

# Wednesday Wave

News & updates for Interlake-Eastern Health staff  
Jan. 8, 2025



Interlake-Eastern  
Regional Health Authority

## In this edition

**Photo round up -  
Together for the Holidays**

[Read more.](#)

**New tax year  
requirements**

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**Get your Mark's discount  
voucher**

[Read more.](#)



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version of the Wednesday  
Wave.

**Please print and post for  
workers without email.**

## Welcome 2025!



IERHA's New Year's baby, Azayla, arrived at Selkirk Regional Health Centre on January 1 at 2:12 a.m. to mom Tisha Hanson. Chair of the Selkirk Hospital Gift Shop volunteers, Betty Milkowski (at right) and volunteer Bev Hykawy maintained the decades long tradition of honouring the first baby of the year with gifts. [Read more.](#)

## Celebrating recent community based training graduates



Graduates from Oakbank training who now have a uncertified health care aide microcredential (long term care) - from left to right: Halle Wessner, Alissa Saindon, Emily Tait and Anoop Chacko.



Graduates from Selkirk training who now have a uncertified health care aide microcredential (home care) - from left to right:

Ava Gignac, Deepinder Singh, Charmaine Morash, Cornelius Kizza, Kaylie Muzalewski, Victoria Thorsteinson, Katie Romas, Sandra Freeman, Diana Nakabugo and Kesslyn Lycan.



Graduates from Eriksdale training who now have a uncertified health care aide (long term care) - from left to right: Kimberly Krahn, Tyler Brand, Echo Ashby, Sangita Patel, Leonard Marasigan and missing is Luc Comeau.

### Next health care aide microcredential training (home care focus)

Starts in Selkirk on Jan. 27. For more information contact Ian Magnan, recruitment and community engagement officer at 204-340-5596, [imagnan@ierha.ca](mailto:imagnan@ierha.ca)

Interlake-Eastern's ethics council is sharing the following with staff. [Learn more about resources available to you](#) (this link will only work if your device is connected to IERHA's network)

# WHAT IS ETHICS?

## ETHICS IS



The process of making the right or best choice and understanding the reasoning behind our decisions and actions.

## ETHICS CAN

Assist us in healthcare by providing guidance in navigating complex decision-making and fostering a reflective practice.



## AN ETHICAL ISSUE IS



- Determining the right course of action.
- Asking a “should” question.
- Examining conflicting values or belief.
- Feeling uncomfortable with a course action.

## ETHICS SUPPORT AND RESOURCES

Want to learn more? Need ethics tools and resources?



[Ethics - IE-RHA INTRA \(StaffNet\)](#)



## Holiday Celebrations

Together for the Holidays spirit week ran from Dec. 9 to 13. Staff dove into the holiday celebrations with gusto! [Take a peek](#) at the submissions we received from all over the region.

### Staff Shout Out!

Beverley Airey, regional senior support supervisor sent us this shout out to Dana Trapp, services to seniors coordinator, regarding her work over the holiday season: Dana has been providing much-needed support to older adults in Beausejour and surrounding areas, helping them access programs and services to maintain their independence. Over the past nine months, she has actively promoted services to seniors, raised awareness about our programs, and connected individuals to the resources they need to age in place successfully. I'm sure Dana's positive spirit and Christmas cheer, along with her warm smile, were an added blessing, as she delivered the gifts from the community. Nice work, Dana!



Students from the elementary school came to the Lac du Bonnet Personal Care Home bearing gifts that they made and sang Christmas carols for residents. Pictured from left to right (front) Annie Tease, Hope Novakowski and Kaya Solnes. Back: Saga Larson, Vadya Lachuta, Olivia Darker, Shelby Lappage, Nadelyn Ritchot, Elletyn Sokoloski, Brooklynn Carling-Towers, Cailyn Deen, Julianna Falk, Naiobi Monaster and Ari Grey. Residents from left to right are Elvy Foubert, Jean Martel, Patrick Ancel and Elfrieda Schoen.

### A New Year's poem for personal care home staff

Rochell Javier, recreation facilitator in Fisher Personal Care Home, submitted [this poem](#) she wrote. We're a little late for the New Year but the sentiment she conveys still rings true!

## In case you missed it

### [New Tax Year Requirements and Updates](#)

#### **New Indigenous Health services available at Selkirk Regional Health Centre**

Selkirk Regional Health Centre's Indigenous Health Elder, Cara Widrick is accepting referrals through the [GA-10-F-7578 Indigenous Health Services Referrals Form](#). Cara can provide cultural guidance, personal consultation, active listening, support and mentorship to patients at SRHC and their families on an as needed basis.

[Changes to Shared Health Service Desk Directory](#) - in effect as of today

## Education opportunities

### [Learning Essential Approaches to Palliative Care \(LEAP\) Training](#)

Selkirk Regional Health Centre - MPR Main Floor

Thursday, Jan. 23 from 8:30 a.m. to 4:30 p.m.

Earn continuing education credits. Deadline to register: Monday, Jan. 13, 2025 (NOTE: Pre-course modules to be completed by Monday, Jan. 20, 2025) **Some staff have had difficulties registering for this course - refer to this [troubleshooting guide](#) before registering.**

### [Mental Health First Aid for Adults who Interact with Youth](#)

Jan. 28 & 29, 8:30 to 4:30

Selkirk Community Health Office, First Floor Boardroom, 237 Manitoba Ave.

[Register on LMS](#)

## French Language Services

The ability to communicate in French with clients vastly improves the active offer of French services. To help out, Santé en français has created the “LexiGo Santé – useful sentences in English and in French for the workplace” booklet. It has been designed specifically for healthcare and social services professionals.

Visit the [LexiGo Santé request page](#) for yours! *(Please note: This booklet is not intended to replace formal language training.)*

## [Staff perks](#)



When you're going shopping, don't forget to bring your Mark's discount voucher.

[Click here to access it](#) through HUB Digital Marketplace or [find it here on StaffNet](#).

## IERHA online store



### Core 365 Prevail Packable Puffer

**\$79**

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

Order cut-off is **Jan. 24** for delivery to corporate office the week of Feb. 14.

[Visit the Online Store](#)

## The bright side



### Canada's top Google searches of 2024

Elections, eclipses and everything in between.

Find out what captured Canadians' interests this year.

[Learn more.](#)

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*We're taking a break from publishing editions in weeks following statutory holidays. There will be no issue of the Wednesday Wave published on **Feb. 19.***

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.

