

Wednesday Wave

News & updates for Interlake-Eastern Health staff
May 7, 2025



Interlake-Eastern
Regional Health Authority

In this edition

Immunization
record consent
form: [Fill it out.](#)

Staff Perks:
[TELUS](#)

Online Store:
[KOI Carryall tote
bag](#)



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

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

Congratulations to this year's Physician Emeritus Award recipient!



Dr. Michele Matter is being recognized by Interlake-Eastern Regional Health Authority as this year's winner of the Physician Emeritus Award.

Congratulations are in order for a long-standing physician who earned an award to recognize her exemplary service and expertise in the community.

Dr. Michele Matter is being recognized by Interlake-Eastern Regional Health Authority with a Physician Emeritus Award. Physician colleagues and community members had the chance to submit nominations for the prestigious award. A wide range of people nominated Dr. Matter including paramedics, staff at Selkirk Rapid Access to Addictions Medicine clinic and Ekosi Health Centre, and leadership in Gimli.

"It is an incredible honour to be nominated for the Physician Emeritus Award and an absolute thrill to be chosen as this year's recipient," Dr. Matter said.

"It's an unexpected yet very satisfying acknowledgment of the many years of hard work I put into my practice as well as the leadership and teaching I did."

[See who Dr. Matter mentions as her mentors.](#)

Welcome to IERHA's new chief medical officer



Congratulations are extended to Dr. Charles Penner on his recent retirement from Interlake-Eastern Regional Health Authority as executive lead, medical services and chief medical officer.

Dr. Scott Gregoire has now started in this role.

"I am deeply committed to advancing clinical excellence across our region and to fostering a culture in which health-care providers are respected, supported and meaningfully engaged," Dr. Gregoire said.

"I would like to extend my sincere appreciation to Dr. Penner for his exemplary leadership and enduring contributions to the region. His mentorship throughout this transition has been instrumental."

[Read Dr. Gregoire's biography here.](#)

Measles exposure sites identified in IERHA

Public health officials with Manitoba Health, Seniors and Long-Term Care are notifying the public of new measles exposure sites, some of which are located within the Dugald, Oakbank and Springfield areas. Public health is also advising that some of the recent measles cases in Manitoba did not have any known contact to a case. Previously, all of the cases had known contact with measles either during travel or in Manitoba.

[Read more about new exposure sites in Measles Update #6.](#)

The province maintains a [measles webpage](#) that is updated every Wednesday with the number of cases in Manitoba.

All staff – please complete occupational health's intake form by **Monday, May 12.**

Talk with your manager to learn more.



IERHA Occupational Health is conducting a focused review of staff immunity as part of communicable disease readiness planning. All staff are asked to complete the [Click here to fill out the online form](#) (or use the QR code) by Monday, May 12.

Given the rise of measles in Manitoba, our immediate priority is verifying immunity to measles to ensure workplace safety and health. [Learn more.](#)



Community Paramedic Program expands to Brandon and Selkirk



Shared Health is enhancing care for patients in rural Manitoba with the expansion of the Community Paramedic Program to Brandon and Selkirk.

The program allows care concerns to be identified early and links patients with the right care through the development of treatment plans which often involve a combination of direct care, support and services, as well as referrals to other parts of the health system. [Read more.](#)

Mental Health Week is May 5 to 11: Discover well-being supports available to you

[May Calendar of Drop-in Virtual Wellbeing Practice Sessions](#) – In support of Mental Health Week 2025, the Provincial Wellbeing Team will be hosting 30-minute sessions throughout May on various mental health topics. Each session will start with education and end with a wellbeing practice.

[Critical Incident Stress Response Guide for Leaders](#) – During challenging times, teams will look to their leader for guidance and support. This guide outlines what a critical incident is and how leaders can support their team.

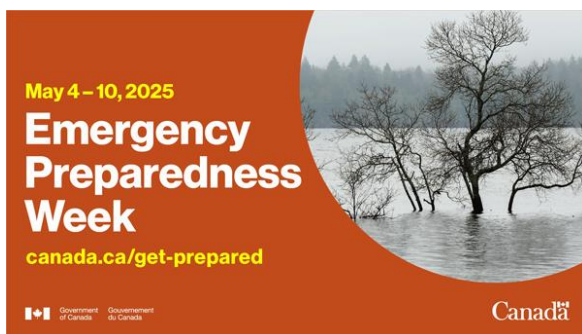
[Article: Taking Care of You While Caring for Others](#) – As health-care workers across Manitoba, you work hard every day to care for others. Learn how stress impacts us, and how to prioritize your own self-care.

[Read Stories of Wellbeing Champions](#) – Be inspired by the two latest well-being champions to be featured. Know a wellbeing champion in your area? [Nominate them here](#).

[Visit the Provincial Wellbeing Hub](#) – Developed with the input of knowledgeable health-care professionals from across Manitoba, the Provincial Wellbeing Hub provides quick and easy access to helpful articles, practical tools and well-being supports for all members of our health-care teams, as well as resources for managers, supervisors and leaders seeking tools to better support the members of their team.

[Manitoba Blue Cross EAP](#) – Health-care staff covered by Manitoba Blue Cross can call the Employee Assistance Program (EAP) for 24/7 support at 1-800-590-5553. EAP can provide confidential counselling tailored to your diverse needs.

It's Emergency Preparedness Week



With wildfires occurring in parts of the region and burning bans in place, this year's emergency preparedness week helps Manitobans learn more about steps they can take to prepare for an emergency and protect their families.

Themed "Be Prepared. Know Your Risks", individuals, businesses and communities are encouraged to understand their risks and learn what actions can be taken to protect against a variety of emergency situations. [Learn more.](#)

Here are some additional timely resources worth a look:

- [Preparing for Wildfire](#)
- [Use of technology during a disaster](#)
- [IERHA's adverse weather guidelines](#)
- [IERHA's wildfire guidelines](#)

Interlake Eastern Health Foundation: Thank you, Lac du Bonnet Lions



Left to right: Sara Motyer, health-care aide; Greg Short, Lac du Bonnet Lions Club president; Clayton Fisher, IERHA's manager of health services, long term care; Mike Roy, Lac du Bonnet Lions Club Tail Twister; Mel Mitchell, Lac du Bonnet Lions Club treasurer; and Carrie Peloquin, health-care aide.

Lac du Bonnet Personal Care Home is thrilled to recognize the generosity of the Lac du Bonnet Lions Club for their recent donation of a Sara Flex lift. This equipment is designed to assist staff while helping a resident move from a seated to a standing position, the equipment enhances safety and comfort for both staff and residents.

"This equipment makes a big difference for our team," says Clayton Fisher, IERHA's manager of health services, long term care. "It's not just about lifting — it's about helping residents feel secure and supported every step of the way."

Thanks to the Lac du Bonnet Lions, residents can maintain more independence, and staff can carry out their work more efficiently and safely.

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.

Front-line staff contribute to lower wait time strategy

Last Thursday, the Manitoba government announced it has partnered with front-line health-care staff to create a lower wait time and system improvement team. The team has released a strategy to reduce blockages in the system and reduce patient wait times in the emergency department.

The strategy outlines how to increase or add services that affect the timeliness of care at three main points of a patient's experience:

1. triage and admission if necessary
2. inpatient care and
3. access to outpatient treatment to be able to return home safely.

Strategic initiatives include increasing the number of endoscopy procedures including over the weekend, exploring models to shorten the wait time between triage and initial physician assessments and expanding the community intravenous program to allow more patients to recover at home.

[Read the Lower Wait Time Strategy](#)
[Read the media release](#)



Safety and Health Week is taking place this year from May 5 to 10. It's an opportunity to reflect on how we can continue to support the health, safety and well-being of health-care workers.

In health care, maintaining safe work environments is essential. From managing physical demands and infection control to supporting mental health and workplace respect, health-care workers

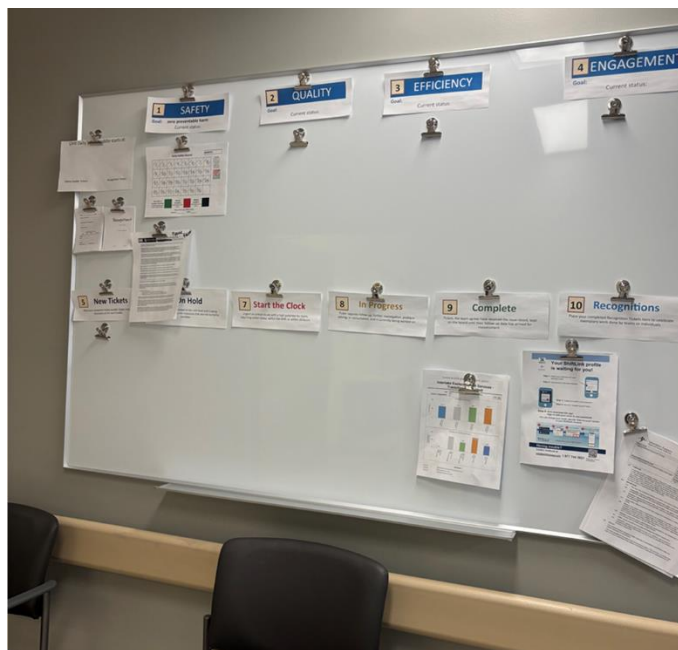
encounter a range of safety considerations in their daily work. Safety and Health Week serves as a reminder to revisit and reinforce practices that help protect staff and patients alike.

This national initiative is supported by organizations such as the Canadian Centre for Occupational Health and Safety (CCOHS) and Threads of Life, both of which promote awareness, education and support for safe workplaces.

Free, live online events and sessions will be offered throughout the week, including discussions on mental health in the workplace and identifying hazards early. We encourage all health-care staff, leaders and support teams to take part and help promote safer, healthier work environments for everyone.

[Register now and explore this year's activities.](#)

An innovative safety initiative



During a recent occupational safety and health inspection at the transitional care unit (TCU) in Selkirk, we were impressed to see a safety initiative emerging on the wall. We were advised that the TCU manager, Kim Nickel, is establishing a safety and engagement board.

Its purpose is to create a safe environment for the team and those in their care by providing staff with the means to make and monitor goals that are important to them.

Included in the board are “Safety Huddle Tickets” where staff can identify problems, provide solutions and note area of impact. The board also has a section for recognizing a member of the team.

The occupational safety and health team is looking forward to reviewing the board again at our next visit. Kudos to Kim for this initiative.

And thank you to Samantha Roberts, manager of occupational safety and health, for these two previous submissions.

A nod to diving deep

Towards Flourishing Facilitators (TFF) get to regularly take part in Families First Home Visitor Team meetings. Back in February, our new term TFF attended a Families First Home Visitor team meeting where she simply had to capture the essence of one particular team building opportunity and share it on the Wednesday Wave.

Candice, Christie, Darlene, Irene, Jorge and Ruth make a rich and dynamic team of Families First Home Visitors on the east side of the region who are well-accustomed to diving deep.

Although not an easy task for anyone, these home visitors meet monthly as a team with their reflective supervisors to grow and expand professionally, which undoubtedly contributes to their personal growth too.

Families First Home Visitors are given the opportunity to reflect on where they want to go, use the meeting spaces as a means to discover how to continue learning and growing, and to create goals. Reflective supervisors are public health nurses who support the growth of home visitors' professional competencies.

Thank you to Lisa Lavallee, community mental health worker, for this submission.



Check out this be-leaf tree with Candace, Jorge and Irene standing in front of it. Missing from the photo are Christie, Darlene and Ruth.

On the be-leaf tree, the Families First Home Visitors create visuals for their tree to support motivation, awareness, growth and optimism. The leaves vary in colour and detail, yet all touch on vulnerable places in the hearts of our invaluable home visitors on what motivates them, helps them grow, what needs to be left behind and what grounds one to be the best home visitor they can be. Even pickles have a place on this tree! Everyone has that special something they offer to their clients, which serves to brighten their days!

This colourful creation follows the team to every meeting they are a part of and is added to regularly in order to expand on its beauty. The tree supports the Families First Home Visitors in developing best practices in their home visiting, which leads to optimal service delivery for their families.

Take a closer look at this captivating visual, which serves as a reminder of where they have been, where they are at and where they want to go — diving deep.

Go Jets Go!



The evening crew at Kin Place Personal Care Home in Oakbank were ready to cheer on the Jets!



More Kin Place staff member show their team spirit!

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

Rosewood Lodge residents enjoy giant Whack a Mole in Stonewall



Rosewood Lodge residents in Stonewall got to take their best shot at whacking recreation staff members Denyse Wiebe, Cheryl Lee and Sheryl Steinhorsen-Taylor on April 22 on Appleyard Bay and April 29 on Shura Lane.

"Residents and staff were roaring with laughter. We think maybe they enjoyed this program a little too much," Sheryl said with a laugh.

[Click here to see more photos.](#)

Thank you to Sheryl for sharing these photos.

Casino Day in Teulon



Goodwin Lodge recreation coordinator Crystal Bergeron successfully organized a casino day for the enjoyment of residents after months of meticulous planning!

At left: Val Coburn, recreation for acute; Crystal Bergeron, recreation coordinator; and Lori Martin, regional recreation manager

The event, held on April 24, encouraged residents to dress in their finest attire, while staff and volunteers were asked to wear all black.

Play money was distributed and the games commenced, with the human slot machine being the significant attraction for residents, family and staff alike.

Crystal noted that the custom-made chips and water bottles were particularly memorable for her and others.

She extends her gratitude to staff and volunteers, acknowledging that the event's success was a collaborative effort. The positive buzz surrounding Casino Day continues.

[Click here to see more photos.](#)

Thank you to Crystal for this creative submission.

Celebrate Spring Spirit Week!

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

Manitoba Day



The team at Kin Place Personal Care Home in Oak Bank showed provincial pride for Manitoba Day.

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



At East Gate Lodge personal care home in Beausejour, Kenny from maintenance dressed as a Manitoba staple — a Manitoba social prize showing off his wingspan for 50/50.

Thanks to recreation coordinator Amber Cook for sharing this creative submission.



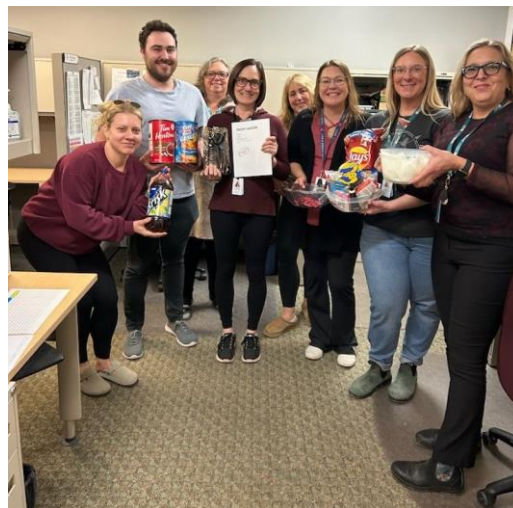
The team at Selkirk Regional Health Centre had a Manitoba Social for Manitoba Day on Spirit Week — complete with kubassa, cheese, pickles, rye bread, mustard, ripple potato chips and pretzels. Raising their red Solo cups are (left to right) Jocelyn, Collette, Susan B, Denise, Susan W.

This creative photo was submitted by Susan W., ER registration / admitting clerk at SRHC



Staff at Rosewood Lodge personal care home in Stonewall went all out for Manitoba Day. Pictured here are Kuljit Sran RN; Brittany Klassen, LPN; Juliet Domansky, dietary aide; Teresa Andries, CRN; Caitlan Prystupa, LPN; Leslee Walters, laundry; Sheryl Steinthorson-Taylor, recreation coordinator; Sheila Forrester, cook; Margarete Moulden, manager of health services; Cheryl Lee, recreation facilitator.

Thank you to recreation coordinator Sheryl Steinthorson-Taylor for sharing this great photo.



The scheduling team at Selkirk corporate office held a Manitoba Social for Manitoba Day.

Thanks to Kim Einarson, HR supervisor-scheduling, for submitting this fun photo.

Service Milestone Awards Spring 2025



Spring is the season when Interlake-Eastern Regional Health Authority congratulates staff celebrating five to 45 years of service.

Please click on [service milestones list](#) and help celebrate the milestones with your colleagues.

If you are on the list for (10 to 45 years of service), in May you will receive a letter to your home address with instructions on how to select your award from our supplier OC Tanner.

Please ensure that we have your proper delivery address in our system. If you don't receive the letter in May and you are on the list, please contact your manager or supervisor. Staff who have achieved five years of service will receive a branded IERHA fleece blanket.

Shared Health employees need to reach out to their managers. Employees who have achieved 10+ milestones should be receiving their letters in the mail later this from our supplier OC Tanner.

For all other inquiries, please contact Susan Peitsch at speitsch@ierha.ca.

Hand Hygiene Day



World Hand Hygiene Day is an annual event in May to raise awareness about the significant impact hand hygiene makes in saving lives by reducing the spread of infections. Proper hand hygiene is one of the single most important ways to stop the spread of infections. Unfortunately, it's often overlooked. [Learn more.](#)

Red Dress Day

The Manitoba government has partnered with five Manitoba organizations to provide low-barrier, direct support to MMIWG2S+ families through revenue generated from Manitoba's MMIWG2S+ Healing and Empowerment Endowment Fund.

More than \$350,000 generated over the last year is now being provided to five organizations representing distinct First Nations, Métis, Inuit and urban Indigenous populations across Manitoba who will provide direct support to MMIWG2S+ families: Manitoba Keewatinowi Okimakanak, Southern Chiefs' Organization, Giganawenimaanaanig, Infinity Women's Secretariat and Tunngasugit. [Read more.](#)

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 7, 12pm - 1pm
EAP: The Multigenerational Workplace

May 13, 12pm - 1pm
EAP: Navigating Sleep and Shift Work

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 2025

June 4, 12pm - 1pm
EAP: Co-Creating Healthy Teams (for Leaders)

June 10, 9 - 1030am
EAP: Strong Leaders Group (Virtual)

June 11, 12pm - 1pm
EAP: Intro to Communication Skills in the Workplace

June 12, 12pm - 1pm
EAP: Diversity in the Workplace

June 17, 1pm - 4pm
EAP: Financial Planning and Your Retirement

June 19, 1pm - 230pm
EAP: Strong Leaders Group (Virtual)

June 24, 1030am - 12pm
EAP: Innovative Leadership

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.

Wow Wednesday Nursing Stories

TODAY! 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.](#)

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.

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



Receive 15% off all regular-price merchandise.

Simply present your IERHA employee photo ID badge to be eligible for the discount at time of purchase.

[Learn more.](#)



The latest Telus deals are here!

- The all-new Galaxy Samsung is on sale.
- Save up to \$1,010 on the Google Pixel 9
- Add a line and share partner perks with your loved ones.
- Build a smarter, safer home. [Learn more.](#)

IERHA online store



KOI Matte Carryall Large Tote Bag

\$31.95

Colours: Onyx, Sahara, Storm Grey

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

[Visit the Online Store](#)

The bright side



100+ outdoor play ideas for families

Fresh air. Sunshine. Loads of space to explore. There's just nothing like the outdoors for play time! And because kids can sometimes use a little encouragement to get started with their imaginative play, we're sharing with you some of the best ideas for outside.

From games and activities to good old scavenger hunts, here are [over 100 outdoor play ideas for your little ones](#) from [Active for Life](#).



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.

