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APRIL 2025

# LIFE @ MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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## PRESIDENT & CEO MESSAGE: VOLUNTEERS MAKE WAVES



Like a wave, volunteering is movement building.

April 27-May 3 is National Volunteer Week and we are certainly going to celebrate our valuable volunteers.

The theme of the 2025 Volunteer Week is "Volunteers Make Waves" and this is truly an understatement. Water is in constant motion, always flowing and transforming with every powerful wave. And so is each volunteer's contribution here at MHC.

My grateful THANK YOU. You are truly making a difference to all who walk through MHC's doors.

Misericordia Health Centre is so much richer with volunteers sharing their time, skills, talents, empathy and creativity.

MHC staff and physicians are invited to visit the first-floor volunteer office in the Wolseley East building, which will be "dressed to party and cheer on volunteers" during Volunteer Week.

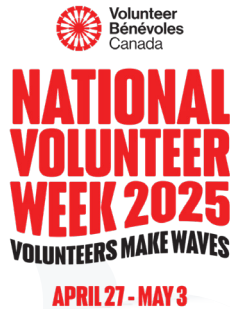
My grateful thanks extend to Mirna and Patrick, our volunteer coordinators, who organize all aspects of volunteer services – volunteer recruitment and stewardship to the Gift Shop to vendor opportunities to youth scholarships and so much more.

### Youth Scholarships

As part of Volunteer Week recognition, youth volunteers (up to age 25) who are pursuing careers in health care are encouraged to apply for the annual \$500 scholarships available through Volunteer Services. For more details, email [volunteer@misericordia.mb.ca](mailto:volunteer@misericordia.mb.ca).

Yours sincerely,

Caroline DeKeyster



## Join the PayDay Payout 50/50!

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

The Foundation team is happy to highlight the new WRHA PayDay Payout 50/50 designed to support the people and programs of MHC!

We're thrilled to announce that more than 1,100 WRHA staff members have already signed up, and the prize pool has already surpassed **\$20,000!**

If you haven't signed up yet, don't worry – there's still time! To be included in all draws, please sign up by **April 3rd** and remember to use your **work email address** to ensure you are eligible.

The first draw will take place on **April 24**, where one lucky winner will take home a minimum of **\$10,000!** With bi-weekly draws continuing throughout the year, you'll have plenty of chances to win. Each ticket purchased increases the prize pot, creating even bigger opportunities.

We'd like to extend a special thank you to all Misericordia Health Centre staff who have already signed up. As a token of our appreciation, we're offering you a sweet treat! Simply stop by the Foundation Office (144 Cornish) and show your PayDay Payout 50/50 registration.

As always, thank you for everything you do, and happy spring!

# SPIRIT WEEK

APRIL 7 - 11, 2025



We want to recognize and celebrate you and your team with a week of Spring Spirit, **April 7 - 11**. Throughout the spirit week you are invited to participate in themed activities and challenges! Join your teammates, co-workers and other staff from across the health system to celebrate the end of winter with activities that are intended to promote teamwork, creativity and fun! *\*Attire, décor and activities must all comply with IP&C, PPE, uniform (where applicable), and fire code regulations.*



Scan the QR code to join the fun:

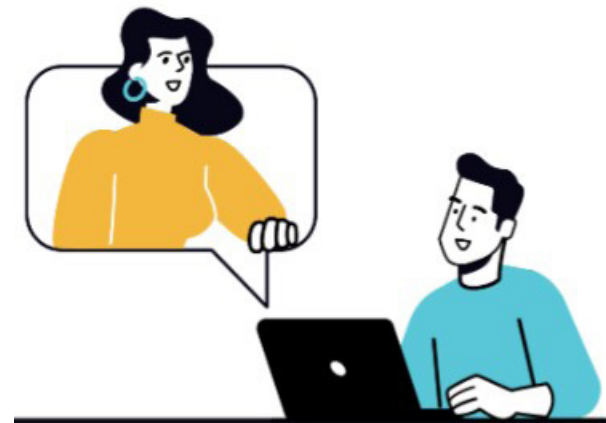
[healthproviders.sharedhealthmb.ca/spirit-week-2025/](https://healthproviders.sharedhealthmb.ca/spirit-week-2025/)  
and remember to tag us on social media @sharedhealthmb

## NEW WELLBEING PRACTICE SESSIONS THROUGHOUT APRIL

As we look forward to the month of April, the Provincial Wellbeing team would like to invite you to participate in our new series of virtual drop-in wellbeing practice sessions for staff and leaders.

These short, informal, **15-minute** drop-in sessions provide a supportive safe space to practice mindfulness techniques, stress management tools, and self-care strategies in a peer-supported environment. Whether you only have a few minutes or can stay for the full session, you're welcome to come as you are and stay for as long as your schedule allows. These sessions are offered virtually.

- Apr 2 at 10 a.m. & 2 p.m. – Meal-Prepping and Mindfulness – Nourishing Your Body and Mind
- Apr 9 at 10 a.m. & 2 p.m. – Name, Claim & Reframe: Personal Stress Tool
- Apr. 16 at 10 a.m. & 2 p.m. – Connecting with Nature
- Apr. 23 at 10 a.m. & 2 p.m. – Moral Distress Part 2
- Apr. 30 at 10 a.m. & 2 p.m. – Daily Intentional Planning



**Please check your Health Care Connection email for a participation link!**

## BOOK DONATIONS NEEDED

Do you have gently used books or recent magazines that you're no longer reading? Consider donating them to the Bookcart program.

The Bookcart program is designed to enhance patient care by distributing complimentary books and magazines to patients across MHC.

Having access to a variety of reading materials can make a significant difference in a patient's experience, helping to alleviate anxiety and boredom. Your donation can bring joy, inspiration, and a welcome escape to those navigating a challenging time.

### We are looking for:

- Gently used or new books (fiction, non-fiction, self-help, poetry, romance, etc.)
- Magazines (current or recent editions, within the last 12 months, please)

### How to donate:

Please drop your donations off at the volunteer office.



## NATIONAL NURSING WEEK **MAY 6 - 12** THE POWER OF NURSES TO TRANSFORM HEALTH



## MEET GURINDER!

We're excited to share Gurinder's journey at Misericordia! Gurinder joined the team in March 2020 as a 3rd Class Power and has since worked his way up to the role as 2nd Class Chief. His dedication to continuous learning is evident—starting with a 4th Class Power Engineer certification, he has completed his education as a 1st Class Power Engineer.

Gurinder values the opportunity to serve the community through his work in health care, finding fulfillment in knowing his efforts make a meaningful difference.

Outside of work, Gurinder enjoys spending quality time with his family, especially playing with his niece. After a busy day, he finds joy in helping his mother and wife with household chores where they all share stories and moments from their day.

We're glad to have Gurinder as part of the Misericordia family and look forward to his continued contributions!

# MISERICORDIA'S HELPFUL COMMUNITY

Meet staff who touch all areas of MHC

## NEW HIRES

**Amanuel Ghebremichael**, HCA, C2

**Angel Patapat**, Ophthalmic Photographer, PT

**Aster Wasyihun**, ESA, Housekeeping

**Ayalensh Woldu**, ESA, Housekeeping

**Gurbinder Kaur**, UNE, C6

**Jennifer Arcano**, HCA, C2

**Jerick Reyes**, HCA, MP2

**Kaitlyn Rubigny**, RN II, Minor Injury & Illness Clinic

**Karina Gasiorek**, Staffing Clerk, Staffing Office

**Krizia Pakingan**, RN II, C2

**Madison Da Silva**, Ophthalmic Assistant, Ophthalmology Clinic

**Maluz Comia**, RN II, Float Pool

**Maria Batongbakal**, RN II, C2

**Maria Jocia Villafuerte**, RN II, Float Pool

**Marybeth Sandoval**, RN II, C5

**Michael Ricalde**, HCA, MP2

**Nenita Malabanan**, HCA, MP3

**Precious ADEBUSUYI**, Diet Aide, Food Services

**Ramneek Kaur**, Supervisor, Food Services

**Rowena Lyn Patriarca**, Supervisor, Food Services

**Saela Antonette Vilas**, HCA, MP3

**Segan Woldu**, ESA, Housekeeping

**Shahrugh Nasir**, RN II, Health Links - Info Santé

**Shazia Sayeed**, Clerk Typist II, PACU/DS/POAC

**Shelley Hunt**, Ophthalmic Assistant, MP2

## HEALTH LINKS – INFO SANTÉ INTRODUCES GOLDEN HEADSET

**By Lonnie Ho, PHCC Director**

As we continue to focus on improving efficiencies, it's equally important to celebrate the outstanding work you do every day. To add a bit of fun and positivity to our routine, Health Links – Info Santé is excited to introduce the Golden Headset for the next few months!

You may have noticed the golden headset and box in the Health Links area — here's how it works:

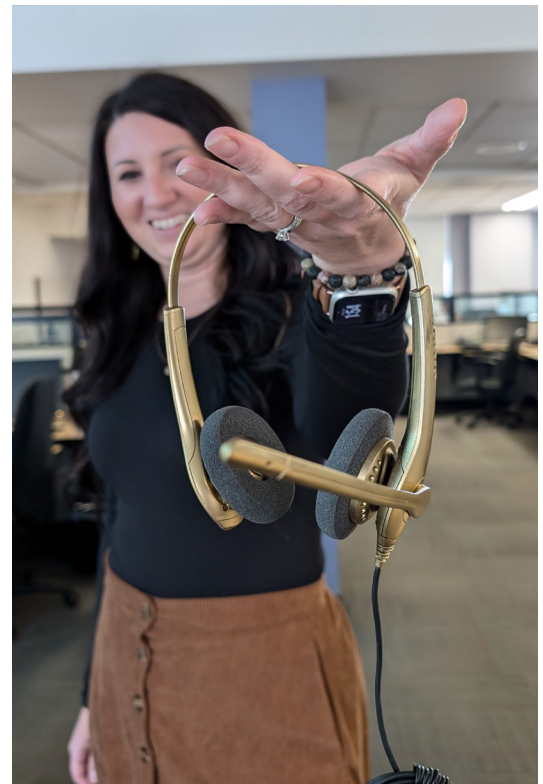
If something made you smile, was helpful, supportive, or made you appreciate a colleague, simply write their name on a ticket and drop it in the golden box. It's that easy! No explanations needed, just the name of the person who made your day better.

Every time quality hears a great call review or receives feedback about someone going above and beyond (like staying late to help the team), that person's name will also be entered into the box.

**When Do We Draw?** We'll be drawing a name during each huddle, every two weeks. The first draw was on February 4th.

**Why Are We Doing This?** Every day, acts of kindness happen across our team, and this is our way to have fun with it! It's an opportunity to change up the usual routine, spread positivity, and perhaps bring a smile to someone's face. Kindness means something different to each of us, and this is a chance to celebrate it in our own unique way.

Let's celebrate each other and the kindness that makes Health Links – Info Santé so great!



## RETIREES

**Flordeliza Reyes**, Unit Clerk, Misericordia Place

**Havalee Whyte-Hibbert**, Intake Operator, PHCC After Hours

**Do you have a story that needs to be shared?**  
**Send us an email at [info@misericordia.ca](mailto:info@misericordia.ca)**