Who is our Community Wellness Team?

The Community Wellness Team is a multidisciplinary team of professionals working in all districts of the Interlake-Eastern region. We provide education on chronic disease prevention & management, making healthy choices around healthy eating, physical activity, smoking cessation and mental wellbeing for all age groups. Our goal is to inspire healthy lifestyles in the Interlake-Eastern Regional Health Authority, we work in partnership with local, regional and provincial groups.

“Connecting people and communities to excellent health services - Today and Tomorrow”

Jay Adam is a Dietitian who specializes in Diabetes and Heart Health education on the West side of the IERHA for the past 8 Years. He loves providing Nutrition education in Schools and all other community settings. Jay provides service to Teulon, Selkirk, Gimli and Stonewall areas. Outside of work, he enjoys coaching children’s sports, gardening and kayaking.
You can reach Jay by calling (204) 886-4316 or email him at jadam@ierha.ca

Michelle Berthelette is a Wellness Facilitator who has been working on the east side of the region for the past 4 1/2 years. She provides service to the Pine Falls/Blue water district. Michelle is also the French language services coordinator in the region. In her spare time, she loves to spend time with her family, camping, reading and writing.
Michelle can be reached by calling (204) 367-5402 or email her at mberthelette@ierha.ca

Melanie Black is a Chronic Disease Primary Health Care Nurse who works out of Oakbank on the east side of the region. Melanie has worked for the region for the past 14 years, 8 years as a Chronic Disease Nurse. She enjoys almost everything, but traveling and watching her 4 children’s activities and talents are at the top of the list.
You can reach Melanie by calling (204) 444-6138 or email her at mblack@ierha.ca

Heather Boer is a Chronic Disease Nurse Educator who is new to the Community Wellness Team. Heather works out of the Pine Falls Health Complex.
You can reach Heather by calling (204) 367-5427 or by email at hboer@ierha.ca

Susan Borkowsky is the Program Administrative Support person for the Community Wellness Team and Primary Health Care. She has worked with the IERHA for the past 14 years. Her outside interests include gardening, camping, watersports and music.
Susan can be reached by calling (204) 268-6728 or email her at sborkowsky@ierha.ca
Stacie Buchanan is a Registered Dietitian and has been working as a Community Wellness Facilitator since 2012 covering the Northwest region. Stacie loves travelling and being active. She can be reached by phone at (204) 646-2504 ext 5 or by email at sbuchanan@ierha.ca

Theresa Dankochik provides administrative support to the Community Wellness Team and has been with the region since 2009. Outside of work Theresa enjoys camping, photography and family time. Theresa can be reached by phone Toll Free at 1-877-979-9355 or by email at wellness@ierha.ca

Myriam Duke works at the Lac du Bonnet Health Center. For the past 8 years Myriam has worked as a Primary Health Care Nurse providing client education for managing diabetes and cardiac disease. In her spare time Myriam loves to garden, cross country ski, swim and care for the many animals including goats, chickens, dogs and cats. She also runs to keep fit. To contact Myriam please call (204) 345-1239 or email her at mduke@ierha.ca

Tanis Elder is new to the region, and works as a Chronic Disease Nurse and Certified Diabetes Educator who works out of the Beausejour/Brokenhead district on the East side of the region. In her spare time, she enjoys cooking & spending time with her 2 children. You can reach Tanis at 204-268-7478 or by email at telder@ierha.ca.

Trevor Forkheim is a Dietitian in the Pine Falls/Blue Water District. Trevor has worked with the IERHA for the past 13 Years, splitting his time between both the west and east sides of the region. Trevor enjoys spending time with his wife and two boys. He enjoys gardening, camping, taking photos or just hanging out with his family. You can reach Trevor by calling (204) 367-5408 or email tforkeim@ierha.ca

Amanda Gemmill is a dietitian on the west side of the IERHA. She enjoys providing clinical services to the Stonewall, Lundar, Eriksdale, Ashern, Arborg and Fisher Branch areas. You can reach her by calling (204)785-3517 or email agemmill@ierha.ca.

Carla Hlady is a Chronic Disease Nurse at the HEW Primary Health Care Center in Beausejour. She has been a registered nurse for 12 years, 6 of which have been with the IERHA. Previous to this she worked at St. Boniface Hospital in acute medicine. Outside of work, Carla enjoys time spent with her husband and children doing a variety of outdoor activities. You can contact Carla at (204)268-7702 or chlady@ierha.ca
Jan Keryluk is a Community Wellness Facilitator with a background in community recreation, and is based out of Gimli Community Health Center. Jan has been with the Wellness Team since 2009. As a Certified Fitness Leader with the Manitoba Fitness Council (MFC), she brings her passion for physical activity to workplaces, schools and community events. She was awarded ‘Fitness Leader of the Year’ for 2012 by the MFC. You can contact Jan at (204) 642-1603 or email jkeryluk@ierha.ca.

Dale Kornelsen has been a Clinical/Community Dietitian in the region for the last 15 years. He currently provides dietitian services in the Springfield area. Dale enjoys running and traveling with his family. You can reach Dale by calling (204) 444-6138 or email dkornelsen@ierha.ca

Sandy Koropas is a Chronic Disease Health Professional, Certified Diabetes Nurse Educator, who works in the Selkirk, Stonewall, Teulon and Gimli areas. She came to the region over 14 years ago. Her background includes Intensive Care, Home Care and Chronic Disease. Sandy loves helping people get on to the path of healthy living. Outside of work Sandy loves reading, fishing, camping, cooking and just generally being with people. Spending time with her family and friends is a high priority for her. You can reach Sandy by calling (204) 485-1388 or email skoropas@ierha.ca

Caroline Le Clair is a Registered Dietitian and a Certified Chef and has been working as a Community Wellness Facilitator on the West side of the region since 2008. Caroline loves being outdoors and spending time with her family. Caroline can be reached by calling 204-467-4407 or email cleclair@ierha.ca

Stefanie Legault has been working as a clinical dietitian in the region for the past 5 years. She is based in Selkirk, but also travels to Teulon, Gimli, and Ashern. Outside of work Stefanie is a busy mom of two young kids. She also enjoys travelling, reading, and cooking. Stefanie can be reached at 204-485-5288 or by email at slegault@ierha.ca.

Paula Mandryk is the diabetes and heart health administrative assistant on the west side of our region. You can contact her by calling (204) 785-4884 or email pmandryk@ierha.ca.

Jamie McLean is a Chronic Disease Nurse Educator in the Whitemouth and Pinawa area. She has worked in the region for 7 years, starting in acute care for 6 years and most recently joining the Community Wellness and Chronic Disease Team part time. Jamie loves living and working in her home community. In her spare time she likes to spend time with family, being in the outdoors - fishing and camping. You can reach Jamie at 204-753-3148 or by email at jmclean@ierha.ca.
Ingen Mueller is a Registered Dietitian and Certified Fitness Instructor working as a Wellness Facilitator in the North Interlake. She started working in the region in 2012 as a Clinical Dietitian. Outside of work Ingen enjoys hiking, cycling and cross country skiing. She can be reached by phone 204-378-3105 or by e-mail at imueller@ierha.ca.

Robyn Laurie is a Community Wellness Facilitator based out of Kin Place in Oakbank. Robyn has been working with the IERHA since November 2014. In her spare time she enjoys exercising, cooking, camping, travelling and making crafts. Robyn has a background in Conflict Resolution Studies and has volunteered at Nine Circles Community Health Centre throughout her studies. She is passionate about community work and social justice. You can reach Robyn at (204) 444-6142 or rl Laurie@ierha.ca.

Samantha O'Keefe is a Wellness Facilitator who has been working on the east side of the IERHA for two years. She was hired as a replacement to provide services to the Whitemouth/Iron Rose district. Sam can be reached by calling (204) 345-1220 or email sokeefe@ierha.ca.

Lisa Oliver is a Dietitian who works in the Beausejour/Brokenhead district on the east side of the region. You can reach Lisa by calling (204) 268-7479 or email l Oliver@ierha.ca.

Karen Omichinski is a Registered Dietitian and Certified Diabetes Educator who has worked in the Beausejour/Brokenhead district on the east side of the region since 1987. Her outside interests include gardening, pottery and her daschund doggies! You can contact Karen by calling (204) 268-7477 or email komichinski@ierha.ca.

Bonnie has been with the team as a facilitator since 2009, and has 15 years with the region. She works out of Selkirk providing service in the southeast part of our region. She has one daughter and enjoys spending time with her. She loves bike riding, reading and especially gardening. You can reach Bonnie, by calling (204) 785-7756 or email bpeloski@ierha.ca.

Chantal Rae is a Chronic Disease Nurse who works out of the Eriksdale Wellness Centre. She provides service to the communities of Ashern, Eriksdale, St. Laurent, Arborg, Riverton, and Hodgson. Chantal has been with the IERHA since 2012, and joined the Community Wellness Team in June 2014. Her background in nursing includes Acute/Emergency Care and Public Health. Chantal can be reached by phoning 204-739-4456 or by email at crae@ierha.ca.
Michelle Reitsma is a Certified Diabetes Nurse Educator and has recently moved to Manitoba from Ontario. She works mainly out of Selkirk but also travels to Stonewall, Teulon and Gimli. You can reach Michelle at 204 785 4878 or by email mreitsma@ierha.ca.

Leana Smith is the Regional Manager – Community Wellness and Chronic Disease Prevention with the Interlake-Eastern RHA. Leana celebrated 20 years of service with the region in 2012. She is based at the Eriksdale Wellness Centre, but travels across our entire region. Leana loves to travel, garden, and spending time with her busy family – hockey in the winter and baseball in the summer. You can reach Leana at (204) 739-4450 or lsmith1@ierha.ca.

Denise Smolinski is a Dietitian and provides service to Arborg Riverton, Ashern, Eriksdale/St. Laurent & Hodgson. She has worked for the region for 19 years and has been with Diabetes Education since 2000. From 1991 to 1995 she provided consulting services to other facilities and worked as a clinical dietitian educator at the Victoria General Hospital. Other interests include walking, reading, gardening, camping and spending time with her family. Denise can be reached at 204-376-5559 or dsmolinski@ierha.ca.

Bonnie Stefansson has been working with a variety of community groups and organizations as a Wellness Facilitator for the past 14 years in the Beausejour-Brokenhead area. Her goal is to make the healthy choice the easier choice when it comes to healthy eating, getting active, being tobacco free, as well as facilitating good mental well-being. Bonnie enjoys a variety of sports and fitness pursuits personally and with her family. Summer-time highlights include lake-time with family and friends. She can be reached at 204-268-7440 or bstefansson@ierha.ca.

Sharlene Thompson is a Chronic Disease Prevention, Primary Health Care Nurse and Certified Diabetes Educator who works out of the Beausejour/Brokenhead district. Sharlene has worked for the IERHA (formerly NEHA) since 1987. Sharlene loves being outdoors in the summer and winter. She loves to garden and do yard work. Sharlene is also an avid curler who loves to spend time with her family. You can contact her by calling (204) 268-7446 or email sthompson@ierha.ca.

Kristen Ticknor is a Clinical/Community Dietitian and Certified Diabetes Educator, and has been working in our Health Region since 2004. Currently she is providing services in the Pinawa and Lac du Bonnet communities. Outside of work she can usually be found in a garden in the summer or a hockey rink in the winter. She can be reached at the Lac du Bonnet Health Center at 204 345-1230 or kticknor@ierha.ca.

Melissa Toupin is a Community/Clinical Dietitian out of Pine Falls. She is involved in French community projects in the surrounding areas. She enjoys traveling, being active, reading, and spending time with friends and family. Melissa can be reached at 204-367-5408 or by email at mtoupin@ierha.ca.