



MARCH/APRIL 2022

Life @MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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PRESIDENT'S MESSAGE



MHC President and CEO Caroline DeKeyster giving Minister Scott Johnston a tour.

Minister learns about MHC

The Honourable Scott Johnston, Minister of Seniors and Long-Term Care, recently toured Misericordia to learn about who we are and in what we do.

The Minister was very interested our ascending levels of long-term care—from PRIME to Transitional Care (including Respite Care) to Misericordia Place. We were also able to share details about Misericordia Terrace, our new assisted living centre for seniors opening next year.

Of course, we also took the opportunity to tour Minister Johnston through other MHC programs, such as our Eye Care Centre of Excellence and the Provincial Health Contact Centre.

The “Seniors and Long-Term Care” portfolio is very new: created in January 2022 by the provincial government. We are pleased to see this much-needed emphasis on seniors’ needs. Minister Johnston shared his portfolio is exploring many enhancements for seniors in long-term care, including expanded mental health services support.

Pray for peace

The war unfolding in Ukraine is difficult to watch. The pain and death caused by war can never be justified and leave us distressed and grieving the senseless loss of life.

As Canadians, we can donate to humanitarian organizations helping Ukrainian refugees and others affected by the war (see Julianna’s story on page 2 for places to donate). We can pray for an end to the war, for humanity and reason to enter hearts. We pray for those in power for wisdom, discernment and compassion to guide their decisions. We can hope that scenes of destruction and dying—of bombed hospitals and places where people are sheltering—will change to compassion and peace.

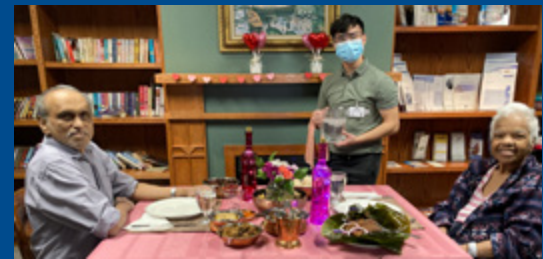
We can also comfort our Ukrainian-Canadian brothers and sisters who are heartbroken and fearful. Canada has the second-largest Ukrainian diaspora, after Russia, and Manitoba has the largest proportion of that with over 180,000 people who identify as Ukrainian heritage. They are our neighbours, and so often our family members. We stand with them, and we share in their pain.

Caroline DeKeyster
cdekeyster@misericordia.mb.ca

THANK YOU FOR GIVING THE GIFT OF ADVENTURE!

Kris Gladwell, President & CEO
MHC Foundation

February's Around the World campaign has wrapped up, full of amazing adventures that kept our MP residents enthusiastic about maintaining physical and mental health! Head over to misericordiafoundation.com/aroundtheworld to see all the joy made possible through the Around the World 2022 campaign.



MP residents Eapen and Marykutty celebrate Valentine's Day and 53 years of marriage on a date night during ATW22!

Thanks to Winnipeg Canadian Tire Dealers, generous donors and community members, as well as all the MHC health-care heroes involved, we were able to raise more than \$60,000 to help provide exercise therapy equipment, innovative technology for recreational activities, and to make some of these dreams a reality when it is safe to do so. Thank you so much for joining us, and we look forward to sharing the real-life adventures with you soon!

We next turn our attention to a beautiful summer of in-person activities!

The Misericordia Golf Classic is set for June 16 at Breezy Bend Country Club. Stay tuned to misericordiafoundation.com/golf for more info!

We are also excited to announce the return of an in-person Canada Day Run in partnership with the Running Room! You can find all the details misericordiafoundation.com/third-party-events. But hurry – early-bird registration ends May 1st! As always, thank you for everything you do and best wishes for a sunny and spectacular Spring!

MISERICORDIA UKRAINIAN-CANADIAN FEELS FEAR, AND PRIDE

Julianna Sapieha, a nurse working at Misericordia's Health Links-Info Santé, is a proud, third-generation Ukrainian-Canadian.

She watched Russia invade Ukraine with disbelief.

"It was shock and devastation, and then it's fear and many tears have been shed because you feel so helpless being so far away."

She is proud to see Ukrainian people, "come together in so many different ways," to face the war and humanitarian crisis unfolding for refugees escaping the violence and for people who remain in cities now under siege and attack.

Julianna has extended family in the west of Ukraine. They are all safe. Her family spent some agonizing days without word from a cousin in Ukraine, but he has also been confirmed safe.

President Putin of Russia is "manipulating people" through Russian state media, she says,



Julianna Sapieha

spreading disinformation about the extent of the violence being perpetrated by the Russian military and the reasons for the invasion.

"They're bombing civilians, they're bombing apartments,

they're bombing historical museums and universities. It's an atrocity."

Seeing people protesting the war in the streets of Russian cities gives her hope, she says, and receiving kind words of

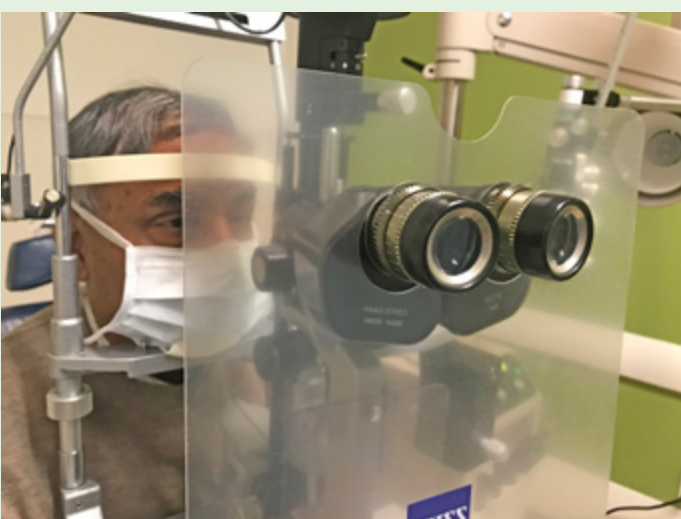
support from her colleagues at Misericordia gives her comfort.

"I've had many people come up to me and asking, 'how are you doing? How is your family? Is there anything I can do to help?'"

As she and her family members in Winnipeg continue to phone and check on their family in Ukraine, she appreciates having her extended Misericordia family standing in her corner.

"Misericordia Health Centre is big on family, and it really truly feels that way. It's just so nice to have the support of my MHC family and colleagues. Words cannot express how much that means...I'm very grateful."

Julianna hopes people will consider supporting Ukraine if they can. Some organizations accepting donations to provide humanitarian support to Ukrainians affected by the war include www.cufoundation.ca and www.cnewa.org/ca



EYE EXAMS CAN UNCOVER 'THE SILENT THIEF OF SIGHT'

During World Glaucoma Week in March Dr. Tenley Bower (one of about 25 ophthalmologists working out of our Eye Care Centre of Excellence) stressed the importance of regular eye exams.

"It's the silent thief of sight," she says of glaucoma, explaining that the condition often has no symptoms until it is quite advanced. If glaucoma is caught early and treated then patient outcomes can be much improved. Learn more about glaucoma at misericordia.mb.ca within the Eye Care Centre of Excellence pages found under Acute Care programs.

LIVING MISERICORDIA'S MISSION

A couple of many wonderful Mission Moments

From Volunteer Services

One of our faithful volunteers spoke about how much she appreciated reassuring a patient who was nervous about her cataract surgery. As the volunteer escorted this patient she listened to their fears and then told the patient how she herself had the same surgery and how glad she was to have it done. The patient said how much better she felt after talking with the volunteer.

From PRIME

From supplying clothes, providing breakfast, picking up groceries, shoveling walkways, wellness visits, haircuts, polishing nails and even supplying toilet paper from their own homes when clients were unable to find any in the stores, the staff at PRIME go to extraordinary lengths to care for clients and live our Mission of compassion.



IN APPRECIATION...

A message from Justin, who came to Misericordia for an emergency eye issue:

"I had flashes in my eye. What does it mean? If you have flashes in your eye it could mean you have retinal detachment which could cause you to go blind if you fail to see an eye doctor. I was lucky to be taken care immediately when I had flashes in my eye. The 24/7 emergency eye centre (at Misericordia) makes Manitoban's safe and protects us from eye emergency consequences."

Some appreciation from a caller to Health Links – Info Santé:

"I had a caller today that wanted to express her thanks to all of us. She said, as a Mom, she appreciates the great job that we are doing here. Everyone she has spoken with has been so sweet, informative and helpful."

RAISING RADON AWARENESS

RADON TESTING, MITIGATION, CAN PREVENT LUNG CANCER

Corie Haslbeck's breast cancer was discovered last May. She's thankful she did screening at CancerCare Manitoba's BreastCheck program and the cancer was caught early.

The treatment was a lumpectomy and five days of radiation, which she planned to do as she returned to work as an occupational therapist at Misericordia.

She had a CT-Scan in preparation for the radiation treatments on October 8, and then her phone rang that afternoon, and she was told, "they needed to talk to me."

The scan showed a lesion on Corie's lung which turned out to be stage four non-small cell lung cancer with lesions also on two vertebrae. She has a rare biomarker called EGFR Exon 20 insertion, which now has targeted treatment drugs approved in 2021 in the United States, and her oncologist advised of an access program for these when her current treatment is no longer effective. Research, clinical trials, and newly found treatments have been improving the odds of surviving lung cancer, especially in the last few years.

"Funding the research really matters," she says.

Corie is now on immunotherapy and chemotherapy, and recently got some good news that her

tumors have shrunk in size. "Hopefully it keeps working and I'll be one of the lucky ones... it's a pretty hard fight...but I am going to fight and stay positive."

Corie wants to increase awareness about what she suspects to have caused her lung cancer; radon gas exposure in her home. The naturally occurring, invisible and odourless gas is caused by the breakdown of uranium found in soil and rock. When it escapes from the ground into the outdoor air it dilutes and becomes harmless, but when it seeps into a home it can build up and become dangerous.

The Canadian Cancer Society reports that radon is the leading cause of lung cancer in non-smokers. More than 3,300 of the 21,000 lung cancer deaths in Canada each year—about 16 per cent of all lung cancer deaths—are related to being exposed to radon in the home. Health Canada says about 19 per cent of Manitobans live in homes with radon above the 200 becquerels per cubic metre (Bq/m³) level considered safe.

Corie's home tested over 400 Bq/m³. She hopes her story encourages more people to test their homes for radon gas.

"Please go for breast screening and test your home for radon."



Corie and her dog Macy, out enjoying some hoarfrost.

Basic radon test kits are available for about \$60, including laboratory analysis. Testing is usually done during the winter on the lowest floor level of a home where people typically spend four hours per day or more. Go to takeactiononradon.ca for more information and a list of testing resources.

The Manitoba Lung Association radon page (mb.lung.ca/radon) also has a link to purchase a test kit. If your radon is high there are several ways to mitigate it, including increasing ventilation, sealing basements, and installing specially designed traps in floor drains.

Corie also wants to ask people

to think about stigma and lung cancer.

"People ask right away, 'are you a smoker?' Anyone with lungs can get lung cancer."

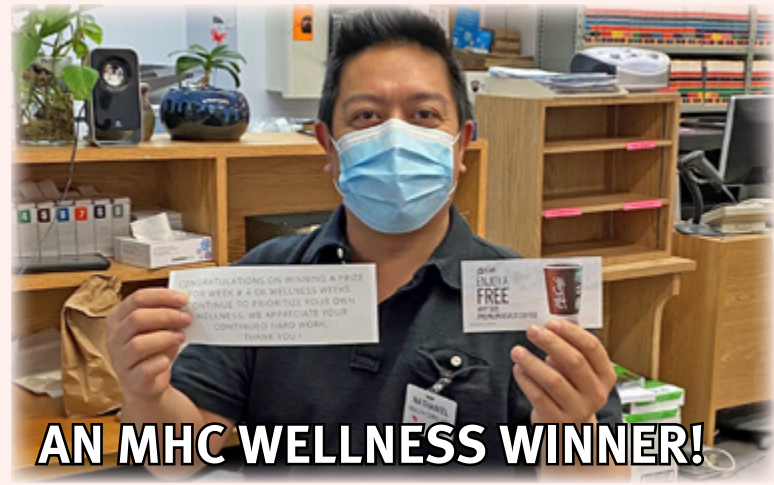
She has never smoked, but she says nobody deserves to get cancer.

As she has faced breast cancer, and now lung cancer, Corie says she has had "amazing support" from friends and family, including her Misericordia family. "I've had some really great support to get through this tough time, and people from Misericordia, for sure, that makes a big difference in how you feel. I don't feel alone in this."



NOW ON THE WEB!

Misericordia Terrace Assisted Living is taking shape north of Misericordia, with 97 affordable suites for older adults set to open in 2023. Meanwhile, a new website has already taken shape at misericordiaterrace.ca where people can find details on amenities, floorplans and services. As well, anyone interested in living at Misericordia Terrace can sign up at the website to receive an application as soon as it becomes available.



AN MHC WELLNESS WINNER!

Misericordia's five Wellness Weeks wrapped up in March with more than half of all employees engaging in weekly wellness goals, including daily exercise and healthy eating, and many (like Noel above) winning weekly draw prizes. "It was a huge success," said Jennifer Klos, MHC recreation manager. "We had almost 800 participation ballots submitted just in the first week for the 20 minutes of daily exercise goal, which is amazing!"

NEW HIRES

- Alexandra Doubleday**, Client Service Clerk, Health Links – Info Santé
- Amanda Gravelle**, Clinical Dietitian, Clinical Nutrition
- Caitlin Faryon**, Client Service Clerk, Health Links – Info Santé
- John Shantz**, Power Engineer 3rd Class, Plant Services
- Joyce Dela Cruz**, Patient Registrar, Patient Registration
- Kate Lebar**, RN, OR
- Kathleen Lebar**, RN, OR
- Katrin Hamm**, Client Service Clerk, Health Links – Info Santé
- Marietta Mercado**, Diet Aide, Food Services
- Maya Dalgleish**, Client Service Clerk, Health Links – Info Santé
- Natasha Hedley**, Client Service Clerk, Health Links – Info Santé
- Nyasha Rothwell**, Client Service Clerk, Health Links – Info Santé
- Rayna Porter**, Client Service Clerk, Health Links – Info Santé
- Samantha Wichenko**, RN, C2
- Wanda Langford**, RN, Health Links – Info Santé
- Winn Briscoe**, RN, Health Links – Info Santé
- Aliyah Fhella**, Social Worker, Social Work
- Amanda Mazariegos**, RN, Operating Room
- Angela Galpo**, Patient Registrar, Patient Registration
- Ciara Day**, Supervisor, Food Services
- Dongik Shin**, Respiratory Therapist, Respiratory Therapy
- Esther Hawn**, Occupational Therapist, Rehab Services
- Julita Lagunera**, HCA, MP2
- Lenoely Enriquez**, LPN, C2
- Mandy Campbell**, Occupational Health Nurse, Occupational Health
- Maria Fernanda Reina Duran**, Patient Registrar, Patient Registration
- Marilyn Schroeder**, RN, Health Links – Info Santé
- Pam McLeod**, Corporate Executive Assistant, Corporate Office
- Sarabjit Dhillon**, HCA, MP3
- Suzan Ghebreab**, HCA, C6

RETIRES

- Dorothy Beacorn**, RN, Health Links – Info Santé
- Ivan Schellenberg**, ESA, Environmental Services
- Joan Crabtree**, Clinical Services Leader, Spiritual Health

TRACKING MISERICORDIA HAND HYGIENE

Infection Prevention & Control conducted an analysis of hand hygiene compliance from October to December 2021. The overall compliance rate of 74 per cent, which includes hand hygiene with alcohol or by washing, could be greatly improved if more staff practiced hand hygiene before patient or patient environment contact (56 per cent compliance) and before aseptic or clean procedures (40 per cent compliance). The hand hygiene compliance after body fluid exposure risk was 98 per cent and after patient or patient environment contact was 88 per cent.

"Absolutely we want to encourage all staff to think about infection prevention through hand hygiene both before and after entering patient areas. It should be the first thing we think about, and then also the last thing," said Davilyn Cairns of Misericordia's Infection Prevention and Control.



LET THE RAMP CLEAR

Plant Services wants to remind all drivers to not tailgate (drive close to the car in front of you) in the parkade, especially on the vehicle entrance and exit ramps. If your vehicle ends up having any traction trouble due to slippery conditions you could have an accident. When entering or exiting the parkade please wait for the vehicle in front of you to clear the ramp before proceeding.

LPN Vida Faustino says she feels supported, and safe, working on a Transitional Care Unit at Misericordia.

"Misericordia is a good place to work because managers care about our well-being and support nurses."

Vida says safety is always reflected in proper staffing levels, as well as education and practices.

"During the pandemic, Infection Control provided good education and PPE and made sure we were safe and doing everything properly."

She says Misericordia is, "like a family, even when I was new they welcomed me like family."



The in-person Canada Day Run in support of the Misericordia Health Centre Foundation is back again this year in partnership with Running Room! Choose from a 5-mile race, a 5-km race or a 1-km kids race. Highlights of this family fun event include a Canada Day cooler bag and finishers medal for all 5-mile and 5-km participants, a treat bag and medal for all kids and race day prizes. Go to [misericordiafoundation.com/third-party-events](https://www.misericordiafoundation.com/third-party-events) to learn more.