



**MISERICORDIA**  
Health Centre  
*The future of care*



FEB 2021

# Life @MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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## PRESIDENT'S MESSAGE: COVID-19 AND BEYOND



It's hard to believe that we're weeks away from the one-year mark of the onset of COVID-19 in Manitoba. Everything changed in March 2020, and the pandemic continues to evolve in our province, the country and around the globe.

The phrase "new normal" is used often to describe how COVID-19 has changed our day-to-day lives in professional and personal capacities. However, as we've navigated waves of the pandemic, it's evident that things do not remain status quo for long. As new scientific findings emerge and new variants of the virus appear, one thing we can count on is constant change.

With constant change comes updates to protocol, best practices, restrictions and more, all to help keep ourselves, the community and especially those who are most vulnerable safe.

Staying up-to-date is critical as we live alongside COVID-19. When staying on top of current information, it's imperative you stick to trustworthy sources like the Government of Manitoba and Shared Health websites. I also strongly recommend you check M-NET frequently for COVID-19 updates that specifically pertain to you as an MHC employee. Every department has access to a shared computer, or you can use one outside of the Human Resources office.

As public-health orders evolve and restrictions have loosened up due to Manitobans' diligent efforts on reducing the spread of the virus, select businesses and services have re-opened their doors or are in the process of doing so. And while this happens, health-care services that were temporarily suspended have also started to safely ramp back up again. MHC staff who were redeployed/reassigned to different areas or other health-care sites, are slowly transitioning back to their usual roles on-site.

On behalf of the senior leadership team and your MHC family: thank you to everyone who took on new, invaluable roles, providing support to areas and those who needed it most. I know with this came some personal sacrifices, so please know that you have made an invaluable contribution.

In this issue of Life@Miz, you can read one specific "success story" about Sleep Disorder Centre team members who were reassigned to Misericordia Place during the COVID-19 outbreak. I encourage you to give it a read as well as acknowledge your colleagues who have joined your team from another area at MHC, helping support and live our Mission.

I've touched on some of the many changes and challenges we've collectively experienced over the last 11 months, but something equally important to focus on are the milestones. Yes, things are constantly changing, but we can still take a few moments to celebrate and be grateful for special moments, whether big or small.

## 2021 FOUNDATION EVENTS

Kris Gladwell, Executive Director,  
MHC Foundation

Events are a big part of what we do at the Foundation – funds raised directly help support MHC. While we love coming together to celebrate and fundraise for a great cause, it's apparent that our 2021 events must be re-imagined in order to run in a COVID-safe manner. We've had to get creative and think outside the box once again this year, and we're so excited to share our plans with you!

We're thrilled to announce that we expect to have an in-person golf tournament this year. As long as public health directives permit, the 2021 Misericordia Golf Classic will take place on June 23 with safety measures in place. We look forward to teeing off with our supporters at Pine Ridge Golf Club.

*InVision*, our signature virtual event, will take place on September 23 and we've started planning for Angel Squad this December. Thanks to you and our generous community of supporters, both events were great successes in 2020 – we can't wait to host them again!

Last but not least, on a non-event related note, we'd like to extend our gratitude to our MHC colleagues. Thanks to donor funds and a partnership with Hudson Bagels, we are pleased to present every MHC staff member with a coupon for a toasted bagel and cream cheese. A small gesture of appreciation for all you do for clients, residents and patients. Thank you.



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## COVID-19 VACCINE



## PRESIDENT'S MESSAGE CONT'D...

One important milestone has our team of nurses immunizing all consenting Misericordia Place residents on January 25 (see photo of MP 1 resident, Eleanor, above)! This was a monumental step that will help ensure our residents are protected from contracting COVID-19. This will remain a memorable day for staff, myself included, residents and their loved ones. Second doses of the vaccine will be given on February 16.

I know that things all seem to be all COVID, all the time, but it won't always be this way.

Coming up soon, for example, we will need your help as we enter a planning phase of refreshing our Mission and Vision. MHC has a legacy of providing compassionate, innovative and excellent care. That gives us a strong place to begin and identify future priorities for MHC that match emerging health trends.

Caroline DeKeyser

[cdekeyser@misericordia.mb.ca](mailto:cdekeyser@misericordia.mb.ca)

## THANK YOU MHC HEALTH-CARE HEROES

To MHC staff who were reassigned/redeployed due to COVID-19: Thank you for taking on new, invaluable roles in order to help protect others. A collaborative, province-wide redeployment strategy was a necessary measure to help flatten the curve and save Manitobans' lives. And you helped make this possible.

It is important that you take with you both an understanding of how grateful the MHC Family is for your dedication and hard work as well as a sense of tremendous pride for the difference you have made.

## FROM SLEEP STUDIES TO RESIDENT CARE: AN INVALUABLE CONTRIBUTION

Throughout the pandemic, health-care programs and services in the province have been temporarily suspended to help flatten the curve. One of many areas at MHC that has been impacted is the Sleep Disorder Centre. The SDC is a provincial program unique to MHC, helping more than 10,000 Manitobans sleep better every year.

In mid-November, select services were put on pause, including outpatient sleep studies. With 90 per cent of sleep studies temporarily suspended in order to ensure safe patient care, SDC staff were redeployed to other areas on-site at MHC. Two of the 16 redeployed SDC team members are Kathy Gjema and Seng Yi, both polysomnographers, or informally known as "sleep techs."

Kathy and Seng have been working alongside the extended Misericordia Place team for the last two months, on MP2 and MP3, respectively.

Change is never easy, especially when it means going into a new, unfamiliar role. Both Kathy and Seng have taken the change in stride. And like their fellow SDC colleagues, they were also redeployed previously this spring to help field COVID-19 screening calls at Health Links – Info Santé.

"I don't like too much change, but this has been an important change. To be effective and helpful, you have to adapt," said Seng, who currently works primarily night shifts at Misericordia Place.

While the average night shift at MP looks quite different than at the Sleep Disorder Centre, there are parallels between the two.

"Some of the residents have trouble sleeping and they're up during the night. I try to help them however I can, by sitting and talking with them or bringing them some ice cream," said Seng.

Sleep tech Kathy says her normal shift at the SDC involves monitoring patients while they sleep for respiratory issues. While monitoring patients, she documents findings for a physician, who'll then determine the mode of therapy required.

Now at MP, Kathy's role includes, but isn't limited to, assisting with duties such as sanitizing high-touch surfaces, stocking linen and supply carts as well as helping transport residents.

"At our MP orientation, once I saw how everything and everyone worked together, I was really happy to be there," said Kathy.

Both Kathy and Seng expressed being proud to assist the health-care aides, nurses and MP team any way they could. Together, the MP team with the help of SDC staff, continue to provide quality, compassionate care to residents.

"I've enjoyed spending time with the residents and getting to know them," said Kathy.

As directives change and suspended health-care programs start running again, Kathy and Seng will head back to the Sleep Disorder Centre. They, along with their SDC colleagues, have been an invaluable asset to the MP team.





## THERAPEUTIC RECREATION MONTH

Recreation facilitators assist clients in Transitional Care and residents at Misericordia Place meet their physical, emotional, social, cognitive needs through meaningful leisure activities in group programs or individual visits.

During the pandemic recreation facilitators' work had shifted, to provide one-on-one activities and to assist families connect with their loved ones, but the goal of ensuring clients and residents maintain their holistic well-being and stay connected remains the same.

As a fun activity to ensure we're all taking care of ourselves during this time, the MHC recreation team has created a "Wellness BINGO" card. Take the month to participate in some of the suggested activities and notice the benefits you receive for participating in leisure activities! Once you have two lines, drop your BINGO card at Sherbrook 272 to be put in a draw for a prize – the winner will be announced March 1st, 2021.

Pick-up a BINGO card at the Cafeteria, Information Desk or Misericordia Place.

## PPE Q&A

### PPE Q&A What do I do if I feel unwell when wearing a face shield?

If you are having challenges with the full face shields, or any PPE, please explore other approved types of face and eye protection by discussing with your manager and/or visiting occupational health weekdays from 7:45 a.m. – 4 p.m. for additional guidance.

### Do I have to wear PPE in non-clinical areas if I'm only in brief contact with someone, like walking past patients or staff in a hallway?

A mask (non-medical mask is acceptable) must be worn at all times while indoors in public areas. Close contact (passing in hall) for periods of time less than 15 minutes does not require medical PPE.

### Is PPE required when staff can maintain a 2-metre distance from co-workers in non-clinical areas?

In non-clinical areas where a 2-metre distance from co-workers can be maintained, a non-medical mask should be worn. Where physical distancing can't be 100 per cent maintained, e.g. Health Links – Info Santé, all staff should be wearing procedure (medical) masks. If all staff in non-clinical areas are not wearing procedural masks, then full face shields will be required.

### Do I have to wear PPE if I am behind a barrier in a reception area?

According to the guidelines, a 2-metre physical distance must be maintained even with a barrier. If this isn't possible, both a procedure mask and an eye shield are required. Consider your area carefully, if you don't have a full barrier, e.g. a partial barrier with space open to the public, then you should be wearing both a procedure mask and a full face shield.

## VOLUNTEER AWARD

Congratulations to Mehak Shah, recipient of the 2020 Youth Scholarship Award.

The Youth Scholarship Award is presented to past or present MHC volunteers who are continuing their education in the health-care field. This year, Mehak was accepted into Medicine at the University of Manitoba! Thank you Mehak for your outstanding volunteerism.

WELLNESS BINGO				
Spend 15 minutes stretching	Try a winter sport (skiing, skating, tobogganing, etc.)	Do a video chat with a loved one	Have a dance party: solo or with family members	Watch a jets game
Practice mindfulness	Try a new dinner recipe	Listen to your favorite album or playlist	Complete a Sudoku, word search or crossword	Call a loved one to reminisce
Send a letter to a loved one	Go to a park that you have never been before	 Complete a jigsaw puzzle	Pet a furry friend	
Start reading a new book	Do something creative	Take a virtual tour (museum or zoo)	Start a daily gratitude journal	Participate in the activities available at <a href="https://safeathome.mb.ca">safeathome.mb.ca</a>
Paint or colour a picture	Watch a funny TV show or video	Go outside and enjoy nature	Watch your favourite movie	Listen to a podcast that interests you

## ACE BURPEE'S TOP 100 MOST FASCINATING MANITOBBANS 2020



The Health Links – Info Santé team is featured on Ace Burpee's list of "Top 100 Most Fascinating Manitobans."

"They've fielded literally thousands upon thousands of calls, very often when people are at their most anxious and vulnerable. It's a monumental task during a pandemic. You are absolute rock stars. Thank you, so, so much." - Ace Burpee

**#HealthCareHeroesMB**

# NEW HIRES

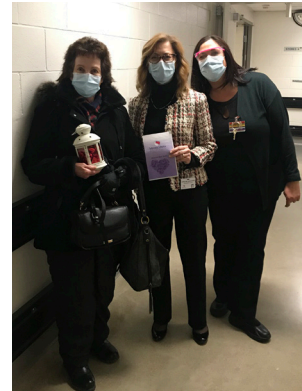
**Akberet Teklezgi**, ESA, Housekeeping  
**Alexandra Bauer**, Physiotherapist, Rehab Services  
**Andrea Yanson**, ESA, Housekeeping  
**Avery Berg**, Client Service Clerk, Health Links – Info Santé  
**Bienfait Sadi**, Client Service Clerk, Health Links – Info Santé  
**Cameron Cordoviz**, Diet Aide, Food Services  
**Cara Lunn**, Client Service Clerk, Health Links – Info Santé  
**Charina Corbillon**, HCA, MP3  
**Chastity Pears**, Client Service Clerk, Health Links – Info Santé  
**Eric Buclatin**, ESA, Housekeeping  
**Heidi Barkman**, Client Service Clerk, Health Links – Info Santé  
**Jennifer Obirek**, Director, Human Resources  
**Justice Bryson**, Client Service Clerk, Health Links – Info Santé  
**Justin Metzger**, ESA, Housekeeping  
**Justine Perreault**, Client Service Clerk, Health Links – Info Santé  
**Lamphel Ochoa**, ESA, Housekeeping  
**Lindsey Hower**, RN II, OR  
**Louise Evidente**, ESA, Housekeeping  
**Mandeep Gill**, HCA, C5/Float Pool  
**Melese Zelele**, ESA, Housekeeping  
**Mohamed Ajenkar**, HCA, MP1/Float Pool  
**Navneet Sidhu**, HCA, MP2/ Float Pool  
**Nicole Lesage**, Client Service Clerk, Health Links – Info Santé  
**Phillip Tran**, Entry Point Screener, Security  
**Rachel Kashton**, Client Service Clerk, Health Links – Info Santé  
**Reece Fredette**, Client Service Clerk, Health Links – Info Santé  
**Rose Fabro**, HCA, LTC Float Pool  
**Czarina Reyes**, RN II, Health Links – Info Santé  
**Engida Beyene**, HCA, C5/Float Pool  
**Joshua Opaleke**, RN II, Health Links – Info Santé  
**Marina Wallin**, Physiotherapist, Rehab Services  
**Mary-Lou Privé**, HCA, MP3/Float Pool  
**Mlete Kidane**, HCA, MP/Float Pool  
**Patti Glazer**, Clinical Dietitian, Nutrition Services  
**Rita Stewart**, HCA, C2/Float Pool  
**Taylor Anderson**, Staffing Clerk, Human Resources/Staffing Office

## MISSION DAY 2021

This year we celebrated Mission Day with some grab-and-go treats. Mission Day is a special time to recognize the legacy of the Misericordia Sisters and our amazing MHC family, who continue to live the Sisters' Mission.

A special thank you to the Mission Committee for organizing the come-and-go event! A much appreciated gesture, especially during this time.

Congratulations to the Mission Day quiz winners: Chris Ngo, PHCC, Michala Rodgers, PHCC, and Monique Paulhus, Linen and Laundry.



## RETIREES

**Minawattie (Pat) Pitamber**, HCA, Surgical Complex  
**Vera Truchan**, Clerk, Health Records  
**Ruth Willms**, RN, Ophthalmology Clinic  
**Monica Sylvester**, Clerical Aide, Ophthalmology Clinic  
**Angela Mueller**, Social Worker, Social Work  
**Monalisa Cruz**, HCA, C6  
**Michelle Fehr**, Clinical Specialist, SDC  
**Valerie Squire**, Respiratory Therapist, SDC  
**Dusanka Rakocija**, Polysomnography Technologist, SDC