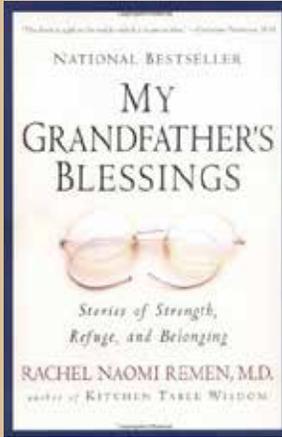


SUMMER READING @ THE SISTER ST ODILON LIBRARY

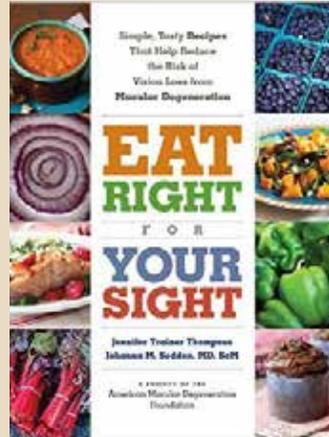
By Laurie Blanchard, Sister St Odilon Library, Misericordia Health Centre, University of Manitoba Sciences Libraries

Come check out our Book Swap shelf for your summer reading! Or one of these great new summer reads from our Consumer Health collection.



"My grandfather's blessings: Stories of Strength, Refuge and Belonging" by Rachel Naomi Remen, M.D. 2015.

Rachel Naomi Remen, a cancer physician and master storyteller, shares her luminous stories to remind us of the power of our kindness and the joy of being alive.



"Eat Right For Your Sight: A Project of the American Macular Degeneration Foundation" 2015

The latest research suggests that healthy lifestyle choices, including a diet rich in lutein, zeaxanthin, and other key nutrients, can delay the onset and progress of macular degeneration. This book contains recipes rich in these nutrients.

Library Hours:
Monday-Friday:
8:30-4:30

For after hours access contact the Library @ext. 8109

HOW TO KEEP OUR EMAIL SYSTEM SECURE TIPS TO HELP PROTECT AGAINST PHISHING:

1. Always be wary of email asking for confidential information.
 - a. Never provide your user ID and password in response to an email request.
 - b. Never provide credit information to unsolicited emails.
2. Watch for generic-looking emails (for example, 'Dear Madam/Sir').
3. Never submit confidential information via forms embedded in email.
4. Never use links in email unless you are 100 per cent sure they are safe. Instead, open your browser and type in the URL directly.
 - a. Do not open an attachment unless you are 100 per cent sure it is safe. If you are in doubt, verify directly with the sender that he/she sent you an email with an attachment.



MISSION MOMENT

By Shannon Chartrand, Director of Long-Term Care

When you pass by the gardens and courtyard at Misericordia Place you can't help but admire the beauty and perfection of the flowers and plants. You also can't help but feel admiration for Hannah and Steve Brown.

Hannah Brown started her service to Misericordia Health Centre in the days of the Misericordia General Hospital, 1979, as an LPN, and stayed for 37 years. Now, and for the past seven years Hannah and Steve have dedicated endless hours to maintain the front and courtyard gardens of Misericordia Place. Their commitment to the facility and its residents is an inspiration.

When I asked Hannah and Steve why they keep coming back every year their answer was simple, "So the residents have something nice to look at." In my opinion "nice" is an understatement. If you get the chance to come by and see the gardens; I highly recommend it. And, if you see Hannah and Steve working with their hands in the dirt, let them know how appreciated their efforts are.

The Browns' dedication and talent have made the gardens of Misericordia Place a beautiful resting spot for the residents. It is clear what Hannah and Steve do each year for the residents comes from the heart and is, without effort, showcasing the value of caring so important to MHC.



YOU'VE BEEN MISSIONED!

Social Work: You've Been **Missioned!** Thank you for your hard-work, continuous care and living the Misericordia Sisters' legacy!

Want to know who will be **Missioned** in August? Watch MHC's Instagram and Facebook accounts for the reveal!

SAFETY CORNER

By Colleen Telford, Occupational Health RN

"Texting" thumb!
Neck pain!
Eye strain!

Is overuse of your phone giving you a pain?



When choosing a phone, consider its weight, size and how it "fits" in your hand.

Pay attention to your grip. Keep wrists straight and reduce continuous gripping.

Alternate using your thumb, index finger and a stylus, if available. Avoid typing for more than three minutes at a time.

Looking down can produce neck/upper back pain so take breaks and stretch!

Life @ MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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Dr. Jastrzebski.....2
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PRESIDENT'S MESSAGE: 54 REASONS TO SMILE



We're fortunate to have such beautiful art and photographs – many taken by our staff – adorning Misericordia's walls.

I'd like to thank our Foundation for all their hard work securing many art donations for our health centre.

This month, 54 new photographs are being installed throughout Misericordia due to the wonderful generosity of philanthropists Bonnie and John Buhler.

The pictures, by local photographer Keith Levit, include colourful prairie landscapes, a black and white



spa series with an inukshuk, playful polar bears and more!

Keith Levit excels at merging photography and art; his photographs are indeed works of art.

Rosie Jacuzzi

President & CEO

I'm a firm believer that health-care settings don't have to be austere or appear overly sterile.

Many patients are nervous when they visit us; having comfortable, visually-pleasing settings help them feel more at ease.

GOLFING "FORE" MISERICORDIA

By Karen Woloschuk, Executive Director, MHC Foundation



There was rain, there was sun, there was some more rain, but all in all the 27th Annual Misericordia Foundation Golf Classic, presented by Canadian Tire, was a great success! While the weather was not ideal, at least we didn't have to wear as much sunscreen, and all of our golfers still had a great time on the course.

We are grateful to our many sponsors who supported our golf classic: Presenting

Sponsor - Canadian Tire, Ace Sponsor - Waterite Technologies, Cart Sponsor - The Paul Albrechtsen Foundation Inc. and our Eagle Sponsors - Manulife Financial, PPI Solutions and Adesa. We would also like to show appreciation for our Birdie Sponsors: Canadian Tire Financial Services, Exchange Income Corporation, Lexmark, Mackenzie Investments and Manitoba Liquor and Lotteries.

The Misericordia Foundation would like to thank every MHC staff member who took the time to volunteer for this event; without

you this event would not be the success it has been for the past 27 years. While conditions were not always great all of the volunteers greeted the golfers with a smile and managed to keep everything running smoothly. Thank you, we truly couldn't have done it without you!

The Golf Classic raised more than \$65,000 which will be used for enhancing care at Misericordia Health Centre.



News This Month

MINNIE STESKI'S 101ST BIRTHDAY PARTY

Interim Care resident Minnie Steski celebrated her 101st birthday with family and MHC staff. Her birthday was not only Winnipeg Blue Bomber themed, Buzz, Boomer, and WPG Blue Bomber Alumni Rod Hill and Nick Miller came to wish her a happy birthday as well.



PET VISITS!

Misericordia was recently visited by the furriest of friends!



SPARTAN RACE

The Manitoba Spartan Race 5k Sprint recently took place in Grunthal. Misericordia staff members took part in this obstacle course run where runners competed in waves of 250 people at a time.

Congratulations to all MHC staff who competed!



BIRDS OF A FEATHER

On July 5, 2016 Misericordia Interim Care Residents were visited by Eleanor Rogalski. She introduced the residents to, and taught them all about, her many colourful birds.



DR. JASTRZEBSKI MHC'S FIRST OPHTHALMOLOGY RESIDENT

June 30, 2016 was the last day for Misericordia Health Centre's first resident in the University of Manitoba Department of Ophthalmology Residency Program, Dr. Andre Jastrzebski.

Born in Winnipeg, Dr. Jastrzebski lived in New Brunswick from the ages of three to 15 at which time he returned to Winnipeg. At 31 he has completed a bachelor's degree and a medical degree, both from the University of Manitoba. He has also completed a one year fellowship in ocular pathology at the University of Ottawa.

When asked why he chose ophthalmology, Dr. Jastrzebski spoke to an enjoyment in the complexity and intricacies of the eyes structure. He also referred to his bachelor's degree, in which he was involved with research in laser physics. During medical school Dr. Jastrzebski found similar lasers were being used for eye surgery.

Winnipeg was the easy choice for his residency as both Andre and his wife (a family doctor) are from Winnipeg and were both living elsewhere when it came time to apply for residency. Andre also had the benefit of already knowing an ophthalmologist in Winnipeg.

As the first resident going through this program he commented on the extra responsibility on his shoulders, as his time would help to shape the program for future residents. He also commented on how he was fortunate the smaller program allowed for more time with his instructors. As a senior resident he was able to mentor new residents through the program.

When asked what he liked most about the Misericordia Health Centre, he said "The friendly environment provided by all the great staff (medical and support staff) has been the best part for sure."

Dr. Jastrzebski is now in Bristol, England, starting a one-year fellowship in retina and uveitis. Upon completion he says he will return to Winnipeg with his wife to continue their respective medical practices.

From everyone here at Misericordia Health Centre we would like to wish him good luck. We would also like to thank him for his time here and helping make the ophthalmology residency program what it is today.



Pictured: Dr. Ian Clark, Dr. Andre Jastrzebski, Dr. Lorne Bellan

IN APPRECIATION...

Just wanted to give a "shout out" for Jo Michael who was so helpful and caring to us today. He went out of his way to make sure we found where we needed to go.

Wonderful ambassador for your organization!!

Thank you.

- Anonymous - We Care What You Think form



IN APPRECIATION...

Department/Program/Unit involved:

Buhler Eye Care Clinic

What went especially well with the care you received?
Everything

Dept. works like a well oiled clock

- J. Stiles - We Care What You Think form

THE BUTTERFLIES AND THE BEES IF YOU BUILD IT THEY WILL COME

Tori Brown rushed to ensure hats, sunglasses, sunscreen, and watering cans were in place in time for MHC Interim Care residents to come outside and tend to their raised flower beds on Sherbrook Street. July 29 marked her last day with this program but there was no letting it slide before this.

These gardens were originally conceived to attract butterflies to the space after butterflies were spotted in the Great-West Life Rooftop Garden. Upon hearing about this Marge, a Cornish 5 resident, suggested planting for both butterflies and bees.

The raised flower beds are organized so bees will be attracted to the centre bed while butterflies will be attracted to the two on the ends. While Tori was explaining this a butterfly momentarily

joined us, as if to emphasize her point. Tori continued to describe the contents of the gardens pointing out the basil, dill and lavender which add a sensory



element for the residents working outside.

Planted at the end of June, these raised flower beds have been a wonderful reason to get outside ever since. Monday - Friday, weather depending, Tori would assist four residents from each unit once per week outside to water, weed, reminisce, and learn new things.

On your next lunch break why not join the butterflies and the bees by the raised flower beds on Sherbrook Street.



INTERFAITH CALENDAR

- August 5 **Ganesha Chaturthi - Hindu**
A Hindu festival honouring the god of prosperity, prudence and success. Images of Ganesha are worshipped.
- August 14 **Tisha B'av - Jewish**
A Jewish day of fasting in remembrance of the destruction of the Temple in 586 b.c.e. and 70 c.e.
- August 15 **Assumption of the Blessed Virgin Mary Catholic Christian**
Roman Catholic Christian observance commemorating the belief that the Blessed Virgin Mary was assumed, body and soul, into heaven at the end of her earthly life.

INTRODUCING...

Starting with MHC on May 9, 2016, University of Manitoba student of Recreation Management and Community Development Tori Brown is nearing the end of her placement. August 15th will mark the end of her time with MHC and after four years she will be graduating this October.

When she is not at MHC, already a full time gig, she may be working her other job with Manitoba Highways or getting talked at by her one year old husky puppy. Tori made it very clear that her husky is always on a leash as the breed is well known for jumping fences.



Tori also enjoys travelling, reminiscing on a trip to the Mayan Riviera that she took last year.

We hope to see Tori again once she has completed her program with the University of Manitoba. If you see her in these last weeks make sure to say hello.

RETIREMENTS / NEW HIRES

RETIREMENTS:

Elizabeth Terry Rolland
Social Worker, Social Work

NEW HIRES:

Kataryzna Nowak
Scheduling Assistant, PHCC

Jasbir Singh
Scheduling Assistant, PHCC

Christine Smith
Scheduling Assistant, PHCC

Cheryl Ennis
Scheduling Assistant, PHCC

David Ilarde
Scheduling Assistant, PHCC

Zufan Mulu
HCA, PRIME

Danielle Nykoluk
Occupational Therapist, PRIME

Loretta Carpick
RN II, Operating Room

Karen Loughlin
RN II, Operating Room

Lina Yahya
RN II, Cornish 3 North