



# AARM Summer 2021 Newsletter



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## Our Mission

We are an Association of Radiology Managers who facilitate meetings and educational seminars for the purpose of disseminating information among the members of the Association in the province of Alberta in order to provide professional growth through education, consultation, and communication with peers and ensure a stronger professional presence and liaisons with other health care agencies.

This issue of AARM News will include information on the items that the AARM Executive and Education Committees have been involved with over the last several months. These committees meet regularly to ensure that our mandate of providing ongoing education and support to our membership is upheld. In these meetings, bylaws, website content and conference plans are discussed. Improvements are constantly in progress.

## Who are we?

The AARM is an association of Diagnostic Imaging leaders from across Alberta. Formed in 1978 with twenty-nine members, the AARM has grown to include over 100 members. We promote professional growth through education, consultation and communication with peers. The association encourages a strong professional presence and has established ongoing relationships with other health care agencies.



# AARM Executive

Krista Tolhurst  
President

Manager, DI Quality & Education  
Alberta Health Services  
[Tel:403-944-6298](tel:403-944-6298)

Kandis DeColle  
Vice President

Site Manager, Gateway and Namao  
MIC  
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Secretary

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Past President

Manager, Diagnostic Imaging  
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## AARM Education Committee

Heather Hannaford  
New Job  
Alberta Health Services  
[Tel:403-971-0267](tel:403-971-0267)

### Education Committee Members

Carmen Kraft  
Ashley Lohr  
Justine St. Martin  
Graydon Lee  
Jennifer Borden  
Tayler Geddes  
Shane Kelly  
Chelan Citrigno

*Welcome to our New Executive members  
– Kandis DeColle and Jennifer Sharp!*

## President's Message – Krista Tolhurst



“I’ve got some bad news and I’ve got some good news. Nothing lasts forever.” This phrase has resonated with me and I have reminded myself of this on a regular basis over the last while. This past year has been full of challenges, and while at times things have been overwhelming and seemed to have dragged on forever, it has also made us all realize the things for which we are grateful, and highlighted the things that are important- friends, family and people in general. Having the social restrictions that we have had to live with over this past year, AARM 2021 will be an amazing opportunity to see people, be social and to connect with peers.

After the great COVID pause, the education committee and executive are proud of the event they have planned with another great line up of speakers for the 2021 fall conference. This year we will be venturing to a new location- out to beautiful Kananaskis. The theme of the conference will be “Survivor- Outwit, Outlast, Outplay” and will see us take advantage of the beautiful scenery Kananaskis has to offer. Also new this year, our conference date has been pushed a month later than we have had historically, to October 13-15th, so look forward to those beautiful fall colours in the mountains.

This year the conference will begin a bit earlier with a speaker event starting at 1:00PM on Wednesday October 13th. Our hopes that people will come out earlier than usual and soak up everything our beautiful location has to offer, as well the amenities at our fantastic hotel. Thursday morning our conference begins at 9:00AM. This later start time has been well-received over the last few years as it gives those not able to attend the Wednesday a bit more travel time.

As always, the educational and executive committees have made great efforts to be financially accountable to the membership. Our goal since the last AARM has been to offer value to the membership with some virtual educational sessions, while we have been unable to gather in person. We believe we have met this objective and hope the membership will agree by supporting the organization with their attendance at this year’s fall conference and AGM.

I’m very excited to see everyone in October and to welcome new members! Please share your positive AARM experiences, particularly with new and upcoming leaders who will greatly benefit from the leadership development and networking opportunities AARM provides. We look forward to growing our AARM family.

I wish everyone a safe and enjoyable summer with their friends and families. See you in October.

## Past President's Message – Jason Livingstone

I am grateful for this opportunity to write this. As I pondered about the message I wanted to share I was at a huge loss until a colleague forwarded an email that resonated with me. The email talked about how tough this pandemic has been on people, not because it was physically exhausting to them, but because it was depleting them. Depletion being when our inner resources of energy have been drained. It then spoke about how many of us have been treating depletion the same way we would treat exhaustion; we go home and try to relax it away. The problem is that these two things cannot be treated the same way. While exhaustion can be treated with not doing anything, depletion requires a deliberate active choice of activities different from our normal routine activities which will add to our internal supply of energy. I am grateful for, and look forward to, the upcoming conference. For me it will be a time when I will be able to replenish my internal stores of energy as I interact with the other attendees. I look forward to seeing you all there.





## Education Committee Report – Heather Hannaford

The 2020 AARM Conference brought its members together virtually this year. As the committee looked to engage and provide value amidst the ever changing pandemic restrictions zoom became the platform of choice.

AARM members logged in from across the province to listen to Melody Davidson, former head coach of the Team Canada Women's hockey Team. Speaking about resilience, leading under pressure her inspirational story resonated with our current members as they continue to navigate the turbulent health care landscape.

During the online Annual General Meeting the AARM welcomed Kandis DeColle as Vice President, Maureen DieBold as Secretary and Jennifer Sharpe as Treasurer. We thank Jason Livingston for his leadership over the past year, Andrea Kadar, Krystal Wall and Lisa Garnett for their work with the AARM Executive.

A year later we welcomed our membership back virtually for a second time. The 2021 AARM spring conference presented Lyndon Friesen and his talk on 'The Remote Leader'. Lyndon explored the balancing act represented as a tightrope walker between growth, expectation, health, patients and team members, while asking us to reflect on the type of leader we are.



The AARM Executive and Education committee would once again like to take this opportunity to thank all who virtually attended our conferences. We look forward to seeing you all again soon!

## The Remote Leader – Lyndon Friesen (Ignitor Leadership)

I am not a health care worker or have a background in science, but I do have a profound admiration and care for those that do.

In my career, I am privileged to work with teams in organizations in all industry sectors. Teams that are intent on becoming better versions of themselves.

Over the past year I have had the opportunity to work with a vast number of organizations involved in healthcare across Canada and United States. My gratitude and indebtedness is felt each time towards these people during these leadership events together. Health Canada (led by Dr. Theresa Tam) and the CDC in United States have promoted very similar guidelines during the pandemic - wear a mask, stay six feet apart from others, and only go into public spaces if required. In other words, do everything you can to minimize the infection and transmission rates by staying away.

What we do with healthcare workers is we tell them the opposite. We tell them to run towards those affected with the virus who need our help.

Over the past 15 months I have witnessed lots of support for our healthcare workers. Numerous viral expressions of support, front lawns with with signs, and even the odd bumper sticker expressing our gratitude.

I hope we are also there for them when the pandemic is months or years past the apex of cases. There is an untold, incalculable cost to walking into ‘danger’ on a regular basis. There are conscious fears like, will I contract the virus and pass it along to my significant other, kids or parents. But there are also a host of unconscious fears, the ones they push aside to be able to do their job. While we know so much about COVID-19 and the destructive variants that have come along with it, there is still so much more to know. Often it is this unknown that causes us added stress. History tells us that when individuals push aside stressors for significant periods of time, without processing these stressors, it manifests in some way at some later date.

I am not predicting PTSD or mental health issues to widely affect those that have worked in the health care industry for the past 15 months. However, if our healthcare workers needs us, my hope is we remember their commitment to getting us all through a generational pandemic. My hope is that they feel supported not just during the crisis but long after the crisis has been overcome.

I am grateful for all those that have raced on a daily basis into the heart of the pandemic to give humanity a chance.

Thank you.

Lyndon Friesen

Lead Facilitator

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*Here is the link to the Slide deck from Lyndon's Spring Virtual Conference.*  
[AARM Remote Leader April 2021 Handouts for AARM Newsletter.pdf](#)

## Treasurer's Report – Jennifer Sharp

Outwit, Outlast and Outplay seems to be a fitting theme for our fall conference after pivoting through the ever changing world of a pandemic. We are excited to see all the AARM members in person at our survivor themed conference in October in beautiful Kananaskis.

Thank you to our Vendors who continue to attend and support the AARM in many ways. Without opportunities for sponsorship, we would be unable to create our AARM family. The Platinum, Gold, Silver and Bronze sponsorships allow our vendors to choose which monetary contribution best suites them. Each one with its own unique value and perks, which include but are not limited too conference registration complete with all meals, membership dues for the current year, sponsorship recognition on the AARM web site and sponsorship recognition during the conference.

Events like these are not possible without our members, thank you for your continued support.

This is my first year as part of the AARM team. I am excited to have the opportunity to join this group as treasurer and look forward to the amazing events to come.

I wish you all a safe and fun filled summer and I look forward to seeing you in the fall



### Registration and Annual Dues Notice

Registration opportunity for the 2021 AARM Annual Conference and AGM will be made available shortly. This is also a great time to submit your annual membership dues.

This year we will be switching to a new AARM e-transfer account:

[treasurerAARM@gmail.com](mailto:treasurerAARM@gmail.com)

*Personal cheques will also be accepted*

## *The Value of Membership – Andrea Kadar*

I have been fortunate to be a member of the Alberta Association of Radiology Managers since 2003! In that time I have held positions on both the Executive and the Education/Conference Planning Committees; as well as had the opportunity to be a presenter. The AARM is a group that is very special to me! From the very first conference that I attended, I realized that this was a very unique and special group. The membership makes new members feel welcomed and valued and it truly felt like everyone left their professional “titles” at the door. Everyone attends the conferences with a common goal – and that is to learn!

AARM is a network of Diagnostic Imaging professionals from across Alberta. The membership consists of people from Alberta Health Services, Covenant Health, Community providers, and Diagnostic Imaging vendors.

There is a common focus of learning, leadership mentoring, and increasing quality in all we do in Diagnostic Imaging; not only from the wonderful speakers every year at the conference, but also from each other. There is so much to be learned through the discussions that are held during breaks and in the off hours of conferences. This learning has been enhanced in the last year, at the request of the membership – to provide education virtually, with guest presenters. Yet another way that the AARM works WITH its membership to provide ongoing high quality education. When I moved from my rural supervisor role to the Diagnostic Imaging Quality team, one of our first projects was the planning and implementation of the AHS DI Peer Learning program. Our team worked with Diagnostic Imaging leadership to plan, educate and roll out this provincial initiative. This entailed visiting each Diagnostic imaging site across the province and working with management. Being a member of AARM gave me the benefit of already being acquainted with many of the supervisors and managers, and being able to put faces to names. This made initial conversations comfortable, and I believe more productive.

Attending the AARM conference always gives me a fresh perspective and new ideologies that I can't wait to put into practice in my role on the Quality team.

In closing, I believe AARM to be much more than a professional association. It is truly like being part of another family!! I consider myself blessed to be part of this wonderful association, and to have met so many wise, caring, interesting, fun-loving people through the Alberta Association of Radiology Managers!





## Why become a member?

The AARM supports the professional growth and leadership development of its members. Through an established network of individuals from across the province in the public and community imaging sectors, regulatory bodies, educational institutions and commercial vendors, the AARM promotes the exchange of ideas to establish and continuously improve the standards of professional services.

As a member, you will receive notification of annual educational seminars and general meetings and access to the AARM social media platforms.

Members have the privilege of holding office, serving on committees, making motions and voting.



We want to hear from you!  
Please send any comments, suggestions or concerns to us through the new AARM webpage.

### *Why I joined AARM – Kandis DeColle*

I am a new member of the AARM executive. Currently I am a manager in the DI private sector. I have worked in both public and private in the fields of X-Ray, Ultrasound & education. Becoming an AARM member has been a great opportunity to network with managers, educators, leaders and vendors in diagnostic imaging from across our province. Each region has its own unique attributes, but we are all connected by the desire to provide amazing patient care to Albertans. The opportunity to meet with, learn from and collaborate with others in our field keeps me inspired & motivated.

# **At this time we are calling for nominations for the 2021 Professional Contribution Award.**

Nominations will be accepted until August 21st, 2021. Please submit your nomination via email to the Vice President, Kandis DeColle.

## **Eligibility:**

- i) Nominees should have a minimum of ten(10) years in the field of Radiological Sciences and Imaging, except under extraordinary circumstances;
- ii) Must have served on the executive or a committee for the AARM;
- iii) Must have been a member of the AARM for a minimum of five (5) years; and
- iv) No currently active committee member shall be eligible for nomination.



**The 2020 Professional Contribution Award will also be presented at the 2021 AARM Conference**

AARM 2021 Conference  
Kananaskis, Alberta  
October 13-15<sup>th</sup>, 2021



***Did this get your attention?***

We are very optimistic that we will be meeting this fall for our annual AARM conference. We have one of the most beautiful locations in the world ready to welcome us, and this outdoor playground will be an integral part of our conference.

The conference will start on Wednesday afternoon and finish Friday at noon. The Pomeroy at Kananaskis is the Hotel and Conference facility. The Hotel and the AARM committee are committed to your safety and will be keeping up to date on all public health measures and guidelines.

So get ready to participate in a fantastic meeting with great education, team building, networking, and of course some healthy fun.

***It's about time we had something to look forward to.***

***And we look forward to seeing you in Kananaskis!***



# ARE YOU READY?



# AARM





## Annual Conference & AGM

The AARM hosts an annual conference and general meeting in the fall. This conference is an amazing opportunity for learning and networking. Presentations at the conference are designed to enhance understanding of current issues leaders may be facing, explore exciting opportunities in the imaging environment and even challenge members to consider different approaches to their work.

### What's in it for you?

- ✓ Continuing education
- ✓ Networking
- ✓ Professional growth
- ✓ Fun

For more information, visit <https://albertaarm.ca/>

Registration information will be sent out shortly for the 2021 AARM Conference and AGM which will be held from October

We are so excited to be able to present this fantastic event!

# Watch for Early Bird Pricing!

