



MISERICORDIA
Health Centre
The future of care

AUGUST 2015

Life @ MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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M-NET
MHC Intranet



PRESIDENT'S MESSAGE: RENAL DIALYSIS COMING TO MHC



Good news! Our design plans for a specialized renal dialysis centre are progressing full speed ahead. Misericordia Health Centre is working with the Winnipeg

Health Region Capital Planning, Manitoba Renal Program and Number TEN Architectural Group to design the centre, which will be located where our interim Chapel is today and have an adjoining inpatient chronic-care unit for older adults requiring dialysis.

The interim Chapel will be relocated to the surgical conference area (Room 327 in Cornish building) until our Sherbrook building Phase 2 redevelopment is complete with our new Chapel.

The renal dialysis project

detailed design work is expected to be complete this fall and construction is anticipated to start in early spring 2016 when approved by Manitoba Health.

Creating a renal dialysis centre is a perfect fit with MHC's Mission of meeting the needs of an aging population.

Having dialysis care at a long-term care site offers accessibility, safety and convenience to patients as they will not miss meals or medication doses and, best of all, will not have long waits for transportation to and from

the centre like they would today.

As we transition Interim Care into Chronic Care Dialysis and build the new centre, there will be new and expanded opportunities for staff.

We're doing a lot of work planning the programs and transitions. If you have any questions about how this may affect you, please ask your manager.

Rosie Jacuzzi

Rosie Jacuzzi
President & CEO

DRIVING ENHANCED CARE AT MHC - FOUNDATION GOLF CLASSIC RAISES \$90,000+!

By Katie Hartle, MHC Foundation

We are thrilled to report that the 26th Annual Misericordia Foundation Golf Classic, presented by Canadian Tire, was another success – with the help of some warm weather and even sunnier volunteers from MHC – we raised over \$90,000 in support of enhancing care at Misericordia.

Volunteers from Misericordia kept the tournament going full-swing; from serving colder-than-ice frozen treats to delivering water to thirsty

golfers, the smiling faces of Misericordia were there – thank you!

We are also very appreciative of the sponsors who helped us to reach our fundraising goals, Winnipeg's Canadian Tire stores for their generous Presenting Sponsorship, Dinner Sponsor Homestead Manitoba, Cart Sponsor Paul's Hauling, Eagle Sponsor Waterite Technologies Inc., Print Sponsor, Rinella, and our many generous Birdie and Hole sponsors.

Thank you to all who supported, sponsored, and volunteered – we are looking forward to the next big Misericordia fundraiser!

UP NEXT

To celebrate 20 years of Angel Squad, we are planning the BIGGEST Angel Squad event in HISTORY, and we'll need your help! Stay tuned for details....



MISERICORDIA
Health Centre
FOUNDATION



OPERA VISTS MHC RESIDENTS AND PRIME PARTICIPANTS

By Taylor Owen, Recreation Facilitator

In the afternoon of July 22nd, the residents at Misericordia Health Centre and participants of the PRIME program enjoyed an opera performance by students from the University of Manitoba.

Along with various arias in French and Italian, the residents were treated to instrumental duets comprised of flute and piano. There were songs of heartbreak, innocence, fear, longing, and true love. It was an excellent opportunity for residents who previously enjoyed attending the opera; and an eye-opening experience for those who had never had the opportunity.

Residents and staff alike were blown away by the many talents of the students, and are looking forward to having them return in the future!



PRIME PARTICIPANTS ENJOY FOLKLORAMA AT MHC

Throughout the month of August, PRIME recreation facilitators Linda, Sherry, and Cindy will recreate Folklorama with PRIME participants each day of the week!

Participants are issued an authentic MHC passport receiving a coat of arms for each country visited. 10 countries were selected through PRIME staff connections. How neat!



Participants will enjoy an Italian guitarist and dancers brought in by case manager

Anna, gelato tasting and pizza making, experience the culture of Eritrea demonstrated by our PRIME HCA Hisabu along with Eritrean dancers, participate in a friendly game of football (soccer) and so much more!

When asked how the idea 'PRIME Folklorama' came about Sherry explained, "Many Winnipeggers are housebound and can't get out to Folklorama. We like to celebrate around what's happening in our community."

Thank you for all your creativity and hard-work, PRIME staff!

DID YOU KNOW?

MHC FOR LUNGS - RELOCATION

Looking for MHC for Lungs? The program has returned to their original clinic space in the parkade building, room 150 - 25 Sherbrook Street.

Be advised all clinic contact numbers have not changed.

Thank you to everyone for your help and support during the transition.

ICE CREAM TREAT TUESDAYS!

The last Ice Cream Treat Tuesday takes place Tuesday, August 18!

Visit the Wolseley entrance August 18 to enjoy an ice cream novelty for only \$2.

Can't leave your desk? No problem! An ice cream cart will be visiting workstations!



STAFF GOLF TOURNAMENT

Join your Misericordia Family on Thursday, September 24, for the 49th Annual Staff Golf Tournament at Southside Golf Course!

Applications can be found on varying communications bulletin boards throughout MHC. Please drop-off completed forms to Security no later than Tuesday, September 15.



IMMUNIZATION APP NOW AVAILABLE!

An easy-to-use new app to replace your family's paper vaccination records is now available! Download ImmunizeCA today!

YOU'VE BEEN MISSIONED!

Cornish 2: You've been Missioned! Thank you for your hard-work, continuous care and living the Misericordia Sisters' legacy!



TAKE MY HAND - I DON'T REMEMBER THE WAY!

Patty Johnson, Director, Long-Term Care, received the below poem by Cher McGlynn from a family member. "The poem is so meaningful and can influence our work as we strive for resident-centered and relationship-based care."

*I am your mother, my name is Fran
I am your grandma, my name is Florence
I am your father, my name is David
I am your grandpa, my name is Fred
I'm not just someone with no name or past,
You only know who I am now, not who I was ...
Would it matter if I was a Doctor, Nurse, or Cop?
Or a social worker, housewife, or a homeless person?
Would you treat me differently if you knew who I was?
Would you have treated me differently when I still had my
memory?*

*When I can't find my bedroom, will you guide me?
Or will you point down a long hallway that has no end?
When I can no longer dress myself or brush my hair,
Will you help me to choose my clothes and groom me?
Will it matter to you how I look, smell, or feel?
Will you know that it really used to matter to me?
If I can't find the bathroom in time and have a mishap,
Will you comfort me or humiliate or scold me?
If I choose not to eat broccoli cause I never did like it,
Will you force me to eat it now anyway?
If I always drank my coffee with cream with every meal,
Will you now just give me juice because it doesn't matter to you?*

*If I mix up words and refer to the mailman as the 'snowman',
Will you laugh at me, ridicule, or correct me?
If I tell you I have 'chicken bumps' all over my arms,
Will you know I mean goosebumps and that I'm cold?
If I look afraid and ask you where my mom and dad are,
Will you reassure me or tell me that they died long ago?
If I'm crying or screaming because I am so frightened of the
thunder,
Will you console me or tell me to 'Get to Bed, and Get to Sleep'?!
When I go to bed, will you leave me in the pitch black & shut the
door,
Or will you ask me or my family how I used to like to sleep?*

*When I am down, lost, and/or sad,
Will you roll your eyes or give me a hug?
When I truly do not remember present or past,
Will you say, "come on, how can you not remember?"
When I may snicker or giggle at some silly thing,
Will you shake your head and make me feel like I'm crazy?
If I'm not completely compliant with your request,
Will you threaten me or treat me like a child?
If I don't want to have a bath cause I'm terrified of the water,
Will you try to find out why, or just get impatiently annoyed with
me?
When I come and tell you that I want to go home,*

*Will you tell me to not be ridiculous that this is my home now?
Will I feel like you are working in my home?
Or will I feel like I just live where you work?
Will you value me and care about my well-being?
Or am I 'just 1 of 50 others' that you have to take care of?
Do you respect me, value me, and maintain my dignity?
Or am I just in your way and you can't wait to leave today?
When you're talking to each other over me,
Do you know I'm here, watching, listening and wishing you knew?
I'm not just someone with no name or past,
You only know who I am now, not who I was ...*

*Please treat me as I deserve to be treated,
Please care about me whenever you're with me
Please don't be impatient and cross with me,
Just cause you're mad at your husband or boyfriend
Please know that I could be lonely, sad, or scared,
And that like you, I have good days and bad ones!
Please remember that I will live the rest of my life here,
And you may be the only person I see every day,
please understand that I may not remember you tomorrow
today is a whole new day - without a yesterday or tomorrow?!
And know that I did not ask to lose my past or my memory,
I did not ask to lose my identity and become who I am now.*

*I could be your parent or grandparent,
your neighbour or sibling or cousin,
I'm still very much alive in this world,
But it's a world I no longer remember ...
I may rely on you completely, every night and day,
To help me, take care of me and advocate for me ...
Time means nothing to me and I no longer have hopes & dreams
I live my days here with you, in this big unfamiliar place
I need you and rely on you completely,
You are everything to me . do I mean anything to you??*

*You can't know how I think and feel,
But you can care & convey compassion
I don't live in 'lock up' and I don't have "all timers"
I have an illness that has robbed the memory from my brain
There is no cure or answers for what I have,
And those I love had no choice any more ...
But you can help make each day a better day for me,
Or at least do your best to treat me like I'm still here ...
Just pretend I am your mama, grandma, papa or grandpa
And walk a mile in my shoes ~ take my hand though,
Cause I don't remember the way! - Cher McGlynn*

INTERFAITH CALENDAR

- August 6** Transfiguration of the Lord - Orthodox Christian - Christian commemoration of the experience on Mt Tabor when Jesus' physical appearance became brilliant as his connection with traditional Jewish holy figures became evident to the disciples.
- August 13 - 15** Obon Festival - Shinto - Japanese Buddhist festival to honor deceased ancestors. Involves lighting of bonfires, traditional meals, paper lanterns, folk dances.
- 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.
- August 29** Raksha Bandhan - Hindu - Hindu festival honoring the loving ties between brothers and sister in a family.

RESIDENT ART SHOW

For the past two years Al Wilner has been an active participant in our resident art program. Al has developed a great passion for art and has been featured in our resident art exhibit: Still Life at the Ace Art Gallery.

On Tuesday, July 22, Al had a one-man art show and sale at Misericordia Place raising \$220 for the Life Enrichment Program (art programming). Al sold 44 paintings. Thanks to Al's kindness and generosity we can now purchase new art supplies!



Pictured above: Al donating his check to Toby Gillies, Misericordia Artist in Residency and Jayne Nixon, Recreation Facilitator.

RETIREMENTS / NEW HIRES

RETIREMENTS:

Shelley Kuzina
RN II, Cornish 6

Pat Van Haute
Psych Liason Nurse,
Urgent Care

Ricardo Andrade
ESA, Housekeeping

Lucille Folwark
LPN, MP3

NEW HIRES:

Leslie Fogarty
RN II, Urgent Care

Cheryl Van
Elslander, RN II,
Urgent Care

Kuldeep Dhaliwal
RN II, Cornish 5

Tanis McKenna-
Joshua, General
Duty Respiratory
Therapist,
Respiratory

Addis Zenebe
HCA, MP2

Jasmine Robinson
Unit Clerk, Cornish 2

Aster Gebregiorgis
HCA, Float Pool

Lovely Austria
HCA, Float Pool

Genie Villarica
HCA, Float Pool

Zainab Mansaray
HCA, Float Pool

Brettany Giesbrecht,
Unit Clerk, Cornish 5

Clayton Frederick
3rd Class Power
Engineer, Plant
Services

April Bertram, ESA,
Housekeeping

John Tumang
MDR Technician,
MDR

Charity Hedley-
Turkula, MDR
Technician, MDR

Madison Jennigns
HCA, Cornish 6

Heinrich Sawatzky
MDR Technician,
MDR

Ricky Ayson
MDR Technician,
MDR

Cindy Goranson
Recreation
Facilitator, PRIME

Dharane Bikila, ESA,
Housekeeping

Carl Carmona, ESA,
Housekeeping

Ayak Odong, ESA,
Housekeeping

Analie Amoyo
HCA, Cornish 6

SAFETY CORNER

By Colleen Telford, Occupational Health & Safety Nurse

Did you know that adjusting your office chair correctly can make a huge difference to how you feel at the end of your work day?

- Move the chair back up or down so the lumbar support sits in the curve of your low back.
- Your feet should be on the floor or supported by a foot rest.
- Adjust the seat depth so there are at least two finger widths behind your knees.
- Adjust arm rests so elbows are at approximately 90 degrees.



Questions? Please contact Colleen Telford in Occupational Health at ext. 8011.