



DECEMBER 2017 / JANUARY 2018

Life @MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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PRESIDENT'S MESSAGE: SO LONG, FAREWELL ...



It's hard to believe this is my final Life@Miz message to you all. I have such mixed emotions as I prepare for my upcoming retirement. I've been looking for the "right time" to retire for a

number of years, and I'm ready to go – but will miss my Misericordia Family greatly.

MHC is such a special place and I was privileged to lead such compassionate staff for so many years.

I thank you all for your support and hard work over the past 16 years as we worked together to build Misericordia into *The Future of Care*.

Welcoming Caroline

One thing that will make retiring easier for me is knowing I'm leaving MHC in very capable hands. I'm thrilled Caroline DeKeyser, our CNO for the past eight years, has

accepted the position of President & CEO.

Misericordia tries very hard to promote from within, and I can say with great confidence that Caroline is a wonderful fit; she has been outstanding covering my absences and acting in my stead for a number of years.

Caroline has already accomplished so much at MHC; I know she is up to the challenge of leading MHC. I look forward to hearing all about her overseeing Phase 2 of our redevelopment: the new Sherbrook building (this project is technically still "on hold" but I know she will advocate for it to become

a reality).

Please welcome Caroline warmly into her new role.

Happy Holidays

I wish you and your loved ones a restful and peaceful holiday season!

Merry Christmas,

Rosie Jacuzzi

President & CEO



ANGEL SQUAD 2017

By Karen Woloschuk, Executive Director, MHC Foundation

The 22nd annual Angel Squad was a great success, thanks to the amazing host of angels that came out to support the Foundation! While it was an early morning on Monday, there was an abundance of smiles and cheerful angels who started the day at 6 a.m. with Ace, Chrissy and LTI of Virgin Radio 103 to encourage motorists to stop by and make a donation in return for a Starbucks coffee or hot chocolate. Our neighbouring schools came out to support Angel Squad, including students from Westgate Mennonite Collegiate, Balmoral Hall and St. Mary's Academy.

The windchill on Tuesday morning was not ideal, but once again, our angels braved the elements and stood on the Maryland bridge and at the Sherbrook loop to encourage commuters to stop by and make a donation.

Angel Squad was also held at three Starbucks locations – 201 Portage Avenue, 360 Main Street

and 2025 Corydon Avenue. We are very grateful to the Foundation board members and volunteers who organized the satellite locations.

We would like to recognize our 2017 sponsors, MacDon and Winnipeg Building & Decorating, and Starbucks for the donation of coffee and hot chocolate and an amazing group of volunteer angels. We are also appreciative of the support from our media sponsor, the Winnipeg Free Press and our print sponsor, Quantum Graphics & Consulting.

Legend has it that if the weather for Angel Squad is not good, then we will have good weather for the Misericordia Foundation Golf Tournament. Stay tuned for a golf tournament weather report in June 2018!

Thank you to each and every Angel that helped to ensure that Angel Squad was a wonderful event!



WELCOMING CLINICAL PASTORAL EDUCATION STUDENTS TO MHC

By Stepan Bilynsky, Director, Mission & Spiritual Care

Two Clinical Pastoral Education (CPE) students recently started their placement at Misericordia Health Centre. Kurt-Antonio Sharpe and Ji-Yung "Jennifer" Choi are working under the supervision of the Spiritual Health Services team once a week until their placements end in June, 2018.

CPE programs are designed to assist spiritual health providers in becoming more effective in the practice of ministry. This masters-level program includes developing a better understanding of people, their difficulties and deeper spiritual experiences and achieving greater self-awareness in relation to spiritual care.

Spiritual Health Services would like to thank the Catholic Health

Corporation of Manitoba and Spiritual Health Services of St. Boniface Hospital for their partnerships and collaboration with MHC.

If you would like to learn more about CPE programs please visit the University of Manitoba website by searching for Clinical Pastoral Education.

<http://libguides.lib.umanitoba.ca/spiritualhealth/ClinicalPastoralEducation>



WHAT'S ON?!

November 23, 2017

Long Service & Retirement Dinner



December 7, 2017

Celebration of Light



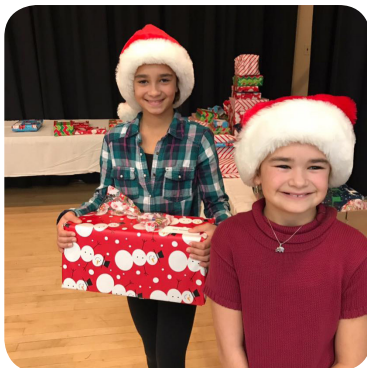
December 8, 2017

Resident Christmas Dinner, Cornish 2



December 10, 2017

MHC Staff, Kid's Christmas Party



November 28, 2017

Rosie Jacuzzi's Retirement Reception



December 6, 2017

Resident Christmas Dinner, MP2



December 12, 2017

Staff Christmas Dinner

December 13, 2017

Resident Christmas Dinner, Cornish 5

December 14, 2017

Rosie Jacuzzi's Retirement Tea

December 15, 2017

Resident Christmas Dinner, MP3

December 19, 2017

Resident Christmas Dinner, Cornish 6

December 21, 2017

Resident Christmas Dinner, MP1

December 21, 2017

Client Christmas Dinner, PRIME

December 25, 2017 - January 5, 2018

12 Compliments of Christmas

Check MHC's Facebook page @MisericordiaMB daily from December 25, 2017 -January 5, 2018 to see the 12 compliments of Christmas.

January 16-20, 2018

Spiritual & Religious Care Awareness Week

Check your email for the "Five Days of Spirit," displays will also be set up throughout MHC.

January 26, 2018

Mission Day Celebration

Join the MHC Mission Day Committee in the Auditorium at 2 p.m.

to celebrate the Mission and History of MHC.





Mission Moment



By Victoria Marek, Resident Care Manager, MP 1 & 2
 Ana noticed this resident asking her to come and talk to her. Ana is always focused on her work but also has a dedication to the residents. She didn't just walk by the resident, she spent a few minutes to make the resident feel listened to and care for. These are exactly the people who live our Mission and I thought you should know how much we enjoy having her on our team at MP2.



NEW HIRES

Colin Hall
Scheduling Assistant, PHCC

Jennifer Ollinger
Scheduling Assistant, PHCC

Carrie Almonte
Scheduling Assistant, PHCC

Charly Scott
Scheduling Assistant, PHCC

Tammy Bargaen
LPN, LTC Float Pool

Angela Klopick
Clerical Aide
Ophthalmology Clinic

RETIRES

Janine Ballingall Scotten
Registered Nurse, PHCC

Vicki Hallock
Senior
Physiotherapist
Rehabilitation
Services



Dial-a-Dietitian

1-877-830-2892
Call 204-788-8248 in Winnipeg

By Coralee Hill, Clinical Dietitian, Dial-a-Dietitian

Low carb. High carb. Good carb. Bad carb. People spend a lot of time talking about carbs and in the end, not all carbs are created equally. We could likely all benefit from reducing the amount of refined carbohydrates and sugar we consume and increase our intake of healthy carbs through vegetables, fruits, legumes and whole grains. This article from HeartStroke tells you what you need to know: <http://www.heartandstroke.ca/articles/a-sensible-approach-to-carbs>

Thinking of making changes to your diet or a health-related News Year's Resolution? Dial-a-Dietitian can help you make goals and practical plans for today and every day.

SAFETY CORNER

Prevention of Slips, Trips, and Falls

In Canada over 42,000 workers get injured annually due to fall accidents. This number represents about 17 per cent of the "time-loss injuries" that were accepted by workers' compensation boards or commissions across Canada (based on statistics from Association of Workers' Compensation Boards of Canada, 2011).

Footwear

In workplaces where floors may be oily or wet or where workers spend considerable time outdoors, prevention of fall accidents should focus on selecting proper footwear. Since there is no footwear with anti-slip properties for every condition, consultation with manufacturers is highly recommended.

For more tips on preventing slips, trips and falls check out the next issue of Life@Miz or go to

https://www.ccohs.ca/oshanswers/safety_haz/falls.html

WINTER'S MAGIC

By Helen Heppner, Misericordia Place Resident

Is it the air that makes this magic grow

So suddenly, so strange from each small thing?

A white moon in the morning, quiet and low

Small, silver and radiant in the slender balancing

Of pronged and cold boughs devoid of all leaves

Positioned between the white ground and gray sky.

Strange violet shadows hover beneath the eaves

That move and deepen as the sun rises up high.

And a smoke through the twilight flows magic-deep

Drifting without a wind among and above the trees.

All these and others. Things the heart can keep

In long wondering that such familiar scenes

Are daily changed upon unchanging ground

So that all old things can be newly found.