

RRC Heritage Group

# Newsletter

January 2020



Image by [Sean Johannesen](#) from [Pixabay](#)

## Ho! Ho! Ho!



*I wish you and your families a safe, healthy and happy holiday.*

We have had another great year of speakers and social activities with the Heritage Group. I hope to see you at our next meeting on **January 16th**. Our speaker is **Curt Hill**, Project Director for **Climate Change Connection**. With all the events happening in the world, this is very timely.

*Take care all and see you in January.*

*Leslie Walsh, Heritage Group Chair*

## Another One For the Winner's Circle!

by Karen Wall

Forty Heritage Group members and their guests attended the annual **Heritage Group Holiday Luncheon** on Thursday, November 21, 2019 in the **Terrace Dining Room** at **Assiniboia Downs**. The experience at the Downs last year was such a success that our Heritage group members voted unanimously to return for this year's festivities.



*Terrace Dining Room at Assiniboia Downs*



*HG Rudolph (aka Les)*

Again, the luncheon provided by the Terrace Room chef and his staff was outstanding... seasonal, tasty and plentiful! The meal included cold choices such as signature salads, vegetable trays, cheeses, pickles and fresh rolls. The hot buffet included perogies, cabbage rolls, meatballs with mushroom gravy, roast turkey with savoury stuffing, carved ham, garlic mashed potatoes, and a selection of hot vegetables. The meal finished with a selection of desserts, including fresh fruit and cheesecakes.

Prior to dining, our very own reindeer, Heritage Group Chair Leslie Walsh (see photo), brought holiday greetings to all in attendance. Leslie thanked the group for their enthusiasm, encouragement and commitment to the Heritage Group on a year-round basis. Our door prizes this year included boxes of chocolates and some lovely ceramic pieces created by our own Steve Lipischak. Courtesy of RRC, we also had an RRC mug, two RRC fancy pens and a Bluetooth speaker. You'll never guess who won the Bluetooth speaker.... our very own Heritage Group reindeer!

Lots of warm fellowship, animated chatting and enthusiastic laughter could be heard throughout the event as everyone relaxed and enjoyed their meal and the companionship. Again this year, many people commented upon leaving that the Downs was the perfect place for our Holiday Luncheon and we should just make it our permanent holiday luncheon site.



## It's a girl!

We are very thrilled to announce that the Heritage Group's RRC liaison, **Laura Payne**, has had her baby, much earlier than anticipated (three weeks, to be precise)!

**Madelyn Helen Payne** was born on October 29th at 9:10 a.m. Mom and baby are doing fantastic.

Congratulations, Laura!

"She was 6 pounds 8 ounces and healthy as can be. We're all doing really well, still getting used to our new no-sleep schedule, and absolutely in love with her."



## Angela Chotka: Rising Hope Bakery

*This is an abridged article. Go to [rrc-hq.ca/rising-hope/](http://rrc-hq.ca/rising-hope/) online for the entire original post.*

by Leslie Walsh

### Heritage Group meeting of October 17, 2019.

Angela Chotka is a Program Manager in RRC's School of Hospitality & Culinary Arts. We thank her for agreeing to fill in at the last minute for Rebecca Chartrand, who was unable to attend. Angela started at RRC in the Applied Arts portfolio of Continuing Education. While there, she was asked to do a pilot study to deliver RRC's Professional Baking and Patisserie Certificate Program, in community, to people that don't often experience post-secondary success.

For many, poverty, mental health issues, addiction and trauma are barriers to higher education. Facing many such barriers, Angela's target audience clearly needed different supports and a different understanding of what is needed to be successful in a post-secondary program. To prepare them for post-secondary success, the program focused on three particular areas:

1. College preparation.
2. Life-stabilization.
3. Self-management.

### College Preparation

280 hours of College Prep were spread out over four months. Because students weren't used to sitting for a full day, with people they didn't know, class-time was initially limited to three hours per day. Math and science were pillars of the program, but the project touched on all areas of college life. It was important for students to understand and then put distance from their previous school experiences. So, pedagogically, project- and competency-based learning were central to the design.

### Life Stabilization

Students are often required to participate with complex external organizations such as Child and Family Services (CFS) and Income Assistance (EIA). Despite good intentions, these organizations sometimes operate in silos, and our students' relationships with them are often not very good. Chaos in their lives can also make it difficult to keep to schedules and attend meetings.

To recruit students for this pilot program, RRC reached out to agencies such as the Addictions Foundation of Manitoba and the Schizophrenia Society. Candidates had to have been working with the referring organization for a couple of years and have enough stability to try post secondary. The referring organizations also committed to providing the students ongoing support.

One of the hardest pieces has been navigating the financial supports for students. The program's counsellor case manager, having previously worked in EIA and understanding what was involved, helped with these complex pieces and advocated for students. Some students were living on as little as \$235 a month when they started the program.

### Self-Management

Students have learned strategies for handling conflict and stress that are not usually acceptable in many professional environments. We unpacked existing strategies and their impact on others, and then worked on handling conflict and stress. Many had never been taught what is expected in post-secondary (e.g. how to work in a library, how to manage frustration). So they not only suffered high anxiety, but were also not aware of how they were reacting and impacting the people around them.



Many students had not had a good experience in school. Being told they wouldn't amount to anything filled them with self-doubt and a lack of confidence. To help the students uncover what provoked them, they were given mini breaks to pay attention to their bodies. In the face of so much trauma, lateness was approached from, "How are you today?", rather than, "You're late." More emphasis was placed on punctuality later in the program as part of their professionalism mark.

Some of the students had finished high school, some were new in recovery, some were involved with CFS and the justice system. All the women interviewed had kids and, usually, were the sole providers. Most of the men interviewed had kids but were marginally or peripherally involved with them. So program breaks were adjusted to coincide with their kids' school breaks. Classes were also only scheduled four days a week, leaving Wednesdays open to take care of things that would otherwise cause anxiety in class, such as handing in a form to an outside agency, medical, housing or other required appointments.

### Program Delivery

The program shares space with the Main Street Project's Food Bank & Essentials Market. Their classroom was the Main Street Project's boardroom. Space limitations meant that only six of the 24 agency referrals could participate. No tuition was charged, and health insurance was covered. Housing was in group homes or secondary stage housing (e.g. justice, sober housing).

Program staff consisted of four people from RRC: two full-time instructors, a part-time educational assistant, and a part-time counsellor case manager. The counsellor was more of a crisis counsellor at first as students were not used to being in a classroom and had to be taught what was expected from the beginning. The counsellor also provided financial counselling.

Most of the program's equipment was re-purposed, a lot of it coming from a basement at the Notre Dame Campus. Health and Safety helped with needed repairs. External stakeholders were very supportive, and suppliers heavily discounted small wares.

### Student Success

Students' ages ranged from mid-20s to 50s. Studying in their home environments was sometimes hard (e.g. 11 people in one spot). Yet, despite many difficulties, students were doing brilliantly, each gravitating to different aspects of baking. Even their children's attitudes to education changed. "I am studying like Mom." one would say, holding a book upside down!

The program includes a cooperative work component. Some students worked on employers' sites and others in-house, depending on where they were and what they needed. Some were not yet able to cope with the requirements and more rigid structure of the workplace. It was very heartening to find businesses so supportive, allowing the program to pair student interest with workplace experience. Unlike most other co-op programs, our students were unpaid, so as to not lose their other benefits.

Industry is often interested in micro credentials (e.g. yeast goods, cakes, plated desserts, pastries). So a student who did well in breads, for example, but had not completed everything in the Patisserie Program, could still find an incomplete certificate useful.

The project did lose two students: one from a natural death and one from an addiction relapse. However, the student wrestling with addiction will be able to rejoin, since a significant portion of the program had been completed prior to the relapse.

### Lessons Learned

One of the hidden benefits has been communication. Though emotionally taxing for all, staff really got to know the participants. And if the program results in students staying out of remand, their kids not being in care, or their not living in subsidized housing, then it is worth it. It is one step towards ending homelessness, decreasing poverty, and having fewer children in care.

But we still have lots to learn, especially with regards to understanding how trauma affects cognition. Due to the neurological changes in the brain, we are learning that meth addiction impacts learning differently than alcohol addiction.

To this point, the project has been kept sheltered and unpublicized. Students will be tracked for five years. We can only hope that, eventually, we will be able to confirm longstanding and permanent positive outcomes.

## Tanis Newsham: Medical Assistance in Dying (MAiD)

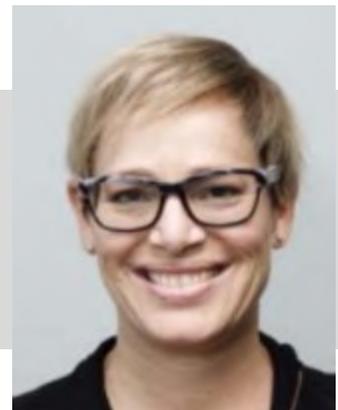
*This is an abridged article. Go to [rrc-hg.ca/maid/](http://rrc-hg.ca/maid/) online for the entire original post.*

by Leslie Walsh

### Heritage Group meeting of September 19, 2019.

Tanis Newsham is a Psychosocial Program Specialist with WRHA's **Medical Assistance in Dying Team**. Tanis holds a Masters of Social Work degree from the University of Calgary, and joined MAiD with over 20 years of experience as a clinical social worker. She has worked extensively with people who are dealing with acute and/or chronic medical issues and issues of grief and loss. She also brings a broad range of assessment, crisis intervention, and clinical counselling skills. Tanis has been an active member of the Manitoba College of Social Workers, and is currently a board member of the College and the Chair of the MCSW Complaints Committee.

Tanis joined the MAiD team in August of 2017.





# Medical assistance in dying

## What is Medical Assistance in Dying (MAiD)?

There are two types of MAiD available to Canadians:

1. **self-administered:** a physician approves the request and prescribes oral medications for the patient to self-administer;
2. **clinician-assisted** (currently the only option in Manitoba): a physician approves the request and administers medications.

## Who can provide MAiD?

Federal law stipulates that only a physician or nurse practitioner (NP) can provide MAiD, though only physicians can currently do so in Manitoba (NPs can't currently complete death certificates in MB). Still, patients might encounter conscience-based objection, where a physician's personal values or beliefs conflict with MAiD. Nonetheless, all health care providers have a professional responsibility to respond to a patient's request and to continue to provide non-MAiD related medical care (non-abandonment). Doctors must also ensure timely access to accurate information and to make medical records available.

## Who is eligible for MAiD?

Any adult eligible for government funded health services and capable to make medical decisions is eligible. To qualify, a patient must be enduring intolerable suffering and be in an advanced state of irreversible decline in capability, and natural death must be reasonably foreseeable. Requests for MAiD must be voluntary and not the result of external pressure. Though MAiD is not yet permitted in advance directives, living wills, or where mental illness is the sole condition, these exceptions are under review.

## WHEN can MAiD occur?

The law requires a minimum of ten clear days from a written request to MAiD. Patients must also be given the opportunity to withdraw their request and have the capacity to provide consent immediately before MAiD.

## WHERE can MAiD occur?

MAiD is about evenly split between at home and in an institution (hospital being the most common). Some faith-based hospitals and personal-care homes do not allow MAiD, but not all faith-based facilities are abstaining. Most will allow the eligibility review on site and only transfer if/when a patient chooses MAiD. And though it can be disruptive, patients can be transferred from abstaining facilities to institutions such as Deer Lodge Hospital, where there is a suite dedicated to MAiD provision.

## HOW – Overview of the MAiD process

All Canadian jurisdictions share the same eligibility criteria: a written request, a ten-day reflection period, and two independent reviews from medical doctors or nurse practitioners.

In Manitoba, a multidisciplinary MAiD team conducts eligibility reviews and also considers unmet needs. It is important to note that this is not an emergency service, and takes a minimum of two weeks. There are two physician team review meetings, each with different team members. Following the second review, the two teams meet to decide whether to approve. If approved, patients are notified by letter and a phone call, and it is left to the patient or an advocate to make further contact. Though the process normally takes two weeks, it can be faster where the patient's condition is dire and natural dying would be insufferable.

## HOW – Description of Provision

Three separate IV medications are administered over a ten to fifteen minute period: a sedative, followed by an anaesthetic, and finally a muscle relaxant. Death is very peaceful. The patient loses consciousness in two to three minutes, breathing stops in five to six minutes, and the heart stops in eight to ten minutes. There is no incontinence, seizing, or movement.

## HOW – Death Certificate

MAiD details are shared only with Vital Statistics. Death certificates are completed with the cause of death listed as the patient's underlying illness, and the manner of death as natural. A funeral home does not need to know about MAiD. The team removes any IVs, and there is no evidence on the body of assisted dying. MAiD has no impact on a patient's insurance.

## HOW – Other Points

There is no cost for MAiD, and it is not a question of MAiD vs palliative care. A patient can and should have access to both.

As with other treatment options, family involvement is not required for MAiD, but it is encourage.

The desire for MAiD is rarely driven by uncontrolled physical symptoms. More commonly it is a question of autonomy and a desire to not lose control: "I don't want to linger." Or it can be the fear of lost independence or identity: "I am done." Many do not want loved ones to have to clean up after them. Patients drive the process. They want to be the "captain of their own ship".

For statistics on MAiD in Manitoba, Tanis's answers to questions from the meeting, or MAiD contact info, please refer to the entire online HG blog post at [rrc-hg.ca/maid/](http://rrc-hg.ca/maid/).

# I should be so earnest and smug

by Guy Dugas



*The right level of mock earnestness and smugness*

**“Poetry is a broad church and it can accept all sorts of forms.”**

Those of us who know no other social media than the HG blog may have missed the rise of Twitter’s poet laureate, **Brian Bilston**. (*Twitter* is a social networking service on which users, such as Donald Trump, post messages, aka “tweets”.)

You may not all be as devoted to the CBC or *The Sunday Edition* as I am, but I encourage you to read Michael Enright’s interview at [rebrand.ly/bilston](https://rebrand.ly/bilston). Even better, listen to the October podcast at [rebrand.ly/bilston-podcast](https://rebrand.ly/bilston-podcast) (you’ll have to fast-forward to the 1:09:23 mark).

In the meantime, here’s a taste to get you primed:

## Smoking Jacket

He got himself a smoking jacket;  
he thought it would amaze her.

But she just put a match to it  
and it turned into a blazer.



Or, how about:

## Grammar Police

the grammar police got him  
split his infinitive  
removed his colon

left him there.  
comatose

next day he was pronounced dead

The entire CBC article is posted at [rebrand.ly/bilston](https://rebrand.ly/bilston), and podcast at [rebrand.ly/bilston-podcast](https://rebrand.ly/bilston-podcast).

Enjoy.

# RRC a top Manitoba employer for 10th year running

December 4, 2019

RRC is celebrating its connections to industry and employees, after landing a spot on Manitoba’s Top Employer list for the 10th year in a row.

As retirees, we HG members know full well that the College’s 2,600 staff and faculty are among its greatest resources. A big reason for that is their connection to industry, and that connection is also why many students choose an RRC education here in Manitoba.

*“Simply put, what we’re doing is working. We’re proud to celebrate 10 years of recognition with all of our employees,”* says Melanie Gudmundson, Chief Human Resource Officer.

*“We’re proud too,”* says Guy Dugas, HGB&N Editor.

Read the full RRC post at [rebrand.ly/mb-top10](https://rebrand.ly/mb-top10).



## Passages

### Darryl Hammond

We sadly mark Darryl Hammond's passing, in August 2019.

Darryl taught in RRC's Applied Management and Commerce Education department until the end of his career.

In lieu of flowers, donations may be made in Darryl's honour to the Nature Conservancy of Canada.



Jan. 2, 1964 – Aug. 29, 2019

[\(link to Dignity Memorial obituary\)](#)

## Next Meeting Agenda

Thursday, January 16, 2020

Room A1-37, Notre Dame Campus

Item	Time	Topic	Sponsor
1.	09:30	Refreshments/Social Time	
2.	10:00	Welcome and Introductions	Leslie
3.	10:05	Climate Change	Curt Hill
4.	11:00	Refreshment Break	
5.	11:20	Approval of Agenda/Additions	Leslie
6.	11:22	Adoption of Oct. 17, 2019 minutes	Leslie
7.	11:25	Business arising from previous meeting	Leslie
		• Motion sent to Alumni	
		• Revisions to Constitution	
8.	11:30	Reports	
		• Social Committee Report	Karen
9.	11:45	New Business	Leslie
		• Member News	
9.	12:00	Adjournment	Leslie

My mother-in-law has come round to our house at Christmas seven years running.

This year we're having a change.

We're going to let her in.

*Les Dawson*



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## RRC Heritage Group

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