



**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](http://www.chac.ca/conference/index_e.php)

**2019 AWARDS**

**Call for  
Nominations**



At the 2019 national Catholic health care conference in Banff, Alberta May 15-17, the Catholic Health Alliance of Canada will present two awards:

**Midcareer Leadership Award**  
**Lifetime Achievement Award**

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](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.

***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.***



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 SBGHChapel at 11:30 a.m.



Everyone is invited to attend.

**Association Address:** N5067, SBH Education Building 431 Taché Ave. Winnipeg, MB R2H 2A6  
204.235.3136 [jtmaynard@cham.mb.ca](mailto:jtmaynard@cham.mb.ca) [www.cham.mb.ca](http://www.cham.mb.ca)



CATHOLIC HEALTH ASSOCIATION OF MANITOBA  
ASSOCIATION CATHOLIQUE MANITOBAINE DE LA SANTÉ  
МАНІТОБСЬКА КАТОЛИЦЬКА АСОЦІАЦІЯ ЗДОРОВ'Я



**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 building strong relationships with the Catholic Health Association of MB and the Catholic Health Alliance of Canada.

Dawn has become well known to



**Dawn MacDonald**  
**New Director of Mission,  
Ethics & Spiritual Health**

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.



**New Centre for  
Excellence in Mission  
Integration**

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

**Outstanding people have one  
thing in common: An  
absolute sense of mission.**



## Minister of Health Tables in Parliament a Framework on Palliative Care in Canada

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 protestation letters, demonstrations, and people meeting with government officials across the country.

CHAM, several of its members, and a multitude of organizations, individuals and lobby 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."

You Were Created Limitless.

There is Nothing You Cannot Achieve.

## TANGIBLE SPIRITUALITY

There is force in the universe, which, if we permit it, will flow through us and produce miraculous results.

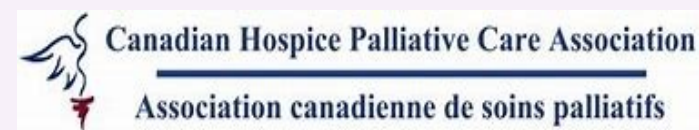
— Mahatma Gandhi



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.



## Children Experience Grief Too: Supporting Children Through the Dying and Death of a Family Member

Date: January 23rd, 2019

Time: 1:30 p.m. to 3:00 p.m. ET

Where: Accessed online via phone and web

Price: \$20

<https://www.eventbrite.ca/e/children-experience-grief-to-supporting-children-through-the-dying-and-death-of-a-family-member-tickets-53097515097>

### Learning Objectives

1. Discuss key factors to consider when talking with and supporting a child/teen to prepare for the death of a close family member.
2. Identify considerations and activity ideas for use with children or teens to assist in saying goodbye to their special person and to encourage continuing bonds.

*Explore considerations for assisting the surviving parent/caregiver in supporting their child/teen.*



**Candace Ray, M.ED., CAGS**

Candace is the Director of Services and Operations at the Lighthouse for Grieving Children in Oakville, Ontario where she oversees the provision of bereavement support services for over 350 participants annually and coordinates community education and training initiatives.

With over 30 years in social work and public education, Candace has supported children and their families facing a range of life challenges in both community and educational settings. Candace serves on the development team of Canadian Virtual Hospice's Kids Grief and is a founding partner of the Child and Youth Grief Network. She holds a Master's degree and Certificate of Advanced Graduate Study in Education from the University of Vermont.

## 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 of 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.



Although more information and details will be included in CHAM's spring newsletter, please take note of the following special events:

**February 2 Consecrated Life Mass  
7:00 pm St. Boniface Cathedral**

A eucharistic celebration for all those who have dedicated themselves to consecrated life. A reception will follow.

**May 22 150th Anniversary of  
St. Mary's Academy**

**June 21 175th Anniversary of the arrival  
of the Grey Nuns in St. Boniface**

Mass at 10:30 a.m. at the St. Boniface Cathedral followed by an afternoon of programmed activities.

**October 16 Feast of St. Marguerite d'Youville**







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/>

## Relaxing the Body, Awakening the Heart

with Dillon Cherrett

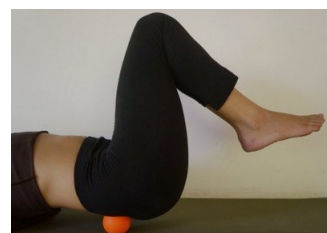
**MONDAYS, Jan.7—Mar. 18**

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**

## UPCOMING EVENTS 2019

Jan 24—9 am to 4 pm  
Compassion Fatigue  
Aulneau Renewal Centre  
<https://aulneau.com/wp-content/uploads/2018/12/Exhausted-Not-Broken-CF.pdf>

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 CHCM winter programming (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:  
[http://www.chcm-ccsm.ca/wp-content/uploads/2018/06/CHCM\\_WinterProgramming2019.pdf](http://www.chcm-ccsm.ca/wp-content/uploads/2018/06/CHCM_WinterProgramming2019.pdf)

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



Journey towards  
your deeper sense of purpose

*Find clarity, reduce stress, and nurture the spirit of compassion.*

# 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 Taché 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 subsumed by them; how to develop awareness of our bigger picture goals that orients 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 Omidyar Group research and development non-profit focused on resilience.



**INFORMATION:**  
Call 204-258-1053 or email  
[compassionproject@chcm-ccsm.ca](mailto:compassionproject@chcm-ccsm.ca)



# la the Mission

Inspirer l'excellence en gouvernance et en leadership  
Inspiring Excellence in Governance & Leadership

## 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 this one who suffers illness or disability.

10:30 Health Break

#### 10:45 The Value of Suffering

Katarina Lee will discuss end of life issues and their interaction with the notion of suffering as well as how the Canadian cultural shift towards Medical Assistance in Dying has devalued 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  
Registration fees:

CHAM & IHCAM Members: **Free**  
General Public: **\$25**

To register copy this link and fill out the form on-line: [sshp.ca/b755](http://sshp.ca/b755)  
For more information, contact Julie Turenne-Maynard: 204.235.3136 or [jtmaynard@cham.mb.ca](mailto:jtmaynard@cham.mb.ca)



**Dr. Christine Jamieson**  
Ph.D. (Ethics), M.A., L.Th.,  
B.Th. Concordia University,  
Montreal



**Katarina Lee, JD, MA, BA**  
Ethicist, St. Boniface  
Hospital

# la the Mission

Inspirer l'excellence en gouvernance et en leadership  
Inspiring Excellence in Governance & Leadership

## The Butterfly Model of Care in Canada

February 6, 2019

Registration: 12:30

Public lecture: 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.

## 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 to Date

### 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  
Registration fees:

February 6  
CHAM & IHCAM Members: **Free**  
General Public: **\$25**

February 7  
CHAM & IHCAM Members: **\$75**  
General Public: **\$100**

To register copy this link and fill out the form on-line: [sshp.ca/2d68](http://sshp.ca/2d68)  
For more information, contact Julie Turenne-Maynard: 204.235.3136 or [jtmaynard@cham.mb.ca](mailto:jtmaynard@cham.mb.ca)



**Catarina Versaavel**  
National Director  
Dementia Care Matters