October a Busy and Exciting Month for Occupational Therapists

To begin, I want to wish everyone a Happy Occupational Therapy Month! With Autumn comes transition, and I am thrilled about all the exciting endeavours that lie ahead for the Manitoba Society of Occupational Therapists (MSOT) and the profession of Occupational Therapy (OT) in Manitoba. Recently, I have found myself browsing the “Occupational Therapy: A Legacy in Canada” website (www.otlegacy.ca). Not only does this webpage provide an interesting overview of the history of OT in Canada, it also facilitates a moment of reflection on where our profession currently stands and the future that lies ahead. I find it humbling to work in a province filled with such innovative, dedicated and well researched occupational therapists and truly feel that this is something to celebrate.

Along with OT month, October also marks University of Manitoba Convocation. MSOT is excited to welcome all new grads to the profession of Occupational Therapy and would like to thank these graduates for the time and contagious enthusiasm that they have dedicated in student initiatives. On behalf of MSOT, Congratulations on successfully completing the program and I look forward to working with you in the future!

I am also looking forward to seeing all of you at the October 25th Annual General Meeting, reflecting on the incredible progress MSOT has made over the past twelve months, and sharing with you the exciting initiatives that lie ahead for the 2011-2012 year. If you have time this month, I encourage you to join in on one of the many exciting National OT Month events being held in this province. From lunchtime lectures, to OT month potlucks and student bake sales, you will have no shortage of activities to choose from. If you haven’t already, please visit our website and Facebook page for regular updates and events. Once again, thank you for your dedication and support.

Sincerely,
Bronwyn Ring O.T. Reg. (MB)
President Elect, MSOT
Happy Occupational Therapy Month! MSOT invites you to...

**Lunch Lecture Series**

**Wednesday, October 12/11**
12:00 p.m.– 1:00 p.m.

**Who:** Vicki Olatundun of Siloam Mission

**What:** The Determinants of Health

**Where:** University of Manitoba
Bannatyne Campus
Basic Medical Sciences
Lecture Theatre C

**Wednesday, October 19/11**
12:00 p.m.– 1:00 p.m.

**Who:** Archie Cooper of The School of Medical Rehabilitation

**What:** International Classification of Functioning, Disability & Health

**Where:** University of Manitoba
Bannatyne Campus
Basic Medical Sciences
Lecture Theatre B
Eligibility Expanded
In December 2010, City Council adopted changes to the Handi-Transit eligibility criteria to include persons with Alzheimer’s disease or Related Dementia (ADRD) when dementia interferes with the individual’s ability to use the regular fixed route transit system with an equivalent level of independence and safety.
Regardless of the diagnosis of Alzheimer’s disease or ADRD, there will be individuals who may be able to utilize the regular fixed-route service with or without an attendant. Therefore, to ensure eligibility under this category and that the applicant is transported safely utilizing the appropriate stream of the public transit system, a functional transit skills assessment (physical and cognitive) is completed.
The transit skills assessment includes items such as the applicant’s individual mobility, their ability to travel independently, their ability to access Handi-Transit vehicles, and/or the safe use of their mobility aid(s) while travelling in a vehicle.

Current Eligibility Criteria
1) Requires the use of a wheelchair or scooter:
   A. On an ongoing basis – unlimited eligibility, or
2) Unable to walk 175 metres (575 feet) outside (typical distance to a bus stop):
   A. at all times – unlimited eligibility, or
   B. during winter months only – October 15th to April 15th, or
   C. until a specific date – eligibility only until the expected date of recovery, or
   D. dialysis treatment – eligibility for trips to and from dialysis only.
3) Has 20/200 vision or less, or a visual field of less than 20 degrees in both eyes (legally blind) not corrected by lenses.
4) Has Alzheimer’s disease or Related Dementia (ADRD), which interferes with ability to use the regular fixed route transit system with an equivalent level of independence and safety.

Self Referral Application
Applicants who feel they meet one of the established criteria can complete the application themselves (with assistance if required) and submit it to Handi-Transit. Application forms are available at www.winnipegtransit.com under the Handi-Transit link or by calling the Handi-Transit Contact Centre (986-5722) for a copy to be sent by mail.

Occupational Therapists
We are excited to announce that Handi-Transit now has four full time permanent Occupational Therapists. Currently, our occupational therapists are Teresa Fricke, Megan Hunt, Maricel Tamondong and Anita Nuessler. An important role of the occupational therapists at Handi-Transit is to assess clients to ensure that they meet the eligibility criteria and, if eligible, address service delivery issues for that applicant.
Additional roles include consultation for Handi-Transit service providers, health care providers and registrants regarding transportation issues, community resources, and new initiatives within the Transit Department.
Please visit our website at www.winnipegtransit.com for any further information regarding Handi-Transit services.

Upcoming Bulletin
Mobility Aids for Transportation
By Fern Swedlove

For people working with clients needing a communication device
The relatively new Communication Devices Program located at Deer Lodge Centre provides speech generating devices to eligible adult Manitobans and you can read all about what the program offers at http://www.wrha.mb.ca/prog/cdp. These electronic devices can help people speak by adding to their existing speech or replacing it with a piece of equipment. If you go to this website, you will find out about how to refer to the program and their services. Equipment is available on a rental basis and both an occupational therapist and speech language pathologist provide assessments and follow-up. Thank-you to Stacey McRuer, the occupational therapist with the Communication Devices Program (part of Assistive Technology Products and Services) for suggesting this website to share with her colleagues.

Interested in occupational therapy activities for children?
One day I received a tweet from Twitter about a website called OTPlan that is an activity idea and treatment plan search engine for occupational therapy activities. The information is primarily for children, but on the accompanying Facebook page, there are people who have modified the activities for other populations. You can search for activities by skill or materials. I typed in “grip strength” just for curiosity and came up with a pretty thorough description of the nature of the problem, activities and a YouTube video. OTPlan won first place in the 2008 Maddak Awards at the AOTA conference and has about 1,500 followers. It is run by a licensed OT, but I could not locate the actual person on the website. OT Plan is supported by followers, sponsors and a small store of OT related products. If you want to check it out the address is http://www.otplan.com/

Learn more about driving and dementia
The Internet is providing access to new ways to learn such as an e-learning module on driving and dementia at https://elearning.moh.gov.on.ca/ddmodule/ . This is a partnership between the Alzheimer Knowledge Exchange and the Canadian Geriatrics Society. This module helps you work through a series of lessons to provide an overview of the topic, such as assessment guidelines and a case study. On quick glance, the module looks interesting to learn more about the topic but for more specific information for clients in Manitoba you may have to refer to Manitoba references such as the Driver Assessment and Management Program based at the OT department at HSC. Much appreciation to Dr. Cary Brown, associate professor in the department of occupational therapy at the University of Alberta for providing this suggestion for the column.

Do you have a website that you or your clients refer to for occupational therapy information? If so, please feel free to email me with the name of the website to share in the Internet Café column.
You can contact me at fern.swedlove@gmail.com.
Manitoba rocks in Saskatoon: Post conference reflections
Submitted by Jane McSwiggan

What better way to end the second day of the CAOT conference than to be present at the CAOT and COTF Awards Ceremony. The room erupted in cheers as Donna Collins was awarded the Helen P. LeVesconte Award for her outstanding contribution to the CAOT certification examination. We were basking in glory and happy for Donna, but little to our knowledge, Archie Cooper was hiding another secret....she is next year’s Muriel Driver Memorial Lecturer. Well, if the room erupted in cheers for Donna, it positively exploded for Archie. This was truly a moment in time to be remembered by all who are associated with the University of Manitoba! It was wonderful to see how many faculty and students both present and past had come to celebrate with Archie and Donna.

Later at the Manitoba night held at the 2nd Avenue Grill, to honour Donna and Archie, I was surprised to learn that Archie had flatly refused to be nominated over the years for the Muriel Driver Memorial Lectureship. Archie has a huge sense of humility and I think it speaks to the fact that she has never wanted to be honoured in this way. One would think that an accomplished academic like Dr. Juliette Cooper would have seized the opportunity to spread “the word” years ago. However, the same Dr. Juliette Cooper is always Archie to us, and she needed the time to be right for her. Thank you Archie, for this gift of clarity and inspiration.

Archie and Donna would in no way like their achievements to overshadow the accomplishments of others from our province. It was a special moment for me when my former student Ed Giesbrecht was awarded the 2011 Research Grant from COTF. Hugette Picard, President of COTF, who struggled with a voice that was quickly disappearing, will be truly remembered for trying to pronounce Giesbrecht, but then how many of us who do not speak French can say Helen P. LeVesconte correctly! Complete with his new nomenclature, Ed was also the recipient of the Thelma Cardwell Scholarship. Congratulations Ed.

Other Manitobans honoured were:
Marcia Finlayson: CAOT Award of Merit
Melissa McPherson: CAOT Student Award 2010
Kaitlyn Kitchen: COTF 2010 Future Scholar Award

In addition, there was a fine showing of Manitobans who presented papers, posters and extended discussions. Our neighbours to the west in conjunction with CAOT are to be commended for delivering a conference which showcased that occupational therapists in Canada have their feet firmly planted on the ground. It is refreshing to be part of a profession that is embracing its foundations, acknowledging its past and looking forward to the future with confidence and heads held high. Thank you Saskatchewan for providing a fitting milieu for this ongoing evolution, or is it revolution. Evolution, revolution or not, Manitoba rocks!
Get your patients to Get Better Together!

What if there was a free, easy-to-use resource that helped your patients take positive steps to better cope with their own chronic conditions and comply with your advice?

Get Better Together! is a free Manitoba-wide program for anyone with an ongoing medical condition to learn how to manage their condition better. Get Better Together (GBT) is the name for the highly successful Chronic Disease Self-Management Program developed and licensed by Stanford University Patient Education Centre.

It has been offered by the Wellness Institute in Winnipeg at multiple locations for several years, and has been offered province-wide since 2008. The program is free of charge to participants and is offered in 2½ hour sessions once a week for 6 weeks.

Get Better Together! helps participants learn strategies to control pain, deal with fatigue and frustration, start a basic exercise program, handle stress, and eat well to live well. Personal goal setting and problem-solving help patients build confidence for successful self-management.

The program has been well studied and shown to improve compliance with medications and lifestyle change prescriptions, reduce hospitalization and ER visits, and improved communication with healthcare professionals.

Many patients report being inspired to improve their health through the program:

This program has helped me out of a depressed slump I was in. Everyone is shocked to see how well I’m doing now.

The program is led by a combination of health care staff and trained peer leaders. Research on the peer-led model demonstrates that when the program is led by peer leaders with health conditions, participants do even more to make positive changes to their health habits.

Programs are offered across Manitoba and in multiple locations in Winnipeg. To refer patients, simply direct them to call (204) 632-3927 or to www.getbettertogether.ca. If you would like brochures for your workplace, or more information about the program, please contact us.

Get Better Together Manitoba Program

Phone: (204) 632-3927

Email: gbt@wellnessinstitute.ca

Website: www.getbettertogether.ca

Get Better Together! is supported by Manitoba Health, Regional Health Authorities across Manitoba, and the Wellness Institute at Seven Oaks General Hospital.
Exciting Research Completed at
Selkirk Mental Health Centre

Abstract Submitted by: Kym Farmer

The following abstract is a summary of a research project that three occupational therapists, one speech language pathologist and one dietitian completed at Selkirk Mental Health Centre. The findings were presented by the investigators at the 2011 Dementia Care Conference and to numerous stakeholders throughout the Government of Manitoba who are involved in redevelopment.

Title:
Understanding the Impact of Environmental Change on Cognitively Impaired Geriatric Patients

Research Team:
Kym Farmer, OTRReg.(MB)
Shannon Farmer, OTRReg.(MB)
Kristin Villianueva, OTRReg.(MB)
Corine Poirier, SLP
Christine Tuan, RD

Abstract:
It is known that older adults prefer to “age in place” (e.g. stay in their current residence); however, this is not always an option. Physical relocation involves numerous adaptations including establishing new relationships, adopting new routines, and adjusting to a new environment. These adaptations may be particularly challenging for older adults with cognitive impairments, contributing to disorientation, anger, depression, confusion, illness, and even death. In November 2008, staff and patients of the Geriatric Program at Selkirk Mental Health Centre moved into a new facility. This move offered an opportunity for clinicians to study the impact of environmental relocation on a geriatric population, and validate the importance of design concepts that emphasize autonomy and independence. Over an 18-month period, the research team documented the experience of the patients as they moved from an institutional, congregate dormitory setting to a new facility that offered a home-like environment with private rooms, ensuite barrier-free washrooms, smaller units, and single function areas. Overall, the research showed that patients responded positively to the move. When further examining the results we saw that there were no changes in mortality rates, 16% reduction in infections, 20% increase in patients discharged, 33% increase in falls, however, no increase in the number of serious falls, 50% reduction in agitation/aggression, 70% reduction in PRN bisacodyl suppositories, and improvements in functional status. This research study highlights the importance of universally designed, home-like environments in maximizing recovery and facilitating community reintegration for geriatric patients.
Continuing the OT Legacy at Siloam Mission
Submitted by: Ashley Holmes and Alana Hosegood

As occupational therapists (OTs) we enable clients to overcome the barriers in their lives. During our Advanced Fieldwork Placement at Siloam Mission, we noticed many barriers affecting the lives of Siloam Mission's patrons. Encouraged by the significant impact that our classmates Craig and Nadine had already had on the Mission, we set out to build relationships with the community in order to see how we could help.

Early on, it was identified that the medication management was an issue for many patrons at Siloam Mission. Every day, large amounts of unlabelled prescription medications were being dropped off at the health centre, patrons' medications were being stolen on the streets, and there was no process for administering or storing medications at the Saul Sair Health Centre. We knew there needed to be a safer way for patrons to access and store their medications. This was the beginning of the Medication Education and Delivery System (M.E.D.S.) Program – the first program of its kind in Canada!

The literature suggests that regular contact with a health-care professional provides the basis for building trust and understanding, which facilitates the ability to determine compliance with medication regimens. Therefore, by developing the M.E.D.S. Program, we helped to facilitate stability into the lives of transient patrons by providing support and education.

Through discussions with patrons and health centre professionals, we created an assessment to determine patrons’ ability to take their medications independently. We collaborated with Tache Pharmacy to develop policies for delivering prescription medications in a safe manner. We also developed partnerships with the Faculty of Pharmacy at the University of Manitoba and the Manitoba Pharmaceutical Association.

To continue on the hard work of our fellow OT classmates, we worked to promote sustainability of the Siloam Mission Gym. Raising awareness promotes sustainability. Therefore, we organized a gym open house for patrons, staff, and community members entitled “With Homes and Without Homes – All Under One Roof”. The focus of the event was to illustrate that there is no difference between individuals with homes or without homes when it comes to exercise. The goal was to increase patrons’ self-esteem and give them an afternoon to check out the new gym and have fun! There was a giant Zumba exercise class, tours of the gym, prizes, and snacks.

During our six-week placement, we also developed a partnership (and received a grant) with the Downtown Biz Blue Loonie Program to eliminate the barrier of lack of affordable transportation that patrons often face when they need to attend medical appointments. We created a Compassionate Care Program resource for physicians to access when patrons are unable to afford their medications or do not have insurance. In addition, we developed a visual schedule of the health care services that are offered daily in response to the low literacy skills experienced by some individuals who are homeless. Consultation regarding program development was also provided to Building Futures program, which is a paid employment preparation program at Siloam Mission. Lastly, we conducted Job Demands Analyses in collaboration with staff and included ergonomic recommendations in order to help improve the health of Mission staff.

The opportunities for OT at Siloam Mission are endless. As a profession, OTs have many skills to draw on when working from a community development framework. We cannot wait to see the legacy that the next set of OT students will leave at Siloam Mission.
Universal Design: Let’s Get Started!!
Submitted By: Stephanie Jordan, OT Reg (MB)

According to the Centre for Universal Design, “Universal design is the design of products and environments to be usable by all people, to the greatest extent possible, without the need for adaptation or specialized design.” The concept of universal design is very important to Occupational Therapists, as one’s ability to interact with and maneuver within their physical environment is extremely important. The purpose of this article is to share my excitement as an OT about being contacted by a Brandon-based home builder, J&G Homes, for more information on the concept of Universal Design.

As a person ages, their mobility and abilities may change, and they may find it difficult to negotiate within their own home. While some individuals may look to an apartment or assisted living complex, others prefer to remain in their home; however, without costly home modifications or equipment, staying at home can be difficult. Imagine if, at the time of original construction of the home, these potential mobility changes were considered and incorporated into the design of the home? Planning ahead and incorporating universal design features can actually save money when compared to retro-fitting an existing home.

Examples of potential changes that can be incorporated into a new home design include, but are not limited to: wider door ways, wider hallways, lower light switches, rockers-style light switches, higher electrical outlets, wider hallways, step-free entrance, low-profile door thresholds, lever style door handles on all doors, lower windows, wheelchair accessible washroom and bedroom, customizable kitchen and bathroom cabinets, customizable counter heights, D shaped handles on kitchen cabinetry, adjustable height shelves and closet rods, assigning space for future elevator shaft, reinforcing bathroom walls and ceiling with plywood to allow for future installation of grab bars or ceiling lift, 3-way light switches in the bedrooms so the individual can turn the light off from bed, intercoms within the home, zero threshold showers, two accessible entrances/exits. The majority of these changes are “invisible” and appeal to many individuals as they further promote an open-concept home design.

J&G Homes has acknowledged that the majority of current housing developments and home designs are for able-bodied people; however there are many Manitobans looking for more accessible housing options. J&G understands the benefits of universal design features and wants to promote these features to their customers. They have developed an “options list,” to be shared with new home builders/customers, which includes universal design features! They are trying to follow the Centre for Universal Design’s suggestion that the “principles may be applied to evaluate existing designs, guide the design process and educate both designers and consumers about the characteristics of more usable products and environments.”

Several years ago, Therapy First hosted a workshop called “Human Factors in Design” and they asked builders and contractors to rise to the challenge of including universal design principles in their projects. I hope other OT’s and health professionals share my excitement and are encouraged to learn that builders are taking note and starting to take action!
The Occupational Therapy Department at the University of Manitoba would like to thank the following individuals and sites for their contributions to our fieldwork program from May 2 – June 24, 2011. Our fieldwork program could not exist without your generous support. We appreciate all that you contribute to the education of our future colleagues.

Assiniboine Regional Health Authority: Kellie Herbet; Brandon Regional Health Authority – Mental Health: Jo-ann Pasklivich-Holder; Brandon Regional Health Centre: Amanda Asher; City of Winnipeg Universal Design: Lisa Mendez; Credit Valley Hospital: Coleen Ryan, Janet Halenda; Community Therapy Services: Liz Price, Rhonda Managire; Deer Lodge Centre: Alisia Roos, Catherine Bryden Dueck, Diane Rawluk; Hanover School Division: Corinne Hildebrandt; Health Sciences Centre: Laura Wiesener, Sandy Santos, Valerie Pian, Kim Baessler, Sheryl Singer, Brenda Semenko, Cara Brown, Elisha Watanabee, Lesley Cotsianis; Health Sciences Centre – Child Health: Diane Stanley, Paige McCullough, Brenda Fjeldsted, Kathy Richen; Health Sciences Centre – Mental Health: Isabella Polimeni-Walker, Azel Navarro, Melanie Gaudreau; Healthcare Employees Benefits Plan: Ashley Martens, David Hallatt, Leah Hes; Healthy Aging Resource Team: Eleanor Stelmack; Integrated Occupational Health Services: Jane Simmons; Langley Memorial Hospital: Miriam Pereira Nova; Louis Riel School Division: Leah Shanks, Tammy Favreau; Macdonald Youth Services: Lisa Salter; Mental Health Services for the Elderly: Marilyn Maartense, Tracy Yablonski; Parkland Community Mental Health Program: Gareth Thompson; Peace Arch Hospital: Catherine Francis, Stephanie Romanko; Portage District General Hospital: Eva St. Lawrence; Prevention Assessment & Rehabilitation Services: Elaine Hayes, Karen Mazur; Riverview Health Centre: Emily Ewert; Robin Diduch Occupational Therapy: Robin Diduch; Rose & Max Rady Jewish Community Centre: Erin Fonseca; South Eastman Health-Bethesda Health: Brittany Wilderman; Seven Oaks General Hospital: Carly Campbell; St. Amant Centre: Marlys Nagy, Jane Lawler; St. Augustine School: Sharon Arndt; St. Boniface Hospital: John Nyhof, Gail Dueck, Theofili Dafnis, Pat Horbal; Vancouver Coastal Health Authority: Jennifer Alford, Robyn Emde; Winnipeg Transist Department – Handi Transit: Teresa Fricke, Anita Nuessler.

We hope you will continue to be involved in our program.

Thanks again!

P.S. If we have inadvertently left your name off this list or misspelled your name, please accept our apology and let us know ASAP.
Faculty from the Department of Occupational Therapy at the University of Manitoba invite all fieldwork educators offering a Basic Fieldwork placement, November 21 to December 16, 2011, to participate in a research study entitled *Advancing Theory in Practice: Building Partnerships in Occupational Therapy*. The aim of the study is to build partnerships among faculty members, fieldwork educators, and students, with the goal of advancing theory in practice. Theory is important to the profession of occupational therapy. It is what unifies and defines us as professionals. However, remaining current on theory and its application to practice, as well as discussing our use of theory in practice with students can be challenging. This study seeks to develop a climate of collaboration in which all stakeholders (faculty, practitioners, and students) take the time to educate one another on their perspectives and offer strategies that can be used to facilitate the use of theory in practice.

If you are interested in learning more about this opportunity and/or would like to participate, please contact Leanne Leclair at 977-5631 or leclairl@cc.umanitoba.ca.

The University of Manitoba - Department of Occupational Therapy offers workshops for occupational therapists within the province of Manitoba. It is our hope and intent that these workshops will support the occupational therapy community in its commitment to educating future occupational therapists. These workshops are provided free of charge.

**Fieldwork Educators Introductory Workshop:**
This full day workshop focuses on developing basic skills required by Occupational Therapy Fieldwork Educators. The workshop is recommended for clinicians who have no previous experience as a fieldwork educator or those who are interested in a refresher.

Included in the day:
- Review of resources and information provided to fieldwork educators
- Chance to analyse learning opportunities in your practice setting and develop a student placement based on this analysis
- Setting performance expectations for students
- Adult learning theory in the context of fieldwork education
- Student evaluation within fieldwork education

**Educators can attend 1/2 day only if necessary. **
**Please contact Margaret Anne if you are considering this. **

The tentative date for this workshop is October 25, 2011.

TO REGISTER FOR OR CHECK FOR UPDATES & DETAILS OF WORKSHOPS
http://umanitoba.ca/faculties/medicine/units/medrehab/ot/fieldwork_hub.html

For more information contact:
Margaret Anne Campbell Rempel: 789-3992; campbe02@cc.umanitoba.ca
Ellen Davis: 480-1369; davise@cc.umanitoba.cc
Lisa Mendez 977-5632; mendezl@cc.umanitoba.ca
Conferences, Research and Education

3rd Annual Open Minds Across Canada Mental Health Symposium

Date: Saturday October 1, 2011
Time: 9:30am-12:00pm
Location: Robert B. Schultz Lecture Theatre St. John’s College, University of Manitoba, Fort Garry Campus, 92 Dysart Road, Winnipeg, MB, R3T 2M5

To register visit: http://cprf.ca/events/OpenMinds2011/register.php?city=win

A Different Way of Thinking: Forming a National Voice for Asperger Syndrome

October 4, 5, and 6, 2011 at the Franco Manitoban Cultural Centre
Visit www.differentway.ca or email conference@asperger-manitoba.ca for more information and to register!

The Aulneau Renewal Centre Presents:
Attachment Treatment: Theory & Techniques, Level I: Theory & Science

Date: October 12, 13 & 14, 2011
Time: Registration at 8:30am. Conference at 9:00 a.m. to 4:30 p.m.
Location: Aulneau Renewal Centre, 228 Hamel Avenue, Winnipeg, MB
Cost: $295.00. This training is divided into separate workshops, which can be taken individually for continuing education credits at $125.00 each.
Registration deadline: October 6
For more information, contact: Marie Hutchison Aulneau Renewal Centre Tel: (204) 987-7090 Email: admin@aulneau.com Web: www.aulneau.com

15th Annual Bug Day

Date: Tuesday, October 18, 2011
Time: 7:00am to 4:00pm
Location: Frederic Gaspard Theatre, Theatres B & C, University of Manitoba, Basic Medical Sciences Building, 700 William Ave., Winnipeg, MB or by Manitoba Telehealth*

For more information, call (204) 787-4654 or visit www.hsc.mb.ca/Bugday

Manitoba eHealth Conference
Connecting Solutions to Care
Featured Speakers:
Tom Closson, President & CEO, Ontario Hospital Association & Brian Schoonbaert, CEO, Brandon Regional Health Authority

Date: October 25, 2011
Location: Canad Inns Destination Polo Park
Register today by visiting www.manitoba-ehealth.ca
Half day registration available!

A 2-Day Skills Training Workshop for the Progressive Goal Attainment Program (PGAP™):
An Evidence-Based Treatment Program for Reducing Disability Associated with Pain, Depression, Cancer and other Chronic Health Conditions

Date: November 4 & 5, 2011
LOCATION: DELTA WINNIPEG HOTEL, 350 ST MARY AVENUE, WINNIPEG, MANITOBA

Evidence-based practice is quickly becoming the expected standard for rehabilitation interventions. PGAP™ is considered one of the most empirically supported interventions for targeting psychosocial risk-factors for disability. This training workshop is designed to equip Occupational Therapists and other allied health professionals with skills in psychosocial intervention strategies such that they may be better able to assist their clients in overcoming the challenges associated with debilitating health conditions. PGAP™ was designed to complement existing clinical services for the treatment of debilitating health/mental health conditions. Recent clinical trials support the use of PGAP™ as an intervention for reducing disability associated with persistent pain.

Provider: Dr. Michael JL Sullivan is a Professor of Psychology, Medicine, Physical Therapy and Occupational Therapy, Neurology and Neuroscience at McGill University.

Contact: Nicole - E-mail: info@pdp-pgap.com Website : www.pdp-pgap.com
### Professional Development & Networking

#### Conferences, Research and Education

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<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Location</th>
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<tr>
<td>Provincial Health Leadership Forum</td>
<td>October 26, 2011</td>
<td>Winnipeg Convention Centre</td>
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<td>Presented by the Manitoba Chapter of the Canadian College of Health Leaders</td>
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<td>Registration packages now available. Visit <a href="http://www.cchl-ccls.ca">www.cchl-ccls.ca</a> Manitoba Chapter / Events</td>
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<td><strong>care 4 u: A conference for family &amp; friends caring for a person with dementia.</strong></td>
<td>Saturday, October 29, 2011</td>
<td>Centro Caboto Centre, 1055 Wilkes Avenue, Winnipeg, MB</td>
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</table>
| Date: Saturday, October 29, 2011  
Time: 9:00am-4:30pm  
Place: Centro Caboto Centre, 1055 Wilkes Avenue, Winnipeg, MB  
Registration: 8:00am Conference  
Cost: $40/person  
Registration deadline Oct 21st  
Visit [www.alzheimer.mb.ca](http://www.alzheimer.mb.ca) or call 943-6622 ext. 203 to register |  |
| RHA Central MB Inc. & Children’s Therapy Initiative-Central and Winnipeg are pleased to present...  
How Does Your Engine Run? @ The Alert Program for Self-Regulation® | November 1 & 2, 2011  
Location: Canad Inns Destination Centre, Portage la Prairie, Manitoba  
Presenter: Carla Cay Williams, Occupational Therapist |  |
| For more information, contact: Nancy Klassen at 204-331-8828 or nklassen@rha-central.mb.ca  
To register, contact: Arlene Peters at 822-2651 or apeters@rha-central.mb.ca |  |
| WRHA Regional Approach to Pain Control                             | Monday, Nov. 7, 2011   | Frederick Gaspard Lecture Theatre (formerly Theatre A). Basic Medical Sciences Building 730 William Avenue |
| Date: Monday, Nov. 7, 2011  
Time: 8:00 a.m. - 4:00 p.m.  
Location: Frederick Gaspard Lecture Theatre (formerly Theatre A). Basic Medical Sciences Building 730 William Avenue  
Cost: $50 per participant  
Registration Deadline: Oct. 21, 2011  
Visit [http://www.wrha.mb.ca/osd/calendar/default.asp?mode=details&amp;ID=933&amp;SID=4020](http://www.wrha.mb.ca/osd/calendar/default.asp?mode=details&amp;ID=933&amp;SID=4020) for more information. |  |
| Best Practices in Rehabilitation Conference                        | Wednesday, November 9/11 | Deer Lodge Centre, 2109 Portage Avenue, 2nd Floor, Life & Learning Centre |
| Date: Wednesday, November 9/11  
Time: 7:45 a.m. – 4:00 p.m.  
Location: Deer Lodge Centre, 2109 Portage Avenue, 2nd Floor, Life & Learning Centre  
Cost: $35 for full day registration and $28 for half day registration  
Registration deadline: October 14, 2011  
| 5th Annual Diabetes Update: Diabetes and Special Populations        | November 18, 2011      | Frederic Gaspard Theatre Basic Medical Sciences Building 745 Bannatyne Ave, Winnipeg, MB |
| Date: November 18, 2011  
Time: 8:30am to 4:05pm  
Location: Frederic Gaspard Theatre Basic Medical Sciences Building 745 Bannatyne Ave, Winnipeg, MB |  |
| The Manitoba Patient Access Network (MPAN) is holding the second Health Innovation Conference | November 21 & 22, 2011  
Location: Winnipeg Convention Centre. |  |
| - Keynote address and plenary sessions with international/ national prominent speakers  
- Workshop sessions on leadership, practical LEAN tools and local innovation initiatives  
- Innovation Awards Celebration Breakfast  
- Upcoming program, registration information and Innovation Awards Nomination Form will be posted on [www.gov.mb.ca/health/mpan](http://www.gov.mb.ca/health/mpan)  
For more information, please contact Sunny Chen at 786-7139 or sunny.chen@gov.mb.ca |  |
| Evidence-Informed Practice Workshop Series                          | November 24 & 25, 2011 | Health Sciences Centre (FE127 – 685 William Ave)  
Cost: Free (Workshops open to anyone within the WRHA)  
Registration and details available through WRHA website: [http://www.wrha.mb.ca/osd/files/EIPSeries.html](http://www.wrha.mb.ca/osd/files/EIPSeries.html) |
One final piece of news...

Name Changes
The following name changes are part of an integration of health care and long term care services under one management structure.

Centre Hospitalier Taché Nursing Centre (Centre Taché Centre) now operates under the name: Actionmarguerite (Saint-Boniface)
185 Despins Street
Winnipeg, MB R2H 2B3
T. 204.233.3692 F. 204.233.6803

Foyer Valade Inc. now operates under the name:
Actionmarguerite (Saint-Vital)
450 River Road
Winnipeg, MB R2M 5M4
T. 204.254.3332 F.204.254.0329

Actionmarguerite provides long term care, behavioural and dementia care, complex care for young adults, supportive housing and adult day programs.

Are you interested in attending an AMPS course (Assessment of Motor and Processing Skills)? If so, the Prince Albert Parkland Health Region is looking for you!
Email Colleen Eddolls @ ceddolls@paphr.sk.ca
to get more information.
To learn about the assessment tool, visit www.ampsintl.com/AMPS
today.

Are you working in a new OT position? Or a new position that is not specifically for OT, but your profession is a great fit? Know of someone who is?
Contact Lisa at 977-5632 or mendezl@cc.umanitoba.ca to share your story!

ADVERTISING RATES

Employment Advertisements
In-Provience:
¼ page - $40.00/month
½ page - $60.00/month
Full page - $80.00/month

Out-of-Provience:
¼ page - $50.00/month
½ page - $70.00/month
Full page - $90.00/month

Commercial Advertisements
Full page $100.00/month $570.00/year
½ page $80.00/month $450.00/year
¼ page $60.00/month $330.00/year
Business Card $30.00/month $150.00/year

Deadlines
Submissions are required on the 10th of the month prior to the issue in which the material is to be published.

EDITORIAL POLICY...
Update is published six times per year and is distributed the first week of February, April, June, August, October and December. Statements, claims and opinions made in articles and advertisements are those of the author or advertiser and do not necessarily reflect the views of MSOT members or executive.
Submissions are subject to editorial changes.

Submissions: Submissions should be no longer than 500 words and submitted by typed hard copy to MSOT 7 - 120 Maryland Street, Winnipeg, MB R3G 1L1, by fax to (204) 775-2340, or by email to msot.newsletter@gmail.com