



FEBRUARY/MARCH 2018

Life @MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

PRESIDENT'S MESSAGE: HONOURED & EXCITED...



This is my first message to you in Life@Miz as President & CEO. So many firsts in the last month!

I do want to start off by thanking everyone for welcoming me so warmly into my new role at MHC.

It is both daunting and humbling following in Rosie Jacuzzi's footsteps.

I am both honoured and excited to be your President & CEO.

I realize it's been a challenging year for Misericordia, but I believe we are prepared with a very strong base of highly engaged staff who work each day to ensure and support clinical excellence and innovation.

I can't ask for a better foundation of physicians, staff and volunteers to work with as we journey together into Misericordia's future and accomplish great things.

MHC has all the elements for success: Mission, history, traditions and clarity of purpose as leaders in healthy aging through compassion, innovation and excellence.

By history I don't mean being left in the past, I mean innovating, persevering, being creative and growing to achieve our vision.

By Mission, I want to assure you I take the task of ensuring the legacy of the Misericordia Sisters lives on at MHC very seriously. I feel it is this faith-based Mission that brings additional value to our clinical excellence – and what sets us apart from other facilities

I look forward to meeting with many of you during "Coffee with Caroline" monthly breaks, a continuation of "Java with Jacuzzi."

I'll also be hosting an all-staff forum at 2 p.m. on March 5th in the auditorium to give you a chance to informally ask me some questions – about my vision for MHC, about how we fit into the WRHA and the soon-to-be-formed Shared Health, and, really, anything you like. I'm looking forward to it!

Caroline DeKeyster

President & CEO

MHC FOUNDATION: 2017 Charities Campaign

Karen Woloschuk, Executive Director,
MHC Foundation



The 2017 Charities Campaign was a great success and a lot of fun, thanks to all of you! This year's campaign included the ever-popular 50/50 and basket raffles, pizza day, casual day and a bake sale. We awarded 13 amazing baskets to lucky MHC staff members and the winner of the 50/50 raffle took home an outstanding \$1,769. Thank you

to all the departments who contributed baskets and to everyone who brought their delicious baking!

In total, we raised over \$31,000 from the 2017 Campaign. Proceeds from all the events were split evenly between the United Way and MHC's Health and Wellness project. For those who made payroll or outright gifts to the campaign, you chose to support the United Way, MHC's Health and Wellness project, as well as other programs and services at MHC. Your generosity is greatly appreciated and will make a difference in our community and right here at MHC.

This year's campaign project focused on Health and Wellness which will assist in enhancing and improving physical fitness for MHC's long-term and interim care residents as well as PRIME, MHC for Lungs and Easy Street patients. Your donations will help us buy much-needed fitness equipment as well as help to provide programs such as wheelchair zumba and therapeutic dance. Working on their physical fitness will help all residents and patients enjoy better mental health and improved quality of life.

Thank you again for your generosity in supporting the campaign through your gifts and your support of the events. We would also like to thank the Charities Committee and in particular, the 2017 Chair, Ellen Locke. We couldn't make these events happen without the support of the Committee and all of the staff who came out to sell tickets and assist with the various events. Your support is truly appreciated!



People Profile Karen Chojno

Karen Chojno, Patient Care Manager (PCM), POAC/PACU/DS, has always been part of the #MHCFamily.

In 1981, following completion of her LPN degree, Karen came to Misericordia for an interview. At the time she only had one other interview scheduled and after being offered the job here she cancelled the interview at HSC. She worked on Cornish 5 South, at the time a medical unit, until she went back to school to become an RN.



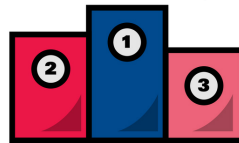
Upon her return to Misericordia in 1987 she took a position as a float nurse, attributing this time with her appreciation of different kinds of work and her success as an ER and then Urgent Care nurse in the coming years.

Karen then worked on Cornish 3 North, General Surgery Ophthalmology prior to moving to the ER. She has now come full circle in her current role as PCM.

Throughout MHC's transitions from a General Hospital to Health Centre, the closures of the ER and Urgent Care (both departments she worked in until their closures), Karen Chojno has continued on, exclusively, with MHC while growing as a nurse.

Karen's connections to MHC are not only limited to her career as a nurse, she was born here and also met her husband of 27 years here when he worked as a porter in the ICU.

If you see Karen in the halls please make sure to say hello, even if she doesn't have time to talk she will give you one of the warmest smiles you've ever seen.



Success Story - The 20th Anniversary of the CCMB Breast & Gyne Cancer Centre of Hope

From outside the Misericordia Education Resource Centre (MERC) you may not realize that part of West Broadway's canopy belongs to an elm tree, once protected by Sister St. Odilon, and now the centre piece of the CancerCare Manitoba Breast & Gyne Cancer Centre of Hope's Bridges Courtyard and Healing Garden, established in 1999.

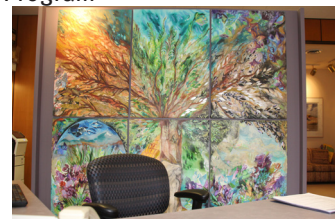
This courtyard, along with the centre itself, were developed with the input of patients, survivors and health-care providers and with the support of many donors, special events and community groups.

In October, 1997, the CancerCare Manitoba Breast Cancer Centre of Hope opened its doors in the MERC building. This resource centre was created to fill gaps patients, survivors and their families faced regarding information, support, resources and to shine a light on available services. The physical space, provided through partnership with MHC and renovated with the assistance of the Interior Design Program at the University of Manitoba, provides a feeling of calm as you walk into the quiet space, feeling both like a library and the living room of a friend.

The program expanded to become the CCMB Breast & Gyne Cancer Centre of Hope in January 2016. This expansion was made possible through the funding support of the CancerCare Manitoba Foundation.

Today this program is an important part of the care provided for breast and gyne cancer patients and families. Providing education, information and linking clients with resources are a key part of services offered. Another offering of this program is peer support which provides women with breast and gynecological cancer the chance to speak with a volunteer survivor who has had a similar experience.

Please stop by the CCMB Breast & Gyne Cancer Centre of Hope if you or someone you know could benefit from the resources this program provides.



Technology and Seniors in 2018

Erin Loschiavo, Recreation Facilitator, MP
 Now-a-days technology is everywhere and it plays a heavy role in our work life, personal life and social life. It is a means of communication amongst friends and family, how most businesses keep records for further developments, and can even be used to book doctors' appointments.

It seems as though every couple of months there is an introduction or launch of new technology, whether it is a new computer for the family, new software for a business or even a new app for the latest smartphone.

One of the more popular smartphone apps right now is Snapchat. Snapchat is a photo messaging app that has a variety of features (filters) in which images can be altered to sometimes hilarious results.

I recently introduced Snapchat to the residents of MP3. We spent time learning about some recent advances in technology and how taking a picture has changed to a rewarding and fun experience.

Snapchat is a daily (likely multiple times a day) practice of many of the residents' grandchildren or great-grandchildren while remaining a foreign concept for the residents themselves. By learning how Snapchat works and playing around for a while with the different filters residents have a new thing in common with their younger family members. The residents also have a fun photo collage to show off.

From the original black and white photography to how photos are taken in 2018 Snapchat provided a fantastic opportunity for the residents to learn something new while spending time reminiscing and laughing.



Recently at MHC

January 12, 2018

Julie Tibbetts 100th Birthday!



Julie Tibbetts was the first Misericordia Place resident to turn 100 in 2018!

In 2017 MHC hosted six birthday's for residents turning 100 or older.

January 27, 2018

Mission Day



Every year MHC marks the birthday of the Misericordia Sisters' foundress Sister Marie-Rosalie Cadron-Jetté with a celebration of our Mission.

Celebrations were held in the MHC Auditorium on January 26, 2017. This event marked the premiere of the "Nice Tweets"

videos which are now being posted to social media.



MISERICORDIA
 Health Centre
 The future of care

MHC staff read "Nice Tweets"

Check Facebook on April 1 for the blooper reel!



MISERICORDIA
 Health Centre
 The future of care

Mission Moment



Reghan Scaletta, Director, Human Resources

Once again, MHC held our annual Kid's Christmas Party on Sunday December 10, 2017. I wanted to express my sincere thanks to the Social Committee and volunteers for all their work leading up to and the day of the party... Cathy-Anne Cook, Jeff Hook, Melissa Zepp, Danny Michalenko, and Tammy Carriere.... Specifically Tammy, who was "Santa's" helper, and assisted in purchasing all the individual gifts for the children who attended, as well as the food for the event... Truly this party would not go forward without her hard work!



It was in my opinion a reflection of all these people living the Mission to ensure our MHC kids have a great afternoon of fun and enjoyment! And a very special thank you to Santa, who has been joining us for this celebration for many, many years! The children love seeing him!



PHCC

Recently Karen McGregor, RN and Team Leader for Health Links – Info Santé received a call from a client regarding Heather Parisien, RN, Health Links – Info Santé.

The caller would like to let us know that you spoke with her and then asked to speak to her father. She said you were very respectful and "not dramatic" with dad. My dad respected the nurses and doctors, so he ended up agreeing to be seen. The caller would like to extend a "Thank you from the bottom of my heart." She stated that you directed him to see a doctor and "I think that we had an extra week with dad as a result of having been seen." She also expressed that she herself has used our services and that the Health Links – Info Santé nurses do their very best.

Great job Heather! You made a difference for these callers. Keep up the great work that you do, one call at a time.



OFFICE WINTER OLYMPICS

The 2018 MHC Office Winter Olympics are upon us!

Make sure to check us out @MisericordiaMB on Facebook, Twitter and Instagram for updates throughout the games (February 9-23, 2018).

Event registrations are still being accepted with the registration form available on M-NET.

Here are some highlights of the MHC Office Winter Olympics so far:

Double Double

This event took place from 12 - 1:30 a.m. on Monday, February 12. To compete staff had to mix two creamers and two packages of sugar into coffee while wearing mittens. Urica from Cornish 2 won gold with a time of 18 seconds!

Coffee Cup Curling

On Tuesday, February 13 at 2 p.m. MHC staff gathered in the auditorium to table top curl with Starbucks to-go coffee cups (cups, and coffee for the Double Double event were donated by Starbucks - Corydon location). The MHC Foundation's Jeff and Diana won gold in this event.

Cross Country Relay

Blessed with the best weather of the Olympics thus far MHC staff were welcomed by Mulvey School to use their field for the first outdoor event of the 2018 MHC Office Winter Olympics. Teams of two competed with one teammate pulling the other in a toboggan across the field, changing places at the fence and running back. With a considerable lead following the transition "Two Guys and a Sled" won the gold; Greg from Security and Paul from Plant Services.



Hallway Hockey

Brian Klos, Director of the PHCC took home the gold in this paper ball facimile of Canada's favourite passtime on Thursday, February 15.



Circuit Training

Join personal trainer **Laura McArthur** in the **MHC Fitness Centre**

691 Wolseley Avenue - 6th Floor

Tuesdays starting February 27 from 12 to 12:50 p.m. - \$10/class.

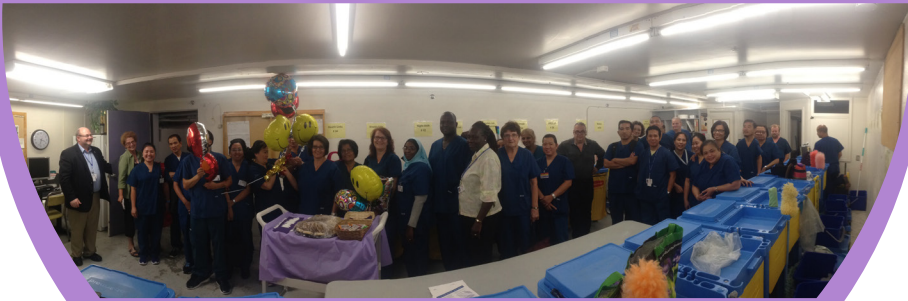
For more information or to register contact Laura McArthur at latm@me.com



Mission Moment

Brian Klos, Director, PHCC

We would like to extend a big thank you to Ron Perreux and his team in Housekeeping. The staff of the PHCC have had a very challenging flu season. Ron and his team have been very responsive in addressing our needs. This approach has been very helpful and much appreciated.



YOU'VE BEEN MISSIONED!

Finance: 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 March? Watch MHC's Instagram and Facebook accounts for the reveal!



Dial-a-Dietitian

1-877-830-2892

Call 204-788-8248 in Winnipeg

Coralee Hill, Clinical Dietitian, Dial-a-Dietitian

Happy Valentine's Day!

Happy Valentine's Day from Dial-a-Dietitian Manitoba! Why not stay in to cook and enjoy a dinner with a special someone instead of going out? Check out this link for a delicious heart healthy dinner menu and recipes from Heart and Stroke:

<http://www.wrha.mb.ca/healthinfo/healthheadlines/2017/170210-valentines-dinner.php>

March is Nutrition Month!

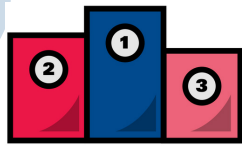
Food has the potential to enhance lives, improve health, inspire children, fuel activities and bring people together. Food is nourishment, but it's so much more! To find out how you can unlock the potential of food, stop by the Nutrition Month display in front of the cafeteria on March 20 from 11 a.m. to 1 p.m.

- Spin the wheel for a chance to win prizes
- Pick up some recipes
- Talk with registered dietitians about how you can embrace food, understand it and enjoy it!

Brought to you by Misericordia Health Centre Registered Dietitians, Dial-a-Dietitian and Dietitians of Canada.

Follow Dial-a-Dietitian Manitoba on Facebook for more everyday information on food and nutrition.





Success Story - MHC's Clinical Resource Team (CRT)



At MHC, 24 hours a day, seven days a week, Winnipeggers and all of the clinical programs at MHC can feel secure in knowing that CRT is here to provide emergency eye intake, support medical care and quality initiatives and to ensure medical coverage, including code response.

You can find CRT at the Buhler Eye Care Centre eye clinics (Blue Desk area) weekdays from 7:30 a.m. – 3:30 p.m. and evenings, nights and weekends in Room 352 on our Ophthalmology Assessment Unit (C3N).

You should contact the CRT for any situation where you would have sent a patient to Urgent Care in the past.

Medical emergencies (e.g. Code Blue) are reported with the same process you would have used when Urgent Care was in place: call a Code Blue and the CRT will respond.

Coverage of CRT is provided by a House Medical Officer (HMO) physician and a Clinical Resource Nurse (CRN). The complete team currently includes:

- Francois Cahill (CRN)
- Charlotte Garlicki (CRN)
- Sharon Lindsay (CRN)
- Jessica Loewen (CRN) (in photo)
- Archie Magsumbol (CRN) (in photo)
- Peggy Mayham (CRN)
- Dr. Iris McKeown (HMO)
- Stacey Nohlgren (CRN)
- Josh Opaleke (CRN)
- Dr. Gilles Pinette (HMO)
- Dr. Larry Rados (HMO) (in photo)
- Dr. John Reda (HMO)
- Dr. Krishan Sethi (HMO)
- Dr. Grant Stefanyshen (HMO)
- Dr. Richie Strachan (HMO)
- Paula Wurtz (CRN)

Thank you all for joining the team and for all of the work that you do!

Safety Corner

Sandra Olivson, Manager, Patient/Resident Food Services

Tips on preventing slips, trips and falls: Housekeeping

Good housekeeping is the first and the most important (fundamental) level of preventing falls due to slips and trips. It includes:

- cleaning all spills immediately
- marking spills and wet areas
- mopping or sweeping debris from floors
- removing obstacles from walkways and always keeping them free of clutter
- securing (tacking, taping, etc.) mats, rugs and carpets that do not lay flat
- always closing file cabinet or storage drawers
- covering cables that cross walkways
- keeping working areas and walkways well lit

- replacing used light bulbs and faulty switches

Without good housekeeping practices, any other preventive measures such as:

- installation of sophisticated flooring
- specialty footwear
- training on techniques of walking and safe falling will never be fully effective.



NEW HIRES

- Kim Glowach
Plant Services Clerk, Plant Services
- Kelly Hallock
Education Facilitator Nurse IV
- Dan O'Connell
Power Engineer 3rd Class, Plant Services
- Sydney Boyd
RN II, Cornish 6
- Valerie Squire
General Duty Respiratory Therapist
Sleep Disorder Centre
- Regeena Navales
HCA, Cornish 2

RETIREEES

- Henciano Trinidad
HCA, Cornish 5
- Ron Parker
RN, Operating Room
- Judith Williams
Intake Operator, PHCC
- Susan Kenny
RN, PHCC
- Judy Braun
Menu Clerk
Patient Food Services
- Diane Boyd
Sr. Mammography Tech
BreastCheck