



MISERICORDIA REVITALIZATION



2014-2015 REPORT TO THE COMMUNITY



MISERICORDIA
Health Centre
The future of care

Misericordia Revitalization

What do you think of when you think of Misericordia Health Centre?

The legacy of the Misericordia Sisters? It's where you were born? That health centre under construction?

Misericordia is many things to many Manitobans.

It's the little health centre that could: our redevelopment story is about surviving and thriving in the ever-changing world of health care and becoming one of Manitoba's 2015 Top Employers.

In the early 1990s, the Manitoba government began changing its health-care strategy from an acute-care focus to centres of excellence with more community-based health services. Misericordia needed to evolve or face the possibility of closure due to redundant acute-care programming and aging buildings – some dating back to 1906.

Misericordia responded by doing what it does best: coming up with innovative health programs to meet the needs of the communities we serve – while remaining faithful to the Mission of our founding Misericordia Sisters.

MHC developed a proposal to consolidate all ophthalmology services in the city from four sites to one program at Misericordia, creating a centre of excellence – the renowned **Buhler Eye Care Centre**.

MHC also converted from an emergency department to an **Urgent Care Centre** – the first in Canada. Visits today are nearly 40,000 annually. We created Health Links-Info Santé, the first provincial telephone nurse-based triage system in Canada. This one program evolved into the **Provincial Health Contact Centre**, with 30 calling programs and north of 600,000 calls annually.

The consolidation of two programs at different hospitals created the **Sleep Disorder Centre** at Misericordia, the centre that helps Manitobans sleep better.

The renewal of Misericordia's historical buildings has been a long and winding journey with many twists and turns before finding a successful path.

We're pleased to report Phase 1 of our capital redevelopment is complete with the official opening of our Maryland health complex, housing the Buhler Eye Care Centre, PRIME, Ambulatory Diagnostic Centre with lab and essential maintenance services that support the health centre's infrastructure.

Misericordia is now actively planning for Phase 2 of redevelopment, the estimated \$18-million new construction to replace our 1906 Sherbrook building.

Parallel to Phase 2, MHC plans to open a specialized dialysis centre with an adjoining chronic-care unit for live-in geriatric residents requiring dialysis treatment.



Kevin McCulloch

Kevin McCulloch
Board Chair



Rosie Jacuzzi

Rosie Jacuzzi
President & CEO
YMCA-YWCA 2015 Business
Woman of Distinction



■ L-R: Patti Smith, Foundation Executive Director; Raymond Cadieux, Corporation Chair; Kim Siddall, Foundation Board Chair; Health Minister Sharon Blady; Wolseley MLA Rob Altemeyer; Kevin McCulloch, Board Chair; Dr. Jerry Gray, WRHA Board Chair; Rosie Jacuzzi, President & CEO

VISION, MISSION & VALUES

Vision: Misericordia Health Centre is a leader in healthy aging through compassion, innovation and excellence.

Mission: Misericordia Health Centre is a leading provider of specialized and long-term care programs designed to meet the needs of the aging population in accordance with the Catholic tradition of ethical and spiritual values through the legacy of the Misericordia Sisters. We serve Manitobans through programs unique to Misericordia: Buhler Eye Care Centre, Provincial Health Contact Centre, Sleep Disorder Centre and Urgent Care Centre.

Values: Caring • Respect • Trust

MHC: 2014-2015 BY THE NUMBERS

PROGRAMS UNIQUE TO MISERICORDIA HEALTH CENTRE

<p>BUHLER EYE CARE CENTRE</p> <p>MORE THAN 33,000 EYE CLINIC ASSESSMENTS AND TREATMENTS</p> <p>10,859 OPHTHALMOLOGY SURGERIES PERFORMED</p> <p>3,048 PATIENTS RECEIVED CARE AT THE OPHTHALMOLOGY RESIDENCY PROGRAM</p> <p>7,636 EYE INJECTIONS TO TREAT MACULAR DEGENERATION</p>	<p>SLEEP DISORDER CENTRE</p> <p>5,753 SLEEP STUDIES</p> <p>18,132 PATIENTS RECEIVED TREATMENT</p> <p>7,691 REFERRALS RECEIVED</p>	<p>PROVINCIAL HEALTH CONTACT CENTRE</p> <p>PHCC RECEIVED AND MADE MORE THAN 616,000 CALLS</p> <p>2,500 MANITOBBANS CALLED Dial-a-Dietitian</p> <p>Phone 204-788-8428 or toll-free 1-877-830-2892 to learn about food and nutrition</p> <p>URGENT CARE</p> <p>39,962 VISITS</p>	<p>MORE THAN 147,000 MANITOBBANS CALLED Health Links - Info Santé</p> <p>Phone 204-788-8200 or toll-free 1-888-315-9257 for health information</p> <p>493 CLIENTS ARE ENROLLED IN TeleCARE-Télésoins</p> <p>Phone 204-788-8688 or toll free 1-866-204-3737 to learn self-management of heart failure or Type 2 diabetes</p>
---	---	--	---

MHC DEPARTMENT/SERVICES STATS

<p>AMBULATORY CARE</p> <p>1,163 WOUND AND FOOT CLINIC VISITS</p> <p>6,360 CAST CLINIC VISITS</p>	<p>DIAGNOSTIC SERVICES</p> <p>8,371 ULTRASOUND EXAMS</p> <p>18,859 X-RAYS - OVER 1,000 COMPLETED FROM 12 - 2 A.M.</p> <p>6,707 CT SCANS</p>	<p>VOLUNTEER SERVICES</p> <p>LONGEST SERVING VOLUNTEER TURNED 90 YEARS YOUNG</p> <p>446 VOLUNTEERS CONTRIBUTED 16,371 HOURS</p> <p>55,000 VOLUNTEERS DELIVERED OVER 55,000 NEWSPAPERS TO RESIDENTS AND WAITING ROOMS</p> <p>ONE VOLUNTEER ARRIVED BY PLANE FROM SHOAL LAKE TO VOLUNTEER</p>		
<p>SOCIAL WORK</p> <p>1,000 NEW REFERRALS</p>	<p>MHC FOR LUNGS</p> <p>656 VISITS</p>	<p>PATIENT REGISTRATION</p> <p>REGISTERED 92,130 PATIENTS</p>	<p>EDUCATION</p> <p>174 UNIVERSITY AND COLLEGE STUDENTS TRAINED WITH US - FROM NURSES TO RECREATION FACILITATORS TO DIETETIC INTERNS LOGGING MORE THAN 18,055 HOURS</p>	<p>HUMAN RESOURCES</p> <p>111 STAFF WHO ARE UNDER THE AGE OF 30 AND WE HAVE 123 STAFF WHO ARE OVER THE AGE OF 60</p> <p>AVERAGE AGE OF EMPLOYEES IS 46.7 YEARS</p> <p>24 RETIREES WITH COMBINED SERVICE OF 589 YEARS</p> <p>1,016 STAFF MEMBERS WITH 34 HAVING PERFECT ATTENDANCE</p>
<p>REHABILITATION SERVICES</p> <p>2,100 EASY STREET VISITS</p> <p>23,695 MINUTES SPENT TRAINING</p> <p>88 CLIENTS TO DRIVE POWER WHEELCHAIRS</p> <p>15,457 PHYSIOTHERAPY AND OCCUPATIONAL THERAPY VISITS</p> <p>12,470 MINUTES OF ULTRAVIOLET LIGHT TREATMENT TO PEOPLE WITH SKIN CONDITIONS</p>	<p>NUTRITION SERVICES</p> <p>TOTAL RESIDENT AND PATIENT MEALS SERVED LAST YEAR: 269,189</p>	<p>SPIRITUAL CARE</p> <p>12,385 SPIRITUAL CARE VISITS TO RESIDENTS AND PATIENTS</p>		
<p>HOUSEKEEPING</p> <p>31% OF WASTE WAS DIVERTED FROM LANDFILL TO RECYCLING</p>	<p>DSM LABORATORY SERVICES</p> <p>15,602 BLOOD SAMPLES COLLECTED</p>	<p>ALTHOUGH NOT UNIQUE TO MISERICORDIA, LONG-TERM CARE IS A KEY MHC PROGRAM WITH OUR FOCUS ON HEALTHY AGING</p>		
<p>INTERIM CARE:</p> <p>145 BEDS WITH 341 DISCHARGES 339 ADMISSIONS</p>	<p>LONG-TERM CARE:</p> <p>100 BEDS WITH 37 DISCHARGES 40 ADMISSIONS</p>			

Buhler Eye Care Centre

The exceptional care is the same, but the surroundings couldn't be more different in the new Buhler Eye Care Centre space.

"I'm hearing such positive feedback from our patients and families," said Brenda Weiss, patient care manager. "They're saying it's more comfortable, brighter, fresh, spacious and very aesthetically pleasing."

What patients aren't seeing is how risk has been reduced and how more efficient processes are in the new Maryland building.

"Before we had four little rooms for eye injections," explained Weiss. "Nurses would prep a patient and visit separate rooms and hover in the hall watching for the ophthalmologist ... now all our injections are in one large room with privacy curtains."

The provincial Buhler Eye Care Centre, the largest surgical program in Western Canada, is home to all out-patient ophthalmology clinics (green desk); the retinal clinic and Manitoba Retinal Screening Vision Program (red desk); the University of Manitoba ophthalmology residency clinic (blue desk); and the eye bank, which coordinates eye tissue donations for transplantation, research and education.

"Our simple colour-coded way-finding is a success," said Weiss. "And people comment all the time about how they love the photos taken by staff in our hallways."

Misericordia Health Centre held a "prairie theme" photography contest for staff and volunteers; successful pictures were framed and line the halls of the Buhler Eye Care Centre and PRIME.



SAWCHUK'S STORY

"I'll never forget when I first met Dr. Bellan," said Darryl Sawchuk. "I was scared about losing my vision and I was so mad. I felt like I was being shuffled around from doctor to doctor and not getting any answers."

"Dr. Bellan listened, then spent 45 minutes – and he's a busy guy – explaining everything that was going to happen to my eyes. He told me it would take a couple of years to fix but that it would be resolved."

"I was so relieved. It didn't matter that it wasn't going to be fixed quickly; all I wanted was answers."

"I asked him, 'Am I going to go blind?' and he said, 'No.' He calmed me right down. And everything he said would happen – happened."

Sawchuk's story begins some time before he met Dr. Lorne Bellan at Misericordia's Buhler Eye Care Centre.

In November 2012 Sawchuk woke up and could see double. He went to an emergency department and received a referral to a neurologist and other specialists. Eventually it was determined Sawchuk had Graves' disease, a condition identified by Sawchuk's elevated thyroid hormone levels.

Sawchuk was referred to an optometrist as the disease was affecting his eyesight and was subsequently referred to Dr. Bellan in July 2013.

"My eyes were getting really bad," said Sawchuk. "I had to stop driving. They were so puffy and sensitive to light."

"Graves' disease causes bulking up of the extraocular muscles that can interfere with the rotation of the eye and cause eye misalignment resulting in double vision," explained Dr. Bellan. "In Darryl's case, he had initial severe inflammation and as his muscles got bigger his eyes turned in so he had constant double vision."

Sawchuk checked in with Dr. Bellan every six months so his condition could be monitored. It was during this time the Buhler Eye Care Centre moved into the new Maryland building.

"It was night and day," said Sawchuk, describing the new centre. "It's way more modern! Comfortable. Soothing. Professional."

Sawchuk had to wait about a year and a half until the swelling in his eyes went down before he could have surgery performed by Dr. Ian Clark.

"What a difference surgery made!" exclaimed Sawchuk. "It took three days until the pain levelled off but I could see normally again!"

Sawchuk can't say enough kind words about Dr. Bellan.

"Dr. Bellan was so caring," said Sawchuk. "Any questions I had he answered and put me at ease."

"On my last visit he said the words every patient wants to hear, 'This is the last time you'll be seeing me,' which was music to my ears."



■ Dr. Lorne Bellan examines Darryl Sawchuk's eyes in the Buhler Eye Care Centre.

FIRST OPHTHALMOLOGY RESIDENT NEARS GRADUATION

It's been an interesting and rewarding adventure so far for Dr. Andre Jastrzebski, the first resident of the University of Manitoba ophthalmology 5-year residency program at Misericordia's Buhler Eye Care Centre.

In July 2015, the fifth resident will begin and the program will have reached capacity. And that means graduation next year for Dr. Jastrzebski.

For him, it's been an honour: "I would consider this program to be one of the best in the country," said Dr. Jastrzebski. "The dedication of the ophthalmologists – the time spent hands-on teaching – is unparalleled.

"Misericordia is the only site for the province, so residents have so many more opportunities; they get to see more patients and do more surgery than they would anywhere else."

Dr. Jastrzebski spent the first year of his residency primarily training at teaching hospitals, building his foundation of knowledge in general medicine and working with specialists in other fields that work closely with ophthalmology, such as infectious diseases, neurology and plastic surgery.

Year two involved being paired with ophthalmologists on a full-time basis in MHC's residency clinic, seeing urgent referrals from all over the province.

"I saw such a variety of eye problems in adults and children," said Dr. Jastrzebski. "I learned how to manage acute eye issues, injuries, infections and more.

"I learned the different ways doctors managed the same eye issue, depending on what was best for the patient."

Dr. Jastrzebski was excited to begin performing minor treatments such as eyelid repair and eye muscles surgery.

In year three emergency clinics continued, but Dr. Jastrzebski also rotated through all ophthalmology sub-specialty offices with his mentors, studied cataract surgery full time for three months and began observing in operating rooms.

Year four involved a lot of surgery training, always with another ophthalmologist present.

Dr. Jastrzebski is enjoying mentoring and cascading information to subsequent residents who are in earlier stages of the journey.

"The ophthalmologists are so proud of all of us coming through the program," said Dr. Jastrzebski. "I feel that constantly. And I appreciate the incredible amount of work the ophthalmologists put in training us – whether academic sessions or hands-on teaching."



During residency tenure, Dr. Jastrzebski has also experienced implementing an electronic medical record, effectively eliminating paper charts, and moving into the new Buhler Eye Care Centre.

"Ophthalmology changes so quickly," said Dr. Jastrzebski. "Misericordia was one of the first in Canada to receive new high-tech cataract surgery equipment. "Having top-of-the line equipment in a new facility is what it is all about.

"It comes back to why I went into ophthalmology in the first place – the satisfaction you get when someone comes to you completely visually debilitated to the point that every aspect of their life is affected and we are able to restore their sight."

The creation of the residency clinic has significantly decreased provincial wait times to see an ophthalmologist and will continue to ensure Manitoba's aging population's eye-care needs are met in the future as doctors trained in Manitoba tend to stay in Manitoba.



PRIME: a health centre for seniors



Staff warmly greets the seniors as they arrive weekdays at PRIME, Misericordia's new program.

“They see our smile first,” program manager Judy Ahrens-Townsend said. Participants, who are picked up at their homes, enter a modern first-floor area, complete with a walking track, lounge, health clinic and private bathing areas.

The second program of its kind in Winnipeg – Ahrens-Townsend developed the first one at Deer Lodge Centre in 2009 – PRIME provides the wide range of services to help seniors live in the community as long as possible.

Participants are usually medically and/or functionally frail, but don't require a lot of acute care, she said. In an attempt to delay placement in a personal care home, they're often referred to PRIME by someone from a community agency, day hospital or a family member.

PRIME will have capacity for 70 participants, 30-35 per day, who can attend up to five days per week.

Each is assigned a case manager who becomes the point person for any concerns that arise at the program or at home.

“It's a one-stop shop,” Ahrens-Townsend said. “If they have any issue whatsoever, they would just call their case manager. We are able to provide 24-hour support.”

Participants transfer their medical, pharmacy and Home Care requirements to PRIME, which has a staff including health-care aides, nurses, social workers, doctors, physiotherapist, recreation facilitators, occupational therapist and dietitian, as well as access to Misericordia's diagnostic services.

Because staff get to know the people so well, any problems are usually caught early, assessed quickly and handled faster than if the person was relying on different supports in the community, she noted.



ERICKSON'S STORY

Jim Erickson admits he used to lead a pretty sedentary life.

Most days, the 78-year-old would sit on the couch in his Windsor Park home and be cared for by his wife, Edna, and a home-care worker.

That changed two years ago, when he began going to PRIME at Deer Lodge Centre. He transferred to the new program at Misericordia when it opened in May, cutting his travel time and giving him access to services in a purpose-built location.

“Everything is laid out so nice and the staff are so great,” Erickson said while sitting at a table near a lounge with comfy furniture and a gas fireplace.

“They're there for you, every little need.”

He attends PRIME three days a week from 10 a.m. to 3 p.m. and may add an extra day because he enjoys it so much.

Participants do exercise programs such as walking around a hallway track or working out while sitting in a chair by large windows looking



■ participant Jim Erickson enjoys a chat with PRIME manager Judy Ahrens-Townsend.

out at a tree-lined school playground. There are also activities, speakers and performers such as musicians.

Erickson said he's benefitted “physically and mentally.”

And his wife is thankful for the program, too, that allows her respite time.

He's also become more self-sufficient.

“That was in the back of my mind, that if it doesn't work out at PRIME that you could end up in a nursing home,” Erickson said.

“I'm able to do more things. I can walk around the block. It motivated me to exercise.”

Ambulatory Diagnostic Centre

COMFORT, CONVENIENCE AND SECURITY

Getting an X-ray or other diagnostic imaging tests at Misericordia Health Centre has become a lot more convenient - and less time consuming.

Patients used to have to trek down a hallway, take an elevator to the fourth floor and then walk down another hallway in the 1906 Sherbrook building to find the correct room.

That journey has been eliminated since the new Ambulatory Diagnostic Centre opened on the main floor as part of the health centre's completed Phase 1 of redevelopment.

"The convenience, it's remarkable," said Tammy Carriere, manager of diagnostic imaging.

The new Ambulatory Diagnostic Centre is located close to both Urgent Care and Ambulatory Care on the first floor.

For patients needing a diagnostic test, all they have to do is walk around the corner from Urgent Care to a spacious waiting room. Tests are then performed in new, larger rooms through secure doors.

"It's very convenient for patients to be able to find their way back to Urgent Care," Carriere said. "And it's easy for our outpatients who pre-register with our registration desk to find us across the hall.

"Before, they would often come into the facility, take the elevator up to the fourth floor and come to register, only to find out that wasn't registration, they had to do that on the main floor and then come up to us.

"The patient benefit is really the highlight of our ability to be on the first floor. The centre's fourth floor Wolseley building used to house the laboratory. Now those tests are performed in a room near Urgent Care with samples then whisked to the new Diagnostic Services Manitoba lab in the basement.

The changes have improved the delivery of service, said Dr. John Reda, the health centre's chief medical officer.

"It's a really good facility. It's spacious, has all of the room that we need," he said.



"At times, it was a little unnerving for patients to go up (to the fourth floor). And it was hard to explain to patients how to get there."

The DI area also has a room ready for a new CT scanner, which should be installed by the fall, Reda added.

Laboratory staff also appreciates not having to work in separate areas off a long hallway. Instead, they have new bench stations in a spacious, open-concept room which enables better communication and teamwork.

"Prior to the renovation, staff worked in small rooms that made it difficult to know where people were and what work was being done," said Lynn Lambert, lab supervisor. "It's much easier to manage workloads now because we can see exactly what is coming in to the lab and how our resources are being used."



Faces of our Foundation

MEET OUR NEW CHAIR OF THE BOARD, KIM SIDDALL



Kim Siddall has been a volunteer for Misericordia Health Centre Foundation's board since 2010, bringing with her a wealth of knowledge and experience in the health-care sector. Siddall is proving herself to be a tireless volunteer, taking on the role of chair of the board in June 2014.

As chair, Siddall provides leadership to the foundation board, including its role in the completion of Phase 1 of MHC's redevelopment. With Phase 1 complete, Siddall will continue in her leadership role as the board looks toward the beginning of Phase 2.

Throughout her career, Siddall has helped employers manage the health of their employees, as she currently does in her role as associate vice-president at Aon Hewitt Canada.

While Siddall has more than 20 years in leadership roles working in the health and benefits industry, she is also as a leader in the community.

Siddall spent more than 12 years volunteering for the Canadian Cancer Society and has served for more than 10 years on the regional and national boards of the Canadian Pension and Benefits Institute. She is one of a panel of experts for Benefits Canada, where she has written numerous helpful articles on topics related to workplace health and benefits.

Siddall is happy to embrace her new role as chair of the Misericordia Health Centre Foundation board.

"It is an exciting time to be a volunteer for Misericordia; the revitalization to this site in Phase 1 of our redevelopment has brought many positive upgrades and new facilities and programs, helping patients and Manitobans to access care like never before. I am proud to serve a strong and engaged board that believes in the vision of Misericordia Health Centre and I look forward to the continuing impact we will have as we enter Phase 2 of our redevelopment."

Kim Siddall's industry experience, knowledge, intense passion and boundless energy will play a vital role in helping us to create a new strategic plan for MHC Foundation, guiding us further into the *Future of Care* with thoughtful strategy and carrying on the vision of the foundation and board.



MISERICORDIA
Health Centre
FOUNDATION

204-788-8458
mhcfoundation@misericordia.mb.ca
www.misericordiafoundation.com

2014-2015 BOARD OF DIRECTORS



Kim Siddall
CHAIR



Sacha Paul
VICE-CHAIR



Rob Ballantyne
TREASURER



Doug Armstrong



Charlie Burns



Michael Dennehy



Matthew Duffy



Jane Emslie



Dr. Michelle Georgi



Dr. Matthew Lee-Wing



Paul A. Mahon



Tim McIsaac



Jim Rae



Colin Skibitzky



Charlotte Sytnyk



Patti Smith
MHCF Executive Director

BECAUSE OF YOU

It has been an exciting four years at Misericordia Health Centre Foundation - a dream of more than 30 years has come to life. Our newly developed Maryland building is open and active, a feat accomplished with the generosity and commitment of many.

Since 1983, Misericordia Health Centre Foundation has proudly partnered with our community. People just like you, our donors and friends have helped us to achieve so much; this year alone your donations provided more than \$1 million in support of equipment, programs and services at Misericordia Health Centre and since we began the redevelopment of our new space you've contributed \$6 million to our *Future of Care* campaign!

You are the people who believe in the Mission of Misericordia. You play an essential role in creating a community health centre that is a leader in healthy aging. Your gifts continue to make it possible for us to grow and to innovate.

Gifts to the Buhler Eye Care Centre support Western Canada's largest eye-care facility. Donor dollars continue to educate the eye doctors of the future through the University of Manitoba's Ophthalmology Residency Program at Misericordia. Gifts fund state-of-the-art equipment and help deliver the best eye care possible.

Donations to PRIME help seniors to live independently in their own homes for as long as possible. Providing a place for our seniors to get medical treatment and a chance to socialize in a community setting can extend a senior's independence and promote healthy aging.

Gifts to life-enrichment programs acknowledge the compassion we have for those who can no longer live in their own homes and are now living at Misericordia. They acknowledge that creating music and art, green spaces, and experiencing life outside of the facility can nourish the spirit at a time when we most need it.

Your support over the Foundation's 32 years has allowed Misericordia to raise the standard of care at every level. We are grateful you have chosen to partner with us and will be honoured to continue to work together to make a difference at this very special place.



Kim Siddall
Board Chair



Patti Smith
Executive Director



■ Donations support life-enrichment programs, such as the *Travelling Musician* summer student program in long-term care. Here's *Travelling Musician* George Bajer-Koulack entertaining Stephanie, an interim care resident.

I want to make a donation of (please circle one):

\$50 \$75 \$100 \$150 other: \$_____

My cheque payable to Misericordia Health Centre Foundation is enclosed.

Please charge my: Visa MasterCard

Card #: _____ Expiry Date: ____/____

Name: _____

Signature: _____

Address: _____

City: _____ Prov.: _____ PC: _____

Phone: _____ Email: _____

Acknowledge my gift in publications as:

I wish to be anonymous

The Misericordia Health Centre Foundation does not share or trade our mailing lists. The Misericordia Health Centre Foundation operates under Imagine Canada's Ethical Code Program.

06/15 RTTC
Charitable Organization # 11904 2174 RR0001



Return to: Misericordia Health Centre Foundation
99 Cornish Ave., Winnipeg, MB, R3C 1A2
Call: 204.788.8458
Online: misericordiafoundation.com



Young professional inspires hope for healthy aging



■ Hunzinger (far left) with her team of volunteer occupational therapists.
Photo credit: Amanda Deslauriers.

It's not every day that a young university graduate comes to Misericordia Foundation with a new way to help support Manitoba's aging population.

Erika Hunzinger always knew she wanted to help others to achieve better health. When she graduated last spring with a master's degree in occupational therapy, she couldn't wait to apply some of the things that she had learned to help the community.

"As an occupational therapist and as a yoga instructor, I believe strongly in empowering people to be in charge of their own health care, especially when it comes to preventative health practices and self-awareness."

It was this belief that attracted 29-year-old Hunzinger to PRIME, a health centre for seniors, at Misericordia.

PRIME officially opened at Misericordia Health Centre in May 2015, with a mandate to allow older adults to remain living independently in their homes for as long as possible while still promoting their engagement and participation in the community.

"I learned about the program in OT school and was immediately a fan because I admire the program's holistic approach to health care."

Hunzinger wanted to take the themes behind PRIME – a holistic approach, community engagement – and create an event that reflected these values while helping members of the community.

The result? A Health and Wellness Symposium held at the University of Manitoba's Brodie Centre, geared towards an aging population as well as caregivers.

The one-day symposium included informative presentations by partners like pharmacists and naturopathic doctors and was also highly interactive. Attendees were able to participate in a variety of therapeutic exercises: a seated-yoga class allowed seniors to experience the benefits of yoga in a way that is friendly for mobility, art therapy demonstrations showed how the pleasure of creating can also be good for arthritis and a Zumba class was not too strenuous but tons of fun.

"I specifically tried to make it universally accessible by adapting activities to meet a variety of physical capabilities," explained Hunzinger.

Funds raised from the event were directed towards PRIME.

"It was such a great experience to meet other professionals passionate about older adult health and wellness. Students, clinicians and specialists volunteered their time. It demonstrated the value of personal connection. We all have so much we can learn from one another."

Patti Smith, executive director at Misericordia Foundation, was blown away by the passion Hunzinger demonstrated for helping older adults.

"It is a privilege to be part of an organization deeply committed to providing support to an area as compelling as healthy aging. Working with Erika and a group of high performing, enthusiastic and passionate young professionals, has not only been inspiring and fun but promises a bright and hopeful future for our senior population."



■ Learning new moves at a Zumba demonstration!

MHC'S OPHTHALMOLOGISTS INVEST IN EYE HEALTH

While the Buhler Eye Care Centre may have already been built, its story has only just begun.

There is a group of people committed to building on that story – a group that truly understands the ongoing needs required to support eye health for patients – Misericordia Health Centre's ophthalmologists.

"Patients, health-care workers and doctors have all been given a great gift in the Buhler Eye Care Centre. We are accessing new equipment, training specialists and acquiring resources to deliver the highest level of eye care, positioning ourselves as leaders in the field of ophthalmology," said Dr. Mathen K. Mathen, head of the Winnipeg Health Region's ophthalmology program.

In a commitment to be leaders, it is important to the ophthalmologists at Misericordia to continue to maximize the potential in the Buhler Eye Care Centre.

"We are dedicated to providing the best treatment available to our patients," explained Dr. Mathen. "Ophthalmology is a medical field that is ever-evolving. As new technology becomes available that can save or enhance the vision of our patients, we want to be able to access that technology as soon as possible."

Inspired at the idea of being able to directly help their own patients, all 23 ophthalmologists at Misericordia joined together to donate \$15,000 towards eye-care programs at Misericordia.

The donation was made through a presenting sponsorship of Misericordia's recent gala event, Black Tie Bingo – The Eye Ball, which will be directing more than \$80,000 for ongoing needs at the Buhler Eye Care Centre.



■ Patty Darvill, ophthalmic photographer and technician at Buhler Eye Care Centre, shows a patient a measurement of her retinal thickness, taken with a new Optical Coherence Tomography (OCT) machine. The OCT machine was purchased thanks to a very generous donor and will enable ophthalmologists to diagnose early detection of eye diseases and help in the prevention of visual loss.

A ROOFTOP GARDEN AND SOLARIUM FOR RESIDENTS: SPECIAL ADDITION TO MISERICORDIA'S REVITALIZATION

"Where flowers bloom, so does hope."

–Ladybird Johnson

The Great-West Life Rooftop Garden and Solarium is a space that gives our residents a chance to grow and tend to vegetables and flowers, as they once enjoyed doing at their own homes.

It is also a private space to visit with loved ones high above the city streets and to enjoy fresh air, sunshine, and a welcome change of scenery.

Over the winter, residents enjoy many gatherings in the solarium – tea parties, barbecues, and performances by the Winnipeg Symphony Orchestra – even a fishing derby!

This space, built entirely from private investment, is one of the jewels of Misericordia Health Centre. You made the dream come true.



■ Donations from the community gave residents, like Joan Nuttall, this beautiful green space to visit and enjoy.



■ Resident-planted tomatoes thrive proudly next to flowers.



Misericordia Corporation Members

For more than 100 years, the Misericordia Sisters accomplished so much in Winnipeg - everything from running a hospital and a school of nursing to advocating for donations to inspiring communities with calls to action.

When the Sisters returned to their Motherhouse in Montreal in 2004 they entrusted the ownership of Misericordia Health Centre to our five volunteer Misericordia corporation members, including the Archbishop of Winnipeg.

Our corporation, supported by the board of directors, ensures the Misericordia Sisters' Mission - *Compassion of the Heart for Those in Need* - and values are emulated through our staff and volunteers in their delivery of excellent faith-based care.

The Misericordia Sisters still monitor our progress from afar - they even follow MHC on Facebook - and are very proud of MHC's focus on outpatient excellence and healthy aging.

This year our corporation is honoured to bring a new member into our fold: Paul A. Mahon, President and CEO of Great-West Life, London Life and Canada Life. This is a new chapter in the Misericordia family for Mahon, who is retiring from our MHC Foundation board after six productive years.



Raymond Cadieux
CHAIR



Most Reverend Richard J. Gagnon
ARCHBISHOP OF WINNIPEG



Kaye E. Dunlop
SECRETARY



Paul A. Mahon



P. Michael Sinclair



2014-2015 Board of Directors

Misericordia's volunteer directors are accountable to the communities MHC serves - including the Winnipeg Health Region and Manitoba Health - for providing safe, compassionate care to our residents and patients.

During this exciting time of significant revitalization at Misericordia, our board continues to be responsive to the changing health-care needs of Manitobans and advocate on behalf of an aging population.



Kevin McCulloch
CHAIR



Maria Grande
VICE-CHAIR



Bruce Birchard
SECRETARY



Kaye E. Dunlop
PAST CHAIR



Rev. W. Richard Arsenault
ARCHBISHOP'S REPRESENTATIVE



Marileen Bartlett



Raymond Cadieux



Dr. Sergio Camorlinga



Edna Castillo



David Finley



Patrick Hannah



Kaaren Neufeld



Michael Radcliffe



Todd Sykes



Dr. Cornelia van Ineveld



Christa Walkden

ADVISORY MEMBERS: R.A. Sam Fabro, Laurie Finley, Don Lussier, Myron P. Musick, Carole E. Osler, Claudia Weselake

Misericordia Health Centre

99 Cornish Avenue, Winnipeg, Manitoba, R3C 1A2

Tel: 204-774-6581 Email: info@misericordia.mb.ca

www.misericordia.mb.ca

