

## CHAS Annual Convention to Speak to *The Grace of Age*

**T**he Catholic Health Association of Saskatchewan is very pleased to announce its 68<sup>th</sup> annual convention, “*The Grace of Age*” being held in **Moose Jaw, Saskatchewan** at the **Heritage Inn, October 24 – 25, 2011**. The two days will take a look at positive ways in which upcoming aging generations will shape how we serve in health care. This convention provides a wonderful opportunity to celebrate the aging journey that ultimately each one of us is a part of. There is no time like the present to encourage a mindset that fosters continuing spiritual, emotional and physical health. Featured speakers will be Sr. Elizabeth Davis, Monsignor Charles Fahey and Micheline Paré

**Sr. Elizabeth Davis** from the Sisters of Mercy is a much sought after speaker and her outstanding contributions and the depth of her influence on leaders in health care is evidenced by the many honours and awards that have been bestowed upon her. Sister Elizabeth has been invited to speak to how our aging population is gift to us, unfolding how this upcoming demographic of boomers should be viewed for their potential legacy, not liability.



Noted as a “towering advocate on aging,” **Monsignor Charles Fahey** describes that his work on aging “happened by accident,” being told by his boss in 1961 to learn about aging as it will become an important issue. Msgr. Fahey began a long career that led to many appointments to local, state and national boards, including terms as a board member of the Catholic Health Association of the United States. Currently, Fahey is the



Marie Ward Doty professor of aging studies and senior associate at Fordham’s Third Age Center. Fahey is noted for coining the term “the third age” and will speak to how individuals and society as a whole are deeply challenged by all sorts of issues and new dilemmas, such as, having more than one generation at a time dependent on senior care.

**Micheline Paré** is the author of “The Passion of Loving: the congruent and compassionate approach™ (CCA) in caring for people with loss of autonomy.” She has offered many inspirational sessions to professionals and family caregivers throughout Canada in both official languages, always bringing an appeal to the practice of compassion.



New to the convention this year is the call for proposals which will offer **workshop opportunities** for many who serve in health care – be they in acute, long-term care, parishes, or other community groups. The invitation to share stories and wisdom, experiences and best practices (and maybe even mistakes) offers sacred insights into the everyday – how the ordinary can then become extraordinary. The charisma of this convention is the anticipated renewal for those committed to the healing ministry of Christ, as we journey in this grace-filled time together.

With this exciting and positive outlook on aging, everyone is invited to mark their calendars for **October 24 & 25<sup>th</sup>** and be open to the possibilities of not only being challenged about the future, but also be re-charged and ready for whatever that future holds.

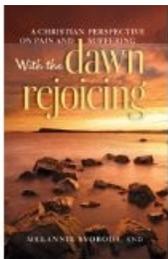
**For further information, please contact CHAS at 306-655-5330 or [cath.health@sasktel.net](mailto:cath.health@sasktel.net).**

## Spring... A time for meeting you!

For some, the mystery has revealed itself in terms of figuring out Sandy... who? We just wanted to know if anyone noticed... Thanks so much for the feedback on my article and for so many good wishes as I begin my journey with CHAS.

Journey has been a key theme as the ‘Sandy & Sandra’ team went on a mission of traveling a vast prairie circle within our province visiting many (not all – yet!) of our member facilities in May and June. Who knew you could travel over 5000 kilometres – and still be in Saskatchewan? We extend our thanks and appreciation to the Executive Directors, Spiritual Care and Mission Directors for being gracious hosts to us. We especially appreciated the opportunities to have coffee or lunch along with heartfelt and sincere conversations about your joys and challenges, and hearing how CHAS has been an effective resource. What we most appreciated was learning how CHAS could further enhance its abilities and be able to extend its services in terms of seeking out and providing a diversity of educational and spiritual resources for our leaders and their staff in Catholic healthcare.

What’s a good visit without bearing a gift? Within our travels CHAS has started a new initiative to build a Leader’s Library in each of our member institutions.



Twice a year – in June and December, CHAS will source and gift each facility leader with a book or resource (pertaining to Catholic mission, spiritual care or ethics) that is engaging and relevant. This year our leaders were given a copy of *With the Dawn Rejoicing: A Christian Perspective on Pain and Suffering* by Melannie Svoboda, SND.

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Traveling and meeting so many wonderful people has inspired us here at CHAS because we know we are only limited by our own imagination in championing the great and wondrous healing ministry of Christ. We always invite your input, suggestions, or just picking up the phone to chat.

Blessings to you. Have a great summer.  
Sandy Normand

**Just for fun...** we took a lot of photos on our journey, just to keep track of all the faces and places! See if you can match the people in our facilities with some of the places and pieces that they see everyday! Answers are on the back cover.



## “It’s a Wheel That Turns...”

“It’s a wheel that turns...” these are the words of my grandfather Harvey, a hard working man whose wisdom and compassion ran as deep as his faith and generosity of spirit.

My grandfather was telling me in his gentle, caring way that life is a cycle. We are born, we live, we die, so that others might do the same. It doesn’t start or stop with us. We are here to care for one another, and to be cared for. We are all connected and have a purpose. We mustn’t forget or take that for granted as we journey through life.



My life journey started in Marcellin, Saskatchewan where I enjoyed the companionship of my many cousins that lived nearby and visited often. At the age of seven, when my father passed away, I experienced the healing power that a faithful community and extended family can bring.

Perhaps it was these early experiences that caused me to seek to create community and team-based care in my work as a physical therapist, a manager, and later as a professor and Director of the Continuing Physical Therapy Education program at the University of Saskatchewan. Always seeking to advance my knowledge and understanding of the health care system and how it could be improved, I joined the Health Quality Council team as Program Director for their Chronic Disease Management Collaborative and later became their Director of Quality Improvement.

As the wheel of my life continues to turn and connect with others, I know I am exactly where I am meant to be as Executive Lead, Quality and Strategic Planning for the Catholic Health Ministry of Saskatchewan (CHMS). We are a family of Catholic

Health Care facilities across the province of Saskatchewan that collaborate and work for a common purpose. Catholic tradition, mission and values give us the foundation and strength to continue the healing ministry of Jesus Christ. We will innovate to continue to improve in methods and approaches to meet the needs of those we serve.

In this role as Executive Lead, Quality and Strategic Planning, I work with CHMS health care facility board members and leaders to engage all staff in discovering purpose and living mission through high quality service in Catholic health care. At the same time, I ‘walk the talk’ as a newly elected member of the Board of Directors for the Canadian Physiotherapy Association, an opportunity to promote collaboration in health care and service at the national level.

My grandfather taught me that as our personal wheels turn, we are stronger when we look outside ourselves, love one another, remain strong in our faith and connect in kindness to serve those in need.

Thank you, Grandpa. I love you.



**Karen Barber**

*Executive Lead, Quality and Strategic Planning  
Catholic Health Ministry of Saskatchewan*

## Thank-you K of C!



CHAS gratefully received grant funds from the Knights of Columbus Foundation on June 21, 2011. This funding will be directed to our continued effort to provide education and networking for those serving in

Catholic health ministry within health care institutions and the parish community.

In health care circles, it is often mentioned that the aging of the 'boomers' is of significant concern. Terms like the 'tsunami of aging' can bring a negative tone, and lead to labeling a particular demographic in our society as a liability. Coming from a position in Catholic health that all life is intrinsically valuable, we need to take care to not fall into 'ageism' or a mindset that devalues the elderly in any way. Our 2011 Convention, themed **The Grace of Age**, hopes to identify the positive ways in which the boomers, and elders, will shape how we serve in health care.

Thank-you again, Knights of Columbus Foundation, for your continued support of CHAS.

## 2011 CHAC Conference

*Compassion: The Heart of Our Vision* was the theme of the joint national conference of the Catholic Health Alliance of Canada



and the Catholic Health Association of Manitoba held from May 4 - 6, 2011 at the Delta Winnipeg Hotel. More than 250 participants from across Canada enjoyed the presentations offered by **Senator Roméo Dallaire**; Poet and author, **David**

**Whyte**; Ethics and Health Policy Advisor to the CHAC, **Sr. Nuala Kenny**; and **Marion Briggs** from Providence Health Care, Vancouver. Also offered was an insightful pre-conference workshop entitled *Moral Distress: Seeking Clarity to Restore Moral Meaning* as well as variety of other workshops that explored the theme of compassion. Receiving the **2011 CHAC Performance Citation Award** was **Sr. Sarah Quackenbush csj**, Mission and Education Consultant for the Catholic Health Corporation of Ontario.

## A Breath of Care

### 2011 Saskatchewan Palliative Care Conference



Caring from Courtney Milne's Pool of Possibilities Gallery

Participants from across Saskatchewan enjoyed the annual Palliative Care Conference held at the Saskatoon Inn from June 2 - 4, 2011. Guest keynote speakers included **Stephen Jenkinson**, a palliative care visionary, spiritual activist, and subject of *Griefwalker*, a National Film Board of Canada feature-length documentary film about his work with dying people, and **Dr. Graeme Rocker**, Professor of Medicine and Head of Respiriology at Capital Health in Halifax, Nova Scotia, who spoke on his research in dyspnea (shortness of breath) at the end of life. A very touching memorial service featured **Sherrill Miller, widow of the late Courtney Milne**, as she offered her personal testimony and Courtney's photographic journey of his life's end. Please visit [www.courtneymilne.com](http://www.courtneymilne.com) for an online tour of his gallery.

**Matching Faces and Places (from page two): 1 & C:** John Kelly and Janet Loiselle, St. Joseph's Hospital/Foyer d'Youville, Gravelbourg and the facility Chapel. **2 & F:** Debbie Donald, Radville Marian Health Centre and their beautiful enclosed Patio. **3 & B:** Normand Poirier and Marion Huber at St. Joseph's Hospital in Estevan and their Mission Wall. **4 & A:** Kim Bucsis and Elaine Exner, St. Peter's Hospital in Estevan and their Martha's Garden. **5 & D:** Carol Unchulenko and Sr. Cecile Richard, St. Anthony's Hospital in Esterhazy and the Statue of St. Anthony. **6 & E:** Roxanne Stringer in Foyer St. Joseph Nursing Home, Ponteix, and a Portrait of Jesus made of seeds.