

April 24, 2024



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Please print a copy for workers without email.

Two longtime doctors receive Physician Emeritus Awards



Dr. Greg Pinniger



Dr. Eric Stearns

Two longtime physicians earned a moment in the spotlight to recognize their commitment to health care throughout their careers.

Dr. Eric Stearns and Dr. Greg Pinniger each received a Physician Emeritus Award at Interlake-Eastern Regional Health Authority's annual spring physician dinner last night at the Selkirk Golf and Country Club.

Dr. Charles Penner, regional lead of medical services and chief medical officer, congratulated this year's recipients for their achievements.

"It brings me great pleasure to recognize my physician colleagues, Dr. Eric Stearns and Dr. Greg Pinniger, for their contributions to health care in the Interlake-Eastern region," Dr. Penner said. "We are privileged to have such dedicated professionals serving our communities."

Dr. Stearns is preparing to wrap up a career that spans more than four decades and he said receiving the Physician Emeritus Award is the top honour.

"You can't beat delivering babies, and I also love to teach," he said. "And to go out with this award is awesome. It's the highlight of my career. It really tops it off. This is amazing to me."

Dr. Pinniger said it's an honour — and a surprise — to be chosen as a recipient of the Physician Emeritus Award.

"I'm just one of many people in the health-care system who try to do their best," he said. "I appreciate the recognition given to me by my colleagues. It is touching and humbling."

[Click here](#) to read more about their careers and contributions.

Spirit Week: Sports Day

Last week, IERHA staff celebrated sports teams during one of the days of [Spring Spirit](#) week.

Thanks to Wave readers for all the fun photo submissions!

Check out these how staff celebrated Sports Day across the region. We'll share more Spirit Week photos in upcoming editions of the Wave.



Kin Place sure knocked it out of the ball park and scored with wonderful participation in Sports Day! Thank you to Lori Martin, regional recreation manager, for this submission.

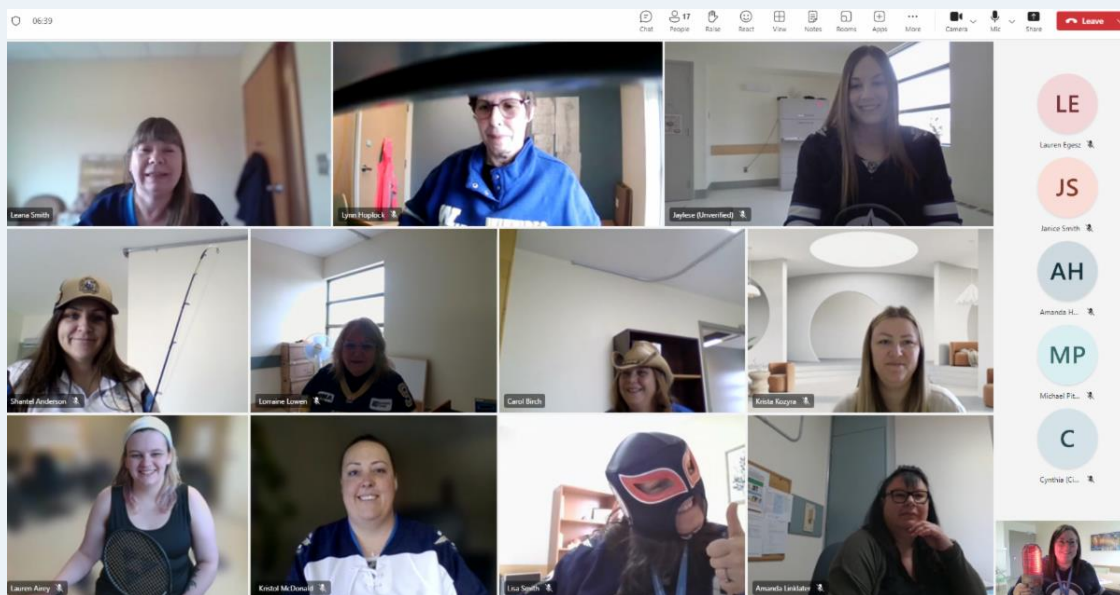


Sunnywood staff in Pine Falls are full of team spirit! Back row, Shawn, housekeeping; Emily, recreation; Brian, maintenance lead; Richard, maintenance; Erin, support services manager; Cherish, health-care aide; Sumeet, agency nurse. Middle row: Holly, dietary

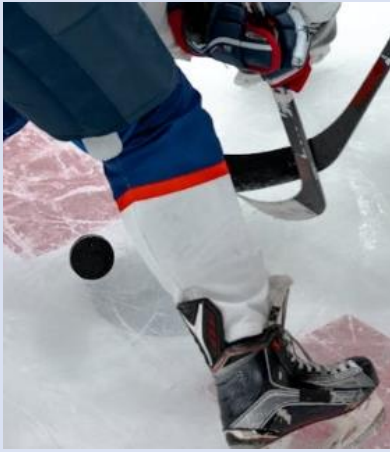
lead; Angelina, manager health services. Front: Eden, health-care aide; Ila, health-care aide; and Jean, health-care aide. Thank you to Angelina Hartwell, manager of health services, for this submission.



At the Lac du Bonnet Personal Care Home, everyone sure loves their sports, with hockey and curling being the favourites. Health-care aide Jen Fontaine was having fun posing for the picture. Thank you to recreation coordinator Debra Bilawka for this submission.



The regional home care team even got into the spirit of Sports Day virtually. Top: Leana Smith, manager health services home care; Lynn Hoplock, case coordinator; Jaylese Dziadek, case coordinator. Middle: Shantel Anderson, scheduling supervisor; Lorraine Loewen, resource coordinator; Carol Birch, case coordinator; Krista Kozyra, manager health services home care. Bottom: Lauren Airey, resource coordinator; Kristol McDonald, resource coordinator specialist; Lisa Smith, home care education coordinator; Amanda Linklater, resource coordinator; Tricia Tyerman, director health services home care. Thank you to Tricia Tyerman for this submission!



It's an IERHA Whiteout!

Wear white and support the Jets this Friday

The Jets enter game three of the playoff series this Friday. If appropriate given the work you do, staff are encouraged to wear white. Or, if you'd like to mix it up a little bit, wear the jersey of your favourite team!

Two minutes for looking so good!

Successful career fair in Teulon



Interlake-Eastern RHA staff recently attended a career fair held in partnership with Teulon Collegiate. More than 200 students from grades 7 to 12 attended.

Thanks to Teulon Collegiate for hosting us and to the following IERHA and Shared Health teams for participating: physician recruitment, mental health, ERS, community wellness, cancer care, lab and diagnostics, long-term care, occupational therapy, physiotherapy, home care, support services, primary care, mental health and HR.

We'll next be travelling to career fairs at Lord Selkirk Regional Comprehensive Secondary School (May 1) and Peguis First Nation (May 2).

If you hear of a career fair opportunity, please contact Ian Magnan, recruitment and community engagement officer at imagnan@ierha.ca or 204-340-5596.

**Interlake Eastern Health Foundation thanks
Selkirk & District Community Foundation**



IEHF
Interlake Eastern
Health Foundation



SDCF executive director Bev Clegg, SDCF original board member Jean Oliver, IEHF executive director Averill Stephenson and IEHF past chair Ted Lewis.

Selkirk & District Community Foundation recently hosted an event at Selkirk Regional Health Centre that brought together donors and recipients of SDCF funds and grants. The event provided the opportunity for donors to hear about the impact of their donations and for recipients to share stories.

SDCF original board member Jean Oliver presented three cheques totaling \$66,573 to the **Interlake Eastern Health Foundation**. These funds are grants from funds held at SDCF: the Selkirk Hospital Fund, Palliative Care Fund and Amma's bookshelf.

[Learn more.](#)

Today is Administrative Professionals Day!



Debbie Lussier is an accounting clerk, finance, at Pinawa Hospital.

April 24 is [Administrative Professionals Day](#), which recognizes the important contributions of administrative professionals to the health system every day.

Let's take a moment to recognize these keepers of projects and schedules!

It's National Immunization Awareness Week

It's National Immunization Awareness Week from **April 22 to 30** — and this year, it is important for Manitobans to check if they are up to date with vaccinations.

The theme for this year's campaign is "Vaccination for a healthy, active lifestyle through all life's stages."

"Vaccinations help your body create an immune response against disease and protect you and your family from getting sick," says Marcy Timchishen, Interlake-Eastern Regional Health Authority immunization co-ordinator.

"Infectious diseases and illnesses such as polio, measles, meningitis and whooping cough are serious concerns for public health due to being highly contagious. However, thanks to the

What you need to know:

- Vaccination is an important part of a healthy lifestyle, protecting our health and wellbeing from infancy through adulthood and into the later stages in life.
- Vaccination empowers us to take steps to protect our health at every stage of life, helping us to stay active longer by preventing the harms of many preventable infectious diseases.

introduction of vaccines to modern medicine, these conditions are now preventable.”

Vaccine recommendations are updated over time as new evidence and findings come forward. This can sometimes make it difficult for people to know which vaccines they need and which vaccines they are eligible for. Some might not realize that they need to get caught up on their vaccines. For example, adults and pregnant people may not know that they need to get immunized against certain diseases.

[Read more.](#)

[Click here](#) to see a poster.

- Vaccination helps build healthier and more resilient communities. By protecting ourselves through vaccination, we also contribute to the collective health of our community by creating community immunity.

Information resources:

- [Vaccines and immunization](#)
- [Travel vaccines](#)

Celebrating volunteers!

Recognition for Selkirk volunteers



Shown here on the steps of the legislature are, from left to right, back row: Gerry Hamm, Howard Shiels, Henry Fast. Middle row: Alleson Sandwell, Yvonne Oxer, Ann Dixon and Melanie Shumilak. Front row: Linda Kuber. Missing are Al Curtis, Bill Findlater, Jenn Klippenstein, Wendy Noble, Pat Peacock and Judy Schmidt.

On April 16, as part of [National Volunteer Appreciation Week](#), volunteers of [Selkirk and District Seniors Resource Council Inc.](#) attended the Manitoba legislature where Selkirk MLA Richard Perchotte recognized them in front of the Legislative Assembly. Among these volunteers was Yvonne Oxer, who invested more than 50 years as a nurse in Selkirk.

In the course of a year, Selkirk and District Senior Resource Council volunteers help over 3,000 individuals with services and programs necessary for independent living. Community programs offered include friendly visiting, driver escort to medical appointments, Lifeline installation and support and Meals on Wheels delivery with support from the congregations of Christ Church Anglican, Selkirk United Church, Good Shepherd Lutheran Church, C.W.L. Notre Dame, and Knox Presbyterian Church.

On average, more than 3,600 volunteer hours were donated in the last year!

[Click here](#) to read the private member's statement from MLA Richard Perchotte.

Sweet celebration at Lac du Bonnet PCH



Pictured is volunteer Melody Horn with resident Luc Boulet, as well as a picture of her with the gift.

It was [National Volunteer Week](#) from **April 14 to 20!**

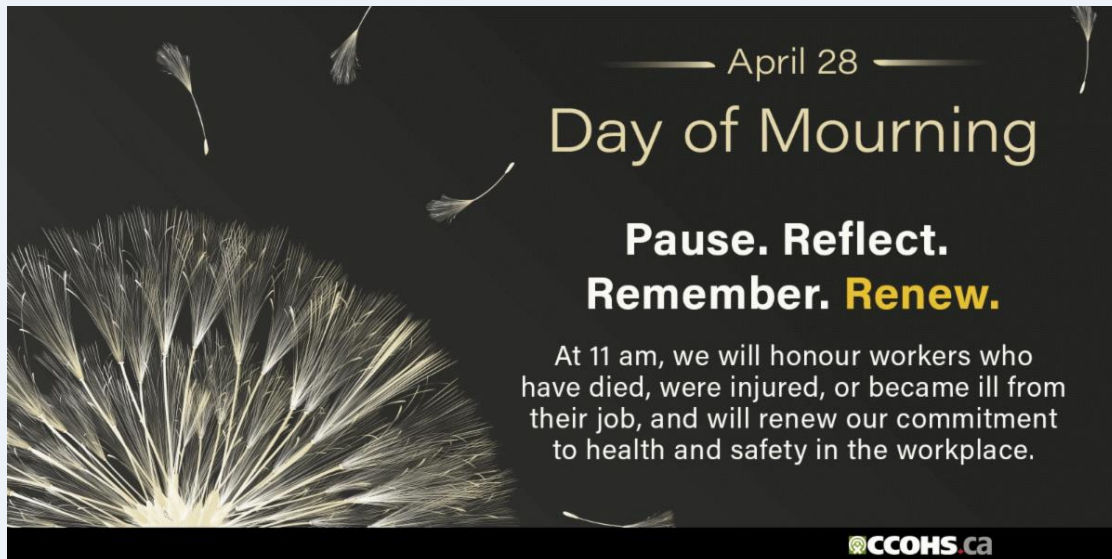
This year's theme is "Bee in the Moment Because Every Moment Matters." Each volunteer will receive three jars of honey with a honey dipper beautifully wrapped in tulle fabric, tied with a ribbon.

"Melody is our newest volunteer at the Lac du Bonnet PCH. A friend of hers, who is also an employee here, mentioned to Melody that they are looking for volunteers. She's been retired for a few years now and wanted to give her time she says to people that need a helping hand," said Debra Bilawka, recreation coordinator at Lac du Bonnet Personal Care Home.

"Melody is a great asset to our team, assisting with the weekly jackpot bingo. It's a large crowd and she is so wonderful with all the residents. Melody also assists with the refreshments program, special events such as Easter and the bowling program. Thanks, Melody, for all that you do."

Thank you to Debra Bilawka for this sweet submission.

April 28 is the National Day of Mourning



Marked annually in Canada on **April 28**, the National Day of Mourning is dedicated to remembering those who have lost their lives, suffered injury or illness on the job or experienced a work-related tragedy.

According to the Association of Workers' Compensation Boards of Canada, in 2022, there were 993 workplace fatalities recorded in Canada. And it's not just these numbers on which we need to reflect. With each worker tragedy there are loved ones, family members, friends and co-workers who are directly affected, left behind and deeply impacted – their lives also forever changed.

Traditionally on April 28, the Canadian flag flies at half-mast on Parliament Hill and on all federal government buildings to show their support. Employers and workers can show support in a variety of ways. We encourage you to show support by observing a moment of silence at 11 a.m. on April 28.

Consider watching the [CCOHS \(Canadian Centre for Occupational Health and Safety\)](#) moment of silence video in your workplace to honour those who have died or suffered injury or illness due to a work-related tragedy. The video can be found [here](#).

Pause. Reflect. Remember.

Thank you to Lea Doomernik, ability case coordinator, for this submission.

It's Health Equity Week!

Health Equity Week is **April 22 to 26, 2024**. This annual event is a fantastic opportunity to learn, share insights and promote health equity.

Here are a few events through [CancerCare Manitoba](#):

Date: TODAY! Wednesday,
April 24 at 12 p.m.

Presenters: Dr.
Navaratnam, Brent Kreller

Topic: Equity, Diversity, and
Inclusion at CancerCare
Manitoba

[Click here to join.](#)

Date: Thursday, April 25 at
12 p.m.

Presenters: David Phillips,
Brooke Davison, Dr. Lin
Yang

Topic: Highlights of Equity in
Action at CCMB

[Click here to join.](#)

Date: Friday, April 26 at 8
a.m.

Patient Services Rounds

Presenter: Dr. Beth Spriggs

Topic: Living in the Hearing
World

[Click here to join.](#)

Is your profession or department celebrating an upcoming recognition day? We'd love to share in the excitement! Please send us a brief write-up (250 words maximum) plus a few staff photos for consideration for possible publication in the Wave. Send submissions to ierhawave@ierha.ca.

All in the IERHA family!

2024 World Mixed Doubles Curling Championship
April 20-27, 2024
Ostersund, Sweden

TEAM CANADA SCHEDULE
All times CT

Sat. Apr. 20	7:00am	vs. New Zealand
Sun. Apr. 21	3:00am	vs. Czechia
Sun. Apr. 21	11:00am	vs. Netherlands
Mon. Apr. 22	7:00am	vs. Korea
Tues. Apr. 23	3:00am	vs. Scotland
Tues. Apr. 23	11:00am	vs. Sweden
Wed. Apr. 24	7:00am	vs. China
Thurs. Apr. 25	3:00am	vs. Australia
Thurs. Apr. 25	11:00am	vs. United States
Fri. Apr. 26	3:00am	Qualifiers*
Fri. Apr. 26	11:00am	Semi-Finals*
Sat. Apr. 27	3:00am	Bronze Medal Game*
Sat. Apr. 27	7:00am	Gold Medal Game*

*Pending qualification

Live scores: <https://livescores.worldcurling.org/wmdcc>

Live-streaming: <https://worldcurling.org/2024/04/wmdcc2024-broadcast/>

Curling couple Kadriana and Colton Lott are off to a strong start at the [2024 Mixed Doubles Curling Championship](#) in Sweden.

Jennifer Sahaidak, receptionist at the Selkirk Corporate Office, is the proud mom of Kadriana and mother-in-law of Colton. She shared with us the detailed scheduled she created for the couple's remaining games, pictured above.

Thanks to Jennifer Sahaidak for this submission!

IERHA loves its pets!



There are plenty of pet lovers on the Selkirk and Area My Health Team, based out of the Selkirk Medical Associates Clinic.

Team member pharmacist Lesley Worsnop suggested they create a wall of pets to keep the office area cheery and happy.

"Lesley printed off pictures of the staff's pets and together we created a wall of our pets on the bulletin board above our printer. One of our doctors added her new puppy to our wall," said Sherisse Picklyk Dear, community liaison counsellor.

"Patients coming for appointments have commented on how lovely the wall is and stop to look at all of the heartwarming pictures. Our pets truly brighten our day."

Thank you to Sherisse Picklyk Dear for this fun submission.

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:

All are welcome to attend free session on Internet safety. Val Caldwell is renowned speaker on the topic of Internet dangers and our kids! Interlake School Division is hosting Val to provide a parent education night this week in Stonewall on **Thursday, April 25** at 7 p.m. [Click here](#) to see a poster. *Thanks to Sherisse Picklyk Dear for this submission.*

[Manitoba Blue Cross](#) and [Sleep in Heavenly Peace](#) are building 50 beds for local children in need, but they need help to dress the beds. Drop off new twin-size bedding by June 18 to the Manitoba Blue Cross office (599 Empress St. in Winnipeg) or [donate online](#). [Learn more](#). *Thank you to Jennifer Fyfe for this submission.*



[Click here](#) to read a memo about upcoming changes to the benefit administration system for HEB members.

[Click here](#) to read a memo about virtual service offered by Rapid Access to Addictions Medicine Clinic.

[Click here](#) to read a memo about hand hygiene.

[Click here](#) to read a memo about Measles (Rubella) Protocol and Highlights Sheets.



Education

Employee Assistance Program: Leadership and Coaching

Date: April 30, 11:30 a.m. to 1 p.m.

Have you ever wondered if you could benefit from leadership coaching?

This interactive session is led by a certified leadership coach and will teach you about the power of using coaching tools to positively impact your leadership journey.

Whether or not one on one leadership coaching is right for you, you can learn and incorporate some essential skills to achieve personal and organizational goals.

This session is appropriate for current, emerging, and aspiring leaders at all levels.

Sign up through [LMS](#).

Required training for Workplace Safety and Health committee members

Are you a [Workplace Safety and Health committee](#) member? Have you taken WS&H committee/committee representative training?

This training is a requirement for all new WS&H committee members and we have arranged in person training dates. Lunch will be provided.

- Selkirk Regional Health Centre – 8.30 a.m. to 4.30 p.m. on **May 7**
- Stonewall & District Health Centre – 8.30 a.m. to 4.30 p.m. on **June 6**
- Beausejour Health Centre – 8.30 a.m. to 4.30 p.m. on **Sept. 12**

[Workplace safety and health committee](#) members and worker safety and health representatives will gain an understanding of their roles, duties and responsibilities pertaining to workplace safety and health including:

- legal requirements surrounding workplace safety and health committees and worker safety and health representatives
- the process to address concerns and make recommendations on safety and health issues.

To register email or call Samantha Roberts, manager of occupational safety & health, at sroberts@ierha.ca or 204-485-5386 or sign up at your next [WS&H committee](#) meeting.

Staff Wellness & Health Booster Session: Accessible Employment

Date: Tuesday, May 7 at noon

Presenter: Gayle Hryshko is the manager of organizational projects for Shared Health

This session offers a brief overview of the [Accessibility Act for Manitobans](#), and how it supports employees with disabilities. The Act consists of five standard building blocks for making real, measurable and effective changes to accessibility. Each standard outlines specific requirements and timelines for organizations that have a responsibility to comply with The Accessibility for Manitobans Act. [Sign up here](#).

And [click here](#) to view previous booster sessions.

Indigenous cultural awareness sessions

This one-day workshop introduces basic knowledge of world views, spiritual and cultural values of Indigenous peoples.

There are also seats still available on [June 17 in Ashern](#).

[Register on LMS](#). Contact Lori Buors at 204-280-1279 or lbuors@ierha.ca if you need to cancel.

ASIST: Applied Suicide Intervention Skills Training

June 13 and 14 from 8:30 a.m. to 4:30 p.m. at Selkirk Regional Health Centre.

Participants must attend the two full days to receive certificate of completion.

[Learn more.](#)

New
PERK \$
for you...



IERHA has partnered with TELUS.

[Click here](#) to check out the latest offers for April.

Interlake–Eastern RHA's *Online Store*



The Values Hype Jacket \$61

- Ladies' sizes: S to 2XL
- Men's sizes: S to 3XL
- Colour: Navy
- 100% polyester performance fleece
- Price includes logo embroidery on front left and IERHA values on back upper nape
- Select "personalized" to add your name for an extra \$6

Order cut-off is May 31 for delivery to corporate office on June 21.

Visit [our online shop](#).

Practical phrases for Health Care *en français*



The following phrases were taken from the “[LexiGo Santé](#)” booklet.

To receive a free copy of this pocket-sized French|English booklet, email frenchlanguage@ierha.ca with your name and worksite address.

GENERAL CONVERSATION	CONVERSATION GÉNÉRALE
Hello.	Bonjour.
Nice to meet you.	Ça me fait plaisir de vous rencontrer.
What is your name?	Quel est votre nom?
My name is _____	Mon nom est _____
Please come inside.	Entrez, s’il vous plaît.
Would you like an interpreter	Voulez-vous un interprète ?
Take your time.	Prenez votre temps.
Have a seat.	Asseyez-vous.
Can I help you?	Est-ce que je peux vous aider?
I am here to listen.	Je suis là pour vous écouter.
Don’t be afraid to ask for help.	N’hésitez pas à demander de l’aide.
Everything we talk about here is confidential.	Toutes les discussions que nous avons ici sont confidentielles.
Please answer the following questions.	Veuillez répondre aux questions suivantes.
Are you comfortable?	Vous vous sentez bien?



The *bright side*



Sweet swan reunion

Two trumpeter swans had a seemingly emotional reunion in Toronto after they were separated when one was injured. [Check out this sweet video](#), posted by CTV News, which is sure to warm your heart.



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 **May 22**.

Our Values

Always with compassion
Success in collaboration
Accountability in everything we do
Acting with integrity
Respectful of each other

