

NOVEMBER 2016

Life @ MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

President's Message.....1
Message from Milton....2
Remembrance Day.....3
Music and Memory.....4



PRESIDENT'S MESSAGE: You Can Make a Difference



With fall colours comes our annual Charities Campaign, supporting both Misericordia Health Centre Foundation and the United Way of Winnipeg.

Every year a different project is chosen by the Charities Committee as Misericordia's project of choice to support.

This year's project is the upkeep and maintenance of the Misericordia Place garden. The garden adds a beautiful green space to our community. The garden area is also the "backyard" for our many residents. They take pride in it when family visit. It gives them

access to fresh air, sunshine and flowers.

We understand the importance of gardens as a therapeutic tool for our residents, their families and our staff. Familiar plants and smells in the garden trigger happy memories for residents - even those living with dementia. The gardens are a lovely place to visit with their family and friends, resulting in more and better visits.

For staff, gardens help to reduce stress, improve mood, quality of sleep, ability to concentrate, lower blood pressure and promote a positive effect on the mental state in the workplace. When we feel recharged, we provide better care for our residents and ourselves.

Please consider making a payroll deduction or one-time gift to maintain our beautiful Misericordia Place garden or support one of the United Way's essential programs - from teaching families how to cook healthier meals with

less money, to sending kids to camp to helping unemployed Winnipeggers upgrade their job skills.

The Misericordia 2016 Charities Campaign runs until November 25 with some great events, including casual Fridays, a 50/50 draw and the annual Basket Raffle. Watch M-NET for updates!

Tickets for all events will be sold through the Foundation Office, at the Information Desk at Urgent Care and at the Misericordia Place Reception Desk.

Thank you for your support in improving lives at MHC and throughout our community.

Rosie Jacuzzi

President & CEO

Casual Days

November 4, 10, 18 & 25
Tickets can be purchased from:
- Shannon at the Foundation Office
- Dave at Misericordia Place Reception
- Information Desk by Urgent Care

50/50 Raffle

The draw will take place November 25 at 2 p.m. in the auditorium.

Basket Raffle

Basket will be on display in the auditorium November 21-25. The draw will take place November 25 at 2 p.m. in the auditorium.

MISERICORDIA HEALTH CENTRE FOUNDATION: Upcoming Events



Tickets are now on sale for the hottest shopping event of the year!

November 19, 2016 at St. Vital Centre from 7 - 10:30 p.m.

Tickets \$5 available from the Foundation Office or by calling Trish at ext. 8469

Call for Angels!



Come and join us on December 1 and 2 as we greet drivers on the Maryland Bridge!

Volunteers are needed from 7 - 9 a.m. both days.

To sign up, please call Trish at ext. 8469 or email ptaylor2@misericordia.mb.ca.



Message from Milton

A MESSAGE FROM WINNIPEG HEALTH REGION PRESIDENT & CEO, MILTON SUSSMAN

It's that time of year again when the Region – and our community – prepares for flu season. Over the next few weeks you'll be hearing more about our staff and public vaccination clinics.

I have received the flu vaccine every fall for years. It has protected me every time and I don't hesitate to get the shot when it becomes available. I encourage you all to consider getting your flu shot this year as well. It's a valuable tool in the fight against the flu, not only for yourself, but for those you care about. Elderly family members, infants, those with compromised immune systems and patients we interact with all benefit from you protecting yourself.

Last year, the flu was responsible for 287 hospitalizations, 77 admissions to the intensive care unit and 22 laboratory-confirmed flu-related deaths. Getting the flu shot helps to prevent the spread of the virus and at the very least reduces the severity of illness.

There are many options to get immunized. Staff clinics are being held from October 11-28, 2016. You can also attend one of the public clinics taking place Oct. 25-27, 2016. For more info, go to wrha.mb.ca/flu, call 204-956-shot or download our free Connected Care app for iPhone. Other options include your doctor's office, pharmacy, QuickCare clinic, walk-in clinic or community health office. For privacy and ethical reasons, staff should not be immunized by a co-worker.

Those of us working at 650 Main can receive their shot on October 13. A representative from OESH will be roving the third and fourth floors from 9 am to 2 pm that day to immunize staff right at their desks.

We'll also be hosting a free flu shot clinic at the Annual General Meeting on October 25 at CanadInn Health Sciences Centre.

Whether or not you decide to get the shot is a personal one—please respect the choices made by your colleagues.

Let's do our part to protect ourselves and those who are most vulnerable. I hope you'll join me and get immunized this year.

Sincerely,

Milton Sussman

AON HEWITT SURVEY

By Reghan Scaletta, Director, Human Resources

The AON Hewitt Employee Engagement Survey has closed for another year, and THANK YOU! This year we surpassed our goal of 50 per cent participation, coming in with 65 per cent of staff completing a survey! That's a 27 per cent gain from last year.

Every survey counts towards helping us understand what we do well and what we can do better to make Misericordia the best place for you to work. We anticipate receiving the final results of our engagement score in late December or early January. We will share those results as soon as we have them and let you know what actions we will take as a result of your feedback.

Pizza parties to be announced shortly!

RETIREMENTS / NEW HIRES

NEW HIRES:

Husni Zeid
Environmental Services Attendant
Housekeeping

Meron Adugn
Grad Nurse
Misericordia Place Level 2

Helen Marks
Staffing Clerk
Human Resources

Monica Posavec
Orthopedic Technologist
Ambulatory Care Clinic

Randall Cascisa
Supervisor
Health Information Services

RETIREMENTS:

Monica Choma
Licensed Practical Nurse
Cornish 5

CELEBRATION OF REMEMBRANCE DAY

By Stepan Bilynsky, Director, Mission and Spiritual Health

Across Canada, and in many other countries, people gather on November 11 to honour the courage and devotion of the brave men and women who made the supreme sacrifice of dying for their country. The hostilities of the First World War ceased on November 11, 1918, at 11 a.m. the eleventh hour of the eleventh day of the eleventh month. Holding ceremonies and passing on the traditions of remembrance are important ways we have of showing our appreciation to Canadian veterans and their families for the losses and sacrifices they have endured.

All residents, families and staff are invited to attend Remembrance Day services at MHC. On Thursday, November 10 at 1 p.m. a service will be held in PRIME by the Recreation department while on Friday, November 11, the Spiritual Care department will hold a service at 10 a.m. in the MHC chapel located on Cornish 2 and at 11 a.m. a service will be held in the MP chapel.

Spiritual Care is putting together a memorial scroll with the names of veterans who are residents or clients of MHC. Please submit names to Spiritual Care.



MHC HEALTH CARE AIDE WEEK!

By Shannon Chartrand, Director, Long-Term Care Program

October 3 - 7 was designated as HCA week here at MHC. Units in the Long-Term Care Program celebrated their HCAs in different ways throughout the week.

At Misericordia Place 3 the Nurses and Allied Health team celebrated their HCAs with a beautiful potluck. The nurses also put together a raffle for the HCAs as a gesture of their appreciation.

Some nurses came in on their day off to celebrate with the HCAs.

I was lucky enough to be invited to share in the celebration and to show my appreciation for all of the hard work the HCAs do each day for our residents.

I would like to send a heartfelt thank you to all of the HCAs in MHC's Long-Term Care Programs. Thank you for all that you do.



STAFF PROFILE



Louise Enns has been a Clerical Aide with MHC since 2005 but her life revolves around music.

Pianist for the MHC Staff Christmas Choir for her second year, Louise has a lot of great memories from last

year's performances. "The choir is fun! We are in the middle of everything, between the nursing station and the hallway, there's the smell of turkey, and the residents are in the hallway singing along. Jason Hamade is a real character especially when we sing Rudolph the Red Nosed Reindeer."

She participates in two choirs outside of MHC as well: on Tuesday nights she gets to do her favourite thing and just sing, while she is the choir conductor for the other choir. Her musical side also comes out at the Gordon King United Church in Elmwood where she plays the organ and is in the church band.

Louise is a grandmother of five with three children of her own. Her daughter has lived in Quebec for the past 15 years where Louise often goes to visit. She recommends visiting the small towns in Quebec to anyone who has not been.

With the MHC choir rehearsals starting soon Louise wants staff to know just how fun and rewarding it is and that, if they want to participate, they shouldn't feel like they can't even if they are unable to attend every rehearsal.

HALLOWEEN @ MHC



INTERFAITH CALENDAR

- November 2 **All Souls Day - Catholic Christian**
Christian day of prayers of remembrance and intercession for the dead. Prayers of the faithful are seen as helping to cleanse the souls for the beatific vision of God in heaven.

- November 14 **Birth of Guru Nanak Dev Ji - Sikh**
Sikh honouring of the birth of their founder.

- November 20 **Christ the King - Christian**
Christian celebration of the preeminence of Jesus over all earthly authorities.

- November 25 **Day of the Covenant - Baha'i**
Baha'i celebration of the covenant given in the last will and testament of Baha'u'llah.

- November 30 **Saint Andrews Day - Christian**
Christian observation of the coming of Christianity to the area now known as Scotland. The martyrdom of St. Andrew is remembered as the season of Advent begins.



Lunchtime Yoga

Misericordia Health Centre
Fitness Studio

Thursdays, November 3 -
December 8, 12:05 to 12:50 p.m.

These 6-week classes are open to
everyone, one class per week:

\$72 Non-employee
\$60 Employee

Drop-ins welcome \$13/class



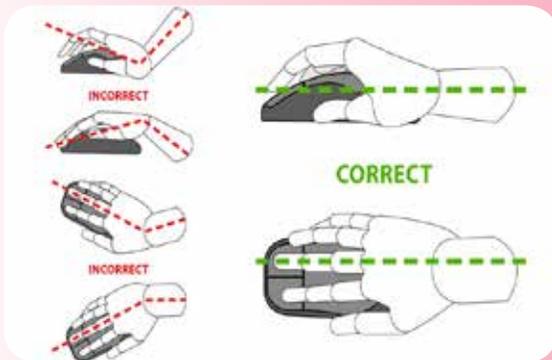
Misericordia staff will once again gather to sing during the resident Christmas dinners. Let's make great memories while bringing joy to the residents!

Rehearsals will take place Thursdays, November 3, 10, 24 & December 2 from 12 - 12:45 p.m. in the Misericordia Place Chapel

Contact Mirna for more details and performance dates at ext. 8132 or malberto@misericordia.mb.ca

TAKE STEPS TO PREVENT MOUSE-RELATED PAIN!

- Proper mouse placement: your mouse should be on the same level and as close to the keyboard as possible to reduce over reaching and awkward postures.
- Keep your hand and wrist straight when mousing. Move the mouse with mostly shoulder and arm motions.
- Protect your wrist. Do not rest wrists on the hard edge of the desk or keyboard tray.
- Do not squeeze the mouse. Hold it with a relaxed grip.
- Rest your hand. Let go of the mouse when not in use, take frequent short breaks and stretch often!



MHC MUSIC AND MEMORY™

By Laurie Blanchard, Librarian, University of Manitoba

The MHC Music and Memory™ Research Team, consisting of Ellen Locke, Recreation Services Manager, Vera Duncan, Clinical Nurse Specialist, and myself, recently published and distributed a document describing the project. The document introduces interested long-term care workers and program managers to the role of music in dementia care. Implementation of MHC's Music and Memory™ program is described in the document along with the development of an Observational Checklist, designed to capture resident responses to music, and the research project designed to test the checklist.

The document can be accessed at <http://bit.ly/2cdth8e>



YOU'RE NEVER TOO OLD TO LEARN

By Myka Plett, Recreation Facilitator

As part of our Life Enrichment "Monthly Continuing Education Program," our Interim Care residents had their first lesson in Orchid Care. Residents and staff have been enjoying the orchids in the Great-West Life Rooftop Garden and Solarium as they have taken to bloom in the past few months. On Wednesday, October 5, Felix Gaber of Euphoria Plants and Flowers Ltd. taught us about the care and beauty of these wonderful tropical plants. Both residents and staff came away informed and inspired to grow their own orchids!

