



MISERICORDIA
Health Centre
The future of care



M-NET
MHC Intranet



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MAY 2019

Life @MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

PRESIDENT'S MESSAGE: TCU THANK-YOU



MHC's 23-bed Transitional Care Unit (TCU) has been successful beyond what I could have imagined – and our staff are to be greatly commended. We created this unit in order to respond to a patient priority area in the health system - another wonderful example of Misericordia stepping up to meet the needs of the community.

Transitional Care serves patients who require complex social and medical support for a limited period of time before transitioning home with community services or to a personal care home, supportive housing or elsewhere such as Hospice.

I know creating this unit has been challenging, especially at the beginning with new learning, hiring, organizing support and much more - while also continuing to care for Interim Care residents at the same time. I'm so impressed with how well the interprofessional team – social workers, dietitians, HCAs, nurses, recreation professionals, security, physiotherapists, occupational therapists, physicians, managers, finance and more – has embraced change and developed areas of expertise and clinical pathways to best serve TCU patients.

With Interim Care, we only accepted patients who fit certain criteria. With the TCU patients came learning for everyone. Instead of paneled individuals going to the personal care home of their choice, the team is providing restorative care for a variety of health needs and then determining patients' destinations by assessing where patients will be best supported. And this isn't easy, having to navigate through the complexities of housing options, Home Care, mental health support and more.

I believe the TCU is a good fit with the Misericordia Sister's Mission of compassionate care for the vulnerable: serving patients with complex health and social issues. Being able to provide restorative care to these patients truly makes a difference.

We are carefully assessing and understanding what this patient population needs and will continue to refine our TCU programming around these needs. It's exciting to build a new care unit from the ground up.

Our 23-bed unit has been so successful we're working towards transitioning to 67 TCU beds beginning in July and then to 111 TCU beds in total throughout summer and into the fall - with aligned staffing and funding in place. Specialized care will also continue in our 16 Respite Care beds. Our Interim Care residents will move to the PCH of their choice.

Thank you to everyone for their work in the creation of these TCU units: it is a significant accomplishment, and one to be proud of. Thank you especially for working together, actively participating and being open to further education throughout the process: it is appreciated.

MHC FOUNDATION: CANADA DAY RUN

Karen Woloschuk, Executive Director,
MHC Foundation

Have you made your Canada Day plans yet?
Why not join us?

On Monday, July 1, the Running Room will once again host a family-friendly run (or walk) in support of the Misericordia Health Centre Foundation. This is a great activity to kick-start your Canada Day as the run is held in the heart of downtown Winnipeg – starting at the corner of Waterfront Drive and Pioneer Avenue and leading you into St. Boniface and around the beautiful Fort Gibraltar.

There are trivia contests leading up to race day on the Running Room website. All registered runners also receive the following...

- Canada Day Run commemorative medal
- Chip timing
- Complimentary post-race food
- Treats and activities for kids
- Bike valet

...and are eligible to win one of three costume contest prizes and the top online fundraiser prize.

In 2018, the Canada Day Fun Run raised \$2,140 with 341 participants. This year's run will be open to 450 participants. Visit M-NET or misericordiafoundation.com to learn more about this event. We hope you can join us on Canada Day!





People Profile

Heitha Forsyth



Since 2011 Heitha Forsyth has been working and playing at MHC; first as an Artist in Health-Care leading both the MHC and Misericordia Place resident choirs, assisting with the Music and Memory® program and playing music for the residents as a travelling musician. Now Heitha is at MHC as part of her 1,000-hour internship requirement for graduation from the Canadian Mennonite University (CMU) Bachelors of Music Therapy. As a part of her internship, Heitha also provides care at Deer Lodge Centre, CMU's Community School of Music and Arts (CSMA) and U-Turn Parkinson's, a non-profit provider of programming for members of our community living with Parkinson's.

Her role at MHC has evolved with her education at CMU to incorporate socialization, relaxation, reality orientation and cognitive exercises to her programming. She is no longer an "artist in health-care" but a part of the health-care team; creating treatment plans for residents living with dementia and Alzheimer's disease. Working with residents one-on-one or in group settings Heitha aims to provide residents with a safe space for socialization and camaraderie, to aid with anxiety caused by their changing situations all while using music as a therapeutic tool.

In the evenings music continues to be a driving force in Heitha's life. She is a member of two bands in Winnipeg, The Solutions and The Retro Rhythm Review, and has a solo project under the name of Sol James. You can see her play at various music festivals throughout Manitoba this summer, including the Harvest Sun Festival in August. She is also holding a CD release party for the new Sol James album "Fighting" on September 5 at the West End Cultural Centre.

THE AMAZING FORTITUDE OF THE MISERICORDIA SISTERS

Barbara Paterson, Chair, Misericordia Heritage Planning & Policy Committee



Anyone who has tried to raise funds for a charitable organization knows how challenging such a task can be. But nothing can compare to what the Misericordia Sisters experienced in the years 1898 to 1900.

The founders (three nuns and Miss Helen Rioux, a trained nurse) of what is now known as the Misericordia Health Centre came to Winnipeg in 1898, speaking little or no

English and having little money. They came upon the request of the Bishops of the Canadian West who identified a need to care for single mothers and their infants. There were many who thought such a goal was foolhardy; it was the subject of much debate. The Archbishop of St. Boniface, Msgr. Langevin, expressed concern that the journey to Winnipeg and the task of caring for single mothers ("victims of the enticements of society who become prey to public dishonour") would prove too daunting for the Sisters. Others, such as Father Lacombe, called for the Sisters to "come now. Come, the West is waiting." After a short time in St. Boniface, the Sisters decided to move to an English-speaking neighbourhood and opened a home for single mothers on Broadway Avenue. By February 1899, the Home cared for 20 mothers and three additional Sisters had joined the staff.

The Sisters underwent incredible hardships in the years 1898-1900. They were often hungry. They were unused to Winnipeg's harsh winters. They also endured the persistent scorn of neighbours.

Continued on Page 4

EXTENDED ACCESS TO CT SCANS FOR MANITOBANS

Manitoba patients requiring less-urgent computed tomography (CT) scans now have improved access to this important service with the opening of the Diagnostic Imaging Outpatient Centre (DIOC) at MHC on April 1, 2019.

You can read more about the DIOC by following the media links on our website at misericordia.mb.ca/mhc-in-the-press/.



The Doctor is in



Dr. Tina Tang



First-year Ophthalmology resident Dr. Tina Tang chose ophthalmology because of its significant impact on a patient's quality of life.

Dr. Tang was born in China and grew up in Boston but her medical career began in Montreal where she attended McGill University. Following medical school, she moved to Ottawa where she participated in a research fellowship in ocular pathology under Dr. Brownstein. Upon completion of this fellowship, Tina started on another exciting adventure as she drove from Ottawa to Winnipeg through the beautiful Canadian Shield. Her recommendation to all new Winnipeggers; go on a food tour to get a taste of what Winnipeg has to offer.

The MHC ophthalmology team has welcomed Dr. Tang into the department this past year and she says that this plays a large role in how enjoyable her learning experience has been thus far. This early on in her residency Dr. Tang is keeping an open mind and trying to learn as much as she can from every sub-specialty. She enjoys the hands-on and visual aspects of ophthalmology and learning about the unique pathologies that can present in an eye. This year of her ophthalmology residency will end with her attendance at the annual TORIC course in Toronto, a six-week basic science course for ophthalmology.

When she is not busy with her residency Tina can be found working out at the MizFits gym or, most likely, spending time with her significant other and their dog and two cats.

YOU'VE BEEN MISSIONED!

We would like to thank Linen & Laundry for their hard-work, continuous care and living the Misericordia Sisters' legacy! We hope you enjoyed being **MISSIONED!**



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Mission Moment

Karen Chojno, Manager, Ophthalmology Assessment Unit

I just wanted to thank security (Jo Michael, Greg, Brandon, Dominic and Kory) for looking after two lost dogs and helping return them to their owner.

"To be 'in charge' is certainly not only to carry out the proper measures yourself but to see that every one else does so too."
Florence Nightingale

#VoiceToLead

NURSES
A VOICE TO LEAD

Health for All

NATIONAL NURSING WEEK
MAY 6-12, 2019

NURSES
A VOICE TO LEAD
HEALTH FOR ALL

Your leadership makes a difference every day.
Share your story @canadannurses #VoiceToLead #NPN2019 & #NationalNursingWeek

CANADIAN NURSES ASSOCIATION

cna-aic.ca

MAY 13-17 IS...

ALLIED HEALTHCARE PROFESSIONALS WEEK

Allied health professionals, to name a few, include diagnostic medical sonographers, dietitians, medical technologists, occupational therapists, physical therapists, respiratory therapists, speech language pathologists and music therapists (see page 2).

CONTINUED: THE AMAZING FORTITUDE OF THE MISERICORDIA SISTERS

One nun wrote to her friend in Montreal describing how people spat upon them as they walked in the streets, cursing them for caring for “unfortunate girls and unwanted babies.” A petition was circulated by 63 of the neighbours demanding that the Home be relocated to another region of the city. The petition stated that property owners in the neighborhood, “have selected this portion of the city for their homes and have beautified it to make it a retreat far removed from anything offensive and where their wives and children may not be brought into contact” with an institution caring for single mothers. The same petitioners raised \$1,000 to relocate the hospital to its current site.

Having few funds to feed and house their clientele, the Sisters walked the streets of Winnipeg, and as far as Minneapolis, in all kinds of weather to ask for food, and money to support their work. Fundraising was tiring and often discouraging. In early 1900, two Sisters travelled to Northern Manitoba to seek funds. They walked or travelled by canoe. Because they had little money for food, they were constantly hungry. They were almost eaten alive by mosquitoes and had to walk long distances with water above their shoes. The Sisters note in their correspondence that they met many generous people along the way. Once they were invited by a train engineer to ride in his locomotive. At another time, a Mr. Welsh, owner of a large lumber camp, paid for all the expenses of their canoe trip back home.

The Misericordia Sisters eventually built the Misericordia Maternity Hospital in July of 1900. It was one of the predecessors of the Misericordia Health Centre. The Misericordia Health Centre continues to uphold the values of caring and compassion that were exemplified by the Misericordia Sisters in the early years of their experience in Manitoba. One wonders if any of us today would have the same courage and stamina as the Sisters demonstrated so long ago!

The history of the Misericordia Sisters in Winnipeg is documented in photographs, records, letters, and biographies held in the Misericordia Heritage Collection (third floor of MERC building). 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 204-788-8321 or bapaterson@tru.ca.

Health & Safety Corner

Jenifer Downie, Occupational Health Nurse

Did you know that 21 per cent of working Canadians are currently experiencing a mental health problem or illness?

Life can be hard, and if you are struggling mentally or emotionally, this can also impact your ability to function and thrive at work. MHC strives to be a workplace where you feel safe, valued and respected.

Did you know that you can access free short-term counselling through the Employee Assistance (EAP) plan?

If you are struggling with having a "healthy mind" at work, make an appointment to see one of the Occupational Health Nurses who can guide you toward resources and supports. Asking for help is a good thing!

Reference: ccohs.ca/healthyminds

NEW HIRES

Hassan Murtaza
RN, Misericordia Place 3

Jennifer Taylor
Director, Long-Term Care

Diana Macalino
Health-Care Aide, LTC Float Pool

Melake Tsegai
Health-Care Aide, LTC Float Pool

Merhawit Weldegergsh
Health-Care Aide, LTC Float Pool

Karen Katcher
RN, Ophthalmology Clinics

Sandy Petrynko
Respiratory Therapist, Respiratory

Kristina Ernst Gasenzer
Scheduling Assistant, PHCC

Gurinder Johal
Scheduling Assistant, PHCC

RETIREES

Valery Camarta
Clerk, Health Records

Michele Sala Pastora
Spiritual Health Associate, Spiritual Health

WOMEN WANTED FOR THE WRHA
CO-ED SOCCER
TEAM (MAY-OCTOBER)
CONTACT JENNIFER AT JJULARBAL@WRHA.MB.CA
FOR MORE INFORMATION