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MISERICORDIA Health Centre
The future of care

OCTOBER 2026

LIFE@MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

THIS EDITION

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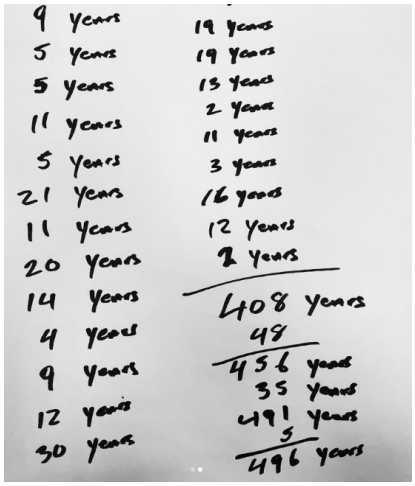
PRESIDENT'S MESSAGE: CONNECTING WITH STAFF

It's hard to believe I've been in the role of President & CEO for six months already; the time has flown by.

I've really been enjoying informally meeting so many of you and learning about non-clinical areas throughout MHC that I may not have encountered closely in my former role as Chief Nursing Officer.



What has stood out to me most is not only the remarkable talent across our organization, but also the willingness of staff to support one another, share ideas, and continually look for ways to improve the experience of those we serve. It is this sense of connection, dedication, and shared purpose that makes MHC such a special place to work.

Yours sincerely,

Nina Labun

Nina with housekeeping staff: together they have a whopping 496 years of service at MHC!

Your Chance to Score Big This Fall!

Kris Erickson, President & CEO
MHC Foundation

Fall is here, bringing with it an exciting season of events and opportunities for you to win!

Auction

The InVision auction is live! Explore a great selection of prizes, from a getaway to Lake Louise to fine wines and more. Visit **trellis.org/mhcfinvision** to explore the prizes and place your bids. The auction closes **October 14 at 9 p.m.**

50/50

Try your luck in the InVision 50/50 for your chance to win the jackpot while supporting the Eye Care Centre of Excellence! Get your tickets at **mhcfoundationraffles.com**. The raffle closes **October 14 at 11:59 p.m.**

Stay tuned for information on our cherished Angel Squad, which will take place on December 1! Wishing you a wonderful fall.

Health & Safety Corner

SAFE WALK SERVICE AVAILABLE FOR STAFF

A reminder to staff: We offer a “Safe Walk” service for staff who are parked farther away from MHC. If you would like an escort to your vehicle, simply call security (ext. 8301) and a team member will walk with you.

The service includes vehicles parked within two blocks of MHC. helping provide an added sense of safety and peace of mind when heading to your vehicle.

Otober 19-23, 2026

Health Information Professionals (HIP) Week

In Collaboration with the University of Manitoba the Health Sciences Centre Winnipeg presents

THE 30th ANNUAL BUG DAY

Overall Program Objectives:

At the end of this program, participants will be able to:

1. Identify the key pathogens that have been clinically and socially relevant over the past 30 years
2. State how the determinants of health influence a person’s risk for infection
3. Explain how to modify risk factors for acquisition of infection

INFECTION CONTROL WEEK OCTOBER 19 - 23, 2026

During Infection Control Week we will run an Escape Room in the surgical conference room 327 with stations you can complete individually or in a team. Each participant can enter their name for a chance to win a prize and has the opportunity to take pictures if they are interested.

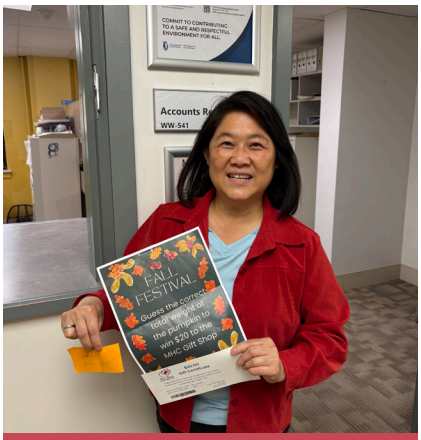
THE 30th ANNUAL BUG DAY OCTOBER 22, 2026

MHC will stream Bug-Day on October 22 in the surgical conference room 327. We will have coffee for attendees as well as more chances to win a prizes.

CELEBRATING SONOGRAPHY WEEK

As we celebrate Sonography Week in the first week of October, we want to recognize and thank our incredible sonography technologists at Misericordia Health Centre. They bring their expertise, compassion, professionalism and dedication to the patients they serve every day, often helping provide answers during uncertain or stressful times. Their knowledge, skill, and commitment to patient care make a meaningful difference not only to our patients, but to the entire health-care team. We are so proud and grateful to have such an amazing group of sonographers at Misericordia!

FALL FEST 2026



"Guess the weight of the pumpkin" winner!

Spiritual Health Awareness Week

October 25 - 31, 2026

Meet & Greet
MP Chapel
October 28
11:30 a.m. - 12 p.m.
Cookies & Pens!

Meet & Greet
Spiritual Health Office
(358 Sherbrook Building)
October 29 2-3 p.m.
Cookies & Pens!

Come visit
Reflection Room®
In Misericordia Place Chapel

A interactive art installation to support grief, bereavement, and end-of-life journeys provided by the Saint Elizabeth Foundation.

MISERICORDIA Health Centre

NEW HIRES

Daniel Weldemariam, HCA, C6

Merlyn "Tere" Conejero, Diet Aide, Food Services

Tay Taylor, RN II, Health Links – Info Santé

Torrie Stefansson, Nurse Practitioner, Health Links – Info Santé

CISM UPDATE

Our CISM team met with Shared Health Wellbeing Team members this month to discuss how to best support MHC staff with stress management at work.

We shared new ideas on how we can positively impact mental and physical health in the workplace.

GET THE SHOT NOT THE FLU

MISERICORDIA Health · Centre
The future of care

Please bring your MANITOBA HEALTH Card!

Flu Shots are also available from:

- **Pharmacists**
- **Public Health Clinics**
- **Quick Care & Walk-in Clinics**
- **Family Physicians**

For more information go to:
https://wrha.mb.ca/flu/

DID YOU HEAR THE NEWS?

Authorized pharmacists can now **ASSESS** for and **PRESCRIBE** hormonal **birth control!**

No assessment fee for Manitobans*

NORTHWAY PHARMACY

*fees may apply to those without a valid Manitoba Health number

STAFF & VOLUNTEER Influenza Vaccine Clinics 2026

Date	Vaccine	Time	Location
October 13, 2026	Flu	0900-1600	Vestibule outside Auditorium—Main Flr
October 14, 2026	Flu & COVID-19	0900-1330	Occ Health office drop-in Rm 183W
October 15, 2026	Flu & COVID-19	0900-1500	Travel cart to MHC and Misericordia Place
October 16, 2026	Flu & COVID-19	1100-1530	Occ Health office drop-in Rm 183W
October 19, 2026	Flu & COVID-19	0900-1500	Travel cart to MHC and Misericordia Place
October 21, 2026	Flu & COVID-19	1100-1530	Occ Health office drop-in Rm 183W
October 23, 2026	Flu & COVID-19	0530-0800	Travel cart to MHC and Misericordia Place
	Flu & COVID-19	0900-1200	Occ Health office drop-in Rm 183W