



FEBRUARY 2022

Life @MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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PRESIDENT'S MESSAGE: CELEBRATING OURSELVES



I am so grateful and privileged to work with a family of people who face huge and daunting challenges with a commitment to our patients, each other, and to the vision of who we are.

Teams from all areas of Misericordia Health Centre focused on the people we serve throughout the COVID-19 pandemic. It makes me proud to see you innovate and help each other to overcome during what has been some of the most challenging times we will ever face. We have stayed true to our Mission and kept the patient at the center of all that we do.

Programs at MHC have adapted and grown stronger during this time, finding ways to sustain quality service as COVID-19 added both volume and logistical demands. Virtual and one-on-one care are examples of how all our programs have found new ways to deliver quality care.

Many staff pivoted into redeployments as well as volunteering to take training and step into other roles to help manage unforeseen staffing shortages, including roles on in-patient units doing tasks like hydration and housekeeping. These are amazing examples of commitment.

On Mission Day I visited departments with refreshments and to share stories. I heard people talk about doing meaningful things that lifted up members of their team. These actions embody our values of caring, respect and trust—supporting each other and ourselves and adding to a foundation that creates more wellness in everyone who enters our doors.

Speaking of wellness, I look forward to taking part in Wellness Weeks beginning on February 14 (see page 2) and I hope everyone will join in for these five weeks of fun activities designed to contribute to personal wellness. I also hope you win a prize!

As we head into 2022 I am energized and excited to see our shared commitment to excellence continue, and I look to the future with hope renewed by my Misericordia family. The ways you come together to strengthen and enhance patient health experiences and outcomes is truly something to celebrate.

Caroline DeKeyster
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WHAT'S YOUR DREAM MANITOBA DESTINATION?

Kris Gladwell, President & CEO
MHC Foundation

We are so excited to announce the return of Around the World! This campaign keeps Misericordia Place residents in great physical and emotional health by walking, pedalling, and wheeling until they “arrive” at their dream destination. Each resident’s journey is brought to life through virtual tours while they exercise.

This year, our focus is on Manitoba, and enjoying cultural activities and gorgeous scenery right here at home.

Donations will help turn these dreams into reality, when it is safe to do so. For every dollar donated, Canadian Tire will match it with two more, tripling the impact of our generous community of donors!

As you all know, it has been a long few years for MP residents, who have not been able to engage with the outside world during the pandemic. Around the World is a fun campaign from our innovative recreation therapy team that aims to keep our residents enthusiastic about their physical wellbeing while maintaining positive mental health.

To learn more and join the adventure, visit: [misericordiafoundation.com/aroundtheworld](https://www.misericordiafoundation.com/aroundtheworld)



Elizabeth wants to visit the Winnipeg Humane Society when it's possible again. In the meantime, Kendra and dog Joey from the WHS's Animal Companionship Program paid a visit!

WELLNESS WEEKS START FEB. 14!

DAILY WELLNESS GOALS EARN CHANCES AT PRIZE DRAWS

Five weeks of wellness and great draw prizes for the Wellness Weeks staff campaign starts on February 14! Staff who perform daily wellness goals can enter their names into ballot boxes for weekly draws for prizes totalling more than \$4,000 in value.

“I’m very excited to promote wellness to all our Misericordia family—we care about you,” says Jennifer Klos, MHC recreation manager.

The five wellness goals are easy to do: be active for 20 minutes a day; drink 6 – 8 cups of water; sleep at least seven hours a night; eat at least four servings of fruits and veggies; and spend time doing a leisure activity.

Each week will have a different daily wellness goal, and each day you accomplish a goal you can add another ballot and be eligible for five awesome prizes. Big weekly prizes include a Fitbit and a \$1,400

mattress courtesy of the Best Sleep Centre on St. James Street (offered during the seven hours or more of sleep goal week, of course!).

Jennifer hopes staff will adopt the simple wellness into their lives beyond Wellness Weeks to create more much-needed wellness.

“These last two years have been really hard, so we’re excited to create this unique opportunity for our staff to engage in wellness goals and for them to be well at work, and also at home.”

There’s no registration needed. Every MHC staff and partner organization staff automatically get a ballot entered each week.

For additional chances to win, start achieving your daily wellness goals beginning on Monday, February 14 (the first week’s goal is 20 minutes of daily activity) and put your name in a ballot box at screening stations each day you succeed in your goal.



Jennifer Klos, front, and Brianna Boyse are pumped for wellness

FOUNDATION FUNDS PILOT PEER SUPPORT PROGRAM



Brianna Boyse

A unique six-month pilot program at Misericordia is making more emotional support available to Transitional Care Unit (TCU) clients.

The program, funded by the Misericordia Health Centre Foundation, is now bringing in a peer support worker from the non-profit Peer Connections Manitoba twice a week.

MHC recreation therapist Brianna Boyse believes it’s the only peer support program in a transitional care setting in Manitoba. She reached out to Peer Connections Manitoba—a community-based non-profit that provides mental health and addictions education and peer support by workers with lived experience—after she recognized a need at Misericordia.

“We found ourselves providing a lot of emotional support and finding that there was a pattern of people coming in that had a history of mental illness, and we didn’t necessarily feel equipped to provide that support, and so that’s why we looked to the community.”

Under the program, once any staff member of the unit identifies a TCU client who has shown or shared a need for emotional support related to mental health or addictions they will advise the Peer Connections worker. Clients can also approach the peer support

worker themselves. The worker then handles their own client introduction and explains to the client what peer support is and asks for consent.

“If they’d like to receive peer support then at that point a relationship can continue. They are always in the driver’s seat in determining if they want to receive peer support,” Brianna says.

The peer support relationship can also continue after the client has left Misericordia if the client wishes it to.

Brianna says the program will be evaluated at the end of six months to see if it’s fulfilling a need and if it should be continued. She expects it will demonstrate success, and perhaps the need will prove to be greater than a single peer support worker.

Unfortunately for Misericordia, Brianna will not be here to see the program to its conclusion. She is departing Misericordia in February to pursue a career in community development. The program, however, is a silver lining to her leaving.

“Because it is such an interesting, unique and needed complement to a clinical service, I’m proud that I can leave that as some form of legacy prior to my leaving.”

RIEL CONNECTS TO MISERICORDIA FAMILY

MÉTIS LEADER'S DESCENDANT A 12-YEAR MHC VOLUNTEER

Louis Riel Day in February is a day for Misericordia volunteer Janet Calvez, 74, to think about her great-great-great uncle, Louis Riel. The Métis leader and founder of Manitoba was not someone people thought about, or even spoke about, when Janet was a young girl growing up among other Riel descendants along the Seine River in St. Vital.

“When I was younger and went to school, it was a French Catholic school, we never brought up Louis Riel...he was not brought up at all, not even my family,” she says, explaining that the history of Riel being executed for treason in 1885 made him a taboo subject.

Things have changed since then, and today Janet is happy to see schools teaching young people about Riel and Manitobans taking pride in his legacy.

“It’s about time. It took a long time before people realized...I’m glad I lived long enough to see it change.”

Janet’s earliest memories among her Métis family include parties in homes along the Seine River—big

parties with music and dancing. All adults played an instrument, she says, and as soon as a fiddle was heard a party was not far behind.

“These parties they had were hundreds of people. It would extend from one house to another house to another house, whenever there was a reason there would be parties, and it was all Riels.

When her mother, Denise Riel, passed away, Janet and her sister organized a party and 400 people showed up.

“All just the Riels from my three uncles (families), and it was the best. It lasted three days.”

It could be said Janet inherited Riel’s ability to inspire. When she married her husband, Henry, he was an amputee, having lost a leg to a disease in childhood, and she was very athletic.

“I was into sports, I loved sports, and then, when we got married, I said, ‘there’s no reason why you can’t ski.’”

She went with him to get a skiing prosthesis and they ended up



skiing at Banff together.

Janet joined Misericordia as a volunteer 12 years ago after she retired from an almost 40-year career as a hair stylist. She delivered and read mail and newspapers to residents in the Cornish building for most of her time here, but since the pandemic she has been an Entry Ambassador—greeting visitors and helping them find their way.

It’s allowed her to continue being athletic, she says, having clocked 12,000 steps on a borrowed Fitbit during one shift.

Family is a source of pride for Janet and has always been a big part of her life. Today, as a Misericordia volunteer, the tradition continues.

“Misericordia is a family, like, that’s the only way to describe it...I love Misericordia.”

BRINGING OUR MISSION HOME



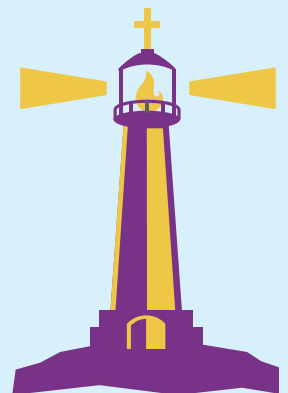
For our annual Mission Day on January 27, teams rolled treats to all areas of Misericordia to remind us of the Mission of the Misericordia Sisters and celebrate the incredible work our staff do to further that Mission. The day is the birthday of Mother Rosalie Cadron, the Founder of the Misericordia Sisters, and a time to consider how we perform our tasks in the spirit of *compassion of the heart for those in need*.

MHC President Caroline DeKeyser took part in delivering cheer and treats around MHC. She said the day is traditionally a time to reflect on and share stories about our Mission Moments, but her message to staff this year was to also apply some of the mission of compassion to themselves.

“This time I wanted it to be a sharing and supportive message as well, to say ‘we can use our

Mission as a way to strengthen ourselves for the future...it’s going to give you something.”

The Mission Committee reports they received many participants giving answers to the Mission Day quiz. Winners included Almaz Ghebremedhin (Cornish 6), Shabana Peyawary (Social Work), Maria Sotto (Cornish 5), Hoa Vuong Phan (Laundry) and Kathleen Gjema (Dietary Services).



NEW HIRES

Adelie Anicete, Client Service Clerk, Health Links – Info Santé

Antonia Rona, RN, MP2

Ayris Suarez, ESA, Housekeeping

Brian Iwaszewski, Power Engineer 3rd Class, Plant Services

Charlotte Waugh, Patient Registrar, Patient Registration

Christian Bethge, ESA, Housekeeping

Doreen Mihalus, LPN, MP2

Elham Charmand, Client Service Clerk, Health Links – Info Santé

Halima Mohammed, Patient Registrar, Patient Registration

Hiwot Lalego, HCA, MP2

Jane Singh, RN, Ophthalmology Clinic

Jessica Panganiban, Client Service Clerk, Health Links – Info Santé

Jodie Koop, Client Service Clerk, Health Links – Info Santé

Kiros Beyen, HCA, MP3

Maria Corpuz, Client Service Clerk, Health Links – Info Santé

Mary Jean Villaflor, HCA, MP3

Melanie Natoc, Client Service Clerk, Health Links – Info Santé

Michelle Diaz, Staffing Clerk, PHCC

Monica Guingcangco, HCA, C5

Nichole Bandejes, Patient Registrar, Patient Registration

Norma Sigua, LPN, MP1/3

Paulette Isaacs, Client Service Clerk, Health Links – Info Santé

Renee Sterling, Client Service Clerk, Health Links – Info Santé

Rey Reyes, Client Service Clerk, Health Links – Info Santé

Rodel Bautista, ESA, Housekeeping

Safa Saif, Diet Aide, Food Services

Sarah Farebrother, Client Service Clerk, Health Links – Info Santé

Shaina Ramos, Client Service Clerk, Health Links – Info Santé

Sheetal Keshub, Client Service Clerk, Health Links – Info Santé

Stephanie Schmid, Client Service Clerk, Health Links – Info Santé

RETIRES

Martine McGinn, RCM, LTC

Uma Sharma, Respiratory Therapist, Respiratory

Corazon Avila, HCA, C5



VIRTUAL CELEBRATION OF BLACK HISTORY

The theme of Black History Month this year is "February and Forever: Celebrating Black History today and every day." Heritage Canada is hosting a virtual live event on February 17 for all Canadians to celebrate the achievements and contributions of Black Canadians, featuring performances, tributes, interviews and more.

Go to canada.ca/en/canadian-heritage/campaigns/black-history-month for the event link and to find resources, videos and a digital toolkit page.

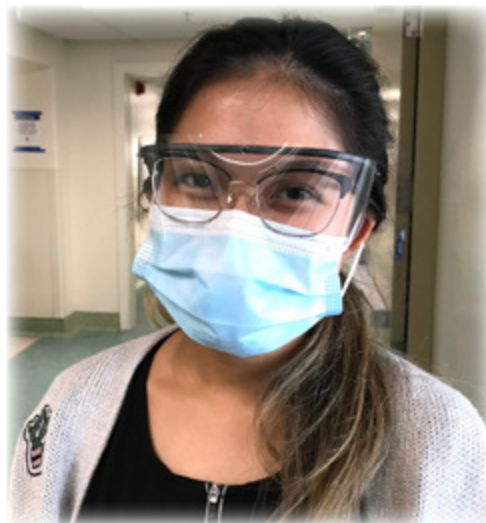
FOCUS ON THE FUNDAMENTALS



manitoba.ca/covid19

Manitoba 

Together we are stopping the spread of COVID-19 by practicing the fundamentals of infection control! Shared Health provides data showing vaccine protection increases following a third dose. Recharge your immunity—get your third COVID-19 vaccine dose as soon as you are eligible. Check protectmb.ca/booster to learn more.



Mary Eileen says nursing at Misericordia offers flexibility and growth. She loves the long-term care work environment and the support she receives at Misericordia, where she began her career in 2016 as a health-care aide and became an LPN in 2019.

"The teamwork here is good. As well, the senior staff are very supportive and very flexible."

She says that workplace flexibility helped her succeed in school to achieve her LPN, and the RN resident care manager on her Transitional Care Unit unit is now encouraging her to pursue her RN.

"They give us room to grow...they're just supportive."

I Pray for all health-care workers everywhere, that, rich in mercy, they may offer patients, together with suitable care, their fraternal closeness.

- Pope Francis, 2022 message for World Day of the Sick, February 11.