



MISERICORDIA
Health Centre
The future of care

NOVEMBER 2015

Life @ MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

INSIDE THIS ISSUE

- President's Message....1
- Did You Know?.....2
- Congratulations 3
- New Hires / Retirees4



M-NET
MHC Network



PRESIDENT'S MESSAGE: Help Us Make History



MHC STAFF, PHYSICIANS, VOLUNTEERS, FAMILY AND FRIENDS:

It's the 20th Anniversary of our Foundation's Angel Squad!

To celebrate, we're doing something different on December 1, 2015: we're attempting to break the Guinness World Record for the "Largest Gathering of Angels."

And we need your help! We're aiming for **1,200 angels**. The current record to beat is from 2009: **1,039 angels** gathered in Hauenberg, Germany.

This event is open to the public! You can sign up along with your family, friends, neighbours and whoever else you can convince to come to wear an **angel** costume.

According to Guinness, an **angel** costume is any white clothing (a white sheet with a hole in it makes a great **angel** gown), wings and a halo.

Sign up is easy: All you need to do is sign up outside the Foundation office or online at misericordiafoundation.com – no later than November 23!

It's really important you sign up so we know how many **angel** costumes to create! Many thanks to Albert El Tassi, President & CEO of Peerless Garments, who is having our donated sheets sewn into costumes free of charge!

You've already signed up? That's wonderful!

Here's what to do on December 1:

- **8-8:15 a.m.** - please come to our "Angeltorium" (Auditorium) to get into your costume. We're going to all walk over to Mulvey School together to be counted. Why Mulvey? The Guinness Book of World Records is very finicky about having everyone gathered in a fenced-in area and other stipulations.
- **8:30 – 9 a.m.** – this is when we officially break the record. We only have to be together and say cheese to the cameras on top of our Wolseley

building for five minutes, but the entire event will be half an hour with Mayor Brian Bowman saying "Hi," hot chocolate, music, and more fun.

- **9 a.m.** – we announce we've set a new world record (we hope)!

Angel Squad



MORE ANGEL SQUAD

After our Guinness world record attempt on December 1, on December 2 and December 3 we will have our "traditional" **angel squad** with **angels** on the bridge and donors pulling into our Sherbrook loop.

We need volunteers for these days as well! Can you be an **angel** and help? Please sign up at the Foundation office.

Thanks everyone,

Rosie Jacuzzi

Rosie Jacuzzi
President & CEO



DID YOU KNOW?

PRIME TOURS

Want to know more about day-to-day activities and programs in PRIME? Join PRIME - a health centre for seniors - program staff for a tour any Wednesday during the month of November from 8:30 - 10 a.m.

BEHIND CLOSED DOORS

Behind Closed Doors - Saturday, November 14 at St Vital Centre; an exclusive holiday shopping event with ticket-holder-only specials, tickets are \$5 available from MHC Foundation Office.

St. Vital Centre's

BEHIND CLOSED DOORS

SALE

DESSERT DAY IS BACK!

Buy a slice of dessert for \$2 to support MHC on November 18 from 1:30 - 3 p.m. in MHC's Auditorium.



NATIONAL JERSEY DAY

Show your support for sport on National Jersey Day at MHC on Friday, November 20!

Dig out your favourite jersey, team or club uniform and wear it to work! Only \$2 to wear your favourite jersey (and jeans!) in support of the MHC Fitness Centre.

Jersey Day stickers available at Switchboard and Misericordia Place Reception desk.



CHRISTMAS CHOIR

MHC is searching for Christmas carolers for annual Resident Christmas dinners! Questions? Want to sign up? Contact Kristyn Dunn at ext. 8358 or email kdunn@misericordia.mb.ca.



HEALTH-CARE AIDE DAY

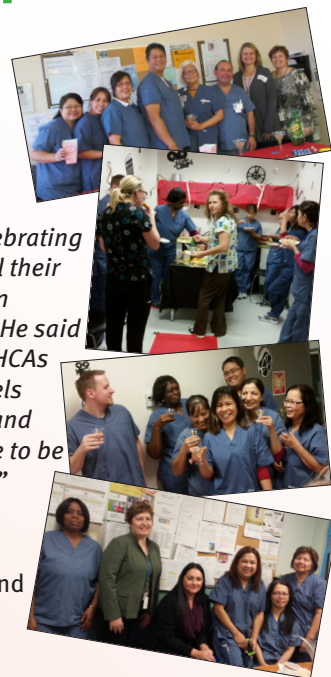
On October 28th MHC celebrated Health-Care Aide Day. A message from, Interim Care resident care managers:

"We identify our health-care aide (HCA) team as essential to the quality care that we provide to our residents. Our HCAs have embraced our approach to relationship-based care and have provided care to residents that have embodied their needs and wants. Our staff is amazing, every day they come to work and give their hearts and energy to caring for others. We find it a privilege to work with such amazing people. They are truly SHINING STARS that lead our care teams in taking the best care of the residents on our interim units."

Shannon Chartrand, resident care manager on MP3 submitted a sweet

interaction with an MP3 resident family member: *"Stan knew we were celebrating HCAs and all their hard work on October 28. He said to me, 'The HCAs are the Angels of the unit, and they deserve to be celebrated.'"*

Thank you for all your hard-work and dedication!



A MESSAGE FROM THE MHC CHARITIES CAMPAIGN COMMITTEE

Thank you for another successful 2015 MHC Foundation/United Way Campaign. Because of YOU, we are pleased to announce over \$7,400 has been raised through various events held in October. Without YOU, none of this is possible.

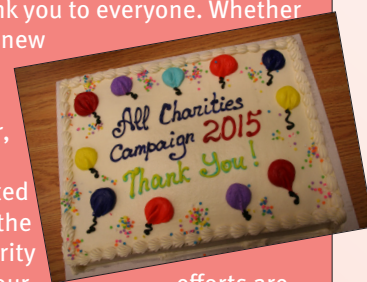
As we enter the holiday season, we are reminded of the generosity of all who have supported the campaign. A simple donation can bring holiday cheer to those who need it most. Your donations will ensure we can keep providing long-term care life enrichment programs to all our residents. You still have until December 31 to contribute a one-time gift, or you may give through our payroll deduction. Together, All for \$1, we can make this our most

exciting charities campaign yet!

On behalf of the United Way Charities Campaign Committee, we extend a huge thank you to everyone. Whether you are a new donor, an ongoing supporter, or participated in one of the many charity events, your efforts are helping to create lasting change at MHC.

Thank you for caring.

Ellen Locke & Donna Korade
Co-Chairs
MHC Charities Committee



CONGRATULATIONS!

Congratulations to the recipient of MHC's 2015 Youth Scholarship Award, Natasha Dutka!

This scholarship is open to all present and past student volunteers who are 25 years-of-age or younger of MHC who are continuing or pursuing their education in the health-care field.

Natasha has volunteered with MHC for over a year as a Rehabilitation Services Assistant. She has worked towards a degree in Kinesiology attaining a Bachelor of Physical Health and Education. In addition to volunteering with us she also works to put herself through school. She is currently taking pre-requisite courses for entrance into either Physiotherapy or Occupational Therapy grad schools.

All the best with your studies, Natasha!



STAFF INFLUENZA VACCINATION CLINICS 2015

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

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

Wednesday, November 18
Wednesday, November 25

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



In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset
glow,
Loved and were loved, and now we
lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

CATARACT SURGERY INNOVATION

An innovative research study at Misericordia Health Centre's Buhler Eye Care Centre is helping to improve the patient journey for nearly 10,000 Manitobans having cataract surgeries in the coming year.

The interprofessional surgery team conducting the study predicted cataract surgery patients with stable medical conditions could complete a simplified, focused questionnaire which allows for a significantly streamlined care path by eliminating the need for a preoperative history and physical.

Previously, all cataract surgery patients were required to complete a detailed 3-page questionnaire, history and

physical exam with a family physician prior to surgery.

The 3-page questionnaire was originally designed for patients undergoing general anesthesia. Significant advancements in cataract surgery in the last decade now allow the majority of cataract cases to be performed under topical anesthetic with sedation, so a simplified questionnaire was created.

Having a history and physical meant an additional visit to a patient's family physician. Inevitable delays ensued including booking an appointment with a family physician, waiting for history and physical information to

be sent to the ophthalmologist and having follow-up appointments with an ophthalmologist.

These preoperative family physician visits were identified in a cataract wait time assessment study as causing stress and inconveniencing patients, as well as delaying cataract surgery and adding costs to the health-care system.

Patients at higher risk and with new or unstable medical problems continue to see their family doctor before surgery. However, by simplifying the preoperative screening process for medically stable patients, both time and money are saved at the same time the patient experience is improved.

INTERFAITH CALENDAR

November 9 - 13	Deepavali - Hindu - Hindu celebration - a five day festival of lights marking the end of the Hindu year. First day is observed as a holiday by many Hindu people.
November 12	Birth of Baha'ullah - Baha'i - Baha'i celebration of the birth of their founder and teacher.
November 15 - 25	Winter Lent - Orthodox Christian - Orthodox Christian season of preparation for the Nativity of Christ.
November 24	Guru Tegh Bahadur Martyrdom - Sikh - Sikh time of remembering the execution of Teg Bahadur by the Moghul Emperor of India.
November 25	Guru Nanak Dev Sahib birthday - Sikh - Sikh honoring of the birth of the first Sikh teacher who lived from 1469 -1539 c.e. Sacred readings, prayers, hymns, meals together.
November 30	Saint Andrew's Day - Christian - Christian observance of the coming of Christianity to the area now known as Scotland. The martyrdom of St. Andrew is remembered as the season of Advent is about to begin.

SAFETY CORNER

By *Colleen Telford*, Occupational Health & Safety Nurse

Do you know your rights and responsibilities under the Manitoba Workplace Safety and Health Act?

Every worker has the right to:

- Know about the hazards in the workplace.
- Participate in safety and health activities such as the MHC Workplace Safety and Health Committee.
- Refuse work that the worker believes to be dangerous.
- Carry out duties or exercise their safety rights without discriminatory action from their employer.

Workers have the legal responsibility to:

- Take reasonable care to protect themselves
- Make proper use of safety equipment and clothing
- Cooperate with the Workplace Safety and Health Committee.

RETIREMENTS / NEW HIRES

RETIREMENTS:

Norine Miller
Registered Nurse II, PHCC

NEW HIRES:

Hannah Han
Patient Registrar, Patient Registration

Samantha Recksiedler
Steno II, BreastCheck

Avis Kelly
Health Care Aide, O.R.

Raoul Visarra
Clerical Aide, Cornish 3 North

Riza De Guzman
Health Care Aide, Cornish 2

Karen Allan
Ophthalmic Assistant, Ophthalmology Clinic

Jean Loyola
Diet Aide III, Resident Food Services

Nicolas Gibson
Scheduling Assistant, PHCC

Charissa Parinas
Scheduling Assistant, PHCC

Michelle Ramos
Scheduling Assistant, PHCC

Deanne Brown
Scheduling Assistant, PHCC

Kirby Boss
General Duty Radiology Technologist, Diagnostic Imaging

Abyot Shiferaw
General Duty Radiology Technologist, Diagnostic Imaging

Heather Campbell
General Duty Radiology Technologist, Diagnostic Imaging

Kristen Garraway
General Duty Sonographer, Diagnostic Imaging

Krista Hill
Occupational Therapist, PRIME

Wanita Palmer
Registered Nurse II, Urgent Care

Clarita Sacdalan
Licensed Practical Nurse, Cornish 2

Karen Livingston
Education Facilitator, Education Services

Nelson Gonzalez
Registered Nurse II, Cornish 6

Manpreet Grewal
Licensed Practical Nurse, Cornish 2

Susan Kenny
Registered Nurse II, Health Links-Info Sante

Olga Ainkin
Licensed Practical Nurse, Misericordia Place Level 2

Sherryl Sy
Registered Nurse II, Cornish 2

Stepan Bilynsky
Director, Mission and Spiritual Care