



OCTOBER 2019

Life @MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

PRESIDENT'S MESSAGE: CJNU 93.7FM IS HERE!



I'm very excited CJNU Nostalgia Radio is broadcasting live from Misericordia this month! I encourage you to tune in to 93.7 FM!

CJNU is a volunteer-based radio station with approximately 240,000 listeners comprised primarily of older adults. Along with great nostalgia music, they showcase charitable organizations around Winnipeg - which is what they are doing for Misericordia's Foundation.

If you listen at the "top-of-the-hour," you will hear highlights of different MHC program and event descriptions.

CJNU is promoting the excellent and innovative work being done at MHC through interviews with staff, volunteers, family members, physicians, donors and patients. Most interviews are around eight minutes in length, and are quite informal: I will be live at noon on October 8, 2019: for a full hour of conversation. Wish me well: an hour seems like a long time!

I intend to spend much of my interview explaining to the community who we are and what we do, how we live our Mission, and, of course, championing our compassionate care with reference to our Misericordia Family.

CJNU's "studio" is located in room 164 of the Sherbrook Building - just down the hall from the Foundation. Please do drop by to visit their volunteers while they are here; they like visitors!

CJNU INTERVIEW SCHEDULE:

OCTOBER

- 7 @ 4:37 PM **Talia Martens**, Health Links – Info Santé
- 8 @ 12:00 **Caroline DeKeyster**, Mission
- 8 @ 2:07 **Coralee Hill**, Dial-a-Dietitian
- 9 @ 4:37 **Brian Klos**, Provincial Health Call Centre
- 10 @ 9:07 AM **Wayne Thompson**, Sleep Disorder Centre
- 10 @ 2:07 PM **Leonard Offrowich**, MHC Foundation Donor
- 11 @ 4:37 **Tara Keyser**, PRIME
- 14 @ 4:37 **Lisa Stiver**, MHC Foundation Board Chair
- 15 @ 2:07 **Dina Gesualso**, Misericordia Place
- 16 @ 4:37 **Tamara Carriere**, Diagnostic Imaging
- 17 @ 2:07 **Thania Martis**, Manitoba Parent Line
- 18 @ 2:07 **Dr. Cathy Smith**, Community IV Program
- 21 @ 4:37 **Dr. Lorne Bellan**, Eye Care Centre of Excellence
- 22 @ 2:07 **Karen McCormac**, Vision Screening
- 23 @ 4:37 **Caroline DeKeyster**, Mission



MHC FOUNDATION: IT'S GALA TIME!

Karen Woloschuk, Executive Director,
MHC Foundation



You are invited to join us at the Misericordia Gala on Thursday, November 14th!

Join us for a remarkable night of delectable food, live entertainment, and above all, community. Tickets are \$200 each or \$100 each for guests under 35.

This is fun night to get dressed up and bid on amazing prizes. We have over 80 silent auction prizes and our live auction features a trip for two to Paris.

You can also enter the WestJet raffle to win a trip for two anywhere that WestJet flies.

Tickets are available now! Stop by the Foundation office, call us at 204-788-8458, or visit us online at

www.misericordiafoundation.com



WELCOME TO THE BOARD!



Nick Chubenko has come full circle on a journey back to Misericordia, and now he's excited to give back

Misericordia is a place of firsts for new board member Nick Chubenko. After graduating from the faculty of social work at the University of Manitoba in 1980, Misericordia was the first place he applied.

“At that time, I was living near Polo Park and remember walking over to drop off my résumé a few days after graduation. I received a call for a job interview and that was the beginning of my career in health care.

Now, almost 40 years later, after retiring last March as a geriatric clinician, it's his first hospital board position.

“When I started exploring opportunities, Misericordia was again the first place I considered. I have always associated Misericordia as being my second home where I made many special connections and memories.”

Nick says Misericordia is like a family, and true to that he met his wife, Colleen, during his years here. Today, Colleen is an RN working in the Provincial Health Contact Centre.

He expects being a Misericordia board member will offer him opportunities to continue learning and contributing alongside a very talented, committed and respected group of people.

“I want to give back to the place that gave me my first opportunity and I'm grateful to the board for selecting me. I'll make every effort to support Misericordia as the best place possible for providing essential health-care services.”

October 21 to 25 is Spiritual and Religious Care Awareness Week

Joan Crabtree, Spiritual Health Services

Spirituality is the way we find meaning and purpose in our lives. It's a way to connect with creation, other people, and often a Higher Power we may call God, Creator, Allah, or a number of other names. The work of the Spiritual Health Services department is to help nurture spirituality in our health-care setting in diverse ways.

Watch for an activity and display board to help staff connect with their own spirituality. More information in mid-October!

YOUNG VOLUNTEERS SHINE, WIN 2019 YOUTH SCHOLARSHIPS

Two young Misericordia volunteers have each received a 2019 Youth Scholarship of \$500.

The Volunteer Services Award requires youth 25 and younger to be pursuing a career in health care, and have at least 100 hours of volunteerism at Misericordia under their belt.

Courtney Comrie has volunteered 244 hours (she counted) while Spencer Ferbers, four years her junior, has logged about 140 hours of time helping people at Misericordia. Both have worked with older adults in PRIME assisting with physiotherapy and rehabilitation activities.



Spencer Ferbers and Courtney Comrie, 2019 Youth Scholarship Award winners

“They have been committed and dedicated to their clients. They are two amazing individuals who truly care and get involved with helping our residents,” says Mirna Alberto, Volunteer Services Coordinator at Misericordia.

Courtney plans a career in physiotherapy and has begun a two-year master's program at the University of Manitoba, while Spencer is earning his degree at the University of Winnipeg in advance of starting med school.

They came to Misericordia about 2.5 years ago. Spencer had volunteered at a soup kitchen, but when university began his schedule forced him to choose a new place to volunteer. Courtney used to volunteer teaching karate to kids pursuing their black belt. She was looking for physiotherapy experience, and had heard about Misericordia's programming at university.

Both say they learned a lot working in PRIME, and felt valued.

“One of the things I noticed is that everyone is just so grateful to be there and so grateful for the help they get,” says Courtney.

“I don't think I've ever had anyone appreciate my presence so much, as they did. It would just lift my heart for the rest of the week, for sure.”

Spencer says a decision to volunteer should be an easy one.

“Go for it. All my experiences have just been great. It's one of those things, once you start doing, you really enjoy and look forward to it during the week and it puts you in a way better mood.”



Sign up for Life

World Sight Day is October 10, and November is Eye Donation Month.

You can save lives, and help people see. Staff at the Misericordia Eye Bank say the waiting list for corneal transplant is over 100.

Go to www.signupforlife.ca today to register online as a donor.

It's quick and easy. You could make an incredible difference in so many lives with one simple choice.

In Memoriam

To share details of the passing of former employees, physicians or volunteers, please contact Carrie Devlin in Human Resources at 204-788-8151 or cdevlin@misericordia.mb.ca.

Carrie creates posters to put in the "In Memoriam" box outside the Gift Shop and forwards the information to Spiritual Health Services so names can be added to memory services.



MIZ BRIEFS

- The winner of the Mission Moment contest draw for a 529 Wellington restaurant gift certificate was Jayne Nixon. Congratulations Jayne!
- Digital Health recently reminded us to be vigilant about computer and information security. Never share password, personal, credit card or organizational information online or over the phone, and never click on links or attachments from suspicious emails.
- **In appreciation:** from a note received by staff on Cornish 5: "I can't thank you enough for all the care and compassion you showed my dad each and every day. There are no words to express my gratitude. You are all such special people for the work that you do but especially for the ways in which you do it. I will never forget all of your kindnesses."
- Mark your calendar for November 13 to see ethicist Katarina Lee speak and answer questions on moral distress. The event is at 2 p.m. in the multi-purpose room at Misericordia Place. To discuss an ethical concern at any time email ethics@misericordia.mb.ca or drop a consult form off at the information desk.

ANIMALS AT PRIME



Goats, ducks, chickens, pigeons, geese, rabbits, and even mice made the trip from Frogs' Hollow Farm to the lawn of Misericordia Health Centre this month. They came, as they have in years past, to visit participants of the Centre's PRIME program.

"It's something to love," said Sherry McManus, a recreation facilitator with PRIME, who ferried animals around a circle of smiling faces.

"A lot of them grew up on a farm. They raised animals, but they can't have animals anymore, so it's really nice to bring them some."

One participant called the chance to see the animals, "wonderful," and said he was reminded of Bobby Darin singing "If I Could Talk To The Animals."

PRIME is a day program for seniors to help them maintain good health and independence through a holistic approach that includes things like physiotherapy, counselling, social programming, home care coordination, dietary and medication support.



PRIME recreation facilitator Sherry McManus shares an animal, and a smile, with a participant

The animal farm visit is another example of programming made possible by the generosity of Misericordia Health Centre Foundation donors. Donate today to make a real difference in the lives of Manitobans—visit www.misericordiafoundation.com

NEW HIRES

Christine Salstrom, Spiritual Care Associate, Spiritual Care
Simret Ghebiezghi, HCA, LTC Float Pool
Alma Brinces, Diet Aide, Food Services
Cynthia Hansen, RN II, Health Links
Laurenz Phil Fernandez, RN II, C6
Monaliza Sanchez, Unit Clerk, C6/LTC Float Pool
Ankica Mlinac, LPN, LTC Float Pool
Sheryl Paguia, RN II, C6/LTC Float Pool
Racquel Maclang, Unit Clerk, C6/LTC Float Pool

Janet Dela Cruz Tolentino, HCA, C2
Rosemarie Vergara, HCA, LTC Float Pool
Sandra Quiroz, HCA, MP2/Float Pool
Joel Navarro, RN II, C5
Kimberly Scott, Supervisor Intake & After Hrs, PHCC
Coleen Unger, RN II, Health Links
Rhodaly Valmeo, RN II, Health Links
Leas Sophia Eleno, RN II, Health Links
Jennifer Davies, RN II, Health Links
Apphle Gomez, Rehab Assistant, Physio

Hilary Collins, Patient Registrar, Patient Registration
Ryan Dziadyk, Physiotherapist, Physio
Rico Dizon, Rehab Assistant, PRIME
Gregory Toews, Occupational Therapist, Occupational Therapy
Jennifer Page, Physiotherapist, PRIME
Brittany McLeod, Patient Registrar, Patient Registration
Tony Bagnulo, Power Engineer 3rd Class, Plant Services
David Rowe, Social Worker, Social Work
Fred Bowley, Power Engineer 3rd Class, Plant Services
Lilibeth Velasquez, RN II, C2
Gideon Oroceo, ESA, Housekeeping
Sheree Sanderson, ESA, Housekeeping

Dawa Salih Rudwan, ESA, Housekeeping
Karlee Kearns, Laundry Attendant, Laundry and Linen
Maria Andaya, GLPN, LTC Float Pool
Razel Aguila, LPN, LTC Float Pool
Rena Alday-Panda, Eye Bank Technician, Eye Bank
Saranjit Dhaliwal, Recreation Facilitator, Recreation Services
Nathaniel Abejuela, HCA, Surgical Complex
Carla Dahl, RN II, PHCC
Chris Hyde, Dietitian, Nutrition Services
Marcille Pasa, GRN, PACU/DS/POAC
Kristi Munro, Administrative Assistant, Foundation
Debbie Caryk, Medical Office Assistant, PRIME

RETIREES

Conrad Rozmus, Engineer, Plant Services
Ester Ellchuk, Dietitian, Nutrition Services
Janice Watters, Communications Clerk, Telecommunications

Mecredita Aquino, Environmental Service Attendant, Housekeeping
Connie Halliday, RN, C3N
Dolores Diona, HCA, C5
Louise Enns, Clerical Aide, PACU/POAC/DS



Members of the Community IV Program enjoy a few moments to share goodies provided by the Mission Committee. We appreciate your caring and compassion!

Health & Safety Corner

Jenifer Downie, Occupational Health Nurse

The flu shot is a vaccine given with a needle in the arm. It protects against the three or four influenza viruses that research indicates will be most common during the season.

The flu shot prompts your immune system to produce antibodies. In turn, these antibodies help the body fight off the types of flu virus that are present in the vaccine.

After receiving the flu shot it takes about two weeks for these antibodies to fully develop.

Health-care providers are highly encouraged to get the flu shot as **it protects you, your family, and the patients and residents that we care for at MHC.**

Occ Health Nurses Dianne and Jen will be doing a "Flu Blitz" starting Tuesday October 15th. Watch for information regarding times and locations!



Photo: Barry Rodgers



Softly, gently, Autumn calls
Summer retreats and foliage falls
One sign stands beneath the night
Embracing change and shining bright

Upon the roof top, here to stay
With each new breaking dawn of day
A sign for those in need of care
When heavy is the cross to bear

A haven for people in need of rest
Compassionate staff among the best
For elderly care or eye surgery
Misericordia is the place to be

- Barry Rodgers, Plant Services