

Connections

September 2021

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

Tribute to Joyce Kristjansson

Salvation Army Golden West Centennial Lodge

Executive Director & Director of Care

Joyce Kristjansson is a Registered Nurse who has worked for over forty years in primary care, rehabilitation, geriatrics, people with disabilities, and long-term care (LTC). She completed her Bachelor of Science in Nursing at the University of Saskatchewan and her Master of Business Administration at the University of Manitoba. Her experience was acquired in rural, northern and urban communities, in AB, SK, MB and ON, and includes time in direct care, education, research and management.



health care system. She encouraged me to participate in the Provincial Spiritual Health Advisory Cte., the WRHA Spiritual Health Advisory Cte, as well as the Manitoba Multifaith Council Spiritual Health Cte.

Despite her busy role as the CEO of Golden West Centennial Lodge that has, like all LTC facilities, been a victim of financial pressures for many years, she willingly volunteers to take part in working groups and associations that can have an impact on all LTC facilities and our health care sector. Some recent examples include:

- ⇒ Interfaith Healthcare Association of Manitoba, Chairperson
- ⇒ Association of Regulated Nurses of Manitoba, Board Member
- ⇒ Manitoba Association of Residential and Community Care Homes for the Elderly, Executive Member
- ⇒ Manitoba Health Service Purchase Agreement consultative committee for long-term care:
 - Phase One Guiding Principles
 - Phase Two Service Schedule
- ⇒ Maples Report Recommendations Working Group

Julie Turenne-Maynard,
Executive Director
jtmaynard@cham.mb.ca
www.ihcam.ca

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Her expertise in the field of LTC has elevated her to a position on the national LTC Services Technical Committee, which will lead the work on Health Standards Organization's National LTC Services standard.

<https://longtermcarestandards.ca/technical-committee>

Joyce enjoys being involved in many different initiatives and brings her diverse work experience to every role she takes on. Joyce always finds time to support those in need, including women who are suffering from low self-esteem. Despite her experience, she is a life-long learner.

Aside from health care, Joyce has been committed to the Salvation Army for decades, is committed to her family, loves caring for pets and supporting local football programs.

Joyce's encyclopedic knowledge will truly be missed by her colleagues in LTC and spiritual health care. We thank you for your dedicated service, and you are most deserving of taking this time in your life to smell the roses and have the time to do the things you love.



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"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. As before, indebted to you for offering this course." *Ruth Participant*

"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

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
Tuesday - September 28th
1 to 3 pm or 6 to 8 pm

PUBLIC: \$125

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

ON-LINE REGISTRATION:

<https://www.eventcreate.com/e/join-the-journey-fall-2021>

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 care are essential – but not enough. True, holistic care means understanding and supplying their spiritual needs as well.

join the journey

BODY MIND SPIRIT



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МАНИТОБИАНКА КАТОЛИЧКА АСОЦІАЦІЯ ЗДОРОВ'Я



TUESDAY
NOVEMBER 23 &
NOVEMBER 30
1 PM - 4 PM

OR

WEDNESDAY
NOVEMBER 24 &
DECEMBER 1ST
5:30 PM - 8:30 PM

LEARNING OBJECTIVES

- Explore the concept of good mental health
- Recognize that mental health is not static but part of a continuum and become aware of the dynamics of mental health challenges.
- Understand some of the internal, emotional, and psychological dynamics in an older person's response to mental health issues and the value of a spiritual caregiver to other people.
- Explore the issues and dynamics in both the church and local community as spiritual caregivers responding effectively to people with mental health challenges.



SPIRITUAL CARE
SERIES

For more information:
Julie Turenne-Maynard
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Email: jtmaynard@cham.mb.ca

SPIRITUAL CARE SERIES

CHRISTIAN

MENTAL HEALTH WORKSHOP



Research suggests almost everyone will be impacted by mental health issues at some point in their lives.

Spiritual caregivers are highly likely to encounter people who they provide spiritual care for who have some mental health challenges. Both understanding of the complex issues and effective spiritual care is critical.

This stand alone workshop of the Spiritual Care Series provides a practical introduction and awareness to mental health care with an emphasis on the older person, however the principles learned can be applied to people of all ages who are mentally challenged.

First Workshop:

- Introductions & Devotion
- Introduction to Mental Health
- Mental Health Challenges

Second Workshop:

- Relating to a person with a mental health issue
- Putting into practice what you have learned

CHAM & IHCAM
MEMBERS \$50

GENERAL PUBLIC \$65

Includes workshop,
workbook, videos and
on-line access for one year

Register Online

<https://www.eventcreate.com/e/mentalhealth>



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Compassion for Self and Others in Challenging Times

October 18 to 22, 2021

SPIRITUAL HEALTH AWARENESS WEEK (SHAW) PROVIDES AN OPPORTUNITY TO RECOGNIZE THE VALUE AND DEDICATION OF SPIRITUAL AND RELIGIOUS SERVICE PROVIDERS OF ALL FAITHS WHO WORK IN SPECIALIZED SETTINGS SUCH AS HOSPITALS, LONG-TERM CARE FACILITIES, MENTAL HEALTH CENTRES AND CORRECTIONAL FACILITIES.

The Muddy Puddle



There's a lot of muddy puddles we might find ourselves sitting in today. The pandemic would be enough to deal with by itself. But on top of that we are also reeling from the discovery of thousands of unmarked graves at Residential School sites, global climate change events, vaccine protests, and the list goes on.

Each day during SHAW, content will be uploaded to the ihcam.ca website that includes a daily theme and content that includes things to watch or listen to, do, and read to help you consider life beyond the mud puddle, and maybe even re-energize a sense of tenderness toward yourself as well as others around you.

I am sitting in the middle of a rather Muddy Puddle,
 With my bottom Full of bubbles
 And my rubbers Full of Mud.

It's been hard on everyone of course, but particularly challenging for those of us in healthcare. Even with the many good health outcomes we bring about daily with Covid patients as well as others, many of us are facing a crisis of energy, resilience and strength. Some days all we can think about is, indeed, "the muddiness of mud."

The muddy puddle is not going away anytime soon, but it may be that SHAW 2021 will lead you to find ways to experience more than "the muddiness of mud." You may even remember that it's only in the wet soil that seeds can germinate and grow into something beautiful.



While my jacket and my sweater
 Go on slowly getting wetter
 As I very slowly settle to the Bottom of the Mud.
 And I find that what a person with a puddle
 Round his middle thinks of mostly in the muddle
 Is the Muddiness of Mud.

This year, SHAW takes place from October 18th to 22nd and the theme is **"Compassion for Self and Others in Challenging Times."**

We encourage you to share this with your colleagues, staff, residents, families and friends!

By Dennis Lee

Spiritual Health Awareness Week - October 18 to 22, 2021



*Shane Sinclair, PhD
Associate Professor
Director, Compassion Research Lab
Faculty of Nursing,
University of Calgary*

Compassion Grand Rounds

October 20, 2021 Noon – 1:15 p.m.

In this one hour Compassion Grand Rounds, Dr. Shane Sinclair will talk about the evidence and impact of compassion on patients and HCPs & utilizing the Sinclair Compassion Questionnaire (SCQ) to assess patients compassion in clinical spiritual care

Dr. Sinclair will also touch upon on why compassion in health care is important during this time.

Founder and Director of the Compassion Research Lab Dr. Sinclair is a nationally funded, internationally recognized, and award-winning researcher of the topic of compassion.

His research is directly informed by the clinical arena where he witnessed the transforming power of compassion in the lives of patients and families facing a serious illness. Over the years, the Compassion Research Lab has had the good fortune of partnering with organizations around the world who are committed to improving compassion by partnering in research, utilizing evidence based resources, and consulting with our team.

Registration Fee

Member of CHAM or IHCAM: **FREE**
General Public: **\$10.00**

Online registration:

<https://www.eventcreate.com/e/compassiongrandround>

For more information: Julie Turenne-Maynard

<https://www.eventcreate.com/e/compassiongrandround>

Sponsored by:



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Eden Health Care Services

Dr. Clarence H. Labun

Lecture Series

Addiction & Social Media Hunger for Connection

FREE

Virtual Presentation

October 6, 2021

8:30 AM – 12:30 PM

Presenters:

Dr. Deborah MacNamara

Neufeld Institute Faculty



Making Sense of Addiction

Looking for Love in all the Wrong Places

Humans hunger for connection but this makes us vulnerable to experiencing lack and loss when we do not feel close to our loved ones. What are the signs that we are working for love or substituting things and people instead of feeling the voids in our life – which we fill with technology, screens, and digital fixes? Deborah will walk around the roots of intense pursuit, shedding light on these issues through a relational and developmental lens.

Terry Warburton – MA Counselling

Clinical Director – Recovery of Hope (EHCS)



Disconnection in a Connected World

Finding our Way Back to What Matters Most

Smart phones, internet and social media are not going away, and getting rid of them isn't the solution. What is the solution? In a world where our devices and apps call to us to pay attention to them, how can we benefit from technology, while not losing ourselves in it? Terry will explore ways to reconnect with ourselves and the things and people that matter most, which creates the conditions for personal resilience and flourishing.

Information & Registration at:

<https://edenhealthcare.ca/lectureseries/>





2021 INTERPROFESSIONAL SPIRITUAL CARE EDUCATION CURRICULUM VIRTUAL - OCTOBER 14-15

The ISPEC[©] training course provides a unique opportunity for clinicians and chaplain pairs from the same health setting to learn how to integrate spiritual care into patient care throughout their organization.

For Clinicians: Learn how to skillfully integrate spiritual care into your clinical practice and how to teach your colleagues basic concepts so they can offer this type of care, too.

For Chaplains: Work together with your clinician partner to teach and bring spiritual care to multiple touchpoints across your organization, so the ability to recognize and address spiritual distress becomes a standard part of patient care.

If you feel that addressing spiritual health is an important part of treating the patients you serve, join us at ISPEC[©] 2021. One clinician, one chaplain at a time, we can impact organizations and healthcare systems to offer this deeply beneficial care to the patients who need it most.

To Register: [ISPEC 2021 Application Form \(gwu.edu\)](#)

For more information: [ISPEC: Spiritual Care Training for Clinicians](#) | [The GW Institute for Spirituality &](#)



THE NATIONAL DAY FOR TRUTH & RECONCILIATION

The National Day for Truth and Reconciliation coincides with Orange Shirt Day. Created in 2013 by Phyllis Webstad, a residential school survivor, Orange Shirt Day is a time for all Canadians to reflect on the impact of residential schools on Indigenous communities, honour survivors, and continue learning as we work toward reconciliation.

Wear an orange shirt on September 30 and be a part of the national conversation using the hashtag **#EveryChildMatters**.



Education Series 2021-2022

Health care ethics is **the application of the core principles of bioethics (autonomy, beneficence, nonmaleficence, justice) to medical and health care decisions**. It is a multidisciplinary lens through which to view complex issues and make recommendations regarding a course of action.

The Health Care Ethics Service at the St. Boniface Hospital is pleased to offer a series of virtual ethics education sessions for health care providers. The topics, will be presented by Katarina Lee-Ameduri, Clinical Ethicist, St. Boniface Hospital and the Réseau Compassion Network and Assistant Professor, Department of Family Medicine, University of Manitoba.

You are invited to attend all or select a session of your choosing. Registration is free.



The first session, Introduction to Health Care Ethics, will be held on September 22, 2021, 1200-1300 hours via Zoom platform.

Please email Lydia Shawarsky at lshawarsky@sbgh.mb.ca to register and receive Zoom information details.

Introduction to Health Care Ethics 1200-1300	September 22, 2021
Therapeutic Relationships 1430-1530	October 19, 2021
What is Moral Distress? 1330-1430	November 16, 2021
Ethics & Pandemics 1200-1300	December 15, 2021
Integrating Ethics into Everyday Practice 1300-1400	January 19, 2022
Ethics in Long-Term Care 1200-1300	February 16, 2022
Policy Review/Development with an Ethical Lens 1330-1430	March 15, 2022
Organizational Ethics 1300-1400	April 20, 2022
Ethics & End-of-Life 1200-1300	May 18, 2022
Research Ethics 1400-1500	June 14, 2022

Ethics

we are somewhat miles
apart
still close
they cannot take decisions
without us, cannot pay us
still wont **believe**

we come from
a **connection** within
and they,
try to **choose** between
one
still cannot **decide**
either **BRAIN** or **HEART**

Poem by Hunar Kalra



FRIDAY, OCTOBER 22ND, 2021

SHABBAT IN A BOX



PURCHASE A BOX
IN SUPPORT OF
SIMKIN CENTRE'S
SPIRITUAL HEALTH
DEPARTMENT

DINNER FOR 1: \$54
DINNER FOR 2: \$105
DINNER FOR 4: \$200

Support ticket: \$36
(with tax receipt)

EACH BOX INCLUDES A TRADITIONAL SHABBAT DINNER COMPLETE WITH:

Beverage: Grape Juice • Bread: Challah

Soup: Chicken Noodle • Entrée: Shake n' Bake Chicken w/ Cranberry Sauce
Oven-Browned Potatoes • Summer Mixed Vegetables • Dessert: Lemon Loaf
* Vegetarian option available upon request **Kosher Wine can be added for additional charge

RAFFLE PRIZES:

Prize #1: \$500 gift card to Superstore • Prize #2: \$200 gift card to the Liquor Commission

Prize #3: \$100 – Co Op Gift card

Tickets: 2 for \$5.00 - Prizes will be drawn on Friday October 22nd.

TO PLACE AN ORDER OR TO INQUIRE ABOUT SPONSORSHIP OPPORTUNITIES
VISIT OUR WEBSITE: simkincentre.ca OR CONTACT AVIVA TABAC: 204-589-9027
aviva.tabac@simkincentre.ca



ORDER DEADLINE: OCTOBER 13TH



Sara Riel

Mental Health & Addictions

STRUGGLING? NEED TO
TALK? [204-942-9276](tel:204-942-9276)

Over 10,000 calls supporting
Manitobans through the COVID-19 pandemic.

23rd Psalm for Busy People

“The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. He guides me along the right paths for His name’s sake.”

The Lord is my pacesetter
I shall not rush,
He makes me stop and rest
for quiet intervals
He provides me with images
of stillness, which restores
my serenity.

He leads me in the way
of efficiency through
calmness of mind, and
His guidance is peace.

Even though I have a great
many things to accomplish
each day and crisis may pile
upon crisis

I will not fall apart for His
presence is here,
His timelessness,
His all importance will keep
me in balance.

He prepares refreshment
and renewal amid my
activity. He anoints my
mind with His oils
of inspiration.

My cup overflows.
Surely harmony and
effectiveness shall be the
fruit of my hours, for I
shall walk in the peace of
the Lord and dwell in His
house forever. Amen.

LONELINESS AND THE COVID LIVED EXPERIENCE

WHEN

November 4, 2021
9 am - 12 pm

WHERE

VIRTUAL SETTING OR AT
BETHEL MENNONITE CHURCH
(COVID PROTOCOLS WILL BE FOLLOWED)

REGISTER

[https://www.eventcreate.com/e/
lonelinessandcovidlivedexperience](https://www.eventcreate.com/e/lonelinessandcovidlivedexperience)

COST
\$25.00

For more information please contact:

Peter Dyck: 204-955-8545

SPEAKERS

Doug Koop

*Lived Experience as a
Spiritual Health
Practitioner at HSC*

Glen Horst

*Loneliness of family
members while someone
is dying during COVID*

Rabbi Allan Finkel

*Isolation & challenges of
those suffering from
addictions and mental
health during COVID*

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JEWISH CHILD AND FAMILY SERVICE
Strengthening Lives in Keeping with Jewish Values



A Christ-Centered Ministry

Supporting the Practical, Emotional and Spiritual Needs of Family Caregivers



Twelve 1.5 hour sessions that include: announcing the topic, highlight session overview, facilitating discussion and reflection, small group activity, sharing, and closing with prayer and intentions.

Roles & Communication

- Roles In Caregiving & Decisions We Face
- More in Music - Where Words Fail, Music Speaks
- Speak Up! Overcoming Challenges of Advocacy
- Staying Engaged; Keeping Them Engaged

Planning & Support

- The Spirituality of Asking For and Receiving Help
- Staying Organized and Preparing for What's Next
- The Realities of Stress and Learning to Cope
- The Thing About Compassion

Safety & Quality of Life

- One Is Enough! Learning to Live One Day At A Time
- Walking With Christ. Nourished By Grace
- A Season for Everything - The Ebbs and Flows
- End of Life - Planning For and Navigating Decisions

The Nourish for Caregivers program is designed to address the most important and commonly reported needs of family caregivers. Guided by the authors' experience in the field of caregiving, pastoral ministry, and professional clinical training, Nourish for Caregivers content has been developed using a methodology built using evidence and insights, and grounded in the Christian faith.

ECUMENICAL SESSION STARTING SATURDAY, OCTOBER 23, 2021

Where: Mary Mother of the Church
85 Kirkbridge Drive
Winnipeg, MB R3T 5S7

When: 11:00 am

Cost: Free - Donation appreciated

For more information and to participate

Greg Barrett: 204.269.6363
barreg63@gmail.com



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**October
27th
10 am -
Noon**

Join Us

Advance Care Planning

Advance care planning is a process of formal decision making to help you establish decisions about your future care which takes effect when you lose capacity to make decisions for yourself.

It is a voluntary process and a written record of your wishes that can be referred to by caregivers and health professionals in the future.

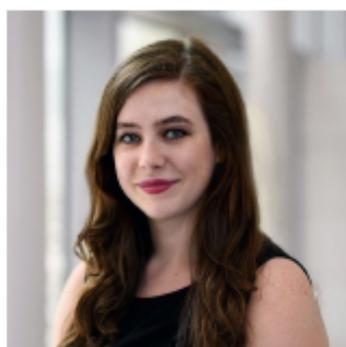
Advance care planning is important in identifying early palliative care needs and recognising the end of life.

Other benefits include less aggressive medical care and an improved quality of life near death. It also helps families prepare for the death of a loved one, resolve family conflict, and cope with bereavement.

TOPICS COVERED

- Ethics behind advance care planning
- Health care proxy
- Surrogate decision making
- Process of public guardianship and trustee.

Register



KATARINA LEE

BA, MA, JD, HEC-C

Clinical Ethicist for St. Boniface Hospital and Réseau Compassion Network; Assistant Professor Department of Family Medicine, University of MB.



KERI RANSON

B.A. LL B, MBA.

Deputy Public Guardian and Trustee - Adult Services Province of Manitoba

CHAM & IHCAM MEMBERS: FREE
GENERAL PUBLIC: \$10.00

Click here to register:

<https://www.eventcreate.com/e/acp>

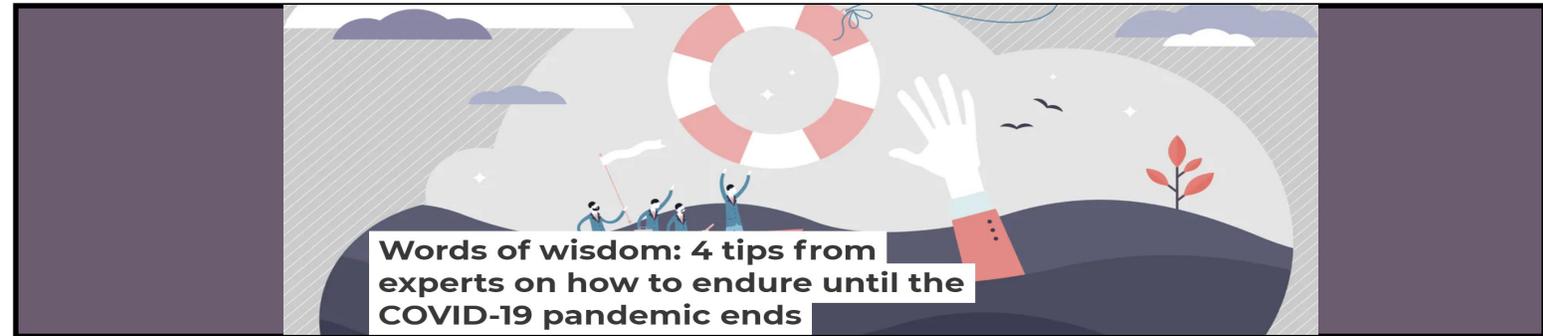
For more information:

Julie Turenne-Maynard

Phone: 204-235-3136

Cell: 204-2-771-5585

Email: jtmaynard@cham.mb.ca



Words of wisdom: 4 tips from experts on how to endure until the COVID-19 pandemic ends

Despite the development of several COVID-19 vaccines, the pandemic will not be over soon. How then should we deal with *pandemic endurance* that will likely last for many more months?

Since the beginning of the coronavirus crisis, there have been countless predictions about the world after COVID-19. Thinking about possible futures often helps shed light on recommendations for wise management of the present. In this context, one key question arises: What do experts — scholars who study human behaviour and human societies — recommend for people right now? Although there were a vast diversity in expert opinions, four recommendations stood out.

Develop an optimistic attitude. “We have experienced these types of pandemics multiple times, yet we have successfully overcome these pandemics,” as one interviewee said, pointing out that this, too, will pass.

Concentrate on long-term goals. As one interviewee put it: “The future is more important than short-term gratifications.”

The most common psychological recommendation was to establish a sense of agency — to find a way to remain in charge of your day-to-day life, despite pandemic uncertainty. Research in psychology shows that such mental focus can help **regulate emotions** in the face of uncertainty. It includes finding ways to reframe the pandemic as a manageable challenge, to find “something that you want to get out of bed for,” as one interviewee mentioned, or to establish structure and habits to compensate for lack of external structure in a lockdown-imposed work from home.

The most frequent recommendation for coming through the pandemic concerned social connectedness. This theme includes “creating small little traditions within your closest family circle” and protecting “loved ones, friends, and neighbours.”

Importance of social connectedness in the World After Covid project converges with results of empirical studies: social connectedness plays a protective role for mental health, including during times of disaster. To read the entire article, click here: [Words of wisdom: 4 tips from experts on how to endure until the COVID-19 pandemic ends](#)



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INTERESTED IN APPLYING FOR A EDUCATION GRANT?

IHCAM’s Education 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 organizations and the overall community 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>