



FOLLOW US ONLINE

JANUARY 2025

LIFE @ MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

THIS EDITION

- Page 1 - President's Message
- Page 2 - New clinic coming soon!
- Page 3 - Café renos
- Page 4 - Tara CISM Profile

PRESIDENT'S MESSAGE: PHOTO CONTEST



We were so pleased with the results of past photo contests – photos proudly displayed today in our Buhler Eye Care Centre, Diagnostic Imaging and PRIME – that we've decided to run another contest!

The winning photos will be featured in our Yellow Desk (neuro- and pediatric ophthalmology) and new Minor Injury and Illness clinic. The theme of the contest will once again be Manitoba-based.

Please keep in mind most people prefer vivid colours, nature scenes, local

landmarks and animals looking directly at the viewer. Our photo selection team will keep this criteria in mind when choosing the winning photos.

WHO CAN ENTER: MHC staff, volunteers or physicians only (not relatives or friends please)

THEME Manitoba/life in the prairies

COLOUR or BLACK & WHITE? Colour only, please

TYPE OF FILES: High-resolution digital photos up to 10 MB (no prints)

HOW TO ENTER: Email info@misericordia.mb.ca with your files or drop off a USB stick in corporate office, Wolseley west, 6th floor.

DUE: Last day for submissions is Friday, February 7, 2025

WINNERS: Winners will be announced in the March issue of Life@ Miz newsletter. Prizes include boasting rights and your claim to fame displayed in a framed photo.

Yours sincerely,

Caroline DeKeyser
cdekeyser@misericordia.mb.ca

HAPPY HOLIDAYS, ANGELS!

**Kris Gladwell, President & CEO
MHC Foundation**

Another big thank you to the host of Angels who joined us to celebrate this year's Angel Squad!

Between our Staff Angels and the overall Angel Squad campaign, our angelic sponsors, donors, and staff have combined to raise more than \$50,000 to support MHC's youngest patients this year. Thank you all, so very much, for donning your halos and helping us to spread some holiday cheer!

As promised, all of our Angelic volunteers and donors were placed into a draw for a chance to win a \$50 Walmart gift card. We are very excited to share the lucky winners:

- 1) Jayne Nixon – Volunteer Services
- 2) Christina Neves – PRIME
- 3) Barbara van der Vis – Social Work
- 4) Lisa Mann – PRIME
- 5) Tara Keyser – Long Term Care
- 6) Yvonne Mendoza – OR
- 7) Anjelika Briosos – Resident Food Services
- 8) Mirna Alberto – Volunteer Services
- 9) Dayle Harding – Volunteer Services
- 10) Jayne Trojack – Clinical Nutrition

As we wrap up 2024, we want to extend our sincerest appreciation for everything you do to support everyone who walks through Misericordia's doors. We truly hope that you have a joyous holiday season filled with peace and cheer that carries in to the New Year.

Employee & Physician Opinion Survey Winners

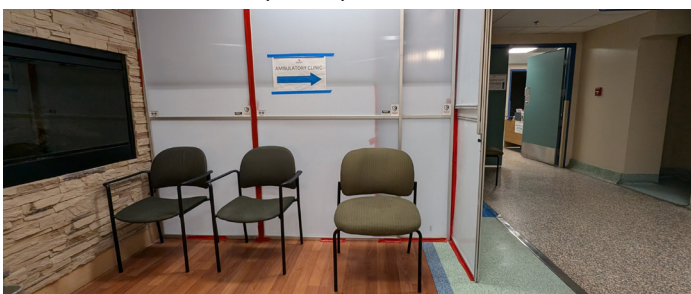
MISERICORDIA PRIZE WINNERS

- **Enkutatash Fekadu—MP2**
Cineplex \$25 Gift Card
- **Marlyn Flores—MP2**
Taco Bell/KFC/Pizza Hut \$25 Gift Card
- **Sherry Madayag—PACU/DS/POAC**
Subway \$25 Gift Card
- **Racquel Maclang—Eye Care Clinics**
McDonalds \$25 Gift Card
- **Christian Hernandez—HL-IS**
Tim Hortons \$25 Gift Card
- **Michelle Melanson—HL-IS**
President's Choice \$50 Gift Card
- **Jennifer Davies—PHCC After Hrs**
President's Choice \$50 Gift Card
- **Samantha Sullivan—LTC Float Pool**
President's Choice \$50 Gift Card
- **Urica Salazar—MP2**
President's Choice \$50 Gift Card
- **Holly Durawa—CNO Admin**
\$100 Amazon Gift Card
- **Merlin Joseph—MP3**
\$100 Amazon Gift Card
- **Eric Buclatin—Housekeeping**
\$100 Amazon Gift Card



MINOR INJURY AND ILLNESS CLINIC: COMING SOON

Likely you've noticed our Ambulatory Care area is awash with activity! We're busy renovating to prepare for the integration of a new Minor Injury and Illness Clinic (MIIC)!



What is a MIIC? Minor Injury and Illness Clinics offer primary health-care services and support for minor health-care concerns that may not require a trip to an Emergency Department or Urgent Care Centre. Minor injuries and illnesses may include:

- Suspected fractures or sprains
- Burns and more severe rashes, sores or skin infections
- Cuts that won't stop bleeding
- Severe sore throat/ear or cough, worsening respiratory infections

- Sudden and severe back pain
- Eye irritation or redness
- Persistent fever (seek care same day if the fever is over 101.5 F or 38.6 C and lasting over eight hours)
- Minor to moderate rashes or infections
- Lab and X-ray services
- Painful hemorrhoids or perianal infections

Misericordia – which has a long and rich history of meeting community needs – is excited to expand our campus of care to include this MIIC

Along with making improvements to the space, we're starting to install new equipment and hire staff to support the clinic.

The clinic will open in the new year, offering care seven days a week from 7:30 a.m. to 10 p.m.

This is great news for West Broadway, Wolseley and surrounding downtown neighbourhoods and we are pleased to partner with our government to best serve Winnipeg patients.

CAFETERIA CONSTRUCTION IS UNDER WAY

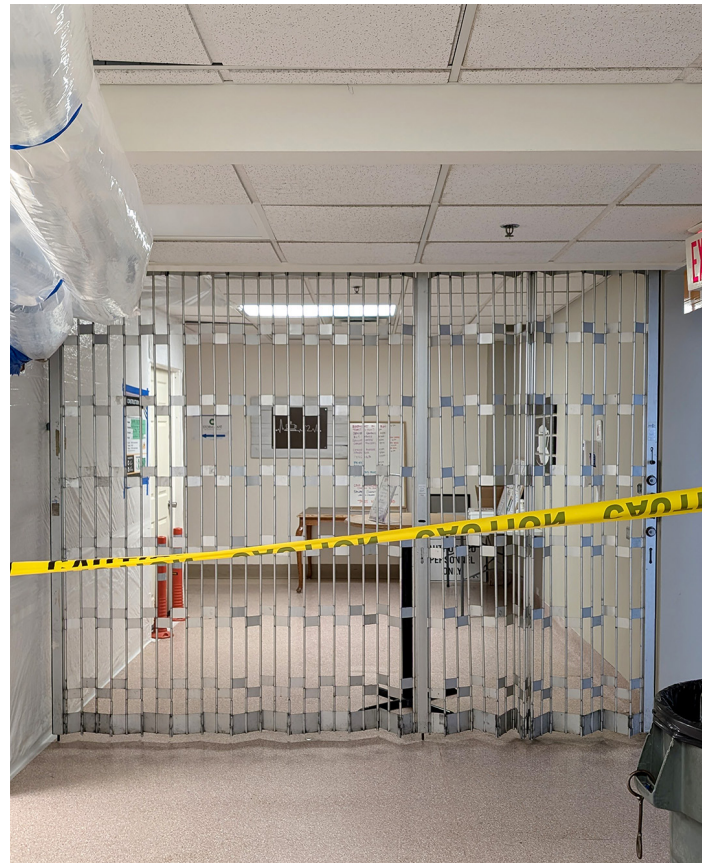
The proposed cafeteria renovations you heard about in September are officially in motion.

As you might recall, the new seating area will feature booth seating, a glass-walled conference room, cozy tables and chairs, and a fresh new colour scheme to tie it all together.

Storm Café will also be renovated and you may notice brief closures to allow for the work to be completed. Our current tables, chairs, and microwaves in the cafeteria are expected to remain accessible throughout the building period.

The renovation work will continue in phases so stay tuned. We're excited for MHC staff to enjoy this long over-due refresh!

STORM CAFÉ
MISERICORDIA



MISERICORDIA'S HELPFUL COMMUNITY

Meet staff who touch all areas of MHC

MEET SAMANTHA!

We're excited to welcome Samantha to the MHC family! Samantha joined the MHC team as an aspiring Occupational Health Nurse. She earned a Bachelor of Nursing in 2020 for Occupational Health while shadowing an Occupational Health Nurse during clinical rotations at Misericordia. This opportunity sparked a desire to specialize in the field, and she has been dedicated to this path ever since.

Now pursuing an Occupational Health Nursing diploma, Samantha is excited to apply her growing expertise to support the health and safety of MHC and its community. She says, "The welcoming and supportive atmosphere here makes MHC truly special."

Outside of work and study, Samantha enjoys travelling and spending time with friends and family. She's recently taken up yoga sculpt—a hot yoga class that incorporates weights, cardio bursts, and signature yoga postures. These classes have helped Sam find balance and practice self-care.

NEW HIRES

Andrew Quipit, HCA, MP2

Christine Tingson, RN II, C2

Erlinda Il Isagan, RN II, LTC
Float Pool

Gethsemane Pineda, RN II,
MP Float Pool

Hamdi Mohamud Ismail,
Communication Clerk,
Telecommunications

Katryna Robinson,
Respiratory Therapist, Sleep
Disorder Centre

Laura Pelser, Clinical Dietitian,
Clinical Nutrition

Leila Schmidt, Clerk 3, PHCC

Maria "Thess" Costa, HCA,
MP Float Pool

Usman Akinseku,
Clerk II, Health Information
Services



Name: Tara Keyser

Role: Manager of Health
Services

Years at MHC: I have
been here since 2015

**Years in your
profession:** 25

Why did you join CISM?

The health and wellness of staff is important to me. Health care can be challenging and I wanted to be involved in a program that supports employees when they may need it the most.

Learning how to recognize and manage stress is important!

What do you do to relieve stress? Exercise is probably the best way I relieve stress. In addition, I like to spend time with family and friends, travelling and enjoying the outdoors.

RETIREEES

Marivic Cabral, HCA,
Cornish 6

Mildred Laing, RN II, PACU/
DS/POAC

As we welcome 2025, we extend our heartfelt gratitude to our team of health-care heroes for your incredible hard work throughout the year. Here's to another year filled with health, hope, and happiness!



Snacks

Sandwiches

Salads...and more!

Have your say...



Fill out our Survey

**Open to Everyone: Patients, Staff,
Visitors, and the Community!**

Open Weekdays 8 a.m. - 1:30 p.m.

Located in Misericordia Health Centre Ground Floor (near Wolseley st. entrance)