

Wednesday Wave

News & updates for Interlake-Eastern RHA staff
Dec. 18, 2024



In this edition

Join today's launch of the Wellbeing Hub

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IERHA online store offers packable puffer vest

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[Click here](#) for a PDF version of the Wednesday Wave.

Please print and post for workers without email.

Smudging Ceremony in Ashern

Interlake-Eastern health staff received the keys to the inpatient unit expansion in Ashern on Monday this week. It marks a milestone in the project as we have officially taken ownership of the building from the contractors hired to build it.

Regional knowledge keeper, Robert Maytwayashing, offered a smudging ceremony to purify the new space and help create a positive mind set. The ceremony respects the spiritual and cultural practices of First Nations and Métis people who attend Ashern's Lakeshore General Hospital.

Staff were invited to participate in the first part of the ceremony. Robert then walked through each of the rooms in the new in-patient unit offering the smudge ceremony to the new spaces.

The expanded unit offers 26 beds, an increase of 12, and it is scheduled to accept patients on Feb. 3, 2025. Construction on the hospital's emergency department expansion will follow.



Ashern staff attending the smudging ceremony included (left to right) back row: Brenda-Lee, Families First; Roney, RN; Trevor, maintenance. Front row: Sam, maintenance; Carmelle, RN; Raichal, RN; Dawn, manager health services; Jennifer, CTM withdrawal management; Candace, director acute care; Kaylee, RN; Cibil, ward clerk; Mandy, URIS; Theresa, LPN; Steve, clinical process improvement facilitator; Brittany, RN and Robert, regional knowledge keeper.

Award Winning Practice

Selkirk Medical Associates has received the Manitoba College of Family Physicians' 2024 Dr. Gary Beazley Patients Medical Home Award. This award is granted annually to the family physician or physician practice group that best embodies the principles of the Patient's Medical Home - where people feel most at home to present and discuss their personal and family health and medical concerns.



Dr. Karen Appel, president of the College of Family Physicians of Manitoba, presented the award to Dr. Ian Alexander who accepted on behalf of Selkirk Medical Associates.



Dr. Selena Papetti (at left), a private practitioner in Lac du Bonnet attended the awards ceremony. She also serves at the U of M's associate head of Distributed Medical Education in the Department of Family Medicine, at the Max Rady College of Medicine. With her are second year medical students Regina Klassen, Caitlyn Culleton, Samuel Wiebe and fourth year student Jessica Setlack along with Interlake-Eastern's Pamela Robertson, physician recruiter.

Provincial Wellbeing Hub launches today



Explore the Wellbeing Hub, a new online resource designed to support your overall well-being – encompassing emotional, physical, mental and spiritual health.

Find quick and easy access to helpful articles, practical tools and well-being supports for all members of our health-care teams, as well as resources for managers, supervisors and leaders seeking tools to better support the members of their team.

The content on the Wellbeing Hub has been developed with the input of knowledgeable health-care professionals from across Manitoba. Their contributions have ensured these resources are relevant, trustworthy and meaningful to your experiences.

<https://healthproviders.sharedhealthmb.ca/wellbeing-hub>

Join the virtual launch!

We invite you to join one of our virtual launch sessions today and experience a guided tour of the Wellbeing Hub's resources and meet the Wellbeing Leaders who support each health region in Manitoba. We look forward to seeing you there! Register for the morning or afternoon session:

Morning - December 18 from 11 - 11:30 a.m.

<https://register.gotowebinar.com/register/8945710610312982873>

Afternoon - December 18 from 2 - 2:30 p.m.

<https://attendee.gotowebinar.com/register/7882582921812134742>

Winter beauty



Santana Boulet, chronic disease nurse at Pine Falls Primary Health Care Centre and Giigewigamig Traditional Healing Centre, shared this beautiful winter photo of the sun dog last week in St-Georges.

Planning time away from work?

A reminder to update your voicemail and email out of office notifications if you're planning time away this winter.

- Advise you're away from the office
- Identify the day you plan to return
- provide the name and phone number/email address of the person to contact in your absence (make sure they are planning to be in office for the duration of your absence)

If you need assistance to get your out of office notifications set up, email servicedesk@sharedhealthmb.ca and someone will help you out.



National recognition for our acute care team

Canadian Institute for Health Information (CIHI) is recognizing our acute care teams' use of Quality and Patient Safety boards to identify areas for improvement in facilities and improve communication among health care providers as well as between providers and patients.

[Learn more about the solution](#)

Erin Hertz, manager of health services in acute care, appreciates the value of the information board in Beausejour Hospital



Holiday spirit all over the region

Staff all over the region have been hosting holiday parties and having fun with spirit week.

[See a summary of spirit week submissions from all over the regions](#)

This image from the Whitemouth Personal Care Home dietary team was taken at their residents' Christmas dinner last week. It comes to you with their best wishes for the season and a hearty "May your days be merry and bright!" Thank you Lauren Smith for this submission!



Back Row: Justina Yarmill, dietary aide; Lauren Smith, support services manager; Ann-marie Vannieuw-Amerongen, cook; Santa; Judy Vannieuw-Amerongen, cook; Yvonne Karalash, cook.
Front Row: Rachael Hutchison, dietary aide; and Alexis Hameluck, dietary aide.



Seasons greetings from the Community Wellness Team!

The Community Wellness Team had a staff meeting to work on indicators and outcomes along with program action plans for 2025. But they also took a time out for photos to pass along holiday greetings!

Top to bottom, left to right: Shannon Montgomery, director health services, public health & wellness; Marilyn Sitar, wellness facilitator; Andrea Dell; wellness facilitator; Caroline McIntosh, wellness facilitator; Elsie Ann Hogue, administrative assistant; Caroline Le Clair, wellness facilitator; Bonnie Peloski, wellness facilitator; Theresa Dankochik, planning clerk; Bonnie Stefansson, wellness facilitator; Michelle Berthelette, wellness facilitator; Jan Keryluk, wellness facilitator.

Thanks to Jan Keryluk for sharing!

In case you missed it



- IERHA launched its anti-racism policy. [Read more.](#)
- The policy has been revised for handling of suspected illicit substances in hospitals and personal care homes. [Read more.](#)
- [Check out the hours of operation](#) for Materials Management for the 2024 holiday season.

Registration Now Open! New Grad Day for Nurses, March 14

Are you a nurse who graduated within the last 12-18 months? Are you doing your senior practicum?

Don't miss this chance to learn tips, tools and techniques to successfully transition into the workplace during your independent practice. Ask your manager about attending and joining this inspiring and informative day.

Managers, supervisors and educators of new nursing grads are also welcome.

[Learn more.](#)

Global Workforce Survey - deadline extended to end of year

If you didn't get a chance to contribute your perspectives to the Global Workforce Survey the deadline has been extended to Dec. 31. [Take the survey now.](#)

National Ribbon Skirt Day - Jan. 4

On Jan. 4, [National Ribbon Skirt Day](#) originates with the story of Isabella Kulak. A member of Cote First Nation, Saskatchewan, Isabella was shamed for wearing her handmade ribbon skirt to a formal wear day at her elementary school.

Traditionally worn by First Nations and Métis peoples, ribbon skirts are a centuries-old symbol of identity, adaptation and survival for Indigenous women, girls and gender-diverse people. They represent a direct connection to Mother Earth.

Isabella's story shone a light on the enduring injustices, racism and discrimination faced by First Nations, Inuit and Métis in Canada every day, and on the importance of the role we all have to play in making sure that what happened never happens again to anyone in Canada.

Send us photos of your ribbon skirt to ierhawave@ierha.ca for possible publication in an upcoming edition of the Wave.

[Staff perks](#)



Receive 10% off regular and sale-priced items.

Simply present your IERHA employee photo ID badge to be eligible for the discount at time of purchase.

[Learn more.](#)



IERHA staff are eligible for discounts on TELUS products and services. Check out the latest offers:

- Enjoy 150GB 5G+ of CAN-US-Mexico-Caribbean data starting at \$65/month
- Upgrade today and enjoy 100GB 5G+ CAN-US-Mexico starting from \$60/month
- Unlock 60GB of 5G+ data starting from \$35/month

[Learn more.](#)

IERHA online store



Core 365 Prevail Packable Puffer **\$63**

Available in Navy, Royal and Black. [Learn more.](#)

Order cut-off is **Jan. 24** for delivery to corporate office the week of Feb. [14.](#)

[Visit the Online Store](#)

A message to staff from Michele Polinuk, Interlake-Eastern's board chair

Happy New Year

ON BEHALF OF
INTERLAKE-EASTERN'S BOARD
OF DIRECTORS, THANK YOU
FOR YOUR DEDICATION OVER
THE PAST YEAR.

WE HOPE YOUR ROLE WITHIN
THE REGION CONTINUES TO
PROVIDE YOU WITH
OPPORTUNITIES TO LEARN AND
GROW.

IN THE YEAR AHEAD, MAY THE
REWARDS OF WORK WELL DONE
BRING YOU JOY AND MEANING.

A message from CEO, Marion Ellis

*As we enter a
new year*

We acknowledge people are experiencing significant hardship and suffering throughout our world. We are grateful for each other, for where we live and for purposeful work.

To you who have made a commitment to health care, thank you for choosing to be a part of Interlake-Eastern. Citizens and co-workers recognize and appreciate your responsiveness and your commitment to working together.

May your 2025 provide you with opportunity to find ease of mind and peace in knowing that you contribute to helping people.

What are you celebrating this season?



The bright side



Tasty recipes for the holiday season

The holiday season is finally here with lots of opportunities to share delicious feasts. Here are some local holiday recipe ideas for inspiration:

- [Dairy Farmers of Manitoba](#)
- [Manitoba Egg Farmers](#)
- [Manitoba Chicken Producers](#)
- [Manitoba Pork](#)
- [Manitoba Beef Producers](#)

[Gingerbread Clementine Egnog Trifle](#)

*We're taking a break from publishing editions in weeks following statutory holidays. There will be no issue of the Wednesday Wave published on **Dec. 25 and Jan. 1.***

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