

Wednesday Wave

News & updates for Interlake-Eastern Health staff

May 14, 2025

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Budget-friendly recipe of the month: [Tuna and dill salad](#)

Staff Perks: [Bombers discount](#)

Ashern's in-patient expansion: [See the photos](#)



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

[Please print and post for workers without email.](#)

First day in Ashern's new inpatient expansion



Manager of health services Dawn Barrett, Dr. Chumber, Dr. Yasmin, Dr. Nishat, Dr. Akin and Dr. Ghanbari

Congratulations, Ashern Team, on your first day in the new inpatient expansion May 6, 2025! And job well done to all staff who had a role in guiding us to this day in Ashern.

[Click here to see more photos of staff on first patient day.](#)

[Read more](#) about the Ashern project and preliminary work underway in Eriksdale on the emergency department redevelopment project.

[Watch this video](#) showing mural artist Shawna Boulette Grapentine creating The Healing Journey in the walkway to the new inpatient unit at Ashern Lakeshore General Hospital. Listen to Shawna explain her work and her inspiration. Indigenous Health Skaabe Jaycee Seenie shares a closing song on the video. If you'd like to see more of Shawna's

work, visit her site
at <https://moonandbackcustomarts.com/pages/about-me>

It's National Nursing Week: May 12 to 18!



Hats off to the nursing team at Berens River Dialysis! From left to right: LPN Iris Flett, agency nurse Jeremiah Borja and LPN Melody Bouchie. And thanks to Tanya Hoel, regional renal manager of health services, for sharing.

A career in health care means changing lives. Every day, Manitoba nurses showcase their skills, training and compassion, making a difference in the lives of their patients, clients and residents. Through every interaction, their impact ripples through entire communities.

Visit Shared Health's [Nursing Week webpage](#) to nominate a nurse, read inspiring stories about nurses from across the province and [watch a video](#) featuring allied health professionals and nursing professionals.

Noteworthy days:

- **Monday, May 12:** Indigenous Nurses Day and International Nurses Day
- **Wednesday, May 14:** Student Nurses Day

Nursing Week webinars:

- **Thursday, May 15** at 11 a.m.: [The Power of Nurses to Transform Care with Artificial Intelligence](#)
- **Friday, May 16** at 11 a.m.: [Recognizing Nurses King Charles III Coronation Medals and Engaging with Howard Catton](#)



Nursing profile: Jamie Boyer

A career in nursing offers opportunities to make a difference in the lives of many.

For Jamie Boyer, she decided to pursue a career in nursing in order to turn a negative experience into a positive future.

[Read more.](#)



Nursing profile: Julie Kumps

What would Julie Kumps do?

Registered nurse Melissa Campbell often asks herself this question when facing a difficult situation or broaching a difficult topic with a patient.

Both registered nurses, Julie and Melissa work together at Gimli Hospital.

“Julie is in inspiration to all who comes into contact with her in the chemo unit at Gimli Hospital. Her care and concern go far beyond full time hours that she has maintained for the past 45-plus years,” Melissa said. [Read more.](#)



Nursing profile: Sydney Herzog

The future of nursing looks bright with an influx of talented new professionals.

Among the next generation of nurses is Sydney Herzog, who recently launched her career in the emergency room at Selkirk Regional Health Centre — yet her interest in health care sparked long before that.

[Read the full story](#) published in the *Free Press*.



Nursing profile: Taylor Buors

Taylor Buors had always set her sights on a career in health care, but it wasn't until she was a patient herself that she was truly inspired to follow in her nurse's footsteps.

[Read more](#) of this story by Shared Health.

Allied Health Professionals Week 2025: May 11 to 17

From **May 11 to 17**, Manitoba's health service delivery organizations are celebrating the diverse and highly specialized skills of our province's allied health professionals. Representing nearly 200 disciplines working in every sector and area of our health system, allied health professionals are vital members of our health-care teams.

Learn about the different allied health roles on Shared Health's [Allied Health Week webpage](#).



As a dedicated respiratory therapist (RT), Hailey Luff can shift seamlessly in a matter of seconds from discussing treatment plans with an outpatient to responding to a code blue emergency over the hospital's intercom.

As an RT for Selkirk Regional Health Centre and the Interlake-Eastern Regional Health Authority (IERHA), Hailey's days are quite full. With multiple consultations scheduled, she often finds herself balancing new cases, while following up with previous patients and responding to emergent situations.

[Read more](#) of this story by Shared Health.



With more than 35 years of experience as a dietitian, Denise Smolinski's love for gardening extends beyond a hobby – it beautifully aligns with her professional expertise and commitment to health and nutrition.

Growing up on a dairy farm near Arborg, Manitoba, Denise's early experiences instilled in her a passion for nutrition and healthy living. This foundation laid the groundwork for her career, becoming a chronic disease dietitian educator for the Interlake-Eastern Regional Health Authority, helping individuals make healthier choices.

[Read more](#) of this story by Shared Health.

Employee Indigenous Advisory Council hosts first meeting



The Indigenous Advisory Council meeting held its first meeting on May 1 via Microsoft Teams.

The council provides direct consultation with IERHA's frontline Indigenous employees in matters that address the [Truth and Reconciliation Commission's calls to action](#) 22, 23 and in part 24. Indigenous frontline staff are informing IERHA's work around intercultural competency, recruitment and retention, conflict resolution, human rights and anti-racism, all while developing leadership skills and abilities from within.

The IERHA Employee Indigenous Health Advisory Council sets out to achieve inclusion and representation of Indigenous employee feedback in IERHA policies that impact the health of Indigenous peoples and to create an inclusive and support work environment for Indigenous employees.

Stay tuned for upcoming profiles of members of the Indigenous Advisory Council.

Thank you to Jamie Boyer, regional manager of Indigenous Health, for this submission.

Budget-friendly recipe of the month: Tuna and dill pickle pasta salad



Photo retrieved from [here](#).

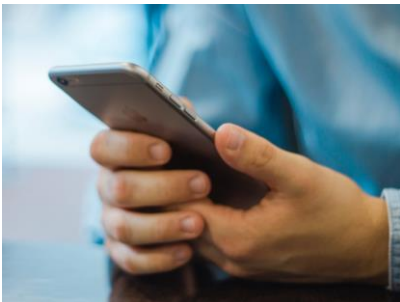
Thank you to Kayla Graff, communicable disease technician, for submitting this recipe and registered dietitian Carolyn Le Clair for putting together [this useful info!](#)

Dill's strong, fresh flavour makes it a popular addition to many dishes, from soups and salads to meat and fish preparations. For example, it is often used in Perishky (Ukrainian meat buns) to make the meat filling more flavourful.

[Click here to check out the recipe](#) for tuna and dill pickle pasta salad, as well as some other dill-ightful recipes.

This great info was originally published in IERHA's Community Wellness e-news. 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.

5-digit dialing reduces long distance expenses



Did you know that you can help reduce long-distance costs by using internal extensions when calling other sites on the Cisco VoIP phone system across the region?

All Cisco VoIP phones across the region are connected through our internal network, which means you can dial the 5-digit extensions (often referred to as the VoIP number) to reach colleagues at other sites with the same phones.

As a part of our ongoing efforts to reduce telecommunications costs across the region, please continue to use internal extensions whenever possible when contacting staff at other sites on the Cisco platform with landline phones.

Use 5-digit dialing when:

- Both your site and the destination site are on Cisco VoIP
- You're calling between IERHA facilities, such as hospitals, EMS stations, or administrative offices

Cisco VoIP-enabled sites in IERHA:

- Selkirk Regional Health Centre, EMS Station and old hospital
- Arborg Clinic, Hospital and PCH
- Beausejour Health Centre
- Crisis Stabilization Unit – 448 Queen Ave Selkirk
- Gimli Community Health Centre
- IERHA Corporate Office
- Lundar Community Health and PCH
- Pinawa District Hospital and PCH
- Pine Falls Health Centre
- Selkirk Community Health Office – 237 Manitoba
- Selkirk Quick Care Clinic
- Stonewall & District Health Centre
- Teulon Hospital, PCH, Community Health office and Clinic

Directory Listings:

A full listing of sites currently on the platform, along with directories and quick reference guides can be [found here](#).

[Learn more.](#)

Interlake Eastern Health Foundation: Shout out to Petersfield Motor Hotel



A big shout out to the Petersfield Motor Hotel!

They've been running meat and 50/50 draws to support Camp Stepping Stones — a special place where kids who've experienced the death of someone close to them can connect, share and start to heal. So far, they've raised over \$1,400 to help make that healing happen.

Let's help them help kids! Join some of the Camp Stepping Stones volunteer crew for the final draw night this **Friday, May 16** at the Petersfield Motor Hotel.

Camp Stepping Stones long-time volunteer Terry drawing the winner at meat draw earlier this year!

Swing by, grab a ticket (or a few) and show some love for a local business doing good for local kids. Draws take place around 6:30 p.m. and 7:30 p.m.

Thank you, Petersfield Motor Hotel!

Thank you to [Interlake Eastern Health Foundation](#) executive director Averill Stephenson for sharing this submission. If you have any questions — or if you'd like to know more about fundraising and upcoming projects — please contact Averill at 204-485-5139 or astephenson@ierha.ca.

Coming soon: Patient Experience Survey-Inpatient Care Survey is moving online

Coming Soon – The Patient Experience Survey-Inpatient Care Survey is Moving Online



Manitoba's healthcare system is launching a new online survey for patients after a hospital stay.

By collecting this anonymous patient feedback, we can build a better healthcare system for all Manitobans.

Learn More

Shared Health is improving the way we hear directly from patients. Starting this spring, the Canadian Patient-Experience Survey-Inpatient Care (CPES-IC) will be emailed to patients after they are discharged from an overnight hospital stay.

This work is part of the shared commitment to **patient-centred care** and to building a system that learns from the people we serve. The email survey replaces the previous paper-based provincial mailout and is aligned with best practices used across Canada.

What to expect:

- Patients may ask you about the survey – please reassure them it's real and voluntary.
- The survey is only sent **by email**, a few days after discharge, so updating emails at registration is key to receiving the survey
- It takes just a few minutes and responses are confidential.

Shared Health has developed a [Staff FAQ](#). You can also reach directly at patientvoice@sharedhealthmb.ca

[Learn more.](#)

Bell Mobility text via email service to be discontinued

Bell Mobility will be discontinuing its text via email service starting **Dec. 31, 2025**. This service allows users to send a text message from an email account to any Bell mobile phone by using an email address, such as 4165551234@txt.bell.ca.

If you use the text via email service, please adjust your workflows to use other communications tools, such as corporate email, Teams, etc., prior to Dec. 31.

In case you missed it



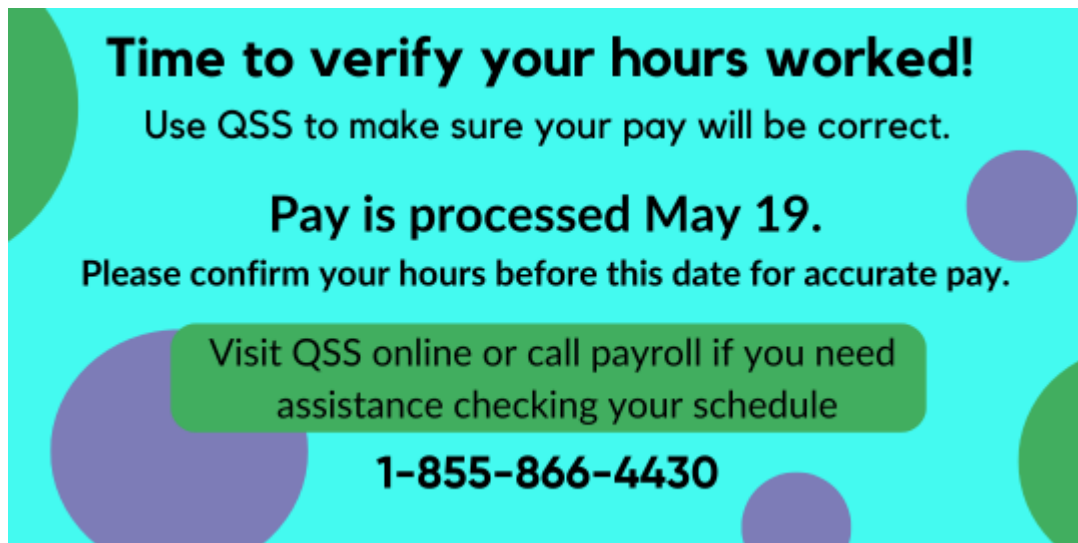
There could be a potential Canada Post strike as early as May 22.

All staff are asked to not use Canada Post services starting May 13.

Please speak with your manager regarding alternative means of communicating.

[Learn more.](#)

Payroll reminder



Time to verify your hours worked!

Use QSS to make sure your pay will be correct.

Pay is processed May 19.

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

Pension and other benefits

[HEB Manitoba](https://hebmanitoba.ca/about_us) provides pension and other benefits to eligible Interlake-Eastern RHA employees (and their families). Visit the HEB website: https://hebmanitoba.ca/about_us. You will need to login or register to access the secure member portal to see your personal information.

If you have an inquiry regarding your benefits, hours of operation are Monday to Friday from 8 a.m. to 4:30 p.m.

Contact information for general inquiries:

Toll-free: 1.888.842.4233
Fax: 204.943.3862
Email: info@hebmanitoba.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

How to Register

Registration for all EAP sessions is done through the LMS

Click [HERE](#) to log into your LMS account!

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.

Once you have registered, the session link will be sent to the email that is on your LMS account closer to the session date.

May 2025

May 15, 9am - 12pm
EAP: Financial Planning and Your Retirement

May 21, 1pm - 2:30pm
EAP: Grief - Understanding and Managing Loss in Personal and Professional Life

May 27, 9am - 12pm
EAP: Mental Health Awareness

June

June 4, 12pm
EAP: Co-Occurring Mental Health and Substance Use

June 10, 9am
EAP: Strong Foundations

June 11, 12pm
EAP: In the Workplace

June 12, 12pm
EAP: Diversity and Inclusion

June 17, 1pm
EAP: Financial Planning and Your Retirement

June 19, 1pm
EAP: Strong Foundations

June 24, 10:30am
EAP: In the Workplace

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.

Step Ahead: Innovative Approaches to Healing Diabetic Foot Ulcers

Join this one-hour webinar on Tuesday, May 27 at 5 p.m.

[Register here.](#)

Indigenous Cultural Awareness sessions

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

Seats are available in the following sessions:

- [May 28 in Ashern](#)

[Register on LMS.](#)

If you don't check your IERHA email address often, you can register on LMS with your personal email address and phone number. That way, you will be sure to receive the notification in case the course is cancelled.

For more info, contact Lori at ibuors@ierha.ca. Please also contact Lori if you have signed up but will not be attending or if you cancel your registration on LMS.

French Language Services



Plant the seeds of language learning!

Try out this list of spring-themed words and expressions from Mauril and watch your vocabulary blossom!

- Flower buds - Des bourgeons
- To bloom - Fleurir
- Spring flowers - Des fleurs printanières
- Bird songs - Le chant des oiseaux
- Spring cleaning - Le ménage du printemps

The Mauril application is available in the App Store and on Google Play for mobile and tablet. Download it today and discover a fun and free way to learn French or English through varied, stimulating and entertaining content from CBC/Radio-Canada. You can also follow them on social media.

Staff perks



IERHA employees can receive discounted ticket prices for three upcoming Bombers games:

- [Thursday, June 26](#) versus Edmonton Elks
- [Friday, Aug. 1](#) versus Toronto Argonauts
- [Saturday, Oct. 25](#) versus Montreal Alouettes

[Click here to buy tickets.](#)



Mark's

IERHA staff members receive a discount at Mark's.

[See the current offers](#) or download your [discount voucher](#).

IERHA online store



Core 365 Cruise two-layer soft shell spring vest

\$55

Colour: Navy

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

[Visit the Online Store](#)

The bright side



World Laughter Day

May 4 was World Laughter Day.

Get the giggles with these [easy-to-remember jokes](#) compiled by Reader's Digest.



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.

