

# 2018 MGNA Fall Conference

OCTOBER 5<sup>TH</sup>, 2018

Canad Inns

Polo Park

*Registration open*

*7:00 am*

*Breakfast for Members*

*7:30 am*

*Conference*

*8:30 am*

## Key Note Speaker

Lynn Granke, M.Div,  
CASC/ACSS Certified  
Supervisor- Educator  
and Specialist.

Medical Assistance  
in Dying and End of  
Life Conversations:  
Say WHAT??!!



## MGNA 2018 Fall Conference

### Schedule for the Day

- 0700 Registration
- 0730-0830 General Meeting for Members
- 0830-0845 Opening Remarks
- 0845-0930 LGBT2SQ+ Seniors: Addressing Social Isolation
- 0930-1015 Addictions
- 1015-1035 Break
- 1035-1120 Personality Disorders
- 1120-1200 Lunch
- 1200-1330 Key Note: Medical Assistance in Dying and End of Life Conversations: Say WHAT??!!
- 1330-1415 Suicide Risk and the Older Adult
- 1415-1435 Break
- 1435-1520 Older Adults Living with Co-occurring Disorders
- 1520-1545 Closing Remarks

M  
G  
N  
A

---

Manitoba Gerontological  
Nursing Association

---

[www.mgna.ca](http://www.mgna.ca)



### **LGBT2SQ+ Seniors: Addressing Social Isolation**

This speaker will present on cultural awareness and tools to build professional capacity on challenges faced by LGBT2SQ+ seniors today.

#### **Speaker's Profile:**

#### **Muhammad Ahsan Education Program Coordinator Rainbow Resource Centre**

Muhammad Ahsan is a change agent & a seasoned facilitator on challenging corporate, and social development sector assignments. A strong believer that organizations succeed through "diversity and synergy". He aims to ignite passion through his exuberance, energy & enthusiasm.

He has 15 years' experience as Right Activist, Public Speaker, and Presenter including ten years of research, design, development and implementation of training programs, workshop facilitation, post-secondary teaching, and adult education. He commenced his facilitation journey internationally in 2006 and since then has facilitated a wide variety of learning interventions and policy consulting assignments; such as diversity management; team building; leadership retreats, and conferences with numerous clients worldwide such as: U.S. State Department, U.K.-Aid, European Union, and British Council. He has a master's degree with double majors in Human Resource Management and Marketing, he also has certificates in training, facilitation, strategic quality management, and adult education.

Ahsan is an enthusiastic learner, and will never settle for mediocrity, and enjoys gaining knowledge through academic endeavors and practical experiences. His motto: "Learn, Achieve, and Excel". He dedicates substantial energy towards social, educational & philanthropic causes through voluntary engagements.



### **Addictions:**

This speaker will present on addictions and the older adult population.

#### **Speaker's Profile:**

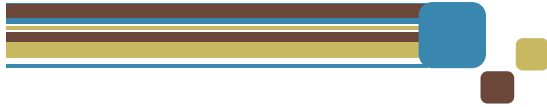
#### **Deb Kostyk, BSW, MSW, RSW, CACC**

Deb's focus of study for her BSW was gerontology and for her MSW was the application of group work as an intervention approach with older adults dealing with addiction. She currently is a sessional instructor and Faculty Liaison at Booth University College in the Social Work Program.

At the beginning of her career, she was a geriatric medicine social worker at St. Boniface General Hospital for 5 years. It was there that she began to investigate practice approaches to intervene with older adult patients and their families dealing with addiction and to increase capacity of the hospital unit team to better respond to addiction issues. She pioneered the first program in Manitoba for addicted older adults 27 years ago which included the establishment of the only prevalence data on substance abuse among older adults, creation of an intervention model specific for older adults, and development and implementation of a group treatment program. She also pioneered the first ever provincial coalition that addresses mental health and addiction among older adults called Partners Seeking Solutions with Seniors. For 15 years, Deb was the only provincial prevention education consultant specializing in older adults and addictions. She has provided consultation and counseling within the personal care home system as well as hospital and community settings for 30 years. She supervises and co-facilitates an older adult recovery support group for co-occurring disorders with an older adult peer leader at Lion's Place for 3 years.

She has served on a number of national advisory groups related to older adults and addictions including serving as subject matter expert with the Canadian Addiction Counselors Certification Federation. She initiated the only prevalence study and key informant studies done in Manitoba on problem gambling and older adults which included a family component. Deb has conducted numerous focus groups to learn more about the service needs and issues faced by older adults dealing with addiction as well as identifying the training gaps among professional helpers. She coordinated the application of theater as a means to raise awareness about problem gambling and older adults in many ethno-cultural communities. She supervised the Peer Helper program in Manitoba as well as engaged in numerous community development initiatives. In her spare time, she loves reading fiction, singing in church (and the car), and acting in her church dinner theater.

## MGNA 2018 Fall Conference



### **Personality Disorders:**

This speaker will discuss personality disorders and the older adult.

### **Speaker's Profile:**

#### **Dr. Lois Stewart-Archer, RN, MN, PhD, CPMHN®**

Dr. Stewart-Archer is the Regional Clinical Nurse Specialist of the Winnipeg Health Region, Rehabilitation & Geriatrics Program and a research affiliate of the Manitoba Centre for Nursing and Health Research, University of Manitoba. She provides consultations regarding management and treatment of challenging issues related to older adults with mental health/psychiatric concerns; clinical education and supervision; and develops policies/protocols, and practice guidelines for the GMH and GPAT teams. Dr. Stewart-Archer enjoys working with these wise older adults and strongly endorses maintenance of their dignity, spirit, and independence.

## Key Note: Medical Assistance in Dying and End of Life Conversations: Say WHAT??!!



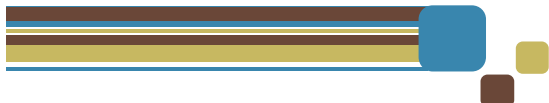
This session will explore end of life conversations and MAID requests and the impact on nurses with consideration of their relationship with patients and members of the interdisciplinary team. This session will build professional capacity via engagement in experiential exercises, personal/group reflection.

### **Speaker's Profile:**

Lynn holds a Masters of Divinity from Waterloo Lutheran Seminary (WLU) and is a Certified Supervisor- Educator and Specialist with the Canadian Association for Spiritual Care. Lynn served as the Manager of Spiritual Health Services at Victoria General Hospital for 11 years retiring in June of 2017. Her professional work has included extensive experience with the aging in the interim, long term care, acute and critical care context (DLC and VGH). Her work means she has engaged with many patients and their families on EOL conversations and with staff via MAID learning opportunities she facilitated at VGH. Focusing on ensuring the dignity of patients, especially as EOL wishes are explored, is profoundly spiritual work for Lynn.

Lynn is well known for her compassion and passion of advocacy. Her relentless high energy and "can do" attitude are inspiring and invigorating. Lynn contributed immensely to high quality patient care at the Vic as a spiritual care leader, educator and practitioner. Lynn holds others in high regard honouring their beliefs, religious practices and culture; and is a role model for the spiritual students she mentored. Her responsiveness to patients, families and staff in moments of death or moral distress was appreciated. She helped develop and led quarterly Memorial Services for families and staff to remember those patients who died at the Vic. Lynn initiated the award-winning Cherry Blossom Project, which ensures end-of-life care is given with dignity, compassion and respect. She also initiated *Lavender Alert*, a program designed to provide support for staff in urgent need. As an avid reader Lynn explored a variety of EOL experiences through the establishment of a staff book club whose purpose was inner self-exploration and reflection on professional practice. As one who values experiential learning and its possibilities for transformation, Lynn also travels extensively. As a daughter of two aging parents living with dementia she is also familiar with the challenges the last chapter of life can bring.

## MGNA 2018 Fall Conference



### **Suicide Risk and the Older Adult**

These speakers will present on suicide risk and the older adult population.

#### **Speaker's Profile:**

##### **Kathy Majowski and Joanne DiNicola**

Kathy is a degree-prepared nurse who began her career in health care 18 years ago. In that time she has worked in various roles, including health care aide, general duty nurse, staff educator, clinical and classroom instructor, educational program developer, CNPEA board member, and subject matter expert. Kathy's career in nursing has included experience in acute and long-term care facilities, as well as work in a northern Manitoban community where the nursing station functioned as both a clinic and trauma stabilization centre. Her commitment to health care and willingness to take on responsibilities that went beyond bedside nursing has helped Kathy develop skills that include curriculum development and delivery, which led her to pursuing professional development as a LivingWorks ASIST trainer. Suicide prevention is a topic that she feels passionate about and Kathy works towards normalizing the topic of suicide in both the personal and professional areas of her life.

Joanne is the Manager of the Initiatives with the Winnipeg Regional Health Authority's Long Term Care Program. She obtained her Bachelor of Social Work and Master of Social Work degrees at the University of Manitoba and recently completed the EXTRA fellowship with the Canadian Foundation for Health Care Improvement. Joanne has spent over 20 years working in long term care. This includes personal care homes, long term care access centre and the long term care program. In her current role, she is the accreditation lead for the long term care program and several quality improvement projects.

## MGNA 2018 Fall Conference

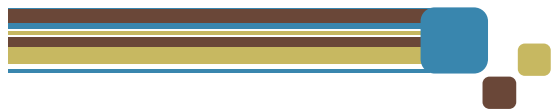
### **Older Adults Living with Co-occurring Disorders; Embrace the Complexity:**

This speaker will explore the unique presentation of co-occurring disorders in the older adult population and promote "embracing the complexity."

#### **Speaker's Profile:**

##### **Shannon Morrow-Stritz, RPN**

Shannon is a Registered Psychiatric Nurse with 29 years' experience and three professional passions, (1) co-occurring mental health and addiction disorders, (2) working with the older adult population and (3) educating other health care providers from all sectors about older adults living with co-occurring disorders (COD). As a long serving clinician, she has witnessed and participated in the evolution of COD practice. Early in her career, she worked with two British Columbia multi-disciplinary acute geriatric psychiatry programs. She worked for many years with the Brandon Addictions Foundation of Manitoba and held the positions of Residential Rehabilitation Counselor, Co-occurring Disorders Specialist and Prevention and Education Consultant. Currently she is a Prairie Mountain Health employee, working as the Liaison Nurse III with Westman Crisis Services and prior to this position with the Seniors Mental Health Program as a Community Mental Health Worker. Shannon is a designated COD Trainer and as part of a PMH & AFM partnership, delivers education to PMH, AFM and other partnering agency staff. She is a member of the PMH Regional COD Leadership Team and the PMH South Harm Reduction Steering Committee. She has also developed and delivered COD education sessions to Brandon Personal Care Home staff, Home Care staff and Mental Health Proctor's. In 2014, she received a Registered Psychiatric Nurses Foundation Award for Excellence in Psychiatric Nursing Practice - Clinical recognizing her work in co-occurring mental health and addiction disorders.



## MGNA Membership

### Benefits of Membership:

- Education for continuing competencies: 4 evening educational sessions per year and a discounted rate to a full day conference every other year
- Subscription to quarterly newsletters: national journal Perspectives and provincial newsletter
- Opportunities for networking: meet others with an interest in gerontology from a wide variety of backgrounds
- Awards: Funding for continuing education and distinction awards for nursing excellence
- Access to CGNA webinars: Membership to the Canadian Gerontological Nursing Association included

### Cost

Full member: Active practicing nurse (LPN, RN, RPN) \$80

Associate member\*: Allied health care professional, non-practicing nurse \$40

\*associate members are unable to vote on meeting business or receive scholarships.

Student member\* Any student in an approved nursing school \$12.50

\*student members are unable to vote on meeting business or receive scholarships.

The membership year runs from April 1 to March 31.

Visit [www.mgna.ca/membership.html](http://www.mgna.ca/membership.html) to become a member today!

Conference Room Rate of \$120.00 + tax available until September 4, 2018

Guestroom Reservation #357117

Thank you for attending and to those who supported the day.

## Vendors

Brightwater Living

Eye 2 You Optical

Munroe Pharmacy

## Conference Planning Committee

Jade Bell

Tara McNaughton Connie Taillon

Tricia Coulter

Jen Moran

Rachel Usick

Patty Johnson

Stacey Morgan

Helen Zielinski

Victoria Marek

Brandy Stadnyk

## MGNA Executive

Victoria Marek

President

Jennifer Fulcher

President-Elect

Tara McNaughton

Past-President

Brandy Stadnyk

Media

Donna Romaniuk/  
Suzanne Dyck

Membership

Joyce Stabner

Treasurer

Tricia Coulter

Education

Twyla Jaworski

Secretary

