

Wednesday Wave

News & updates for Interlake-Eastern Health staff
March 12, 2025

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

Please print and post for workers without email.

Community weighs in on redesign of E.M. Crowe Memorial Hospital's emergency room



Randall Loster, at right, project manager with Shared Health's department-led capital projects team, talks with admitting clerk Felicia Farthing (at Randall's left), Dr. Agili and Dr. Young. At back, staff members take a closer look at design boards.

On Thursday, March 6, the team working on the redesign of the emergency room at E.M. Crowe Memorial Hospital in Eriksdale spoke with staff, physicians and community members about the draft design. Boards on display reflected staff input through project discussions as well as feedback gathered from 142 people who responded to a public survey that collected responses for a three-week period.

Even though it was a busy day at the hospital, approximately 25 staff and physicians attended the staff event at the Wellness Centre. For the afternoon and evening, the design boards were set up at the Eriksdale recreation centre where more than 130 community members stopped in to take a look and chat with MMP architect Aleksandra Chomik and Randall Loster, project manager with Shared Health's department-led capital projects team.

Attending from IERHA were Tanya Cheetham, chief nursing officer; Steven Klassen, acute care clinical practice and process improvement facilitator; and Kevin Shmon, regional director of facilities management and capital planning. Averill Stephenson, executive director of Interlake Eastern Health Foundation, brought local residents up to date on foundation activities.

An additional consultation is being planned with leaders of Indigenous nations that attend Eriksdale for care. These discussions are providing the design team with additional insights that will be worked into the final design.

Redesign of this hospital's emergency room was a commitment in the 2024 provincial budget and Speech from the Throne. A final design will be shared publicly in summer 2025.

Jump into spring with training designed for staff wellness

EAP sessions

This is a great time of year to clear out winter cobwebs and look for ways to expand your understanding. 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 or 204-785-4760 with questions.

How to Register	March 2025	April 2025	May 2025
<p>Registration for all EAP sessions is done through the LMS</p> <p>Click HERE to log into your LMS account!</p> <p>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.</p> <p>Once you have registered, the session link will be sent to the email that is on your LMS account closer to the session date.</p>	<p>March 12, 11:30am - 1pm EAP: Gender, Sexuality and Identity</p> <p>March 18, 9am - 12pm EAP: Bullying in the Workplace</p>	<p>April 15, 1pm - 2pm EAP: Mental Health in the Workplace (for Leaders)</p> <p>April 23, 6pm - 9pm EAP: Financial Planning and Your Retirement</p> <p>April 24, 12pm - 1pm EAP: Balancing the Mind</p> <p>April 29, 9am - 12pm EAP: Effective Workplace Communication 101</p>	<p>Coming soon & available for registration (March 15, 2025)</p> <ul style="list-style-type: none"> EAP: Financial Planning and Your Retirement EAP: The Multigenerational Workplace EAP: Sleep EAP: Mental Health in the Workplace <p>And more!</p>

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.

These short, informal 15-minute drop-in sessions provide a supportive safe space to practice mindfulness techniques, stress management tools and self-care strategies in a peer-supported environment.

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! March 12** at 10 a.m. & 2 p.m. – Introduction to Moral Distress Part 1
- **March 19** at 10 a.m. & 2 p.m. – Spring Renewal Practice
- **March 26** at 10 a.m. & 2 p.m. – Connecting with Nature

[Learn more.](#)

[Click here to join the session.](#)

Measles update

Public health officials with Manitoba Health, Seniors and Long-Term Care are notifying the public of a confirmed measles case, unrelated to previously announced cases and connected with recent international travel, to Pakistan.

The Winnipeg Regional Health Authority has initiated an investigation. [Click here](#) to see the flights or exposure sites where individuals may have been exposed to the measles virus.

Measles is a highly infectious communicable disease that is spread through droplets in the air formed when coughing or sneezing. An infected person can spread the virus from four days before the rash appears until four days after. The disease tends to be more severe in infants and young children and can be life-threatening. [Learn more.](#)

Staff can contact Occupational Health if they have questions regarding their measles immunity status. All staff should ensure they are immune to measles, which means having two documented doses of the MMR vaccine and/or bloodwork confirming immunity. Occupational Health can review immunity status with staff, and they can also consult Public Health or their primary care provider as needed.

Of note for workplace restrictions: If a staff member has been exposed to measles and is not immune, they may be required to stay off work for up to 21 days post-exposure as per public health guidelines.

If staff have concerns about their immunity status or require an MMR booster, they can contact Occupational Health for further guidance. To reach an occupational health nurse, email occhealth@ierha.ca or call 204-785-4717.

Enter our spring photography contest!



The signs of spring are starting to emerge — and it's a particularly beautiful sight in the Interlake-Eastern region!

The Wave is launching a spring photo contest so staff can share their creative shots of the changing season. Photos may be shared in the Wave and on IERHA social media.

Send your entries to ierhawave@ierha.ca with a brief description of your photo. Please be sure to include your name, title and facility.

The deadline to enter is **Friday, March 28.**

Staff profile: Naima Jahan



Naima Jahan grew up in a small Bangladesh community where the nearest doctor was a two-hour drive away. From a young age, she was inspired to make a difference by becoming a doctor, with a passion for strengthening the health-care system and helping people lead healthier, happier lives.

“Being from a third world country, there was always a shortage of doctors,” said Naima, who now practices as a clinical assistant at Lakeshore General Hospital in Ashern.

“Anyone who did well in my school had the same dream of becoming a doctor when they grew up. It is a career that is respected worldwide.”

As an [international medical graduate](#) seeking to gain experience in Manitoba, Jahan worked as a clinical assistant initially at an urban Family clinic and is currently practicing in acute care at Lakeshore General Hospital. Her diverse experiences in both urban and rural settings have deepened her understanding of the Canadian health care system and have helped to prepare her for further studies to become a family physician in Manitoba.

Naima is among staff that Shared Health profiled as part of International Women’s Day. [Read Naima’s story.](#)

Budget-friendly Recipe of the Month: Avocado sweet potato tacos



This great info was originally published in IERHA's Community Wellness e-news. Photo retrieved from [here](#).

March is Nutrition Month!

Thank you to registered dietitian Hannah Beals for submitting this recipe and registered dietitian Alisyn Makowski for putting together [this useful info!](#)

Tacos, fajitas, burritos and burrito bowls are all great options for a fast and nutritious meal. They are versatile and can be customized for any preferences, dietary restrictions or budget.

[Click here to check out the recipe](#) and to learn other budget-friendly tips.

To receive the free monthly e-newsletter, email wellness@ierha.ca and type "Subscribe" in the subject line or [click here](#) to fill out an online form.

Happy retirement to long-serving staff member!



Congratulations to Glenda Farthing, home care resource coordinator for Eriksdale and Lundar, who retired after working 39 years in home care.

Her last day at work was Feb. 28, which is also her birthday!

Thanks to Leana Smith, manager of health services home care, for sharing this submission.

The Voice

of patients, clients, residents and their families

The Quality, Risk, Patient Safety and Accreditation team collects and monitors public feedback on services and programs provided by the I...
The Patient Relations and Engagement Coordinator connects with individuals who raise concerns about services they have received in our...
The information collected is used for quality improvement purposes.



2024- 2025 Statistics

Q3: October 1- December 31, 2024

116 concerns reported

Top 3 concern themes:

- expectations of care or treatment not met
- coordination/ continuity of care
- interactions with staff

Q1: 114
Q2: 146

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."
— Leo Buscaglia

In case you missed it



The annual year-end inventory count is scheduled for **Wednesday, March 26** and **Thursday, March 27**.

All sites/services are encouraged to have their stock order requests submitted by 4 p.m. on **Thursday March 20** for delivery prior to the closures. Orders received after this time will be processed as time permits.

[Click here](#) to learn more and to see the hours of operation at various facilities.

French Language Services



To celebrate the International Francophonie Month, the Francophone Affairs Secretariat invites you to a free screening of the documentary *at the Heart of Manitoba's Francophonie*.

The movie goes through the history of the Francophone community in Manitoba, from La Vérenderye to the linguistic crisis, from the Thornton Act to Festival du Voyageur.

The documentary will be screened in French and in English on Microsoft Teams on **Wednesday, March 26** from 12 to 1 p.m. Please register in advance [using this link](#).



Hello French Language Learners!

Registration for courses through the Université de St. Boniface are now open.

Deadline to register is **March 26, 2025**. [Visit our page on StaffNet](#) for details.

Bonjour à nos apprenants et apprenantes du français!

Les inscriptions aux cours de l'Université de Saint-Boniface sont maintenant ouvertes. La date limite d'inscription est le **26 mars 2025**. [Visitez notre page sur StaffNet](#) pour plus de détails.

Staff perks



IERHA staff members are eligible for exclusive savings and discounts through Collette.

Save up to 15% when you pay for a European tour before **April 15**. Here's what you need to know:

- **General Sale Dates:** March 17 – 24, 2025
- **Travel Dates:** May 1, 2025 – April 30, 2026
- **Code:** EUROPE25
- **Plus members SAVE AN ADDITIONAL \$100 when they use their [HUB member benefit code](#)!**

Restrictions apply. Call Collette at 866-219-0649 or [click here](#) for more info.

IERHA online store



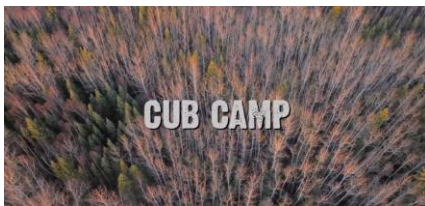
Back for spring! North End Techno Lite Jacket \$56

Colours: Navy, Black

Order cut-off is **March 28** for delivery to corporate office the week of April 18.

[Visit the Online Store](#)

The bright side



Adorable wildlife documentary filmed locally

A six-episode documentary called *Cub Camp* provides a glimpse into a life at Black Bear Rescue Manitoba, which operates near Stonewall. Every spring, they take in orphaned black bear cubs at their 10-acre facility. By fall, the cubs are ready to return to the Canadian wilderness.

Cub Camp premieres this week on Love Nature, Cottage Life and Amazon Prime. [Check out the trailer.](#)

*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 by Friday and we'll work to get your story into the next edition.