) \(upaya.org\)](https://www.upaya.org/being-with-dying)

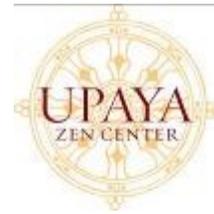
Instructor(s): Roshi Joan Halifax, PhD; Anthony Back, MD; Cynda Hylton Rushton, PhD, RN, FAAN; Wendy Dainin Lau, MD; Mary Taylor

MAY 6TH, 7TH AND 8TH, 2022

Dear Friends, please know that your donation makes it possible for us to support our teachers and Upaya. And we thank you in advance for your kind support.

Description:

This powerful online training program addresses psychosocial, ethical, existential, and spiritual aspects of care of people who are seriously ill or dying. The program works with a unique ethical and contemplative framework informed by neuroscience. It provides special tools for those serving people living with serious illness and those who are facing death. Drs. Back, Rushton, and Halifax are pioneers and leaders in the end-of-life care field. Dr. Wendy Lau, an ER physician, and Mary Taylor, a renowned yoga teacher, will introduce special practices that support resilience. Designed primarily for clinicians, the training also welcomes social workers, hospice workers, psychologists, administrators, chaplains, clergy, and others who care for the dying.



Schedule

Begins at **5:30 PM** **May 6, 2022** with an introduction by Roshi Joan Halifax and reflective practice led by Mary Taylor.

It concludes on **Sunday, May 8, 2022** at **4 p.m.**

Join us for contemplative practice guided by Roshi Joan and Mary Taylor.

Friday at 5:30 p.m.

Saturday and Sunday at 7:00 a.m.

Saturday at 5:30 p.m.



Members of the Interfaith Healthcare Association of Manitoba are seeking to fill positions. If you are interested or know of someone who would like to work at any of these faith-based health and human service facilities, please click on the following links.

WINNIPEG OPPORTUNITIES

Actionmarguerite: <https://www.actionmarguerite.ca/careers/employment-opportunities/>

Bethania Group: <https://bethania.ca/get-involved/careers/>

Calvary Place: <https://calvaryplacepch.com/job-opportunities/>

Centre de Santé: <https://centredesante.mb.ca/careers/?lang=en>

Convalescent Home of Winnipeg: <https://tchw.com/careers/>

Donwood Manor: <https://donwoodmanor.org/careers/>

Fred Douglas Society: <https://www.freddouglassociety.com/joinourteam/>

Holy Family Home: <https://www.holyfamilyhome.mb.ca/get-involved/>

Lindenwood Retirement Living is seeking a Spiritual Care Coordinator www.lindenwood.ca/careers

Lions Manor: <https://www.lhc.ca/careers>

Luther Home: <https://www.lutherhome.com/>

Meadowood Manor: <https://www.meadowoodmanor.com/careers>

Misericordia Health Centre: <https://ca.indeed.com/cmp/Misericordia-Health-Centre>

Park Manor: <https://parkmanor.ca/employment-opportunities/>

Sara Riel Inc.: <https://sarariel.ca/get-involved/careers/>

Saul & Claribel Simkin Centre: <https://>

www.simkincentre.ca/employment/

St.Amant: <https://stamant.ca/join-our-team/jobs/>

St. Boniface Hospital: <https://stbonifacehospital.ca/careers/>

RURAL OPPORTUNITIES

Eden Health Care Services—Winkler: <https://edenhealthcare.ca/category/careers/>

Rest Haven Personal Care Home—Steinbach: <https://havengroup.ca/jobs/>

Rock Lake Health District: <https://rocklakehealthdistrict.ca/careers/>

Salem Home—Winkler: <https://salemhome.ca/join-the-team/careers/>

Ste. Rose Health Centre: <https://strosehealthcentre.ca/careers/>

Tabor Home—Morden: <https://www.taborhome.ca/faq/newsletter/>

Villa Youville Sainte-Anne: <https://villayouville.ca/working-at-the-villa/job-postings/?lang=en>

Winnipegosis & District Health Centre: <https://www.prairiemountainhealth.ca/index.php/8-our-locations/61-welcome-to-winnipegosis>

FRIDAY, JUNE 3, 2022, 10:00 AM-4:00 PM EDT



WITH OPEN EYES & OPEN HEARTS RECOGNIZING AND LIVING THE JOURNEY OF DYING AND DEATH TOGETHER

SPIRITUALITY AND AGING SEMINAR WITH LINDA HOCHSTETLER

grebel.ca/sa

RIA RESEARCH INSTITUTE for AGING
Schlegel • UWaterloo • Conestoga



Conrad Grebel
University College

140 Westmount Road North
Waterloo, Ontario
N2L 3G6

Virtual registration - \$70 *Enjoy a \$10 discount if you register before May 1st!
(Zoom group participation throughout the day and/or access to recording of the day)

[Click here to register by May 20th.](#)



Shaken to the Core: Addressing Spiritual Struggles in the Context of Healthcare

DATE

Wednesday 18 May

TIME

7 P.M.

RSVP

For Zoom registration email
kate.jones1@nd.edu.au



Kenneth Pargament

A professor emeritus of psychology at Bowling Green State University and Adjunct Professor in the Menninger Dept. of Psychiatry at the Baylor College of Medicine.



This presentation will introduce the audience to the growing body of research and practice on spiritual struggles (i.e. tensions and conflicts about sacred matters within oneself, with other people, and with the supernatural).

We will see that spiritual struggles are not at all unusual, take a variety of forms, and hold important implications for health and well-being. More practically, this presentation will consider how spiritual struggles can be assessed and addressed in healthcare.

We will underscore the importance of multi-disciplinary cooperation and collaboration in working with spiritual struggles.

**Does my life have any deeper meaning? How can I find my moral compass?
What do I do when my faith is shaken?**

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 Catholics 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_registrati](https://chac.formstack.com/forms/2022_conference_registrati)

Artist ~ Jordan Quequish

For updates about the conference go to:
www.chac.ca or contact Cheryl Spencer, Operations
and Events Manager: 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 Mniidoo 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.

We're Still Here - Now What ?

PURPOSE & MEANING AT WORK

Learning from Our Experience to Ground and Guide Us Going Forward

An Exploration with Margaret Wheatley

June 10th 9am to 1pm
A Virtual Workshop on Zoom

Leaders in Healthcare and Human Services have passed through the "Refiner's Fire" of Covid. Despite these years of great challenge, they continue in their commitment to serve as leaders.

So many insights and strengths have sustained these leaders yet probably go unnoticed without time to reflect and illuminate them.

There are many critical lessons learned and personal strengths that, if illuminated, can prepare leaders for the next level of challenges.



SESSION OUTLINE

In this inquiry session, leaders in healthcare will have the opportunity, with colleagues, to identify what these past years of trial have taught them, to claim their hard-won strengths, and to apply these to the critical challenges of current workplace issues, such as staff morale, exhaustion and overwhelm.

Using peer conversations, personal reflection and collaborative group processes, CEOs and Management Team participants will:

1. Discern key lessons learned about effective leadership in chaotic and uncertain times
2. Reflect on and claim the personal strengths they've developed
3. Determine how these learnings and personal strengths will inform their leadership going forward.

The processes create personal introspection within a community of practitioners and, going forward, this community can serve as a valuable resource to offer support, ideas, consolations, and camaraderie.

Renowned Leadership Futurist and Organizational Development Expert for 40+ years, Margaret Wheatley writes, teaches and speaks about how we can use our power and influence and willingly step forward to serve during this troubling time.

REGISTRATION

[Purpose and Meaning at Work - An Exploration with Margaret Wheatley | June 10, 2022](#)
(eventcreate.com)

COST

Individual: \$75
Buy 4 get 1 free. Great workshop for management teams.

INFORMATION

Julie Turenne-Maynard
204-235-3136 or
jtmaynard@cham.mb.ca



Interfaith Health Care Association of Manitoba



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>

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>



IHCAM extends best wishes to **Nina Labun**, who is leaving her position as CEO of Donwood to assume the position of Chief Nursing Officer at the Misericordia Health Centre.

A nurse by profession, Nina has a varied portfolio of teaching and research at the University of Manitoba, as well as clinical and leadership positions with the WRHA. Throughout her career, her focus has always been on improving the health and care services for seniors.

Congratulations and best wishes in your new position!

Eden Health Care Services, which includes a presence in Winnipeg, Winkler and Steinbach, hired **Brad Unger** as their new Chief Executive Officer this winter.

The Eden board was searching for a person who could lead strategically, who understood Eden's ethos, who could speak to it, harness it, guide it, and lead it.

Most recently, Kehler served as Program Director for Recovery of Hope, the counselling therapy program of Eden. Brad has led and supported staff for over 15 years, in counselling, employment, and housing services. Congratulations Brad!

