



MISERICORDIA
Health Centre
The future of care



M-NET
MHC Intranet



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MARCH 2020

Life @MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

PRESIDENT'S MESSAGE: CREATING COMMUNITY



Health care is always evolving, as are the services and programs at Misericordia in order to best meet community needs. There has been lots of change on-site at MHC over the last few years. And I know there have been some growing pains, too. I believe it's so important to come together and collaborate, especially in the face of change. MHC is fortunate to have strong community connections and we always recognize the importance of growing community.

The surrounding West Broadway neighbourhood has also grown and evolved. Executive Director of West Broadway BIZ, Sara Atnikov, recently visited us for a tour and to learn more about MHC programs and

services. Fostering connections and building neighbourhood partners is a key piece in creating a sense of community.

As some of you may know, community artists from Art City – a not-for-profit organization that offers free-of-charge art programming to under-served youth and peoples of all ages – facilitate art workshops with Transitional Care clients as well as Misericordia Place residents. We also partner with neighbourhood schools – students from Mulvey School, Balmoral Hall, West Gate Collegiate and St. Mary's Academy join us for Angel Squad and other events every year. These are just a few examples of building community connections, adding to the ever-growing Misericordia family.

Collaborating with community partners and community members helps bring forth new perspectives, start new conversations and find creative solutions.

STORM CAFÉ MHC

I'm excited to welcome the community along with MHC staff and volunteers, to our new Storm Café MHC opening later this month. Having a café will not only provide fresh healthy food options, it will open up a space for conversation and a place for family members to rest while their loved ones have appointments at MHC and much more.

Along with the opening of Storm Café MHC, there will be significant renovations to what was the previous cafeteria area. The vision is to create a public, communal space with couches and comfy seating. I hope you will join myself and your #MHCfamily for a bite to eat or a cup of coffee.

MEET MHC'S SENIOR LEADERSHIP TEAM

In the name of building connections, we'll be continuing to share profiles of MHC's Senior Leadership Team. This month, you'll meet Anita Jenin, Director of the Provincial Health Contact Centre.

MHC FOUNDATION: REVING UP FOR EVENTS SEASON

Trish Taylor, Sponsorship & Events Officer,
MHC Foundation

The Foundation team is gearing up for another great events season. The four main events we organize are the Golf Classic, Canada Day Run, the Misericordia Gala and Angel Squad. Proceeds from these events support programs and services at MHC, including purchasing state-of-the-art equipment for the Eye Care Centre of Excellence and supplies for art therapy, just to name a few examples.

Planning, organizing and running events is a massive undertaking and we're grateful for all the help we receive from amazing people like you! We couldn't put on the calibre of events we do without the support of Foundation board members, events committees and MHC staff and volunteers.

How can you help us make the 2020 events season the best yet? There are many ways to support Misericordia events! First and foremost, volunteers are always needed for all events. Sign up to volunteer at the 2020 Golf Classic at Pine Ridge Golf Club – it's a fun-filled day for all! Visit misericordiafoundation.com for more details about the Golf Classic and to see a list of this year's sponsors.

Or if golfing isn't your thing – sign up to run or walk the Canada Day Race in partnership with the Running Room.

It's guaranteed to help get your step count up!

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MHC FOUNDATION MESSAGE, CONT'D...

Welcome Kris! (Pictured above in white)

We're excited to welcome Kris Gladwell, the new Executive Director for the Foundation. We welcome you to stop by the Foundation office (first floor Sherbrook, room 161) to say "Hi" to Kris. Stay tuned for Kris' profile in an upcoming issue of Life@Miz.

MANITOBA ARTS COUNCIL GRANT

A big congratulations to Ellen Locke, Manager of Recreation Services, on securing a Manitoba Arts Council grant for 2020. This marks the eighth year Misericordia has received funding for art programming for clients, residents and patients.

"I'm really excited because I wasn't sure if we'd get it as it would be the eighth year we were funded. But Natalie and Toby helped change up our concept," said Ellen.

Natalie Baird, Toby Gillies and Francesca Carella Arfinengo will be the artists-in-residence working primarily with people who reside in Transitional Care Units. Collaboratively the TCU clients will be creating a large-scale project around the theme of "How to: Do what you do to be you," which will be a guide centred on clients' unique skillsets and knowledge. This grant will also fund art programming for Misericordia Place residents.

"Art speaks where words are unable to explain." –Unknown



NATIONAL VOLUNTEER WEEK 2020

APRIL 19-25

#NVW2020
VOLUNTEER.CA/NVW2020



Thank a MHC volunteer for all that they do! Stay tuned to our social media and Life@Miz for #NVW2020 features.

CONGRATS TO THE DIAGNOSTIC IMAGING OUTPATIENT CENTRE TEAM!

The Diagnostic Imaging Outpatient Centre has received a Manitoba Health, Seniors and Active Living 2019 Health Innovation Award for Patient-Centred Care. Congrats to the team!

Did you know: the DI Outpatient Centre has been improving access and reducing wait times for CT exams? With a walk-in delivery model, CT exams are available at MHC evenings and Saturdays (just bring your requisition!)



Since the opening of the Diagnostic Imaging Outpatient Centre in April 2019, 2,158 additional exams, including 784 walk-in exams, were provided by the end of 2019.

WHAT'S ON?!



MARCH IS NUTRITION MONTH

Coralee Hill, Clinical Service Lead, Dial-a-Dietitian

Nutrition is not only about what food we eat, but also how we eat. Being mindful, cooking more often, enjoying food and bringing families, friend, cultures and generations together are important for overall healthy eating. To find out more, stop by the Nutrition Month display by Elevator C in front of PRIME.

March 12 from 11 a.m. to 1 p.m.

Spin the wheel for a chance to win some prizes, pick up some new recipes, and talk with a registered dietitian about how healthy eating is about so much more than food!

This event is a collaborative effort of Misericordia Health Centre Registered Dietitians, Dial-a-Dietitian and the Dietitians of Canada.

Dial-a-Dietitian

Dietitians of Canada
Les diététistes du Canada

TEST YOUR NUTRITION KNOWLEDGE:

Guess the Grains (answers on back cover)

Mystery grain #1

- Ancient grain with a mild, slightly nutty taste and chewy texture
- Canada's third largest crop, after wheat and canola
- Often used in soups and stews or as a hot cereal
- Rich in soluble fibre, which helps to lower cholesterol

Mystery grain #2

- An ancient grain that packs in fibre, protein and B vitamins
- It also provides some iron, zinc, potassium and phosphorus
- It's an excellent source of magnesium, a mineral that helps regulate blood pressure and blood sugar levels
- Similar to quinoa but has a nuttier flavour

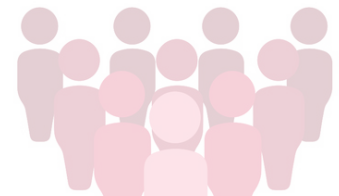
MISERICORDIA
Health Centre
The future of care

Mission
Moment

Submitted by Anonymous

A warm reception warms the heart: On a recent tour for a new volunteer, it warmed my heart to hear a chorus of "Welcome!" on MP1, extended to a brand new volunteer as they were introduced. Thank you for opening your hearts to those who want to share the gift of time at Misericordia, you make a difference!

Have you seen a MHC staff member or volunteer go above and beyond to show compassion and empathy? Submit your story to be featured as a Mission Moment in Life@Miz or on MHC's social media – blucky@misericordia.mb.ca or call x8465



STAFF PROFILE

Meet Anita Jenin, Director of the Provincial Health Contact Centre.

Anita started her career in acute care followed by 17 years as a primary care nurse, working within a Francophone Clinical Teaching unit in Southern Manitoba.

Over the last eight years, Anita has worked in a Primary Care Renewal Leadership position. Some highlights include: integrating 25 WRHA staff – Physician Assistants and Nurses – into private medical clinics across Winnipeg and leading Family Doctor Finder, matching more than 130,000 patients to physicians within the Winnipeg Health Region. She was also heavily involved with the development of My Health Teams within Winnipeg.

Anita loves spending summer time at the lake with family and friends. You can sometimes find her on the putting green, but she notes finding balls on the greens as being her greatest golfing accomplishment.



YOU'VE BEEN MISSIONED

Stacey Morgan, Resident Care Manager, Cornish 6

Recently, the rehab department was missioned as a thank you for living the MHC Mission and following in the Misericordia Sisters' legacy.



Safety Corner

WORKPLACE ERGONOMICS

Jen Downie RN, Occupational Health Nurse

Ergonomics is a hot topic these days. It can be hard to sift through the hype and figure out what actually helps/works. What is ergonomics anyway? Put simply, ergonomics is fitting a job or task to meet a worker's characteristics and needs. One size does NOT fit all.

Misericordia's ergonomic assessment process has recently changed.

If you work in an office setting, the first step to improving your workstation is to independently review this **online tool** and complete modules 5, 6, 7, and 9. Occupational Health also has an Office Ergonomics document that may assist you (you may request this document from your Manager, or email Occupational Health to request it, at mhccoccupationalhealth@misericordia.mb.ca). If you still have concerns after you have made adjustments to your workstation and "settled in" for about two weeks, additional resources are available. Please contact your Manager for more information.

If you work in a non-office setting, please complete the *Employee Ergonomic Assessment Request Form*, available through your Manager.

GUESS THE GRAINS ANSWERS:

#1 - barley, #2 - millet

NEW HIRES

Janeth Schimnowski, Patient Registrar,
Patient Registration

Melissa Anderson, RN II, Health Links-Info Santé

Alyssa Kolbuck, Stenographer II,
Sleep Disorder Centre

Maria Fe Banal, Environmental Service
Attendant, Housekeeping

Brittany Giesbrecht, Environmental Service
Attendant, Housekeeping

Getenesh Kebede, Environmental Service
Attendant, Housekeeping

Cheryl Laxamana, Patient Registrar,
Patient Registration

Regelio Quibuyen, HCA, LTC Float Pool

Julie Garofalo, Clerical Aide, PACU/DS/POAC

Jessica Cerdon, Patient Registrar,
Patient Registration

Kris Gladwell, Executive Director,
MHC Foundation

Shiji Varghese, HCA, LTC Float Pool

Claire Sadova, HCA, LTC Float Pool

Lea Tran, Patient Registrar, Patient Registration

Louise Ballelos, Communications Clerk,
Information Services

RETIREES

Jill Hiscox, HCA, C2

Dolora Bravo, ESA, Housekeeping

Virgilio Ramirez, ESA, Housekeeping

