



## Community Update

Summer 2020



Interlake-Eastern  
Regional Health Authority

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## Care closer to home

### Clinic based primary health care expands in region

Four new clinics located in community facilities have opened in Interlake-Eastern RHA for residents of Seymourville, Grand Marais, Prawda and Gypsumville, expanding the region's network of primary health care services and connecting more First Nations residents with community based care.

"Clinics like these offer patients regular care to prevent more serious or urgent health problems," says Paul Barnard, primary health care director for Interlake-Eastern RHA. "Having an easily accessible and continuous, regular care provider can help prevent visits to the hospital."

Nurse practitioner (NP) Cassandra Hnatishin will be delivering care in Grand Marais and Seymourville and NP Derek Edwards will be delivering care in Prawda. They will be joined by dietitians and chronic disease nurses who are also delivering services in these clinics.

In Gypsumville, Ashern-based physicians Drs Nishat and Sabri will be caring for patients.

Gypsumville's first day was June 17. Grand Marais started on June 18, with Prawda on June 22 and Seymourville on June 24. [Click here](#) for additional details on the clinics.

Congratulations to the primary health-care team, care providers and community partners on this achievement!

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# Graduation 2020!



Students at Lord Selkirk Regional Comprehensive Secondary School celebrate grade 12 graduation June 25 in Selkirk. Interlake-Eastern RHA participated in Celebrating our Children, a parade hosted by the Sagkeeng First Nation Education Authority also in June. See more on this in the article below.

## From the CEO

### Hearing your voice

Region increasing access to care in community

– Message from Ron Van Denakker

To say that we are living in unusual times these days may be a bit of an understatement. But, as so often happens, challenge often spurs innovation and ultimately solutions. Such has certainly been the case in our Interlake–Eastern health region. Dealing with the global pandemic that is COVID–19 has been an enormous challenge for us all, one that I am pleased to say we have all answered in outstanding fashion. We have succeeded in containing the spread and limiting the terrible damage that has been seen in so many other areas of the world. But there is more good news.

With summer now upon us, access to a physician in an emergency department in our region is looking good. Schedules are posted online at [ierha.ca](http://ierha.ca) under “Care in Your Hospital”. You can also call 1-866-267-5818 to listen to the schedule for the emergency department of your choice.



All of our clinics and emergency departments have adopted provincially endorsed measures to stop the spread of COVID-19. It is safe to seek care at our facilities. Our staff members have proven they are dedicated to your care. We’re making it easier to seek care closer to home by establishing RHA clinics in partnership with local communities including First Nations. New clinics in Seymourville, Grand Marais, Prawda and Gypsumville are providing access to care in community.

And that is the essence of many of our efforts to date and moving forward: to address the health inequities in our region, especially those between First Nations and non First Nations communities. We want to ensure better care is available for everyone, closer to home. Our board of directors has demonstrated a significant commitment to this, so over the next five years as an organization and as a health system we are implementing the **Provincial Clinical and Preventive Services Plan**. Read more in this edition. We expect to be making some significant headway. The above–noted advances are already tangible examples of this taking place, aligned with this goal in mind.

A reminder that calling 911 is the right step to take if you're dealing with a life threatening situation. Paramedics know what the most appropriate hospital is for your health condition and that may not always be the closest hospital. It's best to let these health care professionals do their job and ensure you get the care you need.

One of the unanticipated outcomes of COVID-19 was people postponing necessary medical care. Emergency physicians across the country called out alarm at seeing advanced illness that could have been prevented had it been treated in time.

As the summer season begins, we know the population in the region will grow as folks head out to our wonderful recreational sites. We encourage everyone to keep doing what you are doing to battle COVID-19 as it is working well.

Seek out medical attention if and when you need it. Regional medical teams are at the ready. As also noted in this edition, we're here, we're open, it's safe.

We are listening to the voice of the community and are committed to building trust and the delivery of better overall health-care services for everyone.

Have a great and safe summer!

## Advancing care in the community

### Community effort pays off Project accomplished

*Provincial and municipal leaders gather at a press conference on echocardiography services in Selkirk.*



It took an amazing amount of effort but echocardiography services can now be accessed at Selkirk Regional Health Centre, allowing residents living in the region to access care closer to home. The Rotary Club of Selkirk raised approximately \$200,000 to purchase the medical equipment and peripherals required to bring echocardiography services to the region. Eleven different municipalities throughout the health region contributed to the project, as did 31 community groups, local businesses, Hutterite colonies and dozens of individuals. Selkirk Regional Health Centre's Gift Shop volunteers and the Selkirk and District Community Foundation both made donations of \$20,000 or more. Thank you to the Rotary Club of Selkirk and to every donor who helped bring echocardiography services to the region! [Click here](#) for full story.

## Caring for you and yours

### Limited outdoor visits available

Plan in works for increased access for families







*Kris Wood, recreation coordinator at Whitemouth personal care home, sent this image of Oma and Eli celebrating a 6th birthday. Eli was thrilled to see Oma and her decorations, and Oma was so happy to still be a part of the celebration!*

On the heels of a provincial announcement last week, Interlake-Eastern Regional Health Authority is working on finalizing a plan to allow limited indoor visiting in personal care homes.

In the meantime, staff members are accommodating as many visitors as possible in spaces dedicated to outdoor visiting and within limited hours of the day when staff are available to support the visitation process.

Outdoor visits are time limited and by appointment only and must observe physical distancing (two metres/six feet between everyone). Gifts, flowers or cards for residents are not allowed at this time given the communal living environment these facilities provide.

Contact the recreation department at the facility of interest to you to discuss options available, including sending emails, phone calls and virtual visiting.

Please note, in some facilities, recreation facility staff are only available Monday to Friday so please ensure any visitation requests are made in advance if possible.

Meanwhile, all-season shelters will soon be in place at personal care homes throughout the province to allow residents to safely visit their loved ones during the COVID-19 pandemic. As we look to the arrival of fall and winter, it is becoming clear that COVID is not going away any time soon. So it is important to ensure residents will be safe but can also get the family time that is essential to health and well-being.

[Click here](#) for more on outdoor shelters.

We're also creating outdoor recreation opportunities for personal care home residents all over the region.

[Read more](#)

## Building your My Health Team

### New service model under way

Since 2018, Interlake-Eastern RHA has been working with health-care providers and community partners to build the region's first two My Health Teams. My Health Teams are teams of care providers (located in the same office or virtually connected online) that work with you to make sure you get the care you need, when you need it.

The Selkirk and area My Health Team started operating earlier this year through Selkirk Medical Associates and Eveline Street Clinic. Planning partners for this team include Addictions Foundation of Manitoba and the Canadian Mental Health Association Interlake Eastern Region.

The Ashern/Hodgson team is expected to be operating this fall. This team will see us increasing access to services in First Nations communities and beyond with health care expertise that our partners have identified as necessary to the area. Contributing to building this team are the First Nation communities of Lake Manitoba, Little Saskatchewan and Pinaymootang as well as local elders. Physician partners on the team include those practicing in Ashern and Eriksdale and those working with Ongomiizwin-Health Services, an interprofessional health agency affiliated with the University of Manitoba's Max Rady College of Medicine, in Hodgson and Fisher Branch. Representatives from the Government of Canada's First Nations and Inuit Health Branch and Manitoba Health, Seniors and Active Living are also contributing. By working together, partners are identifying gaps in care that need to be addressed by creating new positions for health care providers.

[Click here](#) to see the common set of services all My Health Teams must deliver to people accessing them.

## Celebrating our children

Parade marks end of school year



Interlake-Eastern staff decorated a decommissioned ambulance to take part in a community parade this month.

Staff, physicians and directors at Interlake-Eastern RHA extend their congrats and applaud community efforts to make the day special for graduates across the region regardless of the necessary COVID-19 restrictions.

On Tuesday June 23, Interlake-Eastern RHA staff, including registered dietitian Alisyn Makowski; public health nurse Brittney Kuhl; chronic disease nurse Santana Boulet; and wellness facilitator Michelle Berthelette, participated in a parade hosted by the Sagkeeng First Nation Education Authority. The theme for the parade was *Celebrating our Children* and marked the end to a very different school year. The parade acknowledged and celebrated all students, including this year's preschool, kindergarten, and grade 8 to 12 graduates who were not able to experience traditional grad celebrations due to COVID-19. The parade route covered nearly 30km, allowing students and their families to watch from their homes (or nearby) while maintaining physical distancing.

## Stepping up

Donations pour in during pandemic

By Pamela McCallum | Executive Director  
Interlake Eastern Health Foundation

The global COVID-19 pandemic is a time unlike any other in our lives and is impacting every one of us every day.

During this challenging time, and as always, the safety of our patients, residents, clients, staff and communities is our top priority. We extend a heartfelt thanks for the donations we received of personal protective equipment, medical supplies, money, food, coffee and water to our health care centres and testing sites. We especially appreciate the generosity expressed towards our staff members' well being.

Working tirelessly to deliver the highest quality patient care, staff members still need to focus on staying healthy themselves. Each donation received helped all of us further our ability to succeed during this unprecedented health crisis.

Interlake Eastern Health Foundation could not do what it does without the generous support it receives from community members. Thank you for your contributions and your care.

[Click here](#) for the list of COVID-19 donors.

[Click here](#) to learn more about the foundation and its activities in the region.



# COVID corner

Health officials continue to urge people to please get tested. High testing numbers will help us continue to monitor spread of illness.

We do anticipate changes at our three COVID-19 testing sites over the summer. Call 1-855-347-8500 to confirm hours and locations of testing sites.

Currently, testing runs as follows:

- **Selkirk, 622 Superior Ave.:** 9 – 4 Monday thru Saturday;
- **Powerview–Pine Falls, Ecole Powerview School:** 9 – 4 weekdays ;
- **Eriksdale Wellness Centre:** 10 – 3 weekdays .
- If your symptoms are mild and the test site is not open in your community, self-isolate until the site re-opens.
- If you have severe symptoms, please visit the nearest hospital emergency department.

Always keep physical distancing in mind – intentionally reducing close contact between people is an essential element to try to stop the progression of community transmission of any virus. Also, stay home if you feel sick, practice good hand hygiene and cover your coughs and sneezes. Information has been published to help you stay safe in cottage country. Visit [CovidCarefulMB](#) by [clicking here](#) for helpful resources and advice for when you're at the lake or just out and about.

## Get the help you need

### We're here, we're open, it's safe

Physicians encourage people to access care



Interlake-Eastern RHA physicians remind residents to seek medical attention when it is required. This is in response to noticeable declines in the number of people attending clinics and emergency rooms for care since COVID-19 arrived in Manitoba.

“We are there for our patients,” says Dr. Ian Alexander, family physician at Selkirk Medical Associates and president of the Manitoba College of Family Physicians.

“Physician offices remain open for care.

Call your primary care office so we can determine the best way to accommodate your medical needs.”

Residents should call ahead for an appointment at a primary health-care facility and they will be advised of any changes in how appointments are being handled at that clinic. Some care may be available over the phone or through video conference depending on patients' care needs. [Click here](#) for a directory of the region's primary [health-care clinics](#).

[Need a care provider? Click here for the Family Doctor Finder](#)

## Spotlight on Community Care

## Help is on the way

### Mobile harm reduction helps people during difficult times

Sometimes it's not always easy for folks to get the help they need. Cue the people behind a new mobile harm reduction program recently launched by Sagkeeng First Nation; one that gets people the help they need.

Based out of the Sagkeeng Health Centre (SHC), a team of health professionals visit vulnerable community members armed with supplies and resources to help make their lives a little better.

"We head out once a week, reaching out to clientele, building rapport, checking in," says Linda Fontaine, the centre's mental health program manager. "We carry supplies like clean needles and condoms. We also have hygiene products we hand out; little bags for male or female, with socks, underwear, lunch bags. We've also shared information packages with resources; creating different tips for individuals, looking at prevention. We also share other things like journaling or sketching books; little items for self-care."

A **Facebook page** has also been launched that offers activities and contests.

"Because of the isolation and inability to come out to do programming, we're trying to do more online at home projects," Linda says.

The service has been well received by the community with the van making roughly 20 stops per day. A second day may be added, based on the sizable demand that exists in the area. For more information, **click here** to visit the **SHC webpage** or call 204-367-9990.



## Mental health services in the region

### Psychiatrist on staff



Interlake-Eastern RHA offers psychiatry consultation services through the regional mental health program provided by Dr. Bruce Naherniak. Dr. Naherniak received his medical and psychiatric education at the University of Manitoba's Max Rady College of Medicine. He was one of the first physicians to practice at Selkirk's **Rapid Access to Addictions Medicine clinic** before committing full-time to the regional mental health program and accepting Interlake-Eastern's psychiatry lead position.

Dr. Naherniak is currently working to develop and expand mental health services in the region. To connect with non-urgent mental health care, people are encouraged to call centralized intake at 1-866-757-6205.

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**IERHA 24 Hour Crisis Line**  
1-866-427-8628  
204-482-5419

**Klinik Crisis Line**  
1-888-322-3019  
204-786-8686

**Kids Help Line**  
1-800-668-6868  
<https://kidshelpline.ca>

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## Leading positive change



## Manitoba's first provincial health care plan

In November 2019, Shared Health delivered Manitoba's first **Clinical and**



**Preventive Services Plan.** The plan is guiding decision making and investments in health care across the province and it reflects guidance that care providers in this region have offered as part of our contribution to its development.

Three priorities of the plan are:

1. Delivering more services locally, by better using our existing clinical services and investing in people, equipment and infrastructure.
2. Modernizing and standardizing how we deliver home and community care.
3. Finding and fixing the clinical areas where we must improve care and outcomes.

Learn about all the exciting opportunities this plan will bring to residents of Interlake-Eastern RHA in the effort to make health care more accessible.

### Want to learn more about how health care transformation is being implemented?

Read the blue print by [clicking here](#). Manitoba's Health System Transformation Program Blueprint guides the transformation journey and outlines the role of each health organization, the functions it will perform in the target state and how each will interact and connect to achieve a more aligned and responsive health system for Manitobans.

## Interlake-Eastern RHA's new Chair of the Board

Welcome Glen West, new chair of Interlake-Eastern RHA's board of directors.



[Click here](#) and read more about Glen and the rest of our board members.

### Senior leadership team

Interlake - Eastern Regional Health Authority is guided by its Senior Leadership Team members, who are dedicated to the design and delivery of the best possible care in your community.

Meet the team:

- Ron Van Denakker, chief executive officer.
- Marion Ellis, vice president of acute care and chief nursing officer.
- Dorothy Forbes, vice president of finance and chief financial officer.
- Karen Stevens-Chambers, vice president of community services and chief allied health officer.
- Dr. Myron Thiessen, vice president of medical services, chief medical officer, site chief medical officer, Selkirk Regional Health Centre.
- Ron Janzen, vice president of corporate services and chief operating officer, Selkirk Regional Health Centre.

[Click here for more about the team.](#)

### Careers with Interlake - Eastern RHA

## Help Wanted!

Great careers await! Opportunities are now available in the following roles:

- Registered nurses
- Licensed practical nurses

**In Good Health** welcomes your ideas and feedback.

[Click here](#) to visit the **Contact Us** page our web site.



- Occupational therapists
- Physiotherapists
- Home care attendants
- Home care aides

[Click here](#) for **Interlake - Eastern RHA's job database.**

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