



# Connections

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

## SERVANT LEADERSHIP IN ACTION

As I approach my fourth year anniversary as Executive Director of the Interfaith Healthcare Association of Manitoba, I have been involved in a number of projects, initiatives, advocacy issues, and administrative duties in support of IHCAM's members and the community. Soon after I was hired, we created a strategic plan and reviewed the vision, mission, and values of the association, who as faith-based healthcare organizations, have always tried to be an expression of God through their healing ministry, care, support, and attentiveness to those they serve.

This year more than ever, I see, witness, and hear how everyone is working wholeheartedly in their fight against COVID in their personal care homes, hospitals, and residences, and am struck by how our mission statement: ***Giving hope, comfort, peace and sharing community with those we serve*** is being lived every single day.

For the past several months, management and staff have been working long hours for weeks on end, managing human resource and supply shortages, dealing with resident and staff positive cases, worried families, deaths, fear, anxiety and so much more. I am humbled and so proud to be part of an association that has such dedicated people putting themselves at risk to help those who are sick, old, and vulnerable.

Our Faith-based groups have an important role to play in bringing hope in the face of today's pandemic. Even in the darkest times faith will endure and give us hope. The Bible has a lot to say about hope. Paul rates it as one of the three defining qualities of Christian life alongside faith and love. Faith for me does give hope for the future even though there is still a difficult path ahead ... but I do believe and pray that my wishes during this blessed time of year will be answered - that we will get through this difficult time; that the vaccines being produced and administered will provide us with that light at the end of this dark tunnel; that we will be even closer to our loved ones; and that everything that was once taken for granted will be appreciated and embraced with open arms when it is safe to do so.

*Julie Turenne-Maynard*  
Executive Director, IHCAM

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## UPCOMING EVENTS

**A Gathering of Loss, Healing and Hope**  
Dec. 21st 7 pm—Virtual

**December Daily Virtual Events:**

[VIRTUAL-RECREATION-NEWSLETTER---2020-DEC-14.PDF \(IHCAM.CA\)](#)

**Join The Journey 8-week Spiritual Care Series**  
Beginning week of January 12th, 2021 - Virtual

N5067 - 431 Taché Avenue  
Winnipeg MB R2H 2A6  
204-235-3136  
jtmaynard@cham.mb.ca  
www.ihcam.ca



Canadians are experiencing the devastating impact of COVID-19 in what has become a rapidly evolving crisis. Understandably, this crisis has brought about feelings of anxiety, apprehension and fear. Critical elements of our daily lives are being thrown into uncertainty: health, employment, financial security, recreational activities, as well as our ability to gather as worshiping communities. In view of these difficulties, we as religious leaders wish to bring forward a message of hope, gratitude and solidarity to all people who call Canada home.

## *A Message of Hope*

We draw hope from a variety of sources: from our religious beliefs, the love of our families, the relationships with friends and the work we do. Each of these, and others as well, provides rays of hope to our daily lives. Likewise, hope provides courage to face the burdens we bear and the ability to look onwards toward the dawning of a new day. In spite of present sufferings, which can seem overwhelming at times, the flames of hope cannot be extinguished. Love, which gives life its fullest meaning, continues to seek out the common good in spite of individual difficulties. Acts of kindness

can bring us closer in spirit, despite the requirements of physical distancing. Let us witness hope to each other and so become beacons of light during these uncertain times.

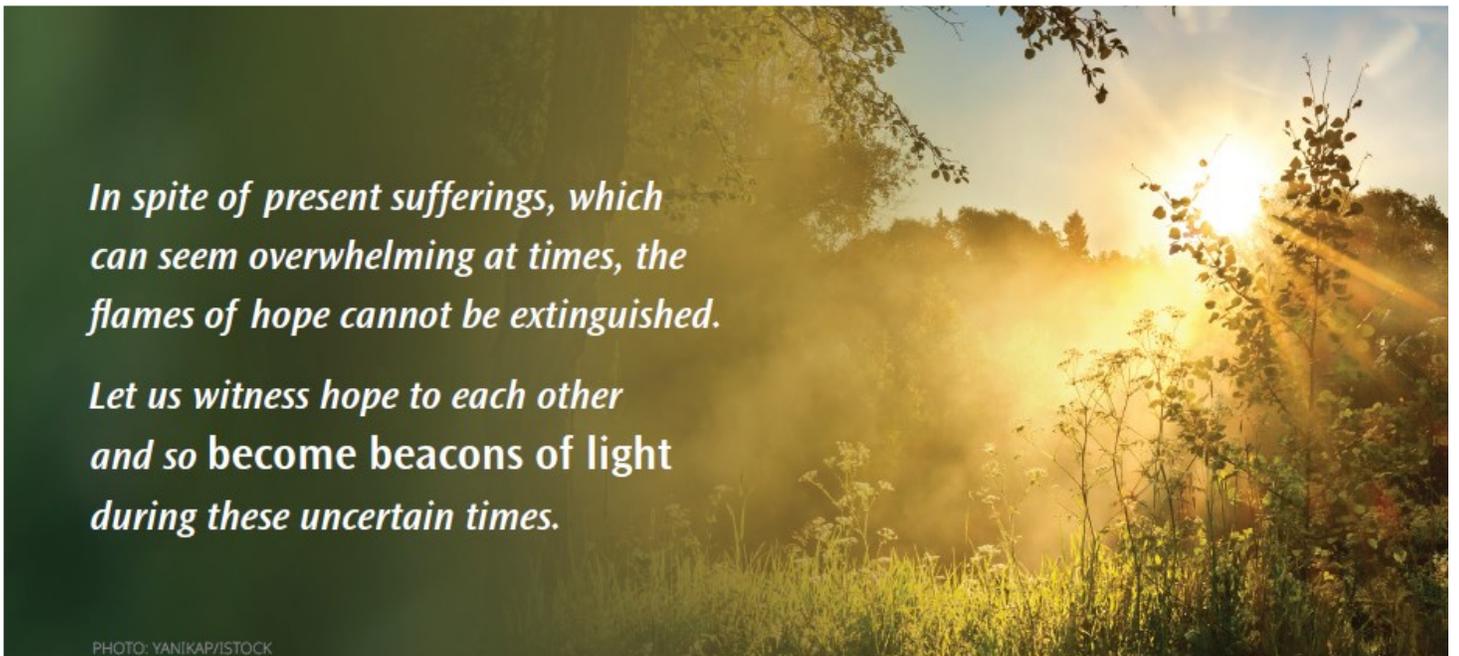
Canada has gone through several difficult and painful experiences in its history. When current and former generations have responded to these challenges, many were empowered by unwavering hope as well as human and spiritual resilience. For religious believers, this hope takes on a special

*We draw hope from a variety of sources: from our religious beliefs, the love of our families, the relationships with friends and the work we do. Each of these, and others as well, provides rays of hope to our daily lives.*

and unique dimension. It assures us of the caring embrace of the Creator, a sacred relationship sustained by prayer, and which flows into our human relationships whereby we care for one another and bear each other's burden. Yet, hope brings for everyone a promise of renewal, even in the midst of human suffering. Hope assures us that this affliction too shall pass.

*In spite of present sufferings, which can seem overwhelming at times, the flames of hope cannot be extinguished.*

*Let us witness hope to each other and so become beacons of light during these uncertain times.*



# These Are Our Days...

A reflection by Marcy-Lynn Larner,  
from the front lines of a Personal Care Home in full outbreak



Spending my days at Golden Links Lodge Personal Care Home, where visitation is so limited watching families struggle daily with their loved ones. This is what it's like...

## These Are Our Days...

The visits are strict, structured and short.

We hate all the processes Covid's brought to our world.

This was supposed to be a beautiful place to bring mom.

Now that she's here it feels so wrong.

No one saw this coming, all this devastation and despair.

Covid entered our world, it all seems unfair.

We take your calls.

We bring you in.

We screen and remind you, "please don't touch a thing."

You enter her room - sit quietly with mask on.

Staying six feet away is really so hard.

Her eyes meet yours, you know she's unsure.

You barely get to see her now that Covid is here.

You know she can't place you.

The words just aren't there.

She looks so different.

She looks so scared.

She's confused at the distance.

She pats the spot beside her.

*"Why can't you come right here?"*

You shake your head, holding back tears.

*"I'm sorry, I'm sorry mom, it's just for right now."*

Are you okay mom?

Is everyone treating you well?"

Mom responds, *"What's your name?"*

*Who are you?*

*Why are you here?*

*Please don't cry, why are you so sad my dear?"*

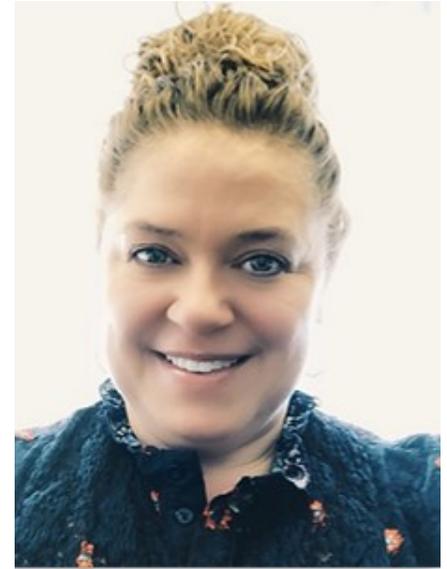
We watch you, we do.

We don't want to, it's the rules.

Six feet, mask on, please don't stay long.

The risk is real, you're so frustrated with it all.

You plead with the nurse *"can I please hold my mom?"*



**Marcy-Lynn Larner**  
Chief Executive Officer

*"I'm sorry you can't, please try to be strong."*

You sit in silence as she drifts off to sleep.

Your mind wanders back.

A time long ago how carefree mom used to be.

You'd give a lifetime to see her just be.

She looks tired, so defeated and weak.

She stirs and awakes.

She quietly says, *"It's too much all this Covid to take."*

*I'd rather not be here, I want to sleep and never wake."*

Her pain is so real it's so hard to take.

# A gathering of loss, healing, and hope

*Are you carrying sorrow this holiday season? Join our free virtual gathering with spiritual leaders from across Canada to find consolation, hope, community, and light a candle honouring your loss.*

- ▶ **December 21, 2020**
- ▶ **8:00 p.m. EST (7pm CST, 5pm PST)**
- ▶ **CVH YouTube channel:**  
[youtube.com/c/CanadianVirtualHospice](https://www.youtube.com/c/CanadianVirtualHospice)



Glen Horst  
MANITOBA



Elder Gerry Oleman  
BRITISH COLUMBIA



Shahina Siddiqui  
MANITOBA



Lawrence Cheung  
BRITISH COLUMBIA



Julie Turenne-Maynard  
MANITOBA



Peter Barnes  
NEWFOUNDLAND  
AND LABRADOR



Katherine Cullihall  
MANITOBA



Elaine Nagy  
ONTARIO



Dr. Harvey Max Chochinov  
MANITOBA



Glen R. Horst, a Canadian Virtual Hospice Spiritual Care Advisor will lead a 45-minute virtual gathering featuring consolations and blessings from spiritual care leaders from across Canada to honour and acknowledge the grief we may carry.

**Find healing, hope, community, and light a candle with us.**

**When:**

**December 21, 2020 at 8:00 p.m. EST (7:00 p.m. CST, 5:00 p.m. PST)**

**Where:**

Online at the [Canadian Virtual Hospice YouTube](#) page (The link will be live closer to the event. Also look for it on our [Facebook](#), or [Twitter](#) accounts the weekend before the event).

[https://www.youtube.com/channel/UC71m27JVXXoY\\_x6aLy5GQJA](https://www.youtube.com/channel/UC71m27JVXXoY_x6aLy5GQJA)

“This course was like...God handed it to me on a silver platter, so that I can listen, love and serve people much more deeply, wisely. Look at the timing! In our need, God provided. As before, indebted to you for offering the course.”

Ruth, participant

## 2.5-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

8 WEEKS

VIRTUAL LEARNING PROGRAM

Starting the week of

January 10th, 2021

Wednesdays 1 to 3 pm

Evening TBD 6 to 8 pm

PUBLIC: \$100

CHAM & IHCAM Members: \$75

Includes workbook and on-line program development

ON-LINE REGISTRATION:

<https://joininthejourney.eventcreate.com>

CONTACT:

Julie Turenne-Maynard

204-235-3136

[jtmaynard@cham.mb.ca](mailto: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

*“Thank you for offering a world class course at such an affordable cost. Thank you for being patient as participants told their own stories and sought answers for their questions.”*

Donna-Marie  
Educator, PCH

*“I found that this course enriched my Faith and my approach to be increasingly sensitive to the needs of the people I encounter in my life, especially seniors. The modules on Dementia, grief, loss, death & dying were very impactful for me.”*

Claudette

St. Bernadette Parish

*“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, Spiritual Care  
Practitioner, PCH

*“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, Spiritual Care  
Practitioner, PCH



# Virtual Recreation

Offering opportunities for health and wellbeing

## Recreation in Long-term Care Settings in Manitoba during the COVID-19 Pandemic

This past summer, Michelle Porter, Professor at the Faculty of Kinesiology & Recreation Director, Centre on Aging at the University of Manitoba contacted IHCAM to partner in a project funded by the federal government's New Horizons for Seniors Program.

The funding is intended to help find ways that older residents living in long-term care can be engaged virtually. We are acutely aware that the pandemic has created many challenges that have affected the quality of life and mental health of older people living in long-term care settings.

As a starting point, a brief survey was circulated in September to find out about the needs and interests of those who provide care and recreation for older residents in MB. The results helped us plan for how we can best assist Manitobans to provide a creative engaging environment for older people virtually, given the very challenging situation that the pandemic creates.

Five personal care homes located in Winnipeg and rural MB agreed to take part in the pilot of this project by working with us during the implementation phase.

The original intention was to create virtual programming and purchase equipment for the care homes to use.

We discovered that aging infrastructure in many homes limits WIFI access in residents' rooms. Outbreaks in many PCHs have also added another challenge for this project.

Nonetheless, we continue to look into smart home device options that could be used in the homes post Code Red Restrictions since PCH staff have told us that once things return to "normal" they could be very useful for them and are keen to receive them.

We have also been blessed by a couple who are wanting to support this project by donating monies through their fund at The Winnipeg Foundation.

In the interim, the students at the Faculty of Kinesiology and Recreation are finding many online activities and have created a virtual calendar and weekly newsletter that is being shared with all the PCHs in Manitoba.



Michelle Porter, PhD  
Faculty of Kinesiology and  
Recreation, University of MB

Many of the activities are suitable for anyone seeking virtual entertainment, so please click on this link to view this month's offerings.

[Recent News - Interfaith Health Care Association of Manitoba \(ihcam.ca\)](#)

We hope that you will enjoy the various holiday-themed content that we have to share. This year, more than any other, it is important that we remember to treat each other with kindness and to be grateful for those who we have in our lives.

**ONLINE MINDFUL  
SELF-COMPASSION**  
**LA COMPASSION**  
ATTENTIVE EN SOI EN LIGNE

with / avec Jennifer Killimnik & Andrew Terhoch



**Mindful Self-Compassion combines the skills of mindfulness and self-compassion, providing a powerful tool for emotional resilience.**

Online Mindful Self-Compassion (OMSC) is an evidence-based program designed to cultivate self-compassion based on the work of psychologists Kristen Neff, PhD and Christopher Germer, PhD. A growing body of research indicates that self-compassion has many benefits, including happiness, resilience, creativity, and satisfying relationships, while experiencing less anxiety and depression.

In this 6-week Mindful Self-Compassion course you will learn some of principles and practices of mindful self-compassion, so you can better relate to and care for yourself, both physically and emotionally. It was conceived out of the need to offer MSC training to participants who are short on time and who cannot engage in the longer 2.5 hours weekly class. Research has shown that these techniques can help improve our emotional well-being, improve our ability to cope with life's challenges, lower levels of anxiety and depression, promote healthy habits such as diet and exercise, and lead to more satisfying personal relationships.

Jennifer Kilimnik and Andrew Terhoch will be leading us in a 6 week online course that will be held on the Zoom Platform.

Details for the **Winter 2021 Session** are as follows:

**Fridays from January 15 to February 19, 2021**

**8:30 AM – 10:00 AM CST**

The cost of participation will be on a sliding fee scale. Please pay at the level at which you are able, as proceeds support the availability of ongoing training through the Compassion Project.

- Benefactor \$250
- Supporter \$100
- Basic \$50

Contact them if you require a bursary in order to be able to participate.

Any questions can be emailed to [compassion@compassionaction.ca](mailto:compassion@compassionaction.ca).

**FREE MINDFUL SELF-  
COMPASSION ONLINE  
CLASS**

[https://product.soundstrue.com/power-of-self-compassion/free-video-series/?ck\\_subscriber\\_id=302667523#a\\_aid=5e1cb581e4ceb&a\\_bid=bebe62d3](https://product.soundstrue.com/power-of-self-compassion/free-video-series/?ck_subscriber_id=302667523#a_aid=5e1cb581e4ceb&a_bid=bebe62d3)

**Manitoba** 

## COVID-19 Vaccines

### Information for Manitobans

Manitoba has been [preparing and planning](#) for the COVID-19 vaccine to arrive. We will be receiving our vaccines through a nation-wide order placed by the federal government with several companies.

The province has created a COVID-19 Vaccine Implementation Task Force to plan for the arrival of the vaccines and the immunization campaign. This includes making decisions about priority groups, the logistics of receiving, storing and distributing vaccines, and monitoring and reporting of the immunization campaign.

For more information please visit :

[Province of Manitoba | COVID-19 Vaccine \(gov.mb.ca\)](https://www.gov.mb.ca/covid19/vaccine/)





Warmest wishes for faith, hope, health and peace  
during this Christmas season



*Wishing you  
blessings and joy  
this season.*

Happy  
Hanukkah