



JUNE 2022

# Life @MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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## PRESIDENT'S MESSAGE



### Considering gratitude

Gratitude is a word I've used in this space before. Last Christmas I shared some of my family traditions and wrote of my gratitude for family, including our Misericordia Family.

As summer seems to be finally fulfilling its warm promise and the world turns green it turns my mind to gratitude once again. I have so many things to be grateful for it feels a bit like a laundry list—one I hope to never stop adding to!

I am grateful for community—the community that Misericordia shares with our West Broadway and Wolseley neighbours. It brings to mind the local school children who show love with their thoughts and gifts shared with our residents, and our staff taking the opportunity to join other community members during the West Broadway Community Organization's Spring Clean Up last month.

I am grateful for the compassionate care provided at Misericordia. We recently celebrated Nursing and Allied Health Professionals Week with cupcakes and recognition for our many staff who go above and beyond to ensure excellence and compassion in care every day. It was truly wonderful to be able to present 32 people with the 2022 Lighthouse Award—people who were nominated by peers who are grateful for the work they do and the spirit they bring to their team. There are some photos in this month's newsletter!

I am grateful for generosity—to all the amazing people who support our work through the Misericordia Health Centre Foundation, most recently through One Great Lottery which they are now running in conjunction with the Winnipeg Humane Society!

I am grateful for the future of care. Misericordia Terrace Assisted Living is such a tangible example of this—rising higher and higher as construction brings it ever closer to its 2023 opening and a new chapter in our caregiving story.

And, of course, I am grateful for volunteers. We recognized them on social media during National Volunteer Week at the end of April, but we can never say enough to express our gratitude for their selfless, generous spirits.

I could go on. There is so much to be grateful for. I feel so privileged to be part of a team of people who are passionate about providing the best care—people with caring hearts and purpose aligned with the values that guide our Misericordia Family. Thank you.

Caroline DeKeyster

cdekeyster@misericordia.mb.ca

## TWO GREAT CAUSES... ONE GREAT LOTTERY... ONLY ONE MORE WEEK!

Kris Gladwell, President & CEO  
MHC Foundation

Why not join our own MHC staffer, Karen, in the winner's circle?!



*"I don't buy into too many lotteries. But when I do it has to be a cause I believe in. One Great Lottery has not one but two great causes: Support for MHC programs for our patients as well as care for our furry friends at the Winnipeg Humane Society. I have been lucky enough to win twice and it couldn't come at a better time. I am among the many people who has been dealing with flooding. I lost my finished basement to mother nature. We are working on rebuilding and every win helps! Thank you!"*

With only one week left before the final deadline of June 15 and so many prizes to win – including a 50/50 pot that is more than \$190,000 – do you have your tickets yet? It only takes one to win!

Plus, you can add the Great Cash Calendar tickets to your 50/50 Grand Prize 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!

Get your tickets online at [onegreatlottery.ca](http://onegreatlottery.ca) or call the Foundation office at 204.788.8458.

And that's not all – you can also try your luck on our Misericordia Golf Classic raffle! Head over to [misericordiafoundation.com/golf](http://misericordiafoundation.com/golf) to see some of the amazing prizes up for grabs – including an Apple watch, laser printer, and an Italian dinner for eight!

We love giving our community a way to win while giving back – so thank you for everything you do and good luck!



*Our Staff Appreciation BBQ happened amid sunshine, greenery and music! MHC board members, senior leaders and the Misericordia Health Centre Foundation team handed out food, drinks and treats to show gratitude to our MHC Family for the care and compassion they practice every day.*

*We are very proud of MHC recreation facilitator Nicole Perras for receiving the Therapeutic Recreation Award of Excellence from Recreation Manitoba! Nicole is exceptional at tailoring care to people's needs and inspiring her coworkers to do the same. She always gives her very best to clients, families and her colleagues. Congratulations, Nicole! Pictured with Nicole are recreation facilitator Ana Anusic, left, who nominated Nicole, and MHC recreation manager Jennifer Klos, right.*



*Our Bike to Work Day pit stop during Bike Week Winnipeg was a huge success, greeting morning bikers with live Cuban music by the Son Urbano Trio, homemade banana bread, coffee, eyewear cleaning (cleaner compliments of Book Optical) and treats from La Crêperie Ker Breizh!*

## QUILT SHOWS THAT MP RESIDENT 'WAS LOVED, WAS DESERVING'

Misericordia Place (MP) looks for ways to support residents and families during the end-of-life journey. Staff understand that this time of profound meaning calls on them to be extra thoughtful and honour residents.

observing residents and families in MP, what it would have been like for her mom to have lived in a personal care home, and when she is involved in decisions that affect MP residents and families her mom's memory is

never far away.

"She gives me a clear perspective on what we need to do to add comfort and to strive further to make things better," says Jennifer.

Recently, MP staff began placing a violet on the door of a dying resident to remind everyone that the resident and their family are walking a final life journey together. It serves as a reminder to staff and others to be thoughtful around that room.



Jennifer's mom was creative and would have loved to be involved in making a quilt, but the next best person was her long-time friend, Judy Morningstar. Judy is a well-known quilter, hailing from Goodlands, Manitoba, and she was thrilled to be asked and to make the quilt. She tells the story of showing the quilt to her colleagues and friends, many of whom were brought to tears at the thought of being wrapped in the quilt on their final journey.

Another way MP staff felt would show honour was to create a special covering to place over residents as they depart their room and the building on a funeral home stretcher. The choice was made to create a beautiful quilt.

"The quilt shows that our resident was loved, was deserving, and will be remembered. It is an honour to be involved in our residents' and families' lives, and this is another way to show that honour," says Jennifer.

Jennifer Taylor, MP director of long-term care, knew she could get a quilt made. Her mom, Judy Taylor, was an avid quilter, and through her Jennifer had connections to the quilting community. Her mom died suddenly in 2018 at the age of 72. She was vibrant and healthy, but a health event ended her life quickly.

It is also filled with symbols of Misericordia, including, of course, a lighthouse.

Jennifer believed a quilt would be a way to honour both her mom and MP residents. She wonders, when

*Aliyah from social work, left, and Miriam from spiritual health, hold up quilt created by Judy Morningstar.*

# NEW CNO INVITES STAFF TO STOP BY HER OFFICE TO SAY HELLO

Nina Labun's first day as Chief Nursing Officer at MHC came with a pleasant surprise and an equally pleasant confirmation.

The surprise was flowers from her husband, Jon. The confirmation was the people she is working with.

"When I shared with people that I was coming to Misericordia everyone said, 'oh wow, that is such a great team and they are so friendly and warm there,' and that has been my experience."

A lifelong Winnipegger, Nina comes to MHC with 25 years of experience as a registered nurse with Bachelors and Masters of Nursing degrees. The settings she has experienced include acute care, community-based care research, teaching and long-term care. She says the variety of programs at MHC match well with her experiences, which includes the past six years as CEO of the Donwood organization, with a portfolio of long-term care, assisted living and independent seniors living. She recently joined the board at the Association of Regulated Nurses of Manitoba, and says she is "excited to be a voice at the table for nursing."



On a personal note, she says she could easily thrive on eating only gouda cheese and sourdough bread, and though she does not count herself as a coffee drinker, "I do drink caramel macchiatos, far too many of them." Her hobbies are canoeing, hiking, camping, backpacking and volleyball.

"Our family is really involved in volleyball. That would be our family sport, not hockey."

Nina says she wasn't actively looking for a new position before coming to MHC, "but sometimes opportunities align, and I would say that's what happened here."

She says the values of Misericordia resonate with her, and "being here aligns with my personal views of health care and how we are called to care."

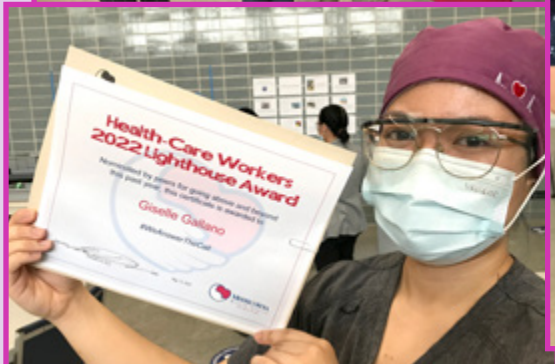
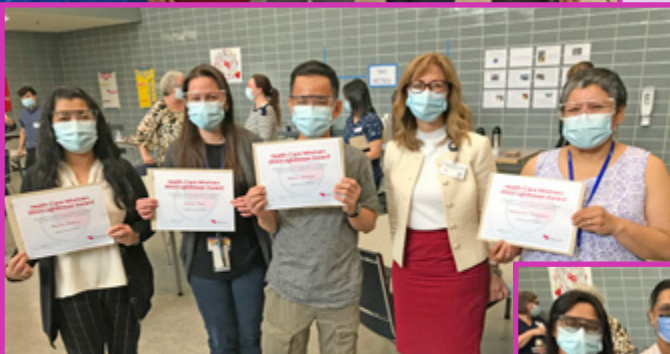
Knowing MHC's President & CEO, Caroline DeKeyster was another draw.

"She's an incredible leader and it's a huge privilege to join her team."

Nina welcomes you to stop by her office to introduce yourself and say hello. If you do, you'll see a frame around the words *Speak Possibility*. She says these words have always been an inspiration and compass guiding her interactions with staff, patients, residents and family caregivers. They serve as a reminder to keep an open mind and to work collaboratively to find the possible—even when things may feel impossible.

## LIGHTING THE WAY OF CARING

For Nursing and Allied Health Professionals Week MHC celebrated staff with yummy cupcakes and honoured 32 staff with the Health-care Workers 2022 Lighthouse Award! This award is named after the lighthouse—the International Misericordia Family's symbol—a symbol of strength, protection and concern for the well-being of others. Award recipients were nominated by their peers because they are caring, respectful and sensitive to the needs of MHC clients, family members and co-workers. Award recipients were Remedios Alejandro, Marvin Apresto, Tamara Baldes, Marilou Berena, Marlyn Boo, Kulwinder Brar, Wendy Cabading, Venus Catuday, Lilibeth Clabria, Shirley Damsel, Carolina Danan, Remedios Dimaya, Vera Duncan, Giselle Gallano, Kathleen Gjema, Karen Hruska, Kevin Huynh, Dorothy Johannson, Sarah King, Debbie Lamont-Dreger, Cindy Luc, Emmanuel Magalong, Irmina Matias, Shery McManus, Leanne Myszka, Krisna Maria Penner, Nanranie Persaud, Stephanie Thompson, Sheila Tirao, Rosa Turkula, Barbara van der Vis and Chantelle Yumang.



# NEW HIRES

- Amber Heron**, HCA, C6/Float Pool
- Bruce Magpayo**, Polysomnography Trainee, Sleep Disorder Centre
- Caroline Farris**, RN, OR
- Elsa Ghebreyesus**, HCA, C2/Float Pool
- Evan Ritchie**, Power Engineer 3rd Class (Relief), Plant Services
- Faith Jasper**, Recreation Therapist, Rehab Services
- Faith Osoba**, Undergraduate Nurse Employee, C5/Float Pool
- Fisseha Habtemichael**, HCA, C5/Float Pool
- Heilah Hazrat**, Patient Registrar, Patient Registration
- Jason Cohen**, Undergraduate Nurse Employee C6/Float Pool
- Jazmine Zarichney**, HCA, C2/Float Pool
- Jennalyn Argente**, HCA, C6/Float Pool
- Josiah Fulawka**, Polysomnography Trainee, Sleep Disorder Centre
- Krishna Dhungana Basntola**, HCA, MP2
- Lensa Chala**, ESA, Housekeeping
- Lidya Alemayehu Hunde**, ESA, Housekeeping
- Lowell Cabiltes**, Laundry Aide, Laundry/Linen
- Melissa Meelker**, Recreation Facilitator, PRIME
- Navpreet Kaur**, Entry Point Screener, Human Resources/Volunteers
- Robert Beaulieu**, HCA, C5/Float Pool
- Samantha Porteous**, Undergraduate Nurse Employee, C2/Float Pool
- Sandeep Kaur**, Entry Point Screener, Human Resources/Volunteers
- Solomon Tesfalidet**, HCA, MP1/3 Float Pool
- Vanessa Butterill**, Undergraduate Nursing Employee, C6/Float Pool
- Yining Li**, Polysomnography Trainee, Sleep Disorder Centre

# RETIRES

- Nadine Miller**, RN, Health Links – Info Santé
- Gillian Toth**, Chief Nursing Officer, Corporate Office



# TO MY MISERICORDIA FAMILY

With sorrow in my heart and tears in my eyes, I am writing this with my heart so overwhelmed with all the warm heart-filled condolences for my son. Ken would be so proud to know that your donation to Winnipeg Humane Society was in his name and the generosity Misericordia showed in Ken's passing will assist our family in the continued care for Krystal, Ken's beloved dog. The card and flowers were so comforting.

All your words and actions mean so much to Christeen, Michelle, Bill, myself and I'm sure to Ken also. Thank you.

- Sharon Constant

*Sharon says all the condolence messages from MHC staff have REALLY helped her through this difficult time. She is inviting all staff to Ken's memorial service at 2 p.m. on June 11 at Chapel Lawn Funeral Home, 4000 Portage Avenue.*

Please RSVP to [info@misericordia.mb.ca](mailto:info@misericordia.mb.ca)

## Dial-a-Dietitian

1-877-830-2892

Call 204-788-8248 in Winnipeg

## IN APPRECIATION...

Dial-a-Dietitian, a program of the Provincial Health Contact Centre at MHC, connects callers with a registered dietitian who can give answers and simple advice on food and nutrition to help Manitobans eat well and stay healthy. All Manitobans are welcome to call the service, and we'd like to share some appreciative feedback we received from one caller:

*Yesterday I phoned Health Links and was put in touch with Lise, a dietitian, who was extremely informative about my concerns and left me with many new ideas to pursue; her advice certainly gave me a lift. I'm writing to thank Health Links for providing such a great and unique service.*

- Maureen Hughes

## BE TICK AWARE!

 **Safety Corner** 

As we begin to enjoy the warm weather there is a greater chance of encountering ticks, usually in tall grass near wooded areas. While there are many different types of ticks in the world, Lyme disease is commonly spread by the black-legged tick, also known as a deer tick. When a black-legged tick is attached to you, it needs to be there for 36 hours or more to spread Lyme disease in most cases. If you experience symptoms three to 30 days after a tick bite, seek advice from a physician. Early Lyme disease symptoms can include chills, fever, muscle aches, swelling in the lymph nodes and fatigue. Some people may also develop a rash.

Adult ticks are about the size of a sesame seed, while nymphs (which can also spread disease) are the size of a poppy seed.

### Tick bite prevention:

- Wear bug spray that says on the label it will repel ticks.
- Cover exposed skin with long sleeves/pants and consider tucking your pants into your socks.
- Treat your clothing with 0.5 per cent permethrin or buy clothing that is pre-treated with permethrin.
- When you get home from the outdoors check yourself and your pets for ticks, consider showering, and put your clothing in the dryer for 10 minutes on high heat (this will kill ticks).