

July 31, 2024



Scan to read the Wave online.

A PDF version of the Wednesday Wave is available by [clicking here](#).

Please print a copy for workers without email.

Multi-factor authentication

Starting **Aug. 8**, Digital Shared Services will be implementing Microsoft Multi-Factor Authentication (MFA) on all external (internet) facing applications.

This includes, but is not limited to, Outlook Web Access, Microsoft Teams, M365, SharePoint, and VPN/Remote Access services. If you have already set up MFA for Teams or Outlook Web Access, you do not need to take any further action.

Enrollment is mandatory and should be completed immediately to ensure you can continue to work remotely and to avoid possible long delays with accessing support from the service desk on Aug. 8.

How to Enroll

You will need your computer and a smartphone, and you will need to [Download Microsoft Authenticator](#) from the [App Store](#) (for iPhone users) or [Google Play](#) (for Android users). Enrollment typically takes 15-20 minutes and ***must be completed in one session***.

If you do not have a smart phone, please work with your manager to request a Remote Access Physical token by completing the [Remote Access Service Request Form](#).

Please review these Quick Reference Guides (QRGs) for more details on how to enroll and use MFA:

- [Microsoft Multi-Factor Authentication \(MFA\) Enrolment](#)
- [Using Microsoft Multi-Factor Authentication](#)

As well, please review the attached document outlining the user experience changes for Remote Access services.

If you have any issues, please contact the Shared Health Service Desk at 204-940-8500 or toll-free at 1-866-999-9698, and press **Option 6 for support.**

[Click here](#) to read the MFA for remote access user experience guide.



Q & A with [Interlake Eastern Health Foundation](#)

What if someone wants to make a gift to a specific hospital or program?

They can do this by indicating their preference at the time of donation. This would be considered a restricted donation and the foundation records it accordingly.

If my facility needs something, how can IEHF help?

The foundation is here to help fill gaps when other funding doesn't exist. Reach out with your need and we can work together to find a solution.

Thank you to [Interlake Eastern Health Foundation](#) executive director Averill Stephenson for sharing this info. If you have any questions, please contact Averill at 204-485-5139 or astephenson@ierha.ca.

In case you missed it



Please read the memos regarding the following policy and list:

- [GA-10-P-400 Safety Controls for High-Alert Medications - Shared Health](#)
- [GA-10-R-35 Provincial High-Alert Medication List](#)

I was disappointed to learn I was no longer eligible to donate blood

Thank you to Samantha Roberts, manager of occupational health and safety, for sharing her inspiring story.

While living in England, I was a regular blood donor. I was aware my blood type was in high demand being O-negative. This means that in critical emergencies — when there is no time to confirm a patient's blood type — O-negative blood can make a lifesaving difference. Donors who have the O-negative blood type are considered universal blood donors because their blood can be transfused to any patient in need regardless of their blood type.

When I moved to Manitoba in 2011, I was disappointed to learn I was no longer eligible to donate blood. For more than two decades, people who lived or spent time in the United



Kingdom, Republic of Ireland or France in the 1980s and 1990s were ineligible to donate.

In December 2023, this restriction was lifted and thousands of people across Canada became newly eligible to donate blood, plasma or platelets. Once I heard this, I booked my first blood donation appointment here in Selkirk.

The most important reason I choose to donate blood is the simple fact it can save lives. Knowing it can make a difference to save or improve the life of others is one way I can give back to the community. The process is simple and quick with multiple locations you can donate within our region.

If you would like more details, please visit

[Canadian Blood Services | Canada's Lifeline](#)

Butterfly release in Beausejour



Karen Betty, volunteer at East Gate Lodge personal care home in Beausejour, recently brought in monarch butterfly caterpillars and provided education to residents, staff and families along with the opportunity to watch the caterpillars become butterflies.

On July 18, Karen set the butterflies free at East Gate Lodge among eager onlookers.

Thanks to recreation coordinator Cheryl Laferriere for sharing this submission.

Carnival fun in Teulon



Joe Pearson, age 97, took his turn at Whack a Mole, which was one of 12 stations set up.

Goodwin Lodge staff and residents recently celebrated Carnival Day in Teulon.

"Carnival Day is a big day," said recreation coordinator Crystal Bergeron. "It's all hands on deck from every department."

There is no way Crystal could have pulled this event off for a third year if it weren't for the amazing co-workers that are always willing to step up and help.

She extends a huge thank you to staff in housekeeping and the kitchen, health-care aides, volunteers, summer student Vayha, Sawyers Olde Time Ice Cream truck, Vanessa, Daryl and Roberta for going above and beyond.

"This was hands down the best carnival day to date," Crystal said.

And thank you also to Crystal Bergeron for sharing these fun photos.



Thank you Daryl from maintenance for sitting in the hot seat. Staff and visitors came together to raise \$458 to dunk Daryl. Funds will be shared with the recreation team towards planning a summer ladder ball tournament with staff in August.

All residents had three free balls to try and knock Daryl into the dunk tank. Here's Anne Berry taking her turn.

Lovely day for a luau in Stonewall



Cheryl Lee, recreation facilitator, and Sheryl Steinthorson-Taylor, recreation coordinator, at the photo booth.

Partheesh Babu HCA; Tanya Lindsay, HCA; Sam Raske, LPN; Tammy Sheldon, HCA; Tori Arsenault, HCA; Teresa Andries, CRN; and Margaret Moulden, manager health services, long-term care program

It was a beautiful summer day for a luau at Rosewood Lodge in Stonewall!

On July 17, residents and their family and friends enjoyed a wonderful supper of pulled pork on a bun, coleslaw and potato salad with pineapple cupcakes for dessert.

Elvis was in the building and brought the house down! There was even a tiki bar serving non-alcoholic pina coladas and mai tais.

As people were leaving, they were asking when the next party was going to be.

Thank you to recreation coordinator Sheryl Steinthorson-Taylor for this fun submission.



Rosewood residents Ruth Gee (left) and Jean Addy (right) being serenaded by Adam T. Elvis.



Rosewood resident Emily Deneka with her daughter and son-in-law, Angela and Wayne Smikles.

Rosewood resident Mike Kwetecki poses for pic at the photo booth with nurse Caitlan Prystupa, LPN.



Surf board decorations



All set up and waiting for guests to arrive.



Tiki bar where non-alcoholic pina coladas and mai tais were served.

Thanks for sharing the love for IERHA!



Wednesday Wave readers have been sharing submissions about why they love living and working in the region. All submissions received an entry in a random draw for a fabulous prize.

Congratulations to winner **Nadine Thorvardson**, who works as a cook at Teulon Hospital!

For her prize, Nadine has the chance to choose an item from [IERHA's online store](#).

A bounty of berries



Marilyn Sitar, community wellness facilitator based in Whitemouth, shared one of her favourite parts of living and working in IERHA — berry picking!

"Berry picking is a bit of a tradition in my family. This summer, my parents and I were able to go picking for strawberries in Hadashville, raspberries in Whitemouth and, my personal favourite, saskatoon picking at a farm near Ladywood," Marilyn said.

"I am trying not to eat all of the saskatoons I canned! Next up: Blueberry picking in the Whiteshell!"

Black River Treaty Days



Left to right: Michelle Berthelette, community wellness facilitator, and Santana Boulet, chronic disease nurse and certified diabetes educator.



Crystal Behrends, community engagement liaison, cancer navigation services

On July 17, IERHA staff members attended Black RiverTreaty Days.

Click here to see a list of [2024 Manitoba Treaty Days](#).

Thank you to Santana Boulet, Michelle Berthelette and Crystal Behrends for this submission.

Orange Shirt Day sales extended to Aug. 5

A promotional banner for Orange Shirt Day. It features the text 'Orange Shirt Day September 30, 2024' and 'Online sales open now until Aug. 5 with local pick up or delivery options.' Below the text are four orange items: two t-shirts and two hoodies, all with the 'Every Child Matters' logo. A button says 'Click here to learn more about Orange Shirt Day and to order a shirt or hoodie.' The banner has a decorative orange and yellow wavy border at the bottom.

This year, in recognition of National Day for Truth and Reconciliation, health system staff can purchase “Every Child Matters” shirts and hoodies from Winnipeg-based, Indigenous owned Dreamcatchers Promotions. A portion of all sales proceeds will be donated to [Wa-Say Healing Centre](#).

IERHA staff who place an order have three options for receipt of your item(s):

1. Pick up at a site in Winnipeg that you select; or
2. Have your purchase shipped to you directly, at an additional fee, via Canada Post; or
3. Have your purchase shipped to Corporate Office in Selkirk and it will be sent to you via inter-office courier.

If you'd like to have your item shipped to Corporate Office in Selkirk for delivery to you via inter-office courier, please follow the following steps:

A. Under “Preferred Facility Pick Up” select “IERHA Corporate Office will forward to your specified location” from the drop down menu.

In the notes section, it’s essential that you specify the IERHA facility where you’d like the IERHA courier to drop off your purchase.

Click on “Save and Continue”

The screenshot shows the Dreamcatcher Promotions checkout interface. At the top left is the logo. Below it, the section is titled "Preferred Facility Pick Up (Optional)". A dropdown menu is open, showing the selected option: "IERHA Corporate Office will forward to your specified location". Below this is the "Order Notes (Optional)" section, which includes the instruction: "Please specify the final destination facility if different from the shipping address. For example, if shipping through IERHA Corporate, indicate the final destination (e.g., Pine Falls)". A text input field contains "Sunnwood Personal Care Home in Pine Falls". At the bottom, there are two buttons: "Pay with link" and "Save and Continue".

B. Under “Shipping Method”, select “Ship to preferred health facility for pick up”

The screenshot shows the "Shipping Method" section of the checkout process. It features two radio button options. The first option is "Ship to Address" with the subtext "Add address to calculate shipping". The second option is "Ship to Preferred Health Facility for Pick up" with a price of "\$1.50". The second option is selected. A "Save and Continue" button is located at the bottom right.

C. Fill in your payment details using the mailing address affiliated with your credit/debit card (this is typically your home address).

D. At “Checkout” review your order to ensure it is accurate. Then be sure to click on “Place order.”

Visit the online store here: [Orange Shirt Day - Shared Health \(sharedhealthmb.ca\)](https://www.sharedhealthmb.ca)

You can also access the online store via StaffNet:

<https://home.ierha.ca/resources/employee-well-being/orange-shirt-day/>

Virtual Staff Bulletin Board

Our virtual bulletin board in the Wednesday Wave aims to share interesting info among staff members.

Send submissions for possible publication in an upcoming edition of the Wednesday Wave to ierhawave@ierha.ca.

Bulletin board postings:

- Support groups offer the opportunity for care partners to meet and share information about their experiences of caring for a person living with dementia. [Click here](#) to see a poster about a Care Partner Support Group in Selkirk.



- Ambiguous loss refers to the feelings of loss and grief one may experience when caring for someone living with a progressive disease like dementia. [Click here](#) to see a poster about the Ambiguous Loss Support Group in Selkirk.

Thank you to Melanie Thomas, social worker at Tudor House Personal Care Home, for these submissions.



Thinking about a career upgrade?

IERHA continues to strengthen its partnerships with various post-secondary institutions to develop a stronger workforce.

Efforts are underway to develop education opportunities closer to home for students and employees in the Interlake.

[Click here](#) to see a list of courses available.



IERHA employees can receive a promotional rate for the **Aug. 23** Blue Bombers game versus Hamilton. [Learn more.](#)

Interlake–Eastern RHA's Online Store

ATC Eurospun Ring Spun T-shirt \$19



- Ladies' sizes: S to 4XL
- Unisex sizes: S to 4XL
- Colours: Carolina Blue, Navy, Raspberry Pink
- 100% combed and ring-spun cotton
- Unisex classic fit or ladies' modern fit
- Personalize with your name for \$6

Order cut-off is Sept. 27 for delivery to corporate office on Oct. 18.
Visit [our online shop](#).

On your mark, get set ... for the 2024 Paris Olympic and Paralympic Games!



Mauril has units and vocabulary that are sure get you in the Summer Games spirit!

Learn more in this month's [Mauril infolettre](#).

Did you know? The IOC Olympic Charter lists both French and English as official languages of the Olympics.

A fun and engaging way to learn French or English

Ready to take your French or English language skills to the next level? Try the [free Mauril app](#).

Test your listening comprehension skills with audio and video content from CBC and Radio-Canada.

Using tools and apps such as Mauril are a great way to help you feel more confident using French in any context.



Terry Fox Day

In August of each year, the first Monday is known throughout Manitoba as Terry Fox Day.

In September of each year, the second Sunday after Labour Day is known throughout Manitoba as Terry Fox Run Day.

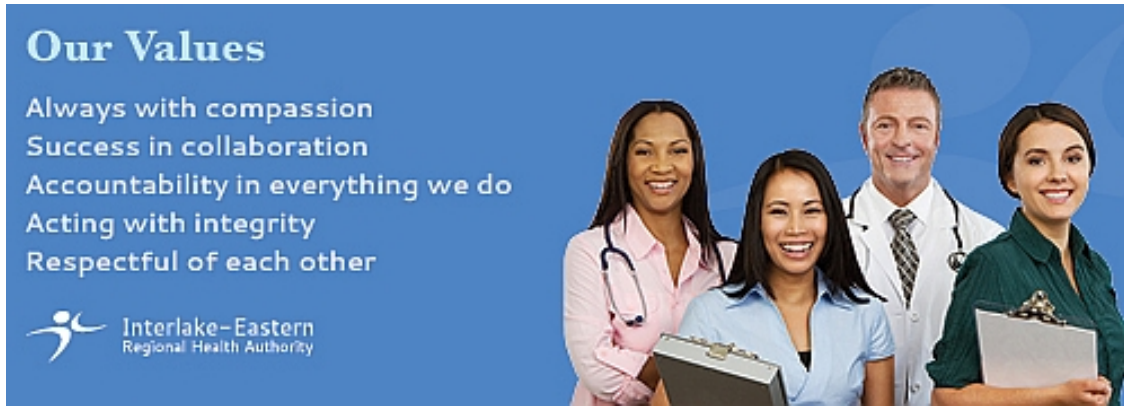
[Read more](#) about Terry's legacy.



We're looking for your story ideas!

Send your submission of 250 words or less to ierhawave@ierha.ca by Friday and we'll work to get your story into the next issue.

We're taking a break from publishing editions in weeks following statutory holidays. There will be no issue of the Wednesday Wave published on **Aug. 7**.



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