



JULY 2018

Life @MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

PRESIDENT'S MESSAGE: HOLIDAYS ARE IMPORTANT



Canada Day has been celebrated and summer has well and truly begun!

Thank you to all our front-line staff who provided quality, compassionate care on holiday Monday; I know your service is valued by all who seamlessly receive it.

Summer usually means our thoughts turn to holiday time, and rightly so. Time off – whether in summer or throughout the year – is essential for your health, your productivity and, also, to the success of Misericordia.

It's all about balance. Our social workers are careful to say "life-work balance," recognizing that life comes before work. Staff who care for themselves, and part of that is taking time off, are absolutely more engaged in their roles at MHC.

I was proud to share MHC's 2017-2018 achievements within our strategic quality plan with our board during our recent Annual General Meeting. Please visit M-NET's "Know your MHC" tab to see all that you have helped achieve – from establishing a Clinical Resource Team to introducing no-sedation cataract surgeries to offering patient registration at the Blue Desk of our Buhler Eye Care Clinics to music therapy in PRIME to creating a long-term care "Family Updates" section of our website – and so much more!

I'm convinced we couldn't have such a successful year without our staff taking breaks throughout the year. Here are some benefits to holidays – whether mini-breaks or extended holidays:

- You will be more relaxed, productive and satisfied.** Really! Vacations help you recharge and learn how to relax. If you aren't able to relax, it is difficult to handle stress at work. Research shows that employees who take more vacation days perform better than those who take fewer. Health-care workers in particular are prone to burnout. Taking time off also reduces staff turnover as team members who take holiday days report higher job satisfaction.
- Your team will become stronger together.** Taking time away from MHC helps others see how important each team member's contributions are: relying on colleagues and even taking time to plan how duties will be covered during absences strengthens team-building.

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MHC FOUNDATION: 29TH ANNUAL GOLF TOURNAMENT

Karen Woloschuk, Executive Director,
MHC Foundation

The 29th annual Misericordia Foundation Golf Classic tournament was held on Monday, June 18 on a beautiful sunny day!

We welcomed 120 golfers to spend the day at Pine Ridge Golf Club where they enjoyed a round of golf, contests and giveaways, followed by dinner and a live auction.

We are grateful for all of our sponsors, and in particular would like to recognize our longstanding sponsors:

Presenting Sponsor: Canadian Tire (12 years)

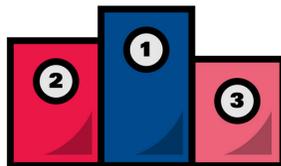
Cart Sponsor: The Paul Albrechtsen Foundation Inc. (25 years)

Ace sponsor: Waterite Inc. (17 years)

The day wouldn't be possible without the support of our Misericordia family. We are grateful to our committee members who spend the year planning the tournament and help to ensure a great experience for the golfers. We are also thankful to all of the MHC staff who volunteer on the day of the tournament to shuttle our golfers, greet them at registration, conduct contests on the course and so much more. We are grateful to each and everyone one of you who come out and spend the day as our ambassadors.

Thank you!





PRESIDENT'S MESSAGE - Continued

- 3. Vacations are good for your health.** Obvious, I know. Beyond simply helping you recharge and feel less stressed, studies show that taking a vacation is also key to your overall health and wellness. For example, women who don't take vacations are more likely to experience depression and for men, heart disease. Staying healthy also means taking fewer sick dates at work, which translates into less stress for those covering for you – such as mandated overtime shifts.
- 4. Vacation days simulate employee innovation.** It's true! Taking time away from work can help foster creativity. For example, Kevin Systrom came up with the idea of Instagram while on holiday in Mexico. We need your help, too, coming up with the next great health-care idea!

This summer I'm taking some time off. I know it's difficult to completely compartmentalize work; no doubt I'll be reflecting on MHC's productive year as well as planning ahead. While I'm doing that, though, I'll be also be gardening and biking - with family camping trips thrown in along the way.

Enjoy your time off – this summer, or throughout the year. You deserve it.

Caroline DeKeyster

President & CEO

Success Story: 10 years and still counting steps

Ten years ago MHC started a walking group in hopes of getting staff to be more active during their day. This walking group started out with a large membership but interest in the Monday, Wednesday, Friday walking group waned and staff split into separate groups.

Ana Anusic, Recreation Facilitator, and Donald Plett, Spiritual Care Associate, are still walking every Monday, Wednesday and Friday 10 years later. We hope that they will continue to take this time to be active for the next 10 years!

If you would like to join Ana and Donald on a walk they meet at 12:30 p.m. every Monday, Wednesday and Friday at Misericordia Place.



People Profile: Tamara Baldes

Tamara (right), the recipient of the 2018 Misericordia Rising Star Award, has not been working on Misericordia Place 2 that long but she has already demonstrated wonderful leadership practices. It is clear that she has high expectations of the care that she provides to residents.



Tamara uses best practices and research to guide her when faced with requirements of care that she has not yet encountered. She is dependable, sensitive to the needs of others and contributes a great deal to the care of residents.

The Misericordia Rising Star Award is presented to one clinical practice nurse each year who entered the profession as an LPN, RN or RPN within 60 months preceding the awards nomination deadline and who has exceeded the expectations of their employer or colleagues by demonstrating excellence in nursing practice.

Congratulations Tamara Baldes on being MHC's 2018 rising star!





Mission Moment

Gayle Dyck, Resident Care Manager, Cornish 2

I would like to acknowledge Monique from Laundry & Linen. A resident recently moved in who has no support, no clothing and was unable to bring clothing from home. The resident's new clothing needs to be altered specifically to fit their medical needs.

Monique has been taking time to adjust the clothing for the resident.

The resident is now coming out of the room, becoming involved in activities and has an improved quality of life!

Thank you

Misericordia Place fashion show 2018

Ellen Locke, Manager, Recreation

A great big thank you to all of the residents, families and staff that participated in our annual "Night of Glamour" fashion show on Thursday, June 21, at Misericordia Place.

We had fashion representation from all over the world and models ranged in age from two months to 99 years making this a fashion show for all ages.

I appreciate the efforts of Ana Anusic for organizing the show and MHC's recreation facilitators for making this event run smoothly. Thank you for all of your hard work on this event; it is a favourite of our residents.



Misericordia Health Centre Nurses Alumni

Karen Woloschuk, Executive Director, MHC Foundation

On June 6, 2018, the Misericordia School of Nursing held their annual alumni reunion at Misericordia. The day included tours, a chapel service and lunch with special recognition given to alumni who were celebrating 50 years since graduation.



Motorcycle Show

Ellen Locke, Manager, Recreation

The ninth annual MHC motorcycle show took place on Tuesday, June 19, behind Misericordia Place. We look forward to this yearly event where motorcycle riders display their bikes, answer questions, and enjoy some time outside with our residents.

Thank you all for coming and helping us kick-off summer!



Mission Moment

Trish Taylor, Misericordia Foundation

We would like to thank Kristy Anderson for her support of the Misericordia Foundation.

Kristy has been an invaluable support to the Foundation in so many ways. Just recently she volunteered to help at our golf tournament where she was a wonderful ambassador for Misericordia; our registration desk would not have been the same without her. Following registration Kristy hopped on a golf cart and spent the rest of the day checking in on the other volunteers.

Kristy did all of this while she was busy planning two annual general meetings and a joint appreciation barbecue for the Foundation and Health Centre boards of directors.

We are so grateful - thank you Kristy!

Kudos to Health Links – Info Santé nurse Andrea Matsalla who recently received a "Thank you for saving my life" message from a grateful patient.



Commuter Challenge

The winners of the MHC Commuter Challenge prize packs are:

- Connie Sinclair
Health Care Aide, LTC Float Pool
- Myka Plett
Recreation Facilitator, Recreation
- Donald Plett
Spiritual Care Associate, Spiritual Health Services

This year we saw an influx of people register and track their commutes as MHC employees and we hope that your enthusiasm for active commuting continues throughout the summer.

Check out misericordia.mb.ca/active-transportation/ for assistance in commuting to work.

NEW HIRES

Johnson Hoang
Supervisor, Food Services

Kurt-Antonio Sharpe
Spiritual Care Associate
Spiritual Health Services

Priscilla Solano Santos
Clerk Typist III
Health Information Services

Gretchen Marasigan-Esteva
LPN, Cornish 2

Jaydee Bryan David
LPN, Cornish 2

Charmaine Te
LPN, Cornish 2

Stephanie Thompson
Health Care Aide, Misericordia Place 2

Dylan Leigh
Health Care Aide, LTC Float Pool

Sheelah Mason
Health Care Aide, LTC Float Pool

Sukhpreet Kaur
Health Care Aide, LTC Float Pool

Jennie Schaffer
Health Care Aide, Cornish 6

Elena Bryzhakhin
Laundry Attendant I, Laundry and Linen

Ashley McMillan
Secretary I, PHCC

Christopher Doms
Occupational Therapist
Occupational Therapy

Marilyn Boo
LPN, Cornish 3

Lydia Lumbre
Environmental Services Attendant
Housekeeping

RETIREEES

Georgina Palahitski
RN, Misericordia Place 3

Rachel Dacquay
Resident Care Manager
Misericordia Place 3 & LTC Float Pool

Edna Chilton
Food Services Supervisor
Patient Food Services

Gail Lylek
English at Work Instructor



You've been MISSIONed!

We would like to thank Patient Registration for your hard-work, continuous care and living the Misericordia Sisters' legacy! We hope you enjoyed being **MISSIONed!**

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

