

# chas communiqué

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Catholic Health Association of Saskatchewan 104 - 3502 Taylor Street East, Saskatoon, SK S7H 5H9  
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## Welcome to Blake Sittler, CHAS New Executive Director & Farewell and Best Wishes to Marissa Alarcon

The Board of Directors of the Catholic Health Association of Saskatchewan (CHAS) are pleased to announce **the appointment of Blake Sittler** as Executive Director of CHAS, effective May 1, 2019.

**Blake Sittler** is the Director of Pastoral Services for the Diocese of Saskatoon until April 30, 2019. He is also the Diocesan Coordinator of Care overseeing the implementation of the sexual abuse protocol. He has been a member of several boards over the years, currently including The Micah Mission, which is focused on community reintegration and support for men coming out of prison.



Blake has a B.A. in Sociology from the University of Saskatchewan, a Certificate in Liturgical Studies and a Master of Divinity from Newman Theological College. He was a freelance reporter for the greatly mourned Prairie Messenger, where for five years he had a column on marriage called "After Cana."

Blake's passions include volleyball, photography, jazz, vinyl records, wine, and nurturing the musical legacy of Johnny Cash through presentations everywhere from church basements to prisons and rehab centers and recently in Ottawa at a conference hosted by the Canadian Conference of Catholic Bishops. He is also a long-time volunteer for the SaskTel Jazz Festival where he is a backstage manager and MC.

Blake has been married to his high school sweetheart and still best friend, Brooke, since 1995. Brooke is a lawyer for the federal government. They have three children: Gabriel, Elizabeth and Reuben.

Blake has been truly grateful for his 23 years with the diocese, and for all the wonderful friends he has

made, and looking forward to his new role with CHAS with excitement and humility.

Please join us in congratulating and welcoming Blake on his appointment as Executive Director!

At the same time, we would like to acknowledge and thank **Marissa Alarcon** for her invaluable contribution during this time of transition. It is with regret that we announce her resignation to CHAS, effective May 31, 2019, after having accepted to move to another opportunity.



CHAS continues to hold a well-respected position both provincially and nationally because of Marissa's competent leadership during her Interim Executive Director role. Marissa also served as the Program and Community Engagement Coordinator, and Executive Assistant throughout her tenure at the Association. We will miss her strong work ethic, her positive outlook, her excellent interpersonal skills, and the faith and joy that she exudes!

We would like to take this opportunity as well to congratulate Marissa for completing her Master of Arts in Religion and Culture at the University of Saskatchewan while working full-time at CHAS.

Although we are sad to see Marissa go after her seven years of dedicated service and commitment to CHAS, we wish her well in her new endeavours.

Thank you for your patience and support during all this time of transitioning.

Catholic Health Association of Saskatchewan  
Board of Directors



Catholic Health  
Association of Saskatchewan

a faith community sharing the healing ministry of Jesus

# SAVE THE DATE—CHAS 76th Annual Convention

## KEYNOTE SPEAKERS

**Dr. Shane Sinclair** is an Associate Professor and Cancer Care Research Professor with the University of Calgary, Faculty of Nursing and an Adjunct Associate Professor in the Department of Oncology, Cumming School of Medicine at the University of Calgary. His research focuses on psychosocial and spiritual issues within oncology and palliative care, including his nationally funded program of research on compassion—with his recent study on Sympathy, Empathy and Compassion being awarded 'Paper of the Year,' by Palliative Medicine the world's premiere palliative care journal.



### Compassion is in the Eye of the Beholder

Compassion is a central principle of quality care—but what is compassion really and according to whom? Patients and healthcare providers are at the epicenter of compassionate care, yet their perspectives and experiences of compassion have historically been overlooked. In this presentation, the voice of patients and healthcare providers will be woven together and illustrated in the Compassion Model—containing the key ingredients of compassion.

### Don't Believe Everything You See: Challenges to Compassion

Compassion is one of the most liberally used terms in healthcare but how does it differ from routine care, sympathy and empathy? Distinguishing between these terms and critically appraising commonly cited barriers of compassion is important to not only the wellbeing of healthcare providers but ultimately the patients in their care. This presentation will carefully challenge commonly held beliefs, distinguish between terms in the lexicon of care, and delineate fact from fiction from an evidence-based perspective in order to help healthcare providers to perform at their full scope of compassion.

**Dr. Debra Parker Oliver** is a nationally known researcher on



Hospice Caregiving and a Professor at the University of Missouri. Despite her professional credentials, she found herself ill-

prepared to face her husband's illness and death.

### Caregiving: A Journey to Redefine Hope Through Mission

Debbie Oliver will share her journey as a caregiver for her husband David. Emerging from their experience of his diagnosis, cancer treatment, death and dying, they pursue a mission to educate others about the ups and downs of facing and encountering death. They make 28 YouTube videos to accomplish this mission and in the

process learn to find hope and conquer fear. Their mission continues to help Debbie redefine hope in a new life without David.

**Daniel Lussier, ICD.D**, CEO, Catholic Health Corporation of Manitoba (CHCM)



CHCM was created by the Grey Nuns in 2000 and sponsors 15 health and human service agencies providing compassionate care and support to Manitobans. He is currently a director and member of the Executive Committee of the Société de la francophonie manitobaine, ex-officio director of St. Boniface Hospital and board Chair of Investissement immobilier CCSM Ltée, a private-for-profit corporation offering seniors housing and health care services in Montreal, Québec.

### COMPASSION PROJECT: A journey towards our deeper sense of purpose

The Catholic Health Corporation of Manitoba launched its' Compassion Project over ten years ago. It renews our legacy, nurtures and strengthens our ability to be vibrant signs of compassion and hope today. The research tells us that when we have the opportunity to create the conditions for compassion, empathy, and kindness to emerge for ourselves and for others, organizations flourish. With the Compassion Project, CHCM supports people in their journey toward a deeper sense of purpose. We offer several initiatives that enhance sustainable, person-centered practices and encourage spiritual and communal well-being. We will be sharing what it is we do, what we've learnt and where we think we are going next.

## INSPIRATIONAL SPEAKER

**Leah Perrault** is the Director of Mission at St. Paul's Hospital in Saskatoon by day, a speaker and writer on the side, and a wife of one and mom of four 24/7. You can read her column,

Barefoot and Preaching, on her website at [www.leahperrault.com](http://www.leahperrault.com).



### Compassion Rising: Mission in the Middle of the Mess

It is easy to be compassionate when we have had enough sleep, when only one patient or resident needs us at a time, when no one calls in sick, and all is right with the world. But what happens when we are short-staffed and over-capacity, tired and hungry, or when our worlds seem to be caving in? In 2017, Leah and her family experienced a miscarriage, a job loss, and her sister's tragic death. All the grief confirmed what she had suspected all along: our mission matters most in the mess, when we need to rely on something bigger than us to help us to rise to compassion and grace – at home and at work.



**Contact 306-955-CHAS (2427) or visit [www.chassk.ca](http://www.chassk.ca) for more conference and registration info**

## Conference Schedule

### SCHEDULE AT A GLANCE

#### THURSDAY, OCTOBER 24

- 10:00 am ••••• Tour at Mont St. Joseph Home (optional), call 306-953-4500
- 11:30 am ••••• Registration open
- 12:45 pm ••••• Welcome and Opening Prayer
- 1:15 ••••• **KEYNOTE** » Dr. Shane Sinclair
- 2:30 ••••• Networking Break
- 3:00 ••••• **KEYNOTE** » Dr. Shane Sinclair
- 4:00 ••••• **AGM**
- 6:00 ••••• Reception (cash bar)
- 6:30 ••••• Banquet and Awards Ceremony

#### FRIDAY, OCTOBER 25

- 8:15 am ••••• Breakfast
- 9:00 ••••• Opening Prayer
- 9:15 ••••• **KEYNOTE** » Dr. Debra Parker Oliver
- 10:15 ••••• Networking Break
- 10:30 ••••• **KEYNOTE** » Daniel Lussier
- 11:45 ••••• Lunch
- 1:15 pm ••••• **Inspirational Speaker** » Leah Perrault
- 2:15 ••••• Networking Break
- 2:45 ••••• Eucharist with Bishop Albert Thevenot, *Presider and Homilist*
- 4:00 ••••• 2020 Convention Promotion & Closing Remarks

**EARLY BIRD** \$275 X \_\_\_\_  
before September 30th

**FULL REGISTRATION** \$290 X \_\_\_\_  
after September 30th

**EXTRA BANQUET TICKETS** \$50 X \_\_\_\_  
Add an additional \$50 per ticket

#### RESERVATIONS & ACCOMODATIONS

To make reservations, please contact the Prince Albert Inn and quote the group name:

#### Sask Catholic Health

Phone: (306) 922-2224

Toll Free: 1-800-922-5855

## You're invited – Compassionate Healers Masses

### Compassionate Healers Mass

Please join us at the Compassionate Healers Masses, held in each of the three dioceses in Saskatchewan. This fall marks the hosting of the 14<sup>th</sup> year in Saskatoon and 13<sup>th</sup> in PA and Regina. All are welcome to attend—whether you are medical personnel, a health care worker, parish nurse, involved as a care volunteer in either a parish or health care facility—really, anyone who considers themselves a caregiver is invited to come!

### SAVE THE DATE!

**SUNDAY, SEPT 8, 2019**  
**Regina**  
**Presider & Homilist ~**  
**Archbishop Bolen**

**SUNDAY, SEPT 15, 2019**  
**Prince Albert**  
**Presider & Homilist ~**  
**Bishop Albert Thevenot**

**SUNDAY, SEPT 22, 2019**  
**Saskatoon**  
**Presider & Homilist ~**  
**Bishop Bryan Bayda**

Parishes/locations and mass times  
to be confirmed.

## Awards Nominations Deadline approaching

It's time to get in your award nominations and scholarship applications! Forms are available from the CHAS office by calling 306-955-CHAS (2427) or emailing [catholichealth@chassk.ca](mailto:catholichealth@chassk.ca)

**Completed forms must be received by mail or email by June 30, 2019.**



### CHAS MISSION AWARD

#### *About the Award*

The Catholic Health Association of Saskatchewan presents an annual Mission Award to honor an individual who has exemplified outstanding service in Catholic Healthcare Ministry in the Province of Saskatchewan. This award will be presented at the Annual Convention Banquet.

#### *Eligibility and Criteria*

Any volunteer, committee member, board member or staff member who resides in Saskatchewan, and is a current CHAS member, may be eligible for this award. We are looking for nominees who provide leadership in the work of Catholic Healthcare Ministry, exemplify the Vision, Mission and Values of CHAS, have made a particular contribution to Catholic Healthcare in Saskatchewan, and are recognized by one's peers as worthy to receive this award.

### MOOLA FREER PALLIATIVE CARE AWARD AND SCHOLARSHIP



#### *About the Award and Scholarship*

Dr. Dawood Moola and his wife Anne established this award and scholarship in 1995 with the objective of furthering the advancement of palliative care education and honoring those who serve with compassion in palliative care. The award features a butterfly which celebrates the beauty of a life lived, and brings hope for new life. It is presented at the annual CHAS Convention Banquet.

#### *Eligibility and Criteria for Award*

Nominees for this award should show a deep respect for the principles and values of palliative care mission and philosophy, have made a particular contribution to the field of palliative care, have provided leadership in the area of palliative care, and are recognized by their peers as worthy of this award.

#### *Eligibility and Criteria for Scholarship*

Scholarship funds are made available to persons who have registered or are planning to register in Palliative Care education.



## HOW TO DONATE:

1. On-line: Through CANADA HELPS Website ([www.canadahelps.org](http://www.canadahelps.org)) Search for Catholic Health Association of Saskatchewan under 'Find Charity' and click 'Donate Now.'
2. E-transfer: send your transfer, and answer to your security question to: [catholichealth@chassk.ca](mailto:catholichealth@chassk.ca)
3. By Mail: Send cheque payable to CHAS, #104 - 3502 Taylor Street East, Saskatoon, SK S7H 5H9
4. In Person: CHAS/Emmanuel Care Office, Unit 104 - 3502 Taylor Street East, Saskatoon, SK

**All donations are income tax receipted. Thank-you for your support!**