

Wednesday Wave

News & updates for Interlake-Eastern Health staff

April 30, 2025

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

Please print and post for workers without email.

Congratulations to Glenn Shymko!



Glenn Shymko (right) accepts the award from Stephen Cumpsty, chair of the Canadian Healthcare Engineering Society Manitoba Chapter.

Earlier this month, Glenn Shymko, Interlake-Eastern Health's regional manager of facilities management, accepted the Canadian Healthcare Engineering Society's Manitoba Award for Excellence in Facilities Management.

Kevin Shmon, Interlake-Eastern Health's regional director of facilities management and capital planning, oversaw Glenn's nomination and was present at the award ceremony.

"Congratulations and thank you, Glenn, for your hard work and dedication to the region," Kevin said.

"Your efforts in keeping the facilities running smoothly for our residents, patients and staff are truly appreciated. Your commitment does not go unnoticed, and we are grateful for everything you do."

It's National Immunization Awareness Week

Don't let history repeat itself.



Protect your future. Get immunized.

National Immunization Week takes place **April 21 to 30**.

As measles cases continue to make a resurgence throughout Canada and around the world, it is important for Manitobans to check if they are up to date with their measles vaccinations.

An immense amount of misinformation continues to circulate in communities and across social media platforms.

[Learn more.](#)

Myth: Measles isn't a big deal.

Fact: Measles is highly contagious and 1 in 10 people who catch measles will develop a serious infection and experience complications such as pneumonia, ear infections or more severe infections such as brain inflammation or damage.

Myth: Measles vaccine, given as measles, mumps and rubella (MMR), causes autism.

Fact: False. No evidence has ever showed that the MMR vaccine causes autism. This myth was fabricated by a UK doctor who falsified studies and data. No other studies have found a link between MMR and autism.

Myth: No one catches measles anymore.

Fact: Measles cases are rising throughout the world, country and province. Vaccination is the only way to protect yourself from measles.

May 5 is World Hand Hygiene Day



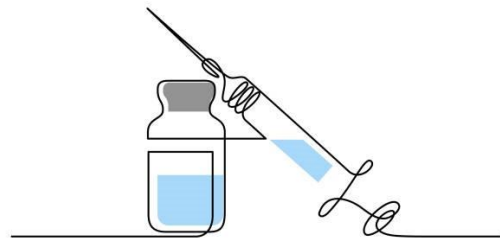
This year's theme is ***It might be gloves. It's always hand hygiene.***

There are a lot of myths around proper glove use.

This year for World Hand Hygiene Day we challenge you to take our quiz and learn more about when to use gloves vs. when to perform hand hygiene.

[Take the quiz today!](#)

Public Health seeks immunizers and clerical support for 2025 respiratory virus season



During the months of October and November, Public Health administers COVID and influenza vaccine to all community members throughout the region during respiratory virus season.

In 2024, public health hosted 81 clinics in 42 different communities across the Interlake-Eastern region and administered over 13,000 COVID and Influenza immunizations. These clinics would not be possible without nursing and support staff.

We are reaching out to all nursing and clerical support staff at this time to recruit for the 2025 respiratory virus season. Clinics occur Monday through Saturday, starting end of October until the end of November. Days, evening and weekend clinics occur in most communities in the region.

If you are interested in immunizing or providing clerical support at our clinics this year, please reach out to the regions immunization coordinator Marcy Timchishen at mtimchishen@ierha.ca or 204-376-5559, ext. 2, for more information.

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.

[Learn more.](#)

Accreditation Canada is coming back to IERHA this May

Getting ready for Accreditation

What do you do to keep patients safe?



Introduce ourselves to patients, clients and visitors.



Clean our hands to prevent infections.



Document clearly so the next shift can continue providing care.



Answer patients question about medication.



When floors are wet we notify others with proper signage.



When equipment is broken we notify appropriate staff and remove it.

IERHA will be hosting two Accreditation Canada Surveyors **May 26 to 30, 2025**. Health-care accreditation is an ongoing process of assessing health care and social services organizations against standards of excellence to identify what is being done well and what needs to be improved.

The last time we had a visit was in June 2023, and our region was assessed on 22 standards. This year, we have moved to a provincial sequential model, and only five standards will be assessed including:

- Governance (Board of Directors)
- Leadership
- Infection Prevention & Control
- Medication Management
- Emergency & Disaster Management
- Surveyors will be assessing the above standards at the following sites:
- Selkirk Regional Health Centre
- Beausejour Health Centre
- Gimli Community Health Centre
- Stonewall & District Health Centre

Accreditation is an opportunity to showcase your commitment to quality, safety and accountability. All staff in IERHA are welcome and encouraged to review the Accreditation resources and information in preparation for the upcoming visit on [StaffNet](#).

32nd Annual Rural and Remote Medicine Conference



Pamela Robertson, IERHA physician recruiter (in middle) was joined by Dr. Sonia Bruin, Selkirk Regional Health Centre emergency department physician (at left), and Tara Myran, senior project manager for the Addressing Racism in Health Care project at Southern Chiefs' Organization, at the Rural and Remote Medicine Conference recently held in Winnipeg.

Pamela Robertson, IERHA's supervisor of medical services, recently attended the Annual Rural and Remote Medicine Conference in Winnipeg along with physicians and recruiters from all of Manitoba's health regions, representatives from the University of Manitoba and the Health Recruitment and Retention Office.

Health regions represented as a group rather than individually creating an impressive booth. The event attracted approximately 1,100 physicians, residents and medical students from Canada and the U.S.

"We are in it together' was the theme," Pam said. "We stood together as province to promote Manitoba and its physician opportunities."

Thank you to Pamela Robertson for this submission.

Sharing knowledge with students



Patrice Lee, director of health services, and Jamie Boyer, manager of Indigenous Health



Grade 12 students Carmen Garand and Chaylene Lee

Recently IERHA's Jamie Boyer, manager of Indigenous Health, and Patrice Lee, director of health services - acute, spoke with a Gr. 12 class on public health care in Manitoba. The class was held in the Eagle's Nest room at Transcona Collegiate, and everyone was seated in a circle to facilitate conversation.

Content discussed included:

- Universal health care in Manitoba: how public health care is funded, accessed, what services are covered, and funding for First Nations Communities
- Barriers to health access: challenges with long wait times, rural and Indigenous health care access, language barriers and socioeconomic factors
- Preventative health programs: public health initiatives like vaccinations, mental health programs and chronic disease prevention
- Lessons learned from COVID 19: public health measures, vaccine distribution and the impact on the health-care system

The students were actively engaged and asked questions about ethics in health care, questioned jurisdictional issues in the delivery of health care services and asked our thoughts on public versus private health care.

It was a pleasure to speak with the class about universal healthcare, COVID-19 and the barriers to health-care services, particularly for Indigenous communities. The opportunity was truly appreciated to participate in such an important discussion with the leaders of tomorrow.

Thank you to Patrice Lee for this submission.

It's National Volunteer Week!



This year for National Volunteer Appreciation Week (**April 27 to May 3**), Interlake-Eastern Health is acknowledging 368 people from around the region who are donating their time as volunteers in health facilities and programs.

The theme for volunteer appreciation is "Volunteers Make Waves."

"Each of our volunteers contributes to the health care system in their own way. People who donate their time, energy and personal resources to help others are inspiring. Volunteers make communities stronger and healthier through the connections they make and the people they help. Together volunteers generate waves of positive change and we are grateful for all that they do," says Interlake-Eastern RHA CEO Marion Ellis.

Interlake-Eastern Health's board chair Michele Polinuk identifies that health care offers many ways to contribute to enhancing people's lives.

"If you or someone you know is looking to make a difference in the community and be of help to patients, residents and staff members, we have many different opportunities available. We thank and applaud each volunteer for their service throughout the year," she said.

[Read more.](#)

Celebrate Spring Spirit Week!

Staff from across the region recently showed their spring spirit during [Spirit Week](#). Check out some of their creative costumes.

Sports Day



The team at Kin Place Personal Care Home in Oak Bank showed team spirit for Sports Day.

Thank you to Lori Martin, regional recreation manager, for sharing these fun photos.



Health-care aide Janet McCaider was all decked out at Lac du Bonnet Personal Care Home to support the Winnipeg Jets.

Thanks to recreation coordinator Debra Bilawka for sharing these great shots!



Nurse Ryan and MHS Cindee showed off their Jets gear at East Gate Lodge in Beausejour.

Thank you to Amber Cook, recreation coordinator, for this sporty submission.



It took **teamwork** to arrange this photo for Sports Day at Selkirk Regional Health Centre.

Left to right: Susan, Cassandra, Collette, Shannon, Cathy, Leanne and Nancy.

Thank you to Susan Walker for sharing this super submission.

Red Dress Day is May 5

Red Dress Day, also known as the National Day of Awareness for Missing and Murdered Indigenous Women, Girls, and Two-Spirit People (MMIWG2S) is observed on **May 5**. [Learn more.](#)

[The University of Manitoba shared information](#) about its significance, as well as event featuring Cambria Harris.

And the [Assembly of Manitoba Chiefs shared information](#) about a memorial walk and ceremony in Winnipeg.

[The Canadian Museum for Human Rights](#) will feature a special display of items from MMIWG2S+ national inquiry from May 5 to 7.

Health-care and dental plans premium increases: Effective June 1, 2025



To help maintain the financial stability of the plans, the Healthcare Employees' Benefits Plan (HEBP) board of trustees has approved premium increases for the health-care and dental plans effective June 1, 2025.

These increases are required due to ongoing inflationary pressures and a continued increase in the number of claims for paramedical practitioner services such as massage therapists, physiotherapists and chiropractors.

Monthly Premium Increases

Coverage Type	Before Increase		Effective June 1, 2025		Monthly Increase
	Employee Pays	Employer Pays	Employee Pays	Employer Pays	
Healthcare Single	\$21.86	\$21.86	\$23.17	\$23.17	\$1.31
Healthcare Family	\$54.55	\$54.55	\$57.82	\$57.82	\$3.27
Dental Single	\$21.40	\$21.40	\$22.36	\$22.36	\$0.96
Dental Family	\$62.46	\$62.46	\$65.27	\$65.27	\$2.81

Premiums are deducted one month before the effective month of coverage. If you are enrolled in single coverage, the overall increase for both plans is \$2.27 per month. For family coverage, the overall increase for both plans is \$6.08 per month.

If you have any questions, please contact HEB Manitoba at 204-942-6591, toll-free at 1-888-842-4233 (outside Winnipeg) or email at info@hebmanitoba.ca.

In case you missed it



The attached information is intended for staff scheduled by the regional scheduling office.

- [Click here](#) to see info from Julene Sawatzky, executive lead of human resources, regarding IERHA's adoption of ShiftLink. This info is relevant to all staff who are scheduled by the regional scheduling office. Please be sure to read this important information that will affect your ability to pickup open and available shifts.

Virtual staff bulletin board



- **Domino's Pizza Fundraiser!** Until **Sunday, May 4**, Domino's Pizza locations (including the Selkirk store) will donate \$5 from each order of two special offers to the Lord Selkirk RFM Pipe Band. [Click here](#) to learn more about the specials and to get the coupon code.
- Today (**April 30**) is the last chance to enter a 50/50 raffle supporting Lipedema Manitoba Association. The draw will take place at 7 p.m. today. [Click here to learn more](#), including how to enter.

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

Payroll reminder

Time to verify your hours worked!
 Use QSS to make sure your pay will be correct.

Pay is processed May 5.
 Please confirm your hours before this date for accurate pay.

Visit QSS online or call payroll if you need assistance checking your schedule

1-855-866-4430

Who to contact for discrepancies with pay and schedule

Inquiries regarding discrepancies between hours worked and hours paid should first be addressed with your manager.

Inquiries regarding your schedule should be directed to scheduling@ierha.ca.

Education opportunities



EAP Virtual Education Sessions

Workshops and seminars are available on a variety of topics, with the goal of supporting health and wellness in the workplace.

These virtual sessions range from one to three hours and can run any time of day. There is no cost for staff to attend these sessions.

Questions?
 Contact us at Education@ierha.ca or 204-785-4760

<p>How to Register</p> <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>April 2025</p> <p>April 15, 1pm - 2pm EAP: Mental Health in the Workplace (for Leaders)</p> <p>April 17, 9am - 1030am EAP: Trauma-Informed Leadership</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>May 2025</p> <p>May 7, 12pm - 1pm EAP: The Multigenerational Workplace</p> <p>May 13, 12pm - 1pm EAP: Navigating Sleep and Shift Work</p> <p>May 15, 9am - 12pm EAP: Financial Planning and Your Retirement</p> <p>May 21, 1pm - 2:30pm EAP: Grief - Understanding and Managing Loss in Personal and Professional Life</p> <p>May 27, 9am - 12pm EAP: Mental Health Awareness</p>	<p>June 2025</p> <p>June 4, 12pm EAP: Co-Created Healthy Team Leaders</p> <p>June 10, 9 - 10 EAP: Strong Leadership (Virtual)</p> <p>June 11, 12pm EAP: Introduction to Communication in the Workplace</p> <p>June 12, 12pm EAP: Diversity Workplace</p> <p>June 17, 1pm EAP: Financial Planning and Your Retirement</p> <p>June 19, 1pm EAP: Strong Leadership (Virtual)</p> <p>June 24, 1030am EAP: Innovation Leadership</p>
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EAP sessions

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.

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.

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! April 30** at 10 a.m. & 2 p.m. – Daily Intentional Planning

[Learn more.](#)

Wow Wednesday Nursing Stories

Date: Wednesday, May 7 from 12:15 to 12:55 p.m.

Featuring Robi- Lynn Cooper Roberts, who currently works as a primary health care nurse in Flin Flon.

[Learn more and register.](#)

ASIST: Applied Suicide Intervention Skills Training

May 8 and 9 from 8:30 a.m. to 4:30 p.m.
Selkirk Regional Health Centre

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

[Learn more.](#)

Spirit of Caring course

Wednesdays from **April 30 to June 25** from 12:30 to 3 p.m.

Participants who complete the course are eligible to apply for a Spiritual Care volunteer position in IERHA facilities. IERHA staff are welcome to take the course.

[Learn more.](#)

Catalysts for Care 2025 Nursing Grand Rounds Speaker Series

Date: May 13 from noon to 1 p.m. via Zoom

Presenter: Susan Alcock, RN MN; research associate, department of radiology, Max Rady College of Medicine, University of Manitoba

Title: Safety and effectiveness of intravenous thrombolysis for acute stroke patients in the Manitoba TeleStroke Program.

[Click here](#) for the Zoom link.

French Language Services



Ready to spice up your language game? Say "oui" to learning French with Rosetta Stone!

Picture yourself ordering a croissant in Paris, chatting easily with Montreal locals, or comforting a French-speaking patient in your care.

Our interactive platform makes language learning a blast and super simple. Best part? It's totally free for IERHA employees! Dive into French culture and conversations. Sign up now and let Rosetta Stone boost your skills.

[Visit StaffNet>French Language Learning](#) and say "Au revoir" to language barriers!

[Make a Difference en français](#)

My little one was feeling lost,
hearing French
settled us
both down.)



Staff perks



IERHA employees can receive a \$5 discount off adult Rainbow Stage tickets using the promotion code IERHA25. [View the instructions on how to save.](#)

[Rock of Ages](#) runs from **June 26 to July 12**, and [Frozen](#) runs from **Aug. 7 to 24**.

IERHA online store



**Men's and Ladies' dress shirt:
Easy Blend long-sleeve twill with stain
release**

\$46

Men's colours: Navy, white, dark grey

Ladies' colours: Navy, blush, French blue

Order cut-off is **May 30** for delivery to corporate office the week of **June 20**.

[Visit the Online Store](#)

The bright side



Welcome to the world!

[Brokenhead Ojibway Nation](#) welcomed its first bison calf of 2025 born on April 20 — and the herd continues to grow!

[Learn more.](#)

This sweet photo was taken by Jeremy Kayseas Jr.

Interlake-Eastern
Regional Health Authority

EMPLOYEE Spotlight

Check out IERHA's social media channels this week to see profiles of IERHA staff members on [Facebook](#), [Instagram](#) and [LinkedIn](#).

HERALDINE COLOBONG
Health Care Aide

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 21**.*

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.

