



MAY 2022

Life @MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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PLANNING FOR EXCELLENCE



While the words *strategic planning* may not be synonymous with *exciting adventure*, planning a roadmap for our future—with all its twists and turns—is necessary to continue to meet the changing needs of the communities we serve.

Of course, providing compassionate, patient-centred quality care is at the heart of all we do at Misericordia Health Centre. Our staff, physicians and volunteers who remain guided by the Misericordia Sisters' legacy keep that heart beating strong.

I want to thank everyone who participated in helping shape our plan: online surveys! Focus groups! Planning sessions! You have all helped immensely.

We heard loud and clear some very specific requests, and have created our three priorities accordingly:

1. Propel Eye Care Centre of Excellence into Canada's premier eye institute

Misericordia's dynamic Eye Care Centre of Excellence is the largest comprehensive surgical and treatment program in Western Canada. To become Canada's premier eye institute we need to build new operating theatres, have more specialty ophthalmologists on site and leverage our university partnerships to expand our teaching and research capacity.

2. Construct a new Sherbrook development to meet Manitobans' health-care needs

Replacing our 1907 Sherbrook building is essential for Misericordia to meet the future health-care needs of Manitobans. Augmenting our campus of care, the Sherbrook development will embody The Future of Care: home to new complementary programs and supporting our Eye Care Centre of Excellence's transition to Canada's premier eye institute.

3. Foster innovation to drive excellence in all we do

Misericordia will continue to build on our history of innovative, patient-centric compassionate care as we serve Manitobans through specialized health-care programs. Embracing new technology, partnerships and research opportunities will increase our communities' engagement and drive excellence.

We hope to have the MHC 2022-2026 Strategic Plan completed by fall. In the meantime, the WRHA is starting their own strategic planning process (see page 3 for more on that).

Caroline DeKeyster
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RAISE HANDS! RAISE PAWS! RAISE HOPE!

Kris Gladwell, President & CEO
MHC Foundation

I am so excited to announce that Misericordia Health Centre Foundation and Winnipeg Humane Society have joined forces to launch an exciting new initiative...

Two great causes, ONE GREAT LOTTERY!



This is a ground-breaking endeavour in the Winnipeg non-profit community: two organizations with unique missions partnering to gain support for compassionate care and companionship!

One Great Lottery starts with a guaranteed 50/50 jackpot of \$20,000 that will continue to grow with each ticket package purchased. The grand prize winner will walk away with 50 per cent of the jackpot PLUS the choice of a \$123,000 valued Bonus Prize which includes a Mercedes-Benz GCL300 and a \$50,000 Transcona Trailer Gift Certificate to select a new ATV, RV or snowmobile, OR take an additional \$100,000 cash!

Plus, you can add the Great Cash Calendar tickets to your 50/50 order for a chance to win \$1,000 cash EVERY DAY in July and August with special prizes on the last day of each month!



This exciting lottery runs May 4 – June 15, 2022. You can purchase your tickets for the 50/50 and the Great Cash Calendar online at onegreatlottery.ca

As always, thank you for everything you do and good luck!

FURRY LOVE VISITS MHC FROM THE WINNIPEG HUMANE SOCIETY

We were happily wagging our collective tails as we recently welcomed companion dogs Winnie and Rocky to visit staff. The furry friends spent time in the auditorium and also toured around MHC to spread a little unconditional love. The ‘Puppy Love’ day was made possible by our friends at the Winnipeg Humane Society (WHS), who sent along volunteers to chaperone the animal companionship doggies. Some staff expressed an interest in adopting a new family member from the WHS, which is, of course, a wonderful idea for any family able to provide the care and love an animal requires. If that sounds like you, you can view pets available for adoption at the WHS website: winnipeghumanesociety.ca/adopt/available-pets



“They have given our family much joy,” says Tanis Walker about Stripes and Bailey, pictured left pinning for spring. Tanis, who works in Health Information Services at MHC, adopted the two bundles of joy from the Winnipeg Humane Society 12 years ago.



Winnipeg Humane Society companion dogs Winnie and Rocky share the love with MHC staff in the auditorium.



Maureen Hamonic, left, and Hugh Chan at the SDC

PUTTING PATIENTS FIRST AT SDC

Misericordia aims for patient-centred innovation, and our Sleep Disorder Centre (SDC) recently hit that mark in a big way.

Prior to the pandemic, patients referred for a home sleep study who lived more than two hours away from Winnipeg were required to travel to Winnipeg to complete their sleep study either in-lab or using a portable unit at their hotel.

Once the pandemic hit the SDC pivoted to allow everyone to do at-home sleep studies. Equipment was sent by courier to patients and SDC staff would counsel them via Teams meeting or by phone. A step-by-step online video on how to use the equipment was also developed. After the equipment was returned, and data analyzed, patients would have a remote appointment with a physician to discuss results.

The process change in response to the pandemic was a learning experience, and the lessons showed the team how patients outside Winnipeg could be better served.

“We realized that we really needed to make it more convenient and accessible for rural people,” said SDC manager Maureen Hamonic.

One of the main reasons people living more than two hours away from Winnipeg were required to travel here, Hamonic explains, was that there were not enough home sleep study units to allow them to be made unavailable during the time required for long-distance delivery. So, to remedy this, the SDC purchased 10 additional units earmarked for rural patients.

Rural patients who don’t require an in-lab sleep study (about 50 per cent of sleep studies need to occur in-lab for the extra assessment required) are now saving money and time associated with travel.

“It has a big financial impact, whether it’s job time-loss from a person’s work, or taking the time off to come in, the cost of the hotel and the travel itself,” says MHC director of acute-care programs Hugh Chan, who added that offering home sleep study units to rural patients also expedites a diagnosis.

Hamonic says this innovation in service is also ensuring more patients are getting the help they need for their sleep disorders.

“In the past there were a lot of people that just chose to forgo their sleep study because they can’t come to Winnipeg,” she says.

Another innovation now in the planning stage to further expand patient care is to make sleep study equipment available through more rural hubs. Currently one hub exists in Brandon.

“If you look at somewhere like Thompson, an area we get lot of referrals from, we can have the equipment there for people to pick up, and have the data processed there and sent in,” says Hamonic.

A sleep disorder can have a huge impact on a person’s life. Sleep deprivation can cause mood disorders and hamper the ability to focus or concentrate. As well, a sleep disorder can have serious consequences for people who need to be alert for safety reasons.

“We get referrals for people that are, for example, professional drivers—bus drivers and long-haul drivers—where their ability to work is related to their sleep,” says Hamonic.

Treatments for a sleep disorder can include using a machine that helps maintain normal respiration, dental appliance, changing sleep positions and treating nasal congestion.

“And we’re always recommending exercise and healthy eating, that certainly helps.”

MANY HELPING HANDS AT MHC

RESIDENTS AND CLIENTS MAKE FOOD FOR UNHOUSED

Residents and clients at MHC love having the chance to contribute, and with help from our recreation department they are given that chance. Every month, residents at either Misericordia Place or clients on one of our Transitional Care Units take the time to make sandwiches for Helping Hand Warriors—a grassroots organization that hands out food, hygiene and harm reduction supplies to unhoused persons in Winnipeg's downtown area.

"They love it," says Kelly Harris, recreation facilitator on TCU Cornish 5, who also volunteers with Helping Hand Warriors.

"Some of our clients in TCU have been unhoused and they have needed services from soup kitchens, so it's a nice way for them to feel they are giving back, and many of our residents in Misericordia Place spent a lot of their lives volunteering and doing things like that, so they really like the sense of giving back to the community—doing something with a purpose and doing good for others. That's what I've really noticed."

Kelly says MHC has contributed sandwiches made by residents and clients since before she

started here nine years ago. The sandwiches have gone to Siloam Mission and Agape Table in years past. About 10 volunteers work together to make and bag the sandwiches—usually PB&J and cheese.

The COVID-19 pandemic shut down the group sandwich-making, but after noticing Winnipeg Centre MP Leah Gazan volunteering with Helping Hand Warriors on social media last fall, Kelly decided to reach out to them to see if they wanted to partner with MHC once the sandwiches started rolling off the assembly line again.

Not only did Helping Hand Warriors welcome the food from MHC, they invited Kelly to join them also. Now she volunteers with the group every Saturday and calls it "the highlight of my week."

"I kind of infiltrated my way into the volunteer group. I started going on Saturday afternoons when we meet up, and I just kind of didn't stop. I just kept going every Saturday because I love it."

Helping Hand Warriors relies on volunteers and donations. Find them on Facebook for more information or ask Kelly to tell you more!



REMEMBERING KEN

It is with heavy hearts that Misericordia lost one of our own, Kenneth Constant, who has worked in environmental services for nearly 20 years. Kenny was one of these people who enjoyed life, interacting with people from all areas of the facility, helping whenever needed and never had anything negative to say about anyone. He presented himself as a unique soul with a great sense of humor (colouring his hair on special occasions) and joked often with his coworkers and discussed automobiles with the skill of salesman!

Kenny loved to talk about his dog and was proud of the tattoo he had got in the likeness of his dear pet. We will all miss his sweet charm and uniqueness that Ken so proudly brought to our Misericordia Family. We offer our condolences to his family and friends.

Thank you Kenny for the soul you brought to our facility. - George Patenaude Jr.

Staff are invited to a memorial service at 2 p.m. on June 11 at Chapel Lawn Funeral Home, 4000 Portage Avenue. Please RSVP to info@misericordia.mb.ca



WRHA TOWN HALLS FOR STAFF

While Misericordia Health Centre's 2022-2026 Strategic Plan will be complete by the fall, the Winnipeg Regional Health Authority (WRHA) is just beginning their planning process. You may have already heard about some up-coming virtual town halls for all WRHA staff.



Winnipeg Regional Health Authority
Caring for Health

Office régional de la santé de Winnipeg
À l'écoute de notre santé

The WRHA Town Halls, happening on May 12 and 16, are a chance for staff to speak directly to the executive team and help shape the future of health care in Manitoba. Go to wrha.mb.ca/employee-town-hall to find out how to participate. Anyone not able to attend can email questions or feedback in advance to communications@wrha.mb.ca.

As well, Mike Nader, WRHA President & CEO, will be visiting each of the WRHA hospitals and health centres to hear directly from staff on their experiences and their views on the health-care system. Mike is tentatively booked to visit MHC in July.

NEW HIRES

- Brianna Boyse**, Recreation Therapist, Recreation Services
- Bryan Pharsi**, LPN, MP3
- Bryn Olfert**, Social Worker, Social Work
- Chloe Tomchuk**, ESA, Housekeeping
- Ellison Brown**, LPN, C2
- Enkutatash Fekadu**, HCA, C2
- Jelyn Knutson**, Health Information Management Professional, Health Information Services
- Joan Crabtree**, Spiritual Health Practitioner, Spiritual Health
- Karthika S. Nair**, Biomed Electronic Technologist, Plant Services
- Lindsay Grieve**, Events & Special Initiatives Coordinator, MHC Foundation
- Lydia Lumbre**, ESA, Housekeeping
- Marc Asselin**, Rehab Assistant, Rehab Services
- Mike Picur**, Human Resources Consultant, Human Resources
- Nicole Henderson**, HCA, MP1/3
- Pompei III Gamallo**, RN, C2
- Rosemen Incognito**, HCA, MP1
- Saranjit Dhaliwal**, Recreation Therapist, Recreation Services
- Sheena Nieto**, RN, Health Links – Info Santé
- Shen Colorado**, Recreation Facilitator, Recreation Services
- Sherry Madayag**, RN, C3
- Tanya Taylor**, RN, Health Links – Info Santé
- Terry Verrier-Babb**, Staffing Clerk, Human Resources

RETIREES

No new retirees

Our mistake!

We misspelled **Dorothy Beacom**, who was listed in last month's Life@MIZ as retiring as an RN from Health Links – Info Santé. Sorry about that, Dorothy, and enjoy your retirement!

THEN AND NOW...

The top photo was taken sometime in the 40s, while the bottom is 2022 looking southwest from the east side of Sherbrook Street. Although the corners of the closest building appear to match, they are different—look closely to see the change in brick colour where 1957 additions were made. The Wolseley West addition also rises above the roof line. On the left side of the photos the lefthand gables from the original 1906 Misericordia Hospital are replaced by Cornish North (also built in 1957). The righthand gables still exist, though all but one is obstructed in the newer view by the Wolseley East addition. You can also see a base in the current photo where the copper dome used to stand.

SMALL ACTS CAN MAKE A BIG DIFFERENCE

Did you know?

Did you know that removing your Personal Protective Equipment (PPE) incorrectly can increase your chance of catching germs? If you remove your gloves and then your gown without cleaning your hands you can contaminate yourself.

What can you do?

When removing your PPE start by removing your gloves as they are the dirtiest piece of PPE. Then, **before you do anything else**, clean your hands. This will remove the germs on your hands and keep them away from contaminating your neck while taking off your gown. Then, after removing your gown, clean your hands again. This will remove any germs left behind from removing your gown.

In the end you will end up cleaning your hands twice, but you will be safer for it!
—your Infection Prevention & Control team



Maricar cleans her hands before removing her gown.



Infection Prevention & Control put a call out on May 5—National Clean Your Hands Day—for new ways to increase hand hygiene awareness. If you have a hand hygiene awareness idea that you would like to share email ngibson@wrha.mb.ca or dcairns@wrha.mb.ca

