



FEBRUARY 2019

Life @MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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PRESIDENT'S MESSAGE: LIGHTHOUSE PROVIDES GUIDANCE



MHC recently celebrated Mission Day: a day to recognize our staff, physicians and volunteers who live our Mission in the spirit of *compassion of the heart for those in need*.

Mission Day is also a way to celebrate our legacy of our Founders, the Sisters of Misericordia. Today most of the congregation is retired from their active ministry but continue to be an inspiration to their heritage organizations.

These heritage organizations are collectively called the International Misericordia Family (IMF), with locations across North and South America. Representatives from

the IMF meet with the Misericordia Sisters annually.

This fall I was fortunate to attend the annual IMF gathering and had the opportunity to ask the Misericordia Sisters if they would consider creating a video to share with staff on our Mission Day. The Sisters are very humble and felt we could do a good job without their input. Through our conversation I was able to explain how their continued presence is important and inspiring to us.

Fortunately, the Misericordia Sisters did create a video introducing the International Misericordia Family's powerful new symbol: a lighthouse.

Why did the IMF choose the lighthouse as a symbol? Some ideas:

- No matter if the weather be calm or stormy, the lighthouse keeps watch
- Battered by waves, tides and storms, it is built to resist
- Exists to protect the well-being and security of others
- Forever vigilant, be it night or day
- Like a hand extended, it guides the way
- Flames revives the one who has lost hope
- Brings peace and serenity by its ongoing presence

I encourage you to watch the Misericordia Sisters' video and read the background describing the representation of parts of the lighthouse on M-NET; it is very interesting.

The lighthouse, with all its individual parts, makes a unified whole. Similarly, everyone at MHC has a crucial role to play in health-care delivery – whether front-line care providers, support services, volunteers and more – that is equally important.

MHC is like the lighthouse: it starts with a strong foundation and we are all the rock that the tower is based upon.

Misericordia Health Centre commissioned a beautiful stained glass window created by recreation facilitator Jayne Nixon. The stained glass lighthouse, currently located in Human Resources will move throughout MHC until a permanent home is available in our new Sherbrook building.

MEET A FOUNDATION TEAM MEMBER

Karen Woloschuk, Executive Director,
MHC Foundation



Meet Els Fenton, major and planned gifts officer for the MHC Foundation.

Els joined the Foundation in August 2017 with years of experience in fundraising and advertising media. Being an "ideas person" she loves to meet people from different departments to find out how she can assist them in acquiring different needs for their programs.

Els finds the staff at Misericordia very friendly and helpful. She appreciates the different programs and services that make Misericordia the special place that it is.

Els and her husband Darryl have three children who are all married and have blessed their home with seven grandchildren who Els and Darryl gladly baby sit or have over for sleep-overs.

In their free time Els and Darryl enjoy traveling, golfing, gardening, the occasional construction project and volunteering in the café at their church in Steinbach.

If you ever have any ideas about fundraising opportunities be sure to come and see Els in the Foundation office.



MizFits

Misericordia Fitness Centre

Did you make a "be more active" New Year's resolution? It's not too late to start!

FITNESS CENTRE - free trial

Did you know that MHC staff and volunteers can join our convenient 24/7 fitness centre and studio for a mere \$17/month? And family members and friends can join for the same low price?

Every new member gets an introduction to the gym and a personalized workout plan.

Not sure? Drop by security to pick up a free "trial pass" to see if the gym is for you.

FITNESS CLASSES

Qualified instructors also offer yoga, pilates and circuit training in our gym and fitness studio at reduced prices for staff. You do not need to be a member of the gym to join these classes. Check out our website for more information!

WALKING - inside

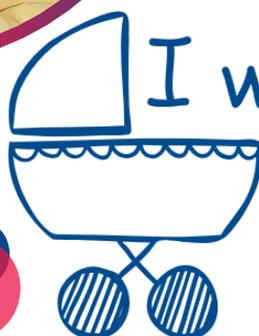
As the weather gets chillier, there is no need to hibernate. MHC is fortunate to have a lot of INDOOR walking space. You can find our indoor walking maps on M-NET!



Green Action Centre Manitoba is challenging you! With prizes like a \$100 Thermea gift card up for grabs why not make up a team of coworkers or family members?

Sign up your team of to skate, bike, ski, snowshoe, run or walk a combined total of 130km between February 11 and 17. Save the dates, find your team of five & get registered!

jackfrost.commuterchallenge.ca/register/workplace



I was born here...

Mary Ann Masesar



On October 9, 1975 Mary Ann Masesar, RN, BN, for the Focus on Falls Prevention Vision Screening Program, was born at Misericordia. She was delivered by Dr. McCarthy and her own Aunt Ophelia Garcia was on site as the labour and delivery nurse.

Mary Ann's nursing career spans Western Canada as she has worked in both Winnipeg and Vancouver. Following completion of her Bachelors in Nursing at the University of Manitoba she worked in areas focused on the older population in the community including research, education, and home care nursing. In 1999, she moved to Vancouver after falling in love with sailing and the ocean where she worked primarily in community case

management and resident assessment instrument – minimum data set 2.0 (RAI/MDS) education.

Her move back to Winnipeg in 2009 was driven by her fitness business Higher Level Fitness which she runs with her husband Vernis "Coach V" Blair. Together they teach responsible health and self-care by helping clients practice the positive daily habits that work for their genetics, environment and lifestyle.

Mary Ann came to MHC following her search for a position with the opportunity to educate others and continue with RAI/MDS 2.0. Her current role allows her time for both of these ventures which all tie into her mission with fitness and health education. Through the vision screening program she is able to promote self-care and positive daily habits with clients and their families.



It should not be a surprise that Mary Ann is an active member of MHC's Fitness Committee. As a certified personal trainer she is able to provide orientation for the MizFits gym, she also assists with events such as Bike Week Winnipeg and Fit Breaks held in the MHC Auditorium.

We are so happy that Mary Ann is a life-long member of our #MHCFamily!



People Profile

Jayde Alix



Jayde Alix, LPN on MP2 and 2018 Misericordia Nursing Award of Excellence recipient, has been a part of our MHC Family since 2014. Her coworkers compliment her assessment and communication skills. Skills which, when paired with her compassion for residents and their families, helps her in developing positive relationships with those in her care and their family members. She remembers important details regarding each resident and treats everyone with dignity and respect.

As the mother of a two and a half-year-old daughter and newlywed Jayde spends much of her time with her family in St. Andrew's Manitoba. Currently, Jayde and her husband are planning their late honeymoon in Mexico.

Buen Viaje Jayde!



Monique Liarakos, Assiniboine Community College, LPN Instructor
Your nursing staff were so generous with their time and talent! They made us feel so very welcome.

Felona, Tannis, Pompei, Cachel and Angie went above and beyond to make us feel like part of the team and shared their expertise with us openly. All of the nursing staff we had the pleasure of meeting during our three week clinical on C2 were very kind with their answers to questions, their demonstration of skill and dedication to the residents.

This experience on C2 has left a lasting positive impression on both myself as an instructor and on each of the students. They've had a taste of what it is like to nurse with a great team supported by a great manager and have come to know what to look for in future employment settings.

Please extend our heartfelt thanks to your nurses for their kindness, willingness to share their knowledge and demonstration of passion.

As an instructor I'd like to highlight Felon's proficiency as a mentor; she possesses the qualities of a great teacher with her solid knowledge base, humility, focus on resident-centered care and her respect for the expertise of her teammates.

Tannis' passion for meeting the resident's needs and approachability also make her an outstanding and memorable mentor.

We would also like to give a shout-out to C2 South Housekeeper Hisabu for going the extra mile to make us feel welcome.

Lastly, we'd like to mention health-care aides Stephanie and Ana as their genuine demonstration of care for the residents and willingness to work as a team with the students and other staff members was unparalleled!

Thank you so very much for such a valuable learning experience. We will forever remember the C2 residents and staff. We will carry the positive impact of this experience throughout the rest of our careers!

The Doctor is in



Dr. Gdih Gdih



MHC Ophthalmologist Dr. Gdih has been expanding his practice in Libya since the 2011 unrest which caused many of the hospitals in the country to work under the standards. He recently returned from his semi-annual trip to the country where, in two weeks, he performed roughly 200 cataract, glaucoma and pediatric glaucoma surgeries.

Inspired by the Manjari Sankurathri Memorial Foundation, where Dr. Gdih spent some time during his residency at the University of Ottawa and Ottawa Eye Institute, he knew he wanted to help as many people as possible when he finished his education. Dr. Gdih accomplishes this by traveling to Libya twice each year where he provides training, consultations and performs roughly 500 surgeries annually.

He thanks MHC for their continued donations to International Hope Canada Inc. Through Hope physicians like Dr. Gdih can access supplies and equipment that would otherwise not be available. Many of these items are now off-contract and have been replaced by the supplier with newer models; this older equipment is checked to make sure it is still in working order and sterilized prior to donation.

Following his graduation from the University of Ottawa in 2009, Dr. Gdih completed a one-year Glaucoma Fellowship at the University of Toronto. When he is not working at MHC or in Libya Dr. Gdih is working alongside MHC Ophthalmologists Dr. Stephen Brodovsky and Dr. John Van der Zweep at Aqua i Laser in downtown Winnipeg.

When asked why he chose to live in Winnipeg he commented on the wish-list he had made while looking for work as a glaucoma specialist and that Winnipeg checked the most boxes. Looking back, even on one of the days last month that was colder than -45 with the windchill, he said he would pick Winnipeg again, that a place has "more important things than just weather." In Winnipeg, one of these more important things is its multiculturalism. Though indoor soccer leagues in the winter to help fill the time between his summer outdoor games may help a little bit.

MHC would like to thank Dr. Gdih for being a part of our MHC Family, both as an accomplished physician and as a willing participant of endeavors like the January 2018 Nice Tweets videos. We would also like to thank Aqua i Laser for their Gold Sponsorship of the MHC Foundation 2018 Gala.

You can learn more about Dr. Gdih's career accomplishments at aquailaser.ca/surgeons-doctors/ or watch him read nice tweets at youtu.be/rkYmps8zYPU

To find out more about the Manjari Sankurathri Memorial Foundation go to their website msmf.ca.



Caring • Respect • Trust



Mission Day



We would like to thank everyone who came to celebrate our Mission with us on Friday, January 25.

If you would like to learn more about the new International Misericordia Family (IMF) lighthouse logo you can watch the Misericordia Sisters' video at youtu.be/4DAkwzKIS5E.

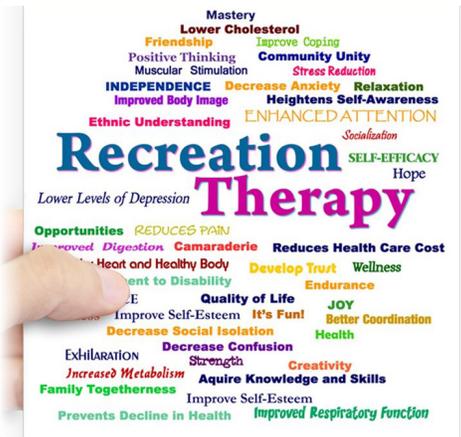


The winners of the Mission Day quiz draw are:

- Joanne McNeil and Barbara Paterson, MHC Heritage and Policy Committee
- Shirley Ratzlaff, CIVP
- Sharon DelMundo, Resident Food Services
- Fatmata Kamara, Environmental Services
- Els Fenton, MHC Foundation

FEBRUARY IS THERAPEUTIC RECREATION AWARENESS MONTH!

Keep an eye out around MHC for information, posters and tips throughout the month to learn more about the importance of TR!





by: Caroline DeKeyster,
President & CEO

I want to give special recognition to the recreation staff who are the heart and soul of our resident Christmas dinners. These are organizational feats they manage to complete every season - in addition to their regular duties. Recreation staff spend an inconceivable amount of time planning, prepping and cleaning up after dinners – long after other helpers have departed. It is much appreciated.

by: Karen Woloschuk,
Executive Director, MHC Foundation

Every year there is a large silent auction as part of the annual MHC Foundation Gala held at the RBC Convention Centre. We collect all the prizes in advance of the event and then box them up to be shipped to the Convention Centre by a courier. For the most recent gala we had to courier the silent auction prizes on the morning of the event; the prizes were expected to arrive by 9:30 a.m.

Just before 9:30 a.m. I received a call from Craig Simmons, shipping & receiving, who had taken the time to find my cell phone number, he advised me that the shipment had not been picked up the courier. His call prompted me to phone the courier company who let us know that a new driver had been assigned to the call and had not yet been sent out to pick up the order. Once the order had been picked up from MHC Craig called me again to let me know the prizes were on their way.

This delay put us behind schedule but if Craig hadn't taken the time to find my number and call me the shipment could have arrived much later than it did. I would like to thank Craig on behalf of the Foundation staff and Gala Committee members We are extremely grateful that he noticed the problem and took the extra steps needed to resolve it.

Thank you Craig!

by: Ellen Locke, Manager, Recreation

I would like to say a special “Thank You” to my staff, all of the recreation facilitators, for all of their hard work making the Christmas dinners for the residents. We start planning and prepping for the dinners in September and by November we are in full Christmas mode. The Recreation department had reduced staff this year yet they still made sure each resident and family member had a wonderful holiday meal in a “home-like” setting, which is no easy task considering we fed more than 600 people! The Recreation staff also made sure the residents experienced the traditions of the season. Thank you, Recreation facilitators, for going above and beyond (staying late, coming in early on the dinner days to make sure all the food was prepared on time and everything was cleaned up and off the units).

As a department we would also like to thank everyone who helped with the dinners, with a special thank you to our dietitians who are with us at every dinner making sure special diets are fulfilled. Also Sandra Olivson, for making the special desserts for residents with special diets; the dietary staff for getting our dishes, pots and pans cleaned and sterilized in a speedy manner so they were ready for each dinner; Myles Duff for carving our turkeys every year; Barbara Van der Vis for prepping, cooking, helping with everything and being the “best gravy chef in the world;” Cathy-Anne Cook who took photos of all the residents with their families and loved ones; the Housekeeping department for their extra help with set up and take down for each dinner; Lynn Horton and her wonderful volunteer/staff choir for their gift of song at each dinner; George Patenaude Sr. for volunteering annual post-retirement; and Rosie Jacuzzi for being Rosie. Hopefully we didn't forget anyone. The Recreation Department is so grateful to everyone for their generosity and the time they spent volunteering at the dinners, making the holidays special and enjoyable for our resident and their loved ones.

YOU COULD WIN A \$100 PROMOTIONAL GIFT CERTIFICATE TO 529!

At MHC it is common for our staff and volunteers to take some extra time out of their day to help our residents, patients, clients, visitors, their families and the members of our #MHCfamily. This could be something as simple as helping someone find their way in the building, spending some extra time with a resident, helping out in the West Broadway community or volunteering to help at an MHC event.

When we share these stories our culture of caring can spread!

If you see someone going above and beyond the call of duty submit a Mission Moment story to info@misericordia.mb.ca before June 15, 2019 and you and the person you wrote your story about will be entered to win a \$100 promotional gift certificate to 529 Wellington Steak House.

Contest Rules:

- One entry for the writer of submission per month
- One entry for each person mentioned in all submitted Mission Moments
- Promotional gift card expires December 2019

THE MISERICORDIA HERITAGE COLLECTION

Barbara Paterson, Chair, Misericordia Heritage Planning and Policy Committee



The Misericordia Heritage Collection is currently held on the third floor of the MERC Building. It includes hundreds of documents, photos, memorabilia, and objects dated from 1898 to the present. Many people think the focus of the Collection is only the School of Nursing. However, for the past three years, it has included the history of the hospital and the Misericordia Sisters.

Here are just a few of the treasures that the Collection holds:

- A signed petition in 1898 from neighbours indicating that the work Misericordia Sisters did (caring for single mothers and their babies) was unsuitable for their neighbourhood. They demanded the Sisters' workplace be moved. The neighbours raised \$1000 to move the Sisters' workplace to a new site in 1899 (the current site of Misericordia Health Centre)
- Photographs of both the outside and interior of Misericordia General Hospital (now the Misericordia Health Centre) since 1899 showing the various additions, demolitions and changes over time
- Photographs, textbooks and medical equipment from 1901 that show how health care has changed over the years.
- Military medals worn by men and women who worked in or graduated from Misericordia and who served in World War I, II or the Boer War
- Clothing worn by volunteers, patients, and health care personnel since 1924
- Letters and cards written or received by nurses and doctors since 1930
- Photographs and other documents (e.g., musical scores) detailing the many concerts, dances, parties, sports events, and celebratory events that were held at Misericordia since 1898

We are happy to show the Collection to anyone who wishes to see it. If you are interested in viewing the Collection, please contact us at 204-381-6286 or Bapaterson@tru.ca.



A caller to Health Links – Info Santé recently called back to thank Janice Bastounis, RN, for saving their life by directing them to call 911. They thought it was a waste of time but it turned out that they had a massive heart attack and a stent was inserted. They were very grateful and teared up when they called to thank Janice.

NEW HIRES

Amy Schellenberg
Intake Operator, PHCC

Clarissa Lopez
Intake Operator, PHCC

Agatha Szentag Page
Intake Operator, PHCC

Kassi Miller
Intake Operator, PHCC

Claire Gallagher Fenton
Dietary Aide, Food Services

Karis Chong
Dietary Aide, PHCC

Erica Thompson
Occupational Therapist, Occupational Therapy

RETIREES

Janice Bastounis
RN, Health Links – Info Santé

Colleen Dumore
RN, Health Links – Info Santé

Wanda Filipiak
RN, Health Links – Info Santé

IN
APPRECIATION