

Healthy Together Now - *Voice of Community*

Share & Learn - Nov. 23, 2016

**Speakers’ Biographies**

**Keynote** - **Sharing stories to promote equity: Nothing about us without us -** Hannah Moffatt & Sharon Kuropatwa

Hannah Moffatt is the Population Health Equity Initiatives Leader with the Winnipeg Regional Health Authority. She has a B.Sc. in Environmental Health from McGill University and a Master of Public Health from Simon Fraser University. Hannah has always worked at the intersection of health, social justice, and adult education. She believes we need to work upstream and involve community members to alter the institutions, policies, and practices that cause health inequities.  Contact Hannah at 204-330-3751 or [hmoffatt2@wrha.mb.ca](mailto:hmoffatt2@wrha.mb.ca)

Sharon’s Kuropatwa’s work over a 25-year career has focused on person-centred planning and community capacity building. Sharon was born and raised in the True North end of Winnipeg, Manitoba and believes in the power of people and families to identify and solve problems together. Hope is always on the table, and community development is the path that leads people to sit together at that table. Currently the Director for Housing, Supports and Service Integration for the WRHA, as well the Community Area Director of Downtown-Point Douglas, Sharon focuses on strengthening and integrating health, housing and social service responses to marginalized and vulnerable populations throughout the region.  Sharon supports a dedicated leadership team to build partnerships that prioritize equity and capacity. Sharon is the Co-Chair of the Partnership Working group of the Health For All Coordinating Committee, the Chair of the Accreditation Canada Population Health Special Populations Standards review, the Chair of the Housing, Supports and Service Integration Inter-jurisdictional Operations Committee and a long standing member of the Joint Faculty Ethics Review Board of the University of Manitoba. Prior to joining the WRHA Sharon worked in the field of family violence in both the Academic and Provincial government sectors. Sharon has spoken at numerous conferences across Canada and the United States as well as authored a number of publications. Contact Sharon at 204-223-6795 or Skuropatwa@wrha.mb.ca

**Healthy Together Now - Evaluation Highlights 2010-2015** - Erin Huck

ErinHuck has worked with diverse communities and organizations across Canada in the public, private and not-for-profit sectors. Driven by the challenge of integrating best practices and community knowledge, she has experience in stakeholder engagement, community planning and policy development. Her background includes leading multi-stakeholder engagements, collaborating on First Nation-led community planning initiatives, training service providers and non-profit partners in participatory research and engagement, and developing media and public education materials (print, broadcast, electronic) for general and target audiences (including youth, and low literacy users). Erin holds two Masters degrees – City Planning (University of Manitoba) and a Masters of Arts (Media Studies, Concordia University). Contact Erin at 204-946-1888 or [ehuck@healthincommon.ca](mailto:ehuck@healthincommon.ca)

**Concurrent Sessions - Nov. 23, 1:00 – 2:15pm**

**Food Security in MB: Making it Work!** - Getty Stewart, Leigh Finney, Joanne Vielfaure-Romaniuk, Jessica Lacasse, Dorothy Delorande and Cheryl Richard

Joanne Vielfaure-Romaniuk is a School Social Worker with Seine River School Division.  She has a holistic approach when working with staff and students in her schools as she engages the school community to gain knowledge on food security amongst many other topics that affect mental well-being.  Contact Joanne at 204-878-5313 or [jvielfaure@srsd.ca](mailto:jvielfaure@srsd.ca)

Leigh Finney is a Healthy Living Facilitator for Southern Health-Santé Sud.  Leigh, along with her colleague Cheryl Pearson, led a food security initiative in the Fall of 2015 for residents in Southern Health-Santé Sud to raise awareness of the issue and bring Communities together to work on building food security.  Contact Leigh at 204-346-6590 or [lfinney@southernhealth.ca](mailto:lfinney@southernhealth.ca)

Getty Stewart is a freelance Professional Home Economist working to put good food on tables and agendas by writing, speaking and leading workshops on using, enjoying and preserving seasonal foods. She writes for the Manitoba Cooperator, is a regular on CTV Morning Live and shares skills and recipes on her popular food blog. Connect with Getty via her website [www.gettystewart.com](http://www.gettystewart.com/) or 204-475-1245.

Jessica Lacasse is a Health Promotion Coordinator with Prairie Mountain Health. While currently leading the Health Equity project in Camperville and Duck Bay, a second project is being explored in another community. Contact Jessica at 204-734-6618 or [jlacasse@pmh-mb.ca](mailto:jlacasse@pmh-mb.ca)

Dorothy Delorande and Cheryl Richard work at the Camperville Head Start, a culturally based preschool in Camperville, MB. They are both passionate advocates for children’s health and well-being. Both women volunteer on the School Committee in the community as well as other volunteer roles, including the Healthy Food Action Committee, which spearheads the BAG program. Contact Dorothy or Cheryl at 204-524-2219 or [campervilleahs@mymts.net](mailto:campervilleahs@mymts.net)

**How to use Social Media to promote your organization effectively**  - Martijn van Luijn

Originally from the Netherlands, Martijn immigrated to Canada in 2001. With an educational background in tourism, he started working for Dauphin Economic Development & Tourism in 2007. In 2011, Martijn moved to Community Futures Parkland as the Executive Director. As an advocate for development in the region, he sits on many boards and is the past chair of Assiniboine Community College, Parkland Regional Development Corporation and Habitat for Humanity Dauphin. Martijn’s last job, before starting his current position with Recreation & Regional Services, was as a regional economic development & career development consultant working with rural communities and not-for-profit organizations.

With a strong background in social media, board governance and a passion for marketing and Lego, Martijn’s presentations and workshops are always full of energy, anecdotes and surprises. Martijn lives in Dauphin with his partner Kelly and two rebels, Jacobi and Lief. Contact Martijn at 204-622-2078 [Martijn.VanLuijn@gov.mb.ca](mailto:Martijn.VanLuijn@gov.mb.ca) or [www.martijnvanluijn.com](http://www.martijnvanluijn.com/)



**Clearing the Smoke - e-cigarettes, hookahs and more; are they safe?** - Jo-Anne Douglas

Jo-Anne Douglas is currently a tobacco dependence counselor at Brandon Regional Health Centre. She worked for the Lung Association for over 20 years where she was involved in tobacco reduction activities including lobbying municipal, provincial, and federal governments for stricter tobacco-related laws; smoking prevention work with children; and managing the first Manitoba Quits contests. She also worked as a manager in primary health care and as health promotion director at CFB Shilo. Originally from Minnedosa, she has a degree from Brandon University and lives in Brandon. Contact Jo-Anne at 204-578-4207 or [jdouglas@pmh-mb.ca](mailto:jdouglas@pmh-mb.ca)

**Ways to Well-being -**Karen L. Kyliuk

Karen Kyliuk has a Bachelor of Social Work degree from the University of Manitoba and 28 years of experience working in the mental health field, with the last 16 years in Mental Health Promotion. Karen has designed and facilitated a variety of staff development curriculums. She is a columnist for Wave magazine, Inspire, and the Winnipeg Free press on mental wellness topics. Karen has been the Project lead for two mental health promotion campaigns ***“Enjoy Life More”*** and ***“Thrive over 55”.*** Karen is passionate about encouraging people to embrace wellness, develop resilience, and flourish in all areas of life. Contact Karen at 204-330-1555 or [kkyliuk@wrha.mb.ca](mailto:kkyliuk@wrha.mb.ca)

**Concurrent Sessions Nov. 23, 2:45 – 3:45 pm**

**Active Living Facilitator -** Stephanie Jeffrey, Sheena Kilpatrick, & Casey Gall

Stephanie Jeffrey has almost 20 years of experience in recreation, fitness and community development. She believes heavily in not only talking about physical activity but also getting out and being active. In addition to her role as the Executive Director of the Manitoba Fitness Council, she is a certified fitness leader, leading classes in Resistance Training, Aquafitness and yoga weekly. She created “office workouts” and loves to share her passion for being active. Contact Stephanie at 204-235-1245 or [sjeffrey@manitobafitnesscouncil.ca](mailto:sjeffrey@manitobafitnesscouncil.ca) [www.manitobafitnesscouncil.ca](http://www.manitobafitnesscouncil.ca/)

Sheena Kilpatrick: Graduated from Queen’s University with a Bachelor of Physical and Health Education. Sheena went on to complete her Manitoba Fitness Council certifications and 200 hour Yoga Instructor.  She is also certified as an Exercise Physiologist and Personal Trainer. Sheena has worked along side doctors, allied health professionals, coaches, and teachers to provide top level exercise prescriptions. She has taught internationally and has been working in the fitness industry for over ten years. Contact Sheena at 204-823-4295 or [sheena@harmonytreestudio.com](mailto:sheena@harmonytreestudio.com)

Casey Gall is a Human Nutritional Sciences major at the University of Manitoba. She’s currently in her last year of studies, and is looking forward to graduation in the spring. After graduation, Casey is excited to start her dietetic internship with focus on community health programs and preventative care. In her spare time Casey enjoys running, hockey, golf, and creating new recipes. Born and raised in Morden, Casey created the walking club to engage the community in healthy behaviours which enhance physical, mental, and social aspects of life! [casey.gall@icloud.com](mailto:casey.gall@icloud.com)

**Concurrent Sessions Nov. 23, 2:45 – 3:45 pm Cont’d**

**Creating a Mentally Healthy Community** - Jordan Friesen

Jordan Friesen is a registered occupational therapist and the Executive Director of the Canadian Mental Health Association – Central Region. CMHA Central supports the resilience of individuals recovering from mental health issues by providing support services that promote empowerment, self-determination, and growth. Contact Jordan at 204-239-6590 or [jordan@mb-central.cmha.ca](mailto:jordan@mb-central.cmha.ca)

**Working with Culture and Diversity -** Flo Frank

Flo Frank is an internationally recognized consultant, trainer, facilitator and community development specialist. She helps groups, organizations and governments get from where they are to where they want to be. In recent years her emphasis has been on communities and organizations in transition, place-based social and cultural development and working effectively with diversity.

Flo works extensively with the Health, Culture, Recreation and Social sectors and was one of the 7 original founders of the Canadian Community Economic Development Network; lead consultant on developing the competencies and training for CANDO’s (Council for the Advancement of Native Development Officers) EDO training program; has held senior positions in both the Federal and Provincial governments and executive positions on 25 boards of directors. Her work takes her across Canada as well as to various places around the world (Australia, Hawaii, Circumpolar Nations and South America). Flo has author/co-authored 31 community self-help books, teaches courses and workshops at a community and post-secondary level and was recently the mayor of a small community in Saskatchewan. Contact Flo at 306-376-2220 or [flofrank@sasktel.net](mailto:flofrank@sasktel.net)

**Impact Programming and the Grizzlies Movement** - Dave Little

Dave Little is a Recreation and Wellness Facilitator for the Lakeshore Recreation Commission and is a strong advocate for the power that sport and recreation can have in community development. Dave has seen first hand the positive effect Impact Programming can have on individuals, communities and beyond. He is a passionate developmental coach and believes if you really want to create positive change, you need to create and coach or lead an Impact Program of your own. Contact Dave at 204-739-2101 ext. 1229 or littled@lakeshoresd.mb.ca

Healthy Together Now - *Voice of Community*

Share & Learn - Nov. 24, 2016

**Speakers’ Biographies**

**Keynote: Working with community - a personal journey** - Mitch Bourbonniere

Mitch is a 30-year community social worker in Winnipeg. He works in the child welfare, education, mental health and justice systems. He also has a long history of volunteerism and community mobilization, action and activism. Mitch contributed to the formation of the original and current Bear Clan Patrols in Winnipeg. Contact Mitch at [bourbonn@mymts.net](mailto:bourbonn@mymts.net)

**Concurrent Sessions Nov. 24, 12:45 – 1:45 pm**

**Community engagement & empowerment - what it really can accomplish**  - Mitch Bourbonniere – see Mitch’s bio above



**Introduction to Mindfulness -** Wendy Malko

Wendy Malko is a Certified Life Coach and Mindfulness Teacher for adults and children.   She is very passionate about teaching mindfulness as she has reaped the many benefits of mindfulness in her own life. Wendy is also the owner of Shea Tree Wellness where her and her colleagues provide health and wellness services to the community. Contact Wendy at 204-509-3880 or

[wendy@mind-over-matter.ca](mailto:wendy@mind-over-matter.ca) or [www.mind-over-matter.ca](http://www.mind-over-matter.ca/) and [www.sheatreewellness.com](http://www.sheatreewellness.com/)

**How to use Social Media to promote your organization effectively** - Martijn van Luijn

See Martijn’s bio above

**Engaging Today’s Volunteers**  - Dawn Bourbonnais

As Manager of Communications & Outreach, Dawn oversees Volunteer Manitoba’s internal and external communications, manages the website and referral services, and is responsible for increasing awareness of Volunteer Manitoba’s mission – to encourage and promote volunteerism across the province. She also teaches Volunteer Management Levels 1 & 2, and Social Media for Non-Profits. Prior to working for Volunteer Manitoba, Ms. Bourbonnais spent the past fifteen years working in the not-for-profit and arts sector, which provided her with a deep appreciation for how non-profits seek to improve the quality of life in our communities. She has also managed volunteers for many festivals and community events held in Winnipeg, and is especially fond of the volunteers at the Jazz Winnipeg Festival (whom she has been working with since 2004). Contact Dawn at 204-277-5180 ext 230 or [dawn.bourbonnais@volunteermanitoba.ca](mailto:dawn.bourbonnais@volunteermanitoba.ca)

**Concurrent Sessions Nov. 24, 2:00 - 3:00 pm**

**Community engagement & empowerment - what it really can accomplish** -

Mitch Bourbonniere – see bio above

**Being welcoming; how that supports newcomers and their mental well-being** – Don Walmsley

Don has worked in the government and private social services sector for over three decades, specializing in areas such as case management, disabilities, early childhood development, consultation to schools, and planning for individuals and organizations.  Currently he is working in the field of immigrant settlement services where understanding cultural diversity is one of the key components to newcomer integration.  An experienced presenter, he has also been involved in community theatre for decades and has had a lifelong enjoyment with martial arts.  He is a strong believer in sharing information and networking and likes to be interactive with his audience.  Contact Don at 204-476-2055 or [don@neepawasettlement.com](mailto:don@neepawasettlement.com)

**Concurrent Sessions Nov. 24, 2:00 - 3:00 pm Cont’d**

**Harm Reduction 2.0- Beyond the Needle!** - Shohan Illsley

Shohan Illsley was raised in Northern Manitoba; The Pas and Churchill. She is married to her high school sweetheart and is the mother of four children. Shohan and her husband are raising their children with Indigenous knowledge and ceremony. They work everyday to incorporate the legacy of colonization and residential school into their own children’s resiliency.

Shohan is the Executive Director of The 595 Prevention Team (formerly the Manitoba Harm Reduction Network) located in Winnipeg and she has worked in harm reduction since 2000. Her work experience has included working with the most underserved populations that are impacted by mental health, substance use, homelessness, HIV, and hepatitis C.

Shohan completed a Master’s of Science at the University of Manitoba. She was the recipient of a CIHR grant which funded a community based research project titled *“What goes around: How peers use their social networks to share STBBI education and information.”* Shohan works from the foundation that people are experts in their own lives! Contact Shohan at (204) 783-6184 or [shohan@the595.ca](mailto:shohan@the595.ca)

**Planning for the Next Generation of Volunteers - Dawn Bourbonnais -** See Dawn’s bio above