



MISERICORDIA
Health Centre
The future of care

SEPTEMBER / OCTOBER 2015

Life @ MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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M-NET
MHC Intranet



PRESIDENT'S MESSAGE: All for \$1



teaching families how to cook healthy on a budget to providing nutritious lunches to kids at camp to helping unemployed Winnipeggers upgrade their job skills.

\$1 from each of us – each pay period – will give an incredible **\$26,000** to enhancing the lives of so many.

To everyone who has ever felt like **\$1** could never be enough - please

consider giving at least **\$1** per pay this year. It WILL make a difference.

CHARITIES EVENTS

In addition to pay donations, our campaign will also feature a kick-off “food truck” barbecue and beloved favourites such as casual days and our superb basket raffle and 50-50 draw.

Did you know our ice cream sales

were **\$1,147.17** this year? That's a great start.

All event revenues are equally divided between our MHC Foundation and the United Way.

Enjoy the campaign!

Rosie Jacuzzi
President & CEO

At MHC, we often describe ourselves as the Misericordia Family.

This year for our staff charities campaign, we're asking our family to act together: **All for One and One for All.**

Our 2015 campaign gives us a chance to help those in need – for only **\$1** a pay!

Your donations could support the programs at MHC that make long-term care better: art, music, gardening and pets. Your **\$1** will ensure we can keep providing enhancements like a travelling musician, iPods for residents, art supplies, and plants for the GWL Rooftop Garden and Solarium.

Your donations could also support any of United Way's crucial programs – from

2015 MHC CHARITY CAMPAIGN						
September 2015						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
	15	16	18 BIG KICK OFF	19		
20	21	22 Information Table 50/50, Casual Days	23 Casual Day	24	25	26
October 2015						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29 Information Table 50/50, Casual Days & Pledge Forms	30 Casual Day	1	2	3
4	5	6 Information Table 50/50, Casual Days & Pledge Forms	7 Casual Day	8	9	10
11	12 Happy Thanksgiving	13	14 Casual Day	15	16	17
18	19	20	21 Casual Day	22	23	24
25	26 Basket Raffle in Auditorium	27 Basket Raffle in Auditorium	28 Basket Raffle in Auditorium Casual Day	29 Basket Raffle in Auditorium	30 50/50 Draw Basket Draw	31



ALL FOR ONE!



BE A PART OF HISTORY!

by Katie Hartle, MHC Foundation

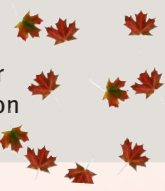
JOIN US DECEMBER 1 AS WE BREAK THE GUINNESS WORLD RECORD FOR LARGEST GATHERING OF ANGELS!

December 1, 2015 is the 20th year for Angel Squad, and we want to make it the biggest event on record –with your help!

The record is currently held in Germany with 1,039 angels – we believe that with our Angel Squad we can break that record!

ABOUT ANGEL SQUAD

Angel Squad is our most festive fundraiser for Misericordia and a Winnipeg holiday tradition celebrated by many for over 19 years.



It brings us all together; MHC staff, friends, and people from the community gather outside of Misericordia dressed in Angel Costumes, raising awareness and collecting donations in support of the patients and residents of Misericordia.

PLEASE JOIN US ON DECEMBER 1

Volunteers and “Angels” are needed – lots of them! – on December 1 for the biggest Angel Squad in history. We will be posting information on how to sign up as a volunteer or angel very soon - until then, more information is available on our website – www.misericordiafoundation.com and on our Facebook page.

DID YOU KNOW?

49TH ANNUAL MISERICORDIA EMPLOYEES' 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.



MUSIC AND MEMORY PROGRAM

Thank you Grant Patterson and the wonderful folks at CJNU Radio for donating a copy

of your entire Legacy Music Library to MHC's Music and Memory iPod Program!

Because of your kindness, we now have a large collection of wonderful music for our residents to enjoy!



EMPLOYEE OPINION SURVEYS ARE BACK!

Our third annual AON Hewitt employee opinion survey will launch on Thursday, October 1.

The survey continues to be completely confidential. All responses are anonymous and are submitted directly to AON Hewitt.

Visit your Department Head for your link to take the survey online, or for a paper copy!

INTRODUCING ...

Mary Ann Masesar, Education Facilitator / Program Coordinator for MHC's Focus on Falls Vision Screening program!



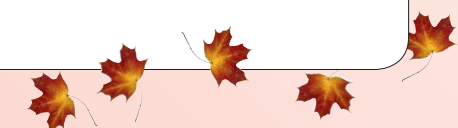
Mary Ann may look familiar to you, not because you've introduced yourself to her in our hallways - you may have watched her on Global news or Breakfast Television introducing Manitoba to healthy living and fitness nursing!

In 2009 Mary Ann, a UofM Bachelor of Nursing graduate, CanFit Pro personal training specialist, and FAME fitness competitor, created fitness nursing in Canada, to combine her love of nursing and fitness. Way to go!

Have you wondered what it would be like to be a part of a regional amalgamation? Ask Mary Ann! From 1999 - 2009 Mary Ann worked for the Vancouver Coastal Health Authority (VCHA). During her tenure she experienced their regional amalgamation where 56 regions were reduced to six! Yikes!

Mary Ann spent her working years with VCHA as case manager, care coordinator and RAI/MDS clinical educator, and brings to the program a career focused on active and healthy living, and community wellness education! She looks forward to learning how to best deliver Focus on Falls to prevent falls in our senior population.

We are proud to call Mary Ann an MHC family member - if you see her in the hallway be sure to say “Hello!”



MISSION MOMENT

On Thursday, August 27 a few Provincial Health Contact Centre staffers put together a Canadian gift back for housekeeper Vy Xuan Nguyen.

This year, Vy, along with one of his children, officially became a Canadian citizen!

Your Misericordia family is so thrilled and excited for your family Vy, congratulations!



CONGRATULATIONS!

to MHC Corporation member Kaye E. Dunlop!

Kaye has been appointed to the Manitoba Court of Queen's Bench, Family Court Division.

Madam Justice Dunlop, from Sudbury, Ontario, had been a sole practitioner with Kaye E. Dunlop, Q.C. Law Office since 1984. She also served as Deputy Chief Adjudicator for the Office of Indian Residential Schools Resolution of Canada since 2007, an adjudicator from 2003 to 2007 and provided leadership to the MHC Board as Chair and Past Chair during 2009 - 2015.



Madam Justice Dunlop received a Bachelor of Laws in 1983 from the University of Manitoba and was admitted to the Bar of Manitoba in 1984. She was appointed Queen's Counsel in 1994.

Congratulations!

YOU'VE BEEN MISSIONED!

Cornish 3: You've been Missioned! Thank you for your hard-work, continuous care and living the Misericordia Sisters' legacy!



STAFF INFLUENZA VACCINATION CLINICS 2015

Protect yourself, family and our patients / residents from influenza! Visit MHC's auditorium for your influenza vaccination:

Wednesday, October 14	11 a.m. - 5 p.m.
Friday, October 16	1 - 5 p.m.
Wednesday, October 21	1 - 3:30 p.m.
the week of October 26 - 30	11 a.m. - 1 p.m.

Or visit the Staff Health office, room 183W from 2 - 3:30 p.m.:

Friday, October 23
 Wednesday, November 4
 Tuesday, November 10
 Wednesday, November 18
 Wednesday, November 25



Staff Health will be visiting nursing units:

Thursday, October 15	10:30 a.m. - 6 p.m.
Saturday, October 17	9:30 p.m. - 1 a.m.
Sunday, October 18	2 - 5 p.m.
Tuesday, October 20	10:30 a.m. - 6 p.m.
Thursday, October 22	1 - 6 p.m.
Saturday, October 24	9:30 p.m. - 1 a.m.

Influenza vaccinations are also available by appointment until March 2016. Please call Staff Health at ext. 8011.

THANK YOU TO OUR SUMMER VOLUNTEERS!

MHC's Volunteer Services was blessed with many eager and enthusiastic summer volunteers who helped with special events and holidays this summer.

Do you know a keen person who wants to be part of our summer team next year? Ask them to apply online at: <http://www.misericordia.mb.ca/Volunteer.html>. A large intake of applications will be accepted in April 2016 for students who are 14 and older.



INTERFAITH CALENDAR

- September 14 Elevation of the Life Giving Cross - Holy Cross Day - Christian - A Christian Day of recognition for the Cross on which Jesus was crucified as a central symbol of the Christian religion.
- September 14-15 Rosh Hashanah - Jewish - Jewish New Year. A time of introspection, abstinence, prayer and patience. The story of Abraham is read, the ram's horn is sounded, and special foods are prepared and shared.
- September 23 Equinox:
 Mabon - Wicca / Pagan - Wicca observance of the autumnal equinox when day and night are of equal length in the Northern hemisphere. A harvest festival time.
 Ostara - Wicca / Pagan - Wicca welcoming of spring and the goddess-as-maiden in the Southern hemisphere.
- September 27 Meskel - Ethiopian Orthodox Christian - Ethiopian and Eritrean Orthodox Christian commemoration of the discovery of the True Cross by Queen Eleni (St. Helenea) in the fourth century A.D.

RETIREMENTS / NEW HIRES

RETIREMENTS:

Sharon Stanley
 Director, Human Resources

Barbara Zielinski
 Patient Registrar,
 Patient Registration

Kate Lebar
 Clinical Resource Nurse III,
 Operating Room



NEW HIRES:

Leah Strong
 Administrative Assistant,
 Foundation

Erin Legare
 RN II, Float Pool

Michelle Main
 LPN, Cornish 6

Lindsey Hower
 Grad Nurse, Operating Room

Joshua Opeleke
 Grad Nurse, PACU/DS/
 POAC/C3N

Candace Blundell
 Case Manager, PRIME

Miseret Negissie
 HCA, Cornish 6

Christine Falk
 Unit Clerk, Cornish 6

Heather Robinson
 HCA, MP2

Marites Pakinggan
 Diet Aide II, Resident Food Services



SAFETY CORNER

By Colleen Telford, Occupational Health & Safety Nurse

COMPUTER USERS, REDUCE THE STRAIN ON YOUR EYES:

TRY THE 20-20-20 RULE: Every 20 minutes, look at something 20 feet away for at least 20 seconds. Frequently focusing on objects at a different distance than your monitor can help reduce eye fatigue.

BLINK! Many people blink less than usual when working at a computer. Blinking helps to moisten and refresh your eyes.

CHOOSE THE RIGHT EYEWEAR: Consider glasses designed specifically for computer work. Adding an anti-glare coating to your glasses can be very helpful.

HAVE YOUR VISION CHECKED: Vision changes with age. Provide your eye examiner with information about the time spent on a computer both at home and at work.

ADJUST YOUR SCREEN SETTINGS: Adjust the contrast and brightness settings to levels you find comfortable and enlarge type for easy reading.

