

# Wednesday Wave

News & updates for Interlake-Eastern Health staff  
April 16, 2025



## In this edition

Education: [Check out upcoming EAP sessions](#)

Staff Perks: [Canadian Footwear](#)

Online shop: [ATC Long-sleeved T-shirt](#)



[Click here](#) for a PDF version of today's Wednesday Wave.

**[Please print and post for workers without email.](#)**

## Annual SAFE Work Certified audit complete



The annual SAFE Work Certified audit is now complete with IERHA achieving an overall score of 88% on the west side of the region and 89% on the east.

Thank you to all staff who have assisted with this process. An audit action plan has been developed in response to this year's findings as part of our commitment to continuous improvement of our safety and health management system.

This action plan focuses on 12 key items where we achieved passing grades but they were typically lower than other evaluated sections. Areas noted below are our focus for improvement:

- Workplace safety and health committee training
- Identifying and supporting vulnerable workers
- Contractor and student orientations,
- Monitoring and reviewing effectiveness of implemented safety controls

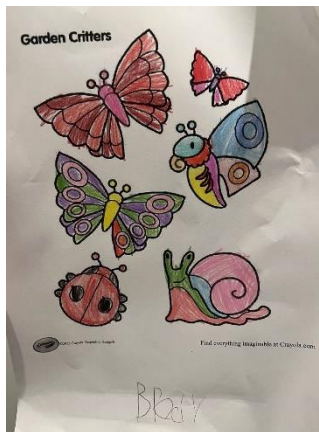
**[The full audit action plan can be found on StaffNet](#)** on the Occupational Safety and Health page, under the SAFE Work Certified tab, and will be routinely updated to show item completion and as well progress notes. It will also be shared with the WS&H Committee for information.

*Thank you to Samantha Roberts, manager of occupational safety and health, for this submission.*

## Congrats to the spring colouring contest winners!

We received an overwhelming response with nearly 50 entries in the Wednesday Wave's spring colouring contest! Thanks so much for all your bright and colourful submissions.

We've randomly chosen a winner in each of the three age categories, and they will receive a prize via inter-office courier.



Five-year-old Brody won in the "Age 5 and Under" category. Brody's mom is Stacey O'Hanley, a registered nurse in Gimli and Arborg.



Eight-year-old Ainsley won in the "Age 6 to 11" category. Ainsley's mom is Alexandra Dacombe, infection and prevention control coordinator in Stonewall.



Brittany Crawford, an MRI technologist at Selkirk Regional Health Centre, is the winner in the "Age 12 and Up" category.

## Celebrate Spring Spirit Week!

Staff from across the region recently showed their spring spirit during [Spirit Week](#). Check out some of their creative costumes.



### Beach Day

At East Gate Lodge Personal Care Home in Beausejour, nurse Mary and housekeeping / health-care aide Lynn are ready for warm beach weather.

*Thank you to Amber Cook, recreation coordinator, for sharing this summery photo.*

## Superhero Day



Housekeeping aide Max, housekeeping / health-care aide Lynn, nurse Mary and housekeeping aide Brenda are truly health-care superheroes at East Gate Lodge Personal Care Home in Beausejour.

*Thank you to Amber Cook, recreation coordinator, for sharing this fun photo.*



Denise, Shannon, Collette, and Susan were feeling SUPER on Superhero Day at Selkirk Regional Health Centre!

*Thank you to Susan Walker for sharing this super submission.*

## Easter lunch in Lac du Bonnet



Volunteer Melody Horn hopped along as the Easter bunny.



Family member Leona Chagnon and resident Patrick Ancel enjoyed a dance.



Volunteer Sharon Pember was busy selling raffle tickets.



Recreation facilitator Rachel Obirek served as the bartender for the event.

## Celebrating Mardi Gras in Gimli



The recreation department at Betel in Gimli outdid themselves at a recent Mardi Gras celebration in the multi-purpose room.

Festivities included colourful decorations, masks and a photo booth.

Residents enjoyed fresh fruit plates and sipped yummy mocktails of piña coladas and strawberry daiquiris.

[Click here to see more photos.](#)

*Thank you to Pat Nuspl for sharing these festive photos.*



## Interlake Eastern Health Foundation: Pinawa Foundation



Thanks to a grant and a generous community donor who directed her gift through the Pinawa Foundation, two new treatment chairs have arrived at Pinawa Hospital.

These chairs provide much-needed comfort to cancer care patients and are already making a difference in the experience of those receiving treatment.

When the community comes together, we all benefit. Thank you Pinawa Foundation for your continued support of care and community.

Thank you to [Interlake Eastern Health Foundation](#) executive director Averill Stephenson for sharing this submission. If you have any questions — or if you'd like to know more about fundraising and upcoming projects — please contact Averill at 204-485-5139 or [astephenson@ierha.ca](mailto:astephenson@ierha.ca).

## Service Milestone Awards Spring 2025: Updated list



Spring is the season when Interlake-Eastern Regional Health Authority congratulates staff celebrating five to 45 years of service.

Please click on [this updated service milestones list](#) and help celebrate the milestones with your colleagues.

If you are on the list for (10 to 45 years of service), in May you will receive a letter to your home address with instructions on how to select your award from our supplier OC Tanner.

Please ensure that we have your proper delivery address in our system. If you don't receive the letter in May and you are on the list, please contact your manager or supervisor. Staff who have achieved five years of service will receive a branded IERHA fleece blanket.

Shared Health employees need to reach out to their managers.

Reminder for managers who have employees achieving milestones this year: Please confirm your lists on Teams and advise Susan Peitsch of any errors or changes to the list.

For all other inquiries, please contact Susan Peitsch at [speitsch@ierha.ca](mailto:speitsch@ierha.ca).

## Staff Stars: Recognizing staff who inspire us



Therapeutic recreation facilitator Rachel Obirek knows how to create a warm and welcoming environment at Lac du Bonnet Personal Care Home.

Clayton Fisher, manager of health services, said Rachel makes sure the residents' days are filled with activity and interaction.

"Most of the residents look forward to when Rachel brings in her guitar to play songs with them. Bingo is never more lively than when the room is full and Rachel is calling out the numbers. Residents are so engaged," Clayton said.

"Rachel runs programs — and if there is a lack of engagement, she will pivot to something the residents will be more involved in. Resident interaction is Rachel's focus and it shows."

Rachel expressed gratitude to Clayton for the kind words and said that many wonderful staff members work at the facility.

"I really enjoy coming to work to try and make a difference in the residents' overall wellness. I love singing for them when I can, making their special events more enjoyable by creating centrepieces for them and their guests to enjoy," she said.

"I love interacting with the older folk. Putting a smile on their faces is absolutely a highlight for me, letting me know that my job truly makes a difference."

Good job, Rachel! Your efforts are appreciated.

## Red Dress Day apparel available to order



Red Dress Day, also known as the National Day of Awareness for Missing and Murdered Indigenous Women, Girls, and Two-Spirit People (MMIWG2S) is observed on May 5.

Indigenous Nations Apparel Company (INAC) has created special apparel to honour the memory of missing and murdered Indigenous women, girls, and 2SLGBTQQIA+ people.

T-shirts and hoodies can be [ordered directly from the INAC website](#) and shipped via INAC or you can pick up your order at INAC offices or at their store at Polo Park.

## Virtual staff bulletin board



**Date change:** The date has changed for the final meat draw in Petersfield Hotel in support of [Camp Stepping Stones](#). It is going to be on **Friday, May 16** instead of the original date of May 9. The first draw takes place at 6:30 and the second at 7:30 p.m.

*Send submissions for possible publication in an upcoming edition of the Wednesday Wave to [ierhawave@ierha.ca](mailto:ierhawave@ierha.ca).*

## Payroll reminder

**Time to verify your hours worked!**  
Use QSS to make sure your pay will be correct.

**Pay is processed April 21.**  
Please confirm your hours before this date for accurate pay.

Visit QSS online or call payroll if you need assistance checking your schedule

**1-855-866-4430**

## Pension and other benefits

[HEB Manitoba](#) provides pension and other benefits to eligible Interlake-Eastern RHA employees (and their families). Visit the HEB website: [https://hebmanitoba.ca/about\\_us](https://hebmanitoba.ca/about_us). You will need to login or register to access the secure member portal to see your personal information.

If you have an inquiry regarding your benefits, hours of operation are Monday to Friday from 8 a.m. to 4:30 p.m.

Contact information for general inquiries:

Toll-free: 1.888.842.4233  
Fax: 204.943.3862  
Email: [info@hebmanitoba.ca](mailto:info@hebmanitoba.ca)

## Youth Connect: Assisting young adults who have aged out of care

A new program with the goal of assisting young adults who have aged out of care with Child and Family Services is now available to IERHA staff to help clients.

Youth Connect helps to bridge the gap of supports and services during the transition to independent living; building capacity for access to supports, services and benefits. The program helps young adults navigate through systems while encouraging, providing and fostering a sense of security to empower them to become self-sufficient and successful.

Program mentors/navigators can assist with program applications for housing, employment and education. They can assist with creating, building and fostering relationships and support networks, housing viewings and case conferences. They can also connect young adults with culturally appropriate services and Indigenous elder Services.

[Learn more about Youth Connect.](#)

## Education opportunities



### EAP Virtual Education Sessions

Workshops and seminars are available on a variety of topics, with the goal of supporting health and wellness in the workplace.

These virtual sessions range from one to three hours and can run any time of day. There is no cost for staff to attend these sessions.

**Questions?**  
Contact us at [Education@ierha.ca](mailto:Education@ierha.ca) or 204-785-4760

#### How to Register

Registration for all EAP sessions is done through the LMS

Click [HERE](#) to log into your LMS account!

If this session is during a regularly scheduled work period, please check with your manager before registering to confirm that you are able to attend this session. Any details regarding paid time are to be directed to your immediate supervisor.

Once you have registered, the session link will be sent to the email that is on your LMS account closer to the session date.

#### April 2025

**April 15, 1pm - 2pm**  
EAP: Mental Health in the Workplace (for Leaders)

**April 17, 9am - 1030am**  
EAP: Trauma-Informed Leadership

**April 23, 6pm - 9pm**  
EAP: Financial Planning and Your Retirement

**April 24, 12pm - 1pm**  
EAP: Balancing the Mind

**April 29, 9am - 12pm**  
EAP: Effective Workplace Communication 101

#### May 2025

**May 7, 12pm - 1pm**  
EAP: The Multigenerational Workplace

**May 13, 12pm - 1pm**  
EAP: Navigating Sleep and Shift Work

**May 15, 9am - 12pm**  
EAP: Financial Planning and Your Retirement

**May 21, 1pm - 2:30pm**  
EAP: Grief - Understanding and Managing Loss in Personal and Professional Life

**May 27, 9am - 12pm**  
EAP: Mental Health Awareness

#### June 2025

**June 4, 12pm - 1pm**  
EAP: Co-Creating Healthy Teams (for Leaders)

**June 10, 9 - 1030am**  
EAP: Strong Leaders Group (Virtual)

**June 11, 12pm - 1pm**  
EAP: Intro to Communication Skills in the Workplace

**June 12, 12pm - 1pm**  
EAP: Diversity in the Workplace

**June 17, 1pm - 4pm**  
EAP: Financial Planning and Your Retirement

**June 19, 1pm - 230pm**  
EAP: Strong Leaders Group (Virtual)

**June 24, 1030am - 12pm**  
EAP: Innovative Leadership

## EAP sessions

Interlake-Eastern offers free EAP workshops and seminars designed to support health and wellness in our workplace.

Sessions are virtual and run from one to three hours. You can access the training whenever you'd like. Book yourself into a session today and learn something new that can help you at work and at home.

Contact [education@ierha.ca](mailto:education@ierha.ca) or 204-785-4760 with questions.



## Drop-in virtual well-being practice sessions for staff and leaders

The Provincial Wellbeing team has announced the next series of virtual drop-in well-being practice sessions for staff and leaders.

Whether you only have a few minutes or can stay for the full session, you're welcome to come as you are and stay for as long as your schedule allows. These sessions are offered virtually.

- TODAY! April 16 at 10 a.m. & 2 p.m. – Connecting with Nature
- April 23 at 10 a.m. & 2 p.m. – Moral Distress Part 2
- April 30 at 10 a.m. & 2 p.m. – Daily Intentional Planning

[Learn more.](#)

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## The Critical Eye - Healing the Mind, Body, and Soul

The 21st Annual Critical Eye Conference, organized by the HSC Critical Care Education Committee, is on **April 30** at the Canad Inns Destination Centre Club Regent Casino Hotel.

The theme this year is about holistic care, focusing on healing as a whole. While the conference is focused towards critical care, all nurses, pharmacists, respiratory therapists, physicians or any of allied health professionals.

Last year's conference was a sell out. Our venue has moved to accommodate attendees' requests for more space and parking.

[Find conference details and registration here](#)

Final day to register is **April 24**.

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## 2025 Manitoba Pediatric Health Conference – Growing, Healing, Thriving

**May 1, 2025 | Register by April 29**

A pediatric-focused conference for health-care professionals across the province, highlighting topics to help serve our youngest patients. This is the first year back with an in-person option as a hybrid event.

Attendance Options:

- Virtual (online), or
- In-person at UManitoba Bannatyne: Basic Medical Sciences Building, Theatre B (limited to 80 spots and tickets include lunch provided by Feast)

[Detailed information and registration here.](#)

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## Indigenous Cultural Awareness sessions

This one-day workshop introduces basic knowledge of world views, spiritual and cultural values of Indigenous peoples.

Seats are available in the following sessions:

- [April 30 in Pine Falls](#)

[Register on LMS.](#)

If you don't check your IERHA email address often, you can register on LMS with your personal email address and phone number. That way, you will be sure to receive the notification in case the course is cancelled.

For more info, contact Lori at [lbours@ierha.ca](mailto:lbours@ierha.ca). Please also contact Lori if you have signed up but will not be attending or if you cancel your registration on LMS.

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## ASIST: Applied Suicide Intervention Skills Training

**May 8 and 9** from 8:30 a.m. to 4:30 p.m.  
Selkirk Regional Health Centre

Participants must attend the two full days to receive certificate of completion.

[Learn more.](#)

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## Spirit of Caring course

Wednesdays from **April 30 to June 25** from 12:30 to 3 p.m.

Participants who complete the course are eligible to apply for a Spiritual Care volunteer position in IERHA facilities. IERHA staff are welcome to take the course.

[Learn more.](#)

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## French Language Services: Rosetta Stone



Interlake-Eastern  
Regional Health Authority

Shared health  
Soins communs  
Manitoba

"If you talk to a man in a language he understands, that goes to his head.  
If you talk to him in his own language, that goes to his heart."  
-Nelson Mandela

**Rosetta Stone**

**Master French Fast!**

With the Rosetta Stone app, learn anytime, anywhere—it fits your schedule!

Visit StaffNet > French Language Learning to request a free license.

## Staff perks



Receive 10% off regular-priced in-stock items at Canadian Footwear (in-store only).

Simply present your IERHA employee photo ID badge to be eligible for the discount at time of purchase. [Learn more.](#)

## IERHA online store



### **ATC Everyday ring-spun long-sleeved T-shirt**

**\$19.50**

Colours: Royal Blue, Navy, Athletic Grey, Heather Grey

Order cut-off is **May 30** for delivery to corporate office the week of **June 20**.

[Visit the Online Store](#)

## The bright side



### April 22 is Earth Day

Earth Day was initially celebrated on April 22, 1970, marking the inception of the environmental movement. It has since evolved into the largest participatory environmental movement on the planet.

[Learn more.](#)

Interlake-Eastern  
Regional Health Authority

# EMPLOYEE *Spotlight*

Check out IERHA's social media channels this week to see profiles of IERHA staff members on [Facebook](#), [Instagram](#) and [LinkedIn](#).

**DAWN BARRETT**  
Manager Health Services, Acute Care

*We're taking a break from publishing editions in weeks following statutory holidays.*

*There will be no issue of the Wednesday Wave published on **April 23**.*

*We're looking for your story ideas! Send your submission to [ierhawave@ierha.ca](mailto:ierhawave@ierha.ca) by Friday and we'll work to get your story into the next edition.*