

Life @MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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PRESIDENT'S MESSAGE: PHOTO CONTEST



Please keep your audience in mind – primarily residents and clients – when submitting your photos. For example, research tells us people living with dementia prefer vivid colours, soothing nature scenes, local landmarks and animals looking directly at the viewer. Our photo selection team, which will include C5 residents, will keep this criteria in mind when choosing photos.

That said, don't feel limited trying to meet the criteria: simply submit anything related to life in the prairies. We'll provide the frames if you provide the photos!

We were so pleased with the results of the first photo contest – photos found today in our Buhler Eye Care Centre and in Diagnostic Imaging – that we've decided to run a second contest!

The winning photos will be featured on Cornish 5's Interim Care unit, Cedar Grove, and PCH Scheduled Respite space.

The THEME of the contest will once again be Manitoba-based.

WHO CAN ENTER: MHC staff, volunteers or physicians only (not relatives or friends please)

THEME: Manitoba/life in the prairies

COLOUR or BLACK & WHITE? Colour only, please

TYPE OF FILES: minimum 10 MB resolution electronic photo files (no prints)

HOW TO ENTER: email info@misericordia.mb.ca your files, or hand in memory sticks to Cathy-Anne Cook, corporate assistant, 6th floor Wolseley building (elevator E)



DUE: last day for submissions is Friday July 14, 2017

WINNERS: Winners will be announced in the Life@Miz newsletter. Prizes include bragging rights and your name with the framed photo!



Rosie Jacuzzi
President & CEO

DONORS MAKE COMMUNICATING WITH FAMILY EASIER FOR RESIDENTS

By Karen Woloschuk, Executive Director, MHC Foundation



Thanks to the generosity of our donors, residents in Misericordia Place, Interim Care and Respite Care have access to big button

telephones. These phones are located on each unit and are available to all of our residents. The phone features large, high contrast buttons that are easy to press. This style of telephone also promotes independence for the residents who have vision problems and/or physical limitations. Many residents do not have phones in their rooms and by providing these phones, it allows our residents to maintain relationships with family and friends.

We are grateful for the gifts from our donors that allow the Misericordia Health Centre Foundation to provide our residents with these phones.



KEEPING THE MUSIC ALIVE

By Kelly Harris, Recreation Facilitator

MP1 resident Bea Durupt gets together with her music partner Maya Kirstein, former recreation therapy student, University of Manitoba, every Wednesday to take a trip down memory lane: Bea with her fiddle and Maya with her guitar, travel together in song. To make playing a little bit easier for Bea, Maya puts on a CD of Bea's old group recordings so she can listen to the music and follow along.

Bea has played in several bands around Winnipeg and in rural areas of Manitoba. She has played with the South Glen Fiddlers; from which she received a life-time honorary member plaque, proudly displayed in her room. She has also played with the Seniors Melody Group; an all-women's group.

When I asked Bea about her musical history this is what she shared with me, "I come from a very musical family, my father played guitar and accordion, my sister played the violin and my uncle played the violin."

It was Bea's sister who got her interested in the fiddle when she was just 10 years old living in Haywood Manitoba; she also played the accordion but prefers the fiddle. The family tradition of passing music down to the next generation continues in Bea's grandson Mark who plays and teaches the fiddle.

Bea is very humble when speaking about playing the fiddle, as she simply states, "I just like to do it, I can't hold the violin the same way as I did when I was young but still can remember the tunes."



WANTED: STAFF GOLF TOURNAMENT COMMITTEE MEMBERS!

The Staff Golf Tournament Committee is starting its planning for the upcoming Staff Golf Tournament, to be held in September 2017.

Confirmation of dates and locations will be coming soon, however the committee is always looking for new members to help out! If you are interested in assisting with planning and organizing this fun event, please contact Tammy Carriere at ext 8263.



NATIONAL NURSING WEEK, MAY 7-13

By Martine McGinn, Resident Care Manager

This year's National Nursing Week theme was #YESThisIsNursing. The inspiration for this theme was identifying how nursing roles are evolving with the influence of technology and expanding digital capabilities. An example of this: through the use of social media nurses can raise awareness, promote advocacy and connect people across the globe on

important issues. This year's theme speaks to nurses' roles in all sectors and the impact of nurses on health and wellness.

Misericordia celebrated this week with a variety of events:

- A display in our cafeteria promoting various areas where nursing plays a role at MHC
- A walkabout to all nursing units with Rosie Jacuzzi, President & CEO, Caroline DeKeyser, Chief Nursing Officer and Nursing Practice Council co-chairs Shauna Bruske and Martine McGinn.
- Heritage Room tours offered by MHC Alumni
- Awards presentation
- Visits and treats for evening and night shift nurses
- Red Green Project lunch and learn



MHC Rising Star Awards:

- Courtney Hildebrand, RN
- Joshua Opaleke, RN

Nursing Award of Excellence:

- Lorie Derado
- Kathy Descoteau
- Theresa Dudych
- Margo Lakowski
- Yvonne Mendoza
- Antonia Rona
- Tanis Suthern

MISERICORDIA PLACE ANNUAL FASHION SHOW, MAY 25

The annual Misericordia Place Fashion Show took place on Thursday, May 25 at 5:45 p.m. Thank you to everyone who volunteered!



STAFF PROFILE: POALA MEJIA, REHABILITATION ASSISTANT, PRIME



PRIME rehabilitation assistant Paola Mejia holds the unofficial title as MHC's most energetic staff member. Before you challenge this, you may want to take a visit to PRIME during any recreation activity first, whether it is fitness related or not, as Paola will have

music playing and her feet will be moving to the beat. When asked how she is able to have so much energy she said, "I get my energy from the participants."

MHC wouldn't be the same without Paola, where her work in PRIME helps the clients get moving in ways they may not have been able to without the rehabilitation therapy.

How did Paola become interested in rehabilitation therapy?

At 18 Paola was living in Chile; she was a competitive gymnast, a rhythmic gymnast and a cheerleader while studying food sciences. Her life nearly ended when she was involved in a severe car accident: the car she was in was hit by a drunk driver.

Her boyfriend, who was also in the car, passed away and Paola was in a coma for 30 days. Her doctors informed her parents of the potential health problems she would face should she wake up but, despite this, her parents fought to keep her on life support.

After coming out of the coma Paola was paralyzed on her left side. Unsure of the outcomes of her physiotherapy or her ability to return to school Paola slowly learned how to walk again and eventually to dance again; her doctors attributing a lot of her recovery to how physically active she had been prior to the accident.

On the recommendation of her psychiatrist to change her environment, Paola moved to

Winnipeg to visit her sister for three months. During her three months in Winnipeg Paola met her husband and made plans to move to Winnipeg and complete university, though at this point her major changed from food sciences to kinesiology.

Today Paola has completed her BA in Kinesiology and has a college diploma from Winnipeg Technical College as a rehabilitation assistant. In addition to working in PRIME, she teaches Zumba, rarely stops dancing and is married with two children.

Since her accident, the biggest change in Paola's life is her attitude: her personal motto is: "Today I'm going to do good."

NATIONAL ETHICS WEEK, APRIL 3-12

By Maureen Hamonic, Manager, Rehab Services

Our theme this year was "Ethics and Aging – Challenge Your Assumptions."

Thanks to everyone who dropped by the display outside the Cafeteria and at Mis. Place. The week wrapped up with a guest speaker Oriole Veldhuis who embodied our theme perfectly.

Oriole spoke about the challenges she has had to overcome throughout her life. She had promised her father that she would find out more about his grandmother and when she retired she set out to fulfill that promise. She researched her family history and travelled the world to find out as much

information as possible. The story was so intriguing that she wanted to publish a book about it.

Oriole (who admitted during her talk that spelling wasn't her best subject) attended Creative Retirement and Winnipeg Technical College to learn computer programs for word processing and publishing.

With a lot of hard work and determination she became a self-published author at the age of 75. Her book, "For Elise" was published in Aug. 2012 and has sold over 2,700 copies since its launch. Thank-you Oriole for sharing your wisdom and sense of humor with us.



FESTIVAL OF BREAD, MAY 2 & 4

By Stepan Bilynsky, Director, Spiritual Care

MHC recently celebrated the Festival of Bread, an annual event coordinated by Spiritual Care to praise our diversity and individuality through the distinct breads that represent our heritages.

Bread is called the stuff of life for a good reason; it is not merely a culinary product but a symbol of our humanity. Bread demands peace - you cannot grow grains in a battlefield. Bread offers connection - people of every culture are tied together by the

bread they bake. Breads help us remember who we are and who we love.

The Spiritual Care department would like to thank Jordan Waters from Stella's Bakery on Sherbrook, along with all of the staff of the bakery, for their sponsorship.

We look forward to breaking bread with you next year when we once again celebrate our diversity and unity through bread.





Mission Moment

By Maureen Hamonic, Manager, Rehab Services

Recently, and for the second time, Tony Grossi and Robin Sawka from the outpatient physiotherapy department have changed their lunch hour to accommodate a client who arrived over an hour early for their assessment.

Instead of asking this person to wait they were able to change their schedule to make it work for the patient.

Thank you Tony and Robin for embodying the Misericordia spirit.

YOU'VE BEEN MISSIONED!

Plant Services: You've Been **Missioned!** Thank you for your hard-work, continuous care and living the Misericordia Sisters' legacy!

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



NEW HIRES

Serena Adams
Health Care Aide
LTC Float Pool

Wendy Chivers
RNII, Ophthalmology

Audrey Tang
Telecommunications Clerk
Telecommunications

Nicole Gamble
RNII, Health Links – Info Santé

Jacqueline Penarsky
RNII, Health Links – Info Santé

Gregory Babiak
Intake Operator, PHCC

Diana Sawchuk
RNII, Health Links – Info Santé

Jacqueline McLeod
HIM Professional
Health Information Services

Jessica Cabigas
Medical Transcriptionist
Health Information Services

Linda Taitley
RNII, C5

Jo Ann Garcia
Communications Clerk
Health Information Services

Holly Goosen
RNII, PRIME

RETIREEES

Adelina Ponce
RN, OR

Colleen Robertson
RN, Health Links – Info Santé

Francoise Cahill
RN, Urgent Care



REQUEST FOR VOLUNTEERS



Volunteer Services is looking for students to volunteer at MHC over the summer break.

Volunteers must be at least 14 years of age. Applications are requested prior to the end of May to ensure a start date in late June – early July.

The best way to apply is on our website but please feel free to call if you have any questions; 204-788-8134.

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MHC @ ENVISION FESTIVAL OF THE ARTS

By Jayne Nixon, Recreation Facilitator

The recreation department would like to thank the 10th Annual Envision Festival of the Arts for showcasing the artwork of MHC residents. The residents of MHC create wonderful artwork during workshops facilitated by the recreation department and in partnership with five community artists.

The mission of Envision is to showcase artistic talent and to promote a strong community by offering a warm and friendly atmosphere where neighbours can meet. Many of the artists showcased at the festival, May 12 and 13 at the RA Steen Community Centre, live and work in the Wolseley/West Broadway communities; these artists ranged

from visual artists to performing artists and writers.

Art programming at MHC would not be possible without the support of the Misericordia Foundation, Manitoba Arts Council and Misericordia Nurses Alumni.

Art cards are also available through the recreation department. The proceeds from these cards, decorated with resident artwork, help to purchase the supplies used in our art programs.

