

'Back to School' for the 66th Annual Convention

Get excited to go 'back to school' for the 66th Annual Convention of the Catholic Health Association of Saskatchewan! Typically held in a hotel setting, this change in location will offer a wonderful opportunity for those in Catholic health care and Catholic education to interact. Hosted in **St. Mary High School**, in the lovely northern city of **Prince Albert**, the 2009 convention theme '**Circles of Care: People Caring for People**' will highlight the message of how we as friends, family, volunteers, and health care providers all work together to create a strong circle of care for each other.

We are pleased to have **Archbishop Sylvain Lavoie** presenting our **Keynote Address**. Archbishop Lavoie has invested his life serving the northern communities of Saskatchewan and Manitoba - empowering people through Christopher Courses, Marriage Encounters, and adaptations of the Twelve-Step Program. We look forward to Archbishop Lavoie challenging us as he brings us a message on '**The Wellness Circle: Twelve Spiritual Steps to Healthy Caring.**'

'**Stories are Good Medicine**' is the session title of our **inspirational speaker, Dan Jelinski**. His leadership development business, *Wisdom Speaks*, focuses on enhancing personal success, living intentionally, and making a difference—underpinned with the proclamation of gospel values in the workplace.

This convention will also host 'Learning Circles' (breakout sessions), offering a variety of topics

complementing our theme. Speakers include:

- **Joy Mendel**, Bioethicist for St. Paul's Hospital and CHAS, will be speaking on *Completing the Circle: Healthcare Ethics Through the Lifespan*;
- **David Sax** from Catholic Family Services in Regina, will be presenting *Sacred Work Encircled in a Secular Career*;
- **Leann Keach & Gwen Knoll** from Providence Place, Moose Jaw, will be speaking on their *Care for the Caregiver Support Group*;
- and our very own **Deacon Bob Williston from CHAS and Bill Fletcher** from Saskatoon, will be presenting the updated *Community of Care: A Parish Ministry of Care Manual*.

New this year is an exciting initiative to recognize our facility volunteers as key members of the circle of care. A volunteer representative from each of our 13 member facilities will receive a free convention registration and will be honored at a **Volunteer Appreciation Breakfast** to be held on the second day of the convention. We look forward to highlighting stories of these volunteers who touch the lives of residents and patients and contribute to the vision and mission of the facility.

Make sure to save the dates - **October 26 & 27, 2009** - for this wonderful time to build networks, be refreshed, and get infused with the energy of the youth that will surround us.

For further information, please contact CHAS at 306-655-5330 or cath.health@sasktel.net.



'Mission-in-a-Box' Delivered this Spring

Every spring, CHAS typically travels the province to provide educational mission sessions to our member facilities, calling this our *Mission Week*. However, many of the facilities host their own annual Mission Week at various times in the year, often to honour their founding order or to coincide with a particular feast day.

With this in mind, the idea came to provide a resource kit to each facility to support and encourage their particular Mission Week. And so it became... a Mission-in-a-Box.

Last December, our very talented and creative Mission Educator, Bob Williston, began to compile and write songs that would be recorded specifically for this project. The finished product was a CD with eight original songs that would compliment the three different mission reflections featured in the kit.



Eight song selections are featured on the Mission-in-a-Box CD

Each mission reflection is designed to take about 30 - 45 minutes and includes a leader's guide, 30 mission booklets, 30 participant 'give-aways' that correspond to the reflection, and as mentioned, corresponding music.

Hannah's Story is a true story of a girl from Moose Jaw who was born with spinal muscular atrophy, and recently passed away just shy of her eighteenth birthday. The reflection includes her mother's account of Hannah's life, as well as a poem Hannah wrote to God, thanking him for her disability. Although confined to a wheelchair, Hannah had a zest for life (which included volunteer work at Providence Place) and a dream to dance. This reflection explores the triumphs and trials of those with disabilities and how they touch the lives of everyone around them. All who participate in the reflection will be gifted with a Gratitude Journal to inspire thankfulness in everyday circumstances.

A Brown Bag Lunch with the Angels is a reflection rooted in the scriptural account of how we are created in the image of God, and made a 'little less than the angels.' Included in the session is an audio-visual presentation, discussion questions, and some priceless quotes from children regarding their thoughts on angels. Our favorite is Gregory, age 5, "I only know the names of two angels—Hark and Harold." All who participate in this reflection are gifted with a brown bag filled with various treats, enclosed with a card thanking each for being an angel in their midst.

Like a Bridge Over Troubled Waters features a story of the Grey Nuns coming to Saskatoon in 1906 on a fundraising trip, and staying to help with the serious typhoid outbreak amongst the men building the first bridge. Again, this reflection features music, discussion questions, and a poem that highlights how we can build strong relationships (bridges) in our workplace and community. Each participant receives an Encouragement Card that they can fill out and pass on to another staff member, resident or friend.

Included in this newsletter is an Encouragement Card for you to do the same!

So, from April to June, the CHAS staff toured the



Bob Williston presents the box to Ginny Jackson, Spiritual Director at Providence Place, MJ

province hand-delivering these kits to the thirteen facility leaders and spiritual care directors, encouraging them to use it at any time in the upcoming year! We hope to do a follow-up reflection on palliative care

in 2010, and will invite the facilities to evaluate the usefulness and effectiveness of the kit.

Each kit also included the DVD set 'Ethics for the Journey' by Fr. Mark Miller, a book on spiritual care, a jar of mints, a box of tea, and of course, a tin of Tim Horton's coffee!

Supporting Parish Nursing and Palliative Care

This spring CHAS supported, in presence and with financial sponsorship, two organizations that Catholic health care strongly affirms —Parish Nursing and Palliative Care.

From May 21 - 24, 2009, 95 delegates from across Canada congregated in Saskatoon for their 11th Annual Convention of the Canadian Association for Parish Nursing Ministry (CAPNM). The theme *Bridging Spirituality and Health* was highlighted by keynote speakers such as Fr. Michael Brehl, Jeff Christiansen, and Don and Pat Peake. Fr. Mark Miller attended as one of the concurrent session speakers, along with Megan McKenna who also provided the homily at the mass at St. Paul's Cathedral, and entertained the banquet guests with her wonderful gift of storytelling.



Our RC Parish Nurses:
L to R: Ethna Martin, Carol Kostiuik,
Deb Bauche, Sr. Carol Borreson

Deacon Bob Williston, with guitar in hand, served on the worship team throughout the convention. Sandra Kary, Executive Director, brought greetings from CHAS, introducing the soon-to-be-launched *Community of Care: A Parish Ministry of Care Manual* featuring current information about parish nursing in the context of a parish care program. Trish Holst, Administrative Assistant, manned the display table, capably fielding questions regarding the upcoming manual.

Parish nursing, a grassroots ecumenical group, is a growing ministry with a membership (personal and associate) nearing 200 in number. In Saskatchewan, there are eight parish nurses, four of which are Roman Catholic. We congratulate CAPNM and the local planning committee for their remarkable fundraising efforts —bringing in upwards of \$17,000 through community support, sponsorship and four different fundraising efforts throughout the convention.

A few days later, May 28—29, the 2009 Provincial Palliative Care Conference, sponsored by the Saskatchewan Hospice Palliative Care Association and the Sunrise Health Region Palliative Care Committee, was held in Yorkton. More than 275 delegates from across Saskatchewan attended the conference themed, *The Light of Possibility*. Again, CHAS was honoured to provide both a presence (display table) and sponsorship to this event. With the aim to further strengthen and support the SHPCA, Sandra Kary was nominated and elected to its Board of Directors for the 2009-2010 term.

Updating our Parish Ministry of Care Manual

On the foundation of the initial 1995 Parish Ministry of Care Manual comes the revised work *Community of Care: A Parish Ministry of Care Manual*. The efforts of this two-year Project Charter are coming to completion with the launch of the manual scheduled for the 2009 CHAS Convention. The manual lays the foundations for ministry of care in the parish community, provides roles and models of implementation, highlights the work of parish nurses in the context of the program, and offers extensive resources for the selecting, training and on-going support of parish visitors.

We're very excited to launch this updated resource tool—to inspire the development of new parish programs as well as renew and invigorate parishes that have existing programs.

What's New in our Facilities CHAC Highlights

As a part of our CHAS 2009 Annual Convention, we are pleased to announce the celebration of our member facility volunteers at a

Volunteer Appreciation Breakfast

8:30 - 9:30 am
Tuesday, October 27

St. Mary High School,
Prince Albert

We are excited to recognize our volunteers as we focus on our CHAS Convention theme:

Circles of Care: People Caring for People

To celebrate and prepare for this Volunteer Appreciation Breakfast we are inviting each facility to select and send a volunteer representative. Please contact CHAS at 655-5330 by September 30 with this name.

We will feature short stories of how these volunteers touch the lives of patients/residents and how they contribute to the vision and mission of their facility.

All volunteer representatives will receive a FREE registration to the CHAS convention, as well as a certificate and small gift of appreciation.

Volunteers don't necessarily have the time - they just have the heart.
- Author unknown

Ethics Matter: Creating an Ethical Culture in Health Care was the theme for the 2009 Convention held in Vancouver, BC from April 24 - 26. Very fitting to this year's theme, CHAS was delighted to launch the *Ethics for the Journey: foundational teachings for faith-based health care and parish communities* lecture series to the national community. Fr. Mark Miller and Sandra Kary co-presented two break-out sessions on this material, with CHAS providing a table display that enjoyed healthy sales of the DVDs and CDs.

Congratulations to the 2009 Performance Citation Award Winner: Sr. Nuala Kenny

Dr. Kenny's impressive biography includes many medical credentials and leadership postings. She is nationally recognized as an educator, physician ethicist, author and distinguished lecturer. Her work on numerous policy-making committees and boards evidences her great passion



L to R: Dianne Doyle, Daniel Lussier, Dr. Nuala Kenny

for promoting ethics and faith-based care in our health care system. In May 2009, Sister Nuala started her work with CHAC as Ethics and Health Policy Advisor. (For a full description of Dr. Kenny's biography and award citation, please visit www.chac.ca.)

A New Name - Catholic Health Alliance of Canada. The redesign proposal, approved at the Annual Assembly on April 24, 2009, initiates the structural change from an association model to a secretariat approach. For full details, please visit www.chac.ca.

Health Care Trends and Transformation: *What Catholic Health care organizations must do in a constant era of change* is the theme of the 2010 CHAC Convention to be held from April 30 - May 2 in Toronto. Keynote speakers include Jim Carroll, one of the world's leading futurists, trends and innovation expert, as well as Sister Carol Keehan, president and chief executive officer of the Catholic Health Association of the United States.