



JULY 2021

Life @MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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PRESIDENT'S MESSAGE: SUMMER + MISSION



It's summer! And hopefully, as more and more Manitobans get vaccinated, it will be a 4-3-2-One Great Summer as promoted by the province. To quote the Manitoba re-opening plan:

It's time for Manitobans to begin to return to their normal lives after a year and a half of COVID-19 restrictions. If we get vaccination levels up and keep new COVID-19 cases down, Manitobans can enjoy the summer we all want and deserve.

Certainly, we've passed the first milestone with the province lifting some restrictions and moving to Code Orange.

Small steps towards "normality" in the community, and at our health centre, are visible. I'm grateful our redeployed staff are slowly coming back to MHC and we're cautiously and safely

booking surgeries again.

Here at MHC, I take strength from our staff living our Mission of compassionate care. You know what I mean – not just taking care of our residents, patients and clients, but taking care of each other! Think about your area and I'm sure some "Mission moments" pop to mind. Here are a few examples that resonated with me:

- Our Shrove Tuesday 50-50 raised an astounding \$3,472.50 towards our MHC Staff Crisis Fund, which means we'll be able to continue to support our colleagues in extreme need. Congratulations to winner Sarah Goddard from C2.
- Our painter, Barry, created a work of art for the MHC Storm Café as gesture of appreciation for wonderful meals and service throughout the pandemic.
- Lorie, an MP nurse, wanted to show ICU nurses across the city that their fellow health-care workers were thinking of them. Lorie's idea blossomed into \$1K of gift baskets being delivered to ICUs (with thanks to our Foundation matching staff donations).
- I also see all the commendations that are submitted to MHC and am beyond proud of how MHC staff go above and beyond what is expected of health-care professionals.

I'm also heartened to see our staff signing up for vaccines and making every effort to protect one another, which leads me back to One Great Summer.

Summer is typically a time to recharge and relax. I acknowledge summer still in a pandemic is different, but do take your allocated holidays when you are able: it's been a long, difficult 16 months.

Reunite with family and friends! Travel anywhere in Canada after both vaccinations without having to self-isolate when you return! Enjoy simple activities we once took for granted, like indoor dining and sitting on a patio!

Caroline DeKeyster

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ONWARDS TO INVISION!

Kris Gladwell, President & CEO,
MHC Foundation

Even though we weren't able to be together at Pine Ridge Golf Course this year, our amazing community still joined forces to support MHC in record numbers!

Thanks to the incredible work of our event committee, sponsors, and all those who purchased raffle tickets, we were able to add more than \$90,000 to the MHC COVID-19 Relief Fund. Please feel free to head over to misericordiafoundation.com/golf to see the prize winners. We look forward to coming together and teeing off in-person in 2022.

We now turn our attention to our virtual event, InVision, being held on Thursday, September 23. MHC supporters can curl up on their couches and enjoy an evening with delicious food, fine wine, fabulous entertainment, and an online auction! All are welcome to join, and tickets are now on sale at misericordiafoundation.com/invision2021.

As we continue to navigate the COVID-19 pandemic, Foundation events and special initiatives highlight that the need for support remains urgent for all MHC programs. Through MHC's COVID-19 Relief Fund, we remain committed to supporting the work that you do.

We hope you have a wonderful summer – thank you for everything that you do!





AN INDIGENOUS DISH

On National Indigenous Peoples Day recreation facilitator Nicole and practicum student Kevin baked pans of bannock that were served with butter and jam to MHC's Transitional Care Unit clients. The pans they're holding were about to hit the oven for 30 minutes until "golden brown."

It's the second year Nicole has made bannock (a recipe she got from a coworker's friend's grandmother) on National Indigenous Peoples Day. She says her Indigenous clients "ask for it all the time," so the recipe must be a good one. Luckily, Nicole is willing to pass on the recipe secrets she gained from that coworker's friend's grandmother:

NICOLE'S BORROWED BANNOCK RECIPE

4 cups flour

4 tbsp baking powder

1 tsp salt

4 tbsp shortening

3 tbsp sugar

1 ½ cups warm water

- Mix sugar, salt, baking powder and flour.
- Add shortening. Mix in with fingers until it's crumbled up in the flour.
- Make a well in the centre and add water. Mix well. Knead a few times.
- Line a cookie sheet with parchment paper. Flatten dough to approx. 1 – 1 ½ inches in thickness. Poke a few holes with a fork.
- Bake at 400 degrees for approx. 30 minutes or until golden brown on top.



WHAT HAPPENS WHEN COVID-19 IS DISCOVERED AT MHC?

MHC has a solid process to respond to COVID-19 case discoveries, and a formidable professional team putting it into action.

Natalie Gibson, MHC's Infection Control Professional, manages the prevention, detection and response of all communicable diseases, as well as the surveillance and detection of infections for all programs at MHC.

A positive case response begins by flagging the patient's online WRHA record and notifying any other facilities the patient attended. Notifications are also directly made to Occupational Health at MHC and the WRHA Infection Control Program.

Natalie and her partner, Davilyn Cairns, continue a case response by going to the affected unit to do an investigation.

Natalie says they focus on contact tracing and preventing spread.

"We look at who have they been roomed with, have they shared any equipment, do they have meals with anyone in the dining room?"

Cases and close contacts are quarantined, and if two cases are found the unit goes into lockdown. Other steps include staff notifying family members, additional cleaning and new admissions are put on hold.

The response to COVID-19 cases is a team effort, Natalie says, one which includes all the staff at MP and the TCU units.

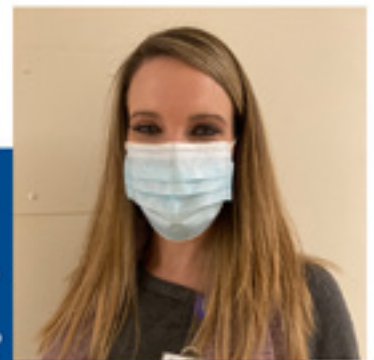
Since the 2020 outbreaks MHC has had very few cases, all of which came from the outside and were caught by COVID-19 screening done as part of the admission process. Natalie credits staff and resident vaccinations with the low level of cases at MHC throughout 2021—a message she wants everyone to heed.

"More than anything, I greatly encourage people to get vaccinated so they can keep everyone safe—including staff, families and the residents that we care for."



I've been vaccinated for COVID-19.

Have you?



Natalie
Infection Prevention & Control

COVID-19 VACCINE



THE VOICE OF MISERICORDIA RETIRES

In April we gathered to celebrate Sharon Constant, our Senior Switchboard Operator, and wish her well in her retirement.

Sharon was the voice of Misericordia for 41 years and a beloved member of our MHC Family, with a wonderful dedication and passion for her job.

She sent along a message for us to share, saying "Thank you, all of my Misericordia Family of 40+ years. I had a terrific send off on Friday, April 30. I could not have asked for better. Thank you for the gifts and best wishes in my retirement. I love you, one and all. Thank you and please stay safe."

IN APPRECIATION...

We want to share parts of a lovely letter we received in June from a patient who made "numerous visits" in May to our Eye Care Centre of Excellence addressed to "anyone reading this."

"You may not have been on shift when I was there, but somebody like you was.

I just wanted to let you know that the attention I received from every staff member during this period touched me to the core. The care and dedication that I witnessed during my lengthy visits will never be forgotten, not just towards me but every member of the public that you dealt with.

From the knowledgeable physicians and nurses, to the CT technologists...to every clerk and reception staff that received me and handled my paperwork...to the housekeeping staff that kept every area impeccably clean and sanitized, to the security staff that greeted me at the entrance and later walked me out into the cold night and hailed me a taxi; I sincerely thank you.

What compounds my appreciation is that all this took place during the worst COVID numbers the province has seen.

I want you all to know that your hard work, compassion, kindness and all-around professionalism did not go unnoticed. A few days later I still get choked up thinking about it, and cry telling others about it."

MHC FAMILY GENEROSITY



Misericordia Place nurse Lorie Derado wanted to let Winnipeg ICU staff know other health-care providers were thinking of them. They are "saving lives every day," Lorie said.

She started a collection on her unit, which happily expanded to all areas of MHC, and our Misericordia Health Centre Foundation matched funds donated by staff.

MHCF President and CEO Kris Gladwell said reaching out to support fellow health-care providers is "a true example of MHC staff living our Mission."

In total, Lorie delivered nearly \$1K worth of treat baskets and donated Tim Hortons coffee and doughnuts to ICU staff across Winnipeg.

HIS STOMACH IS GRATEFUL



Barry Rodgers, lead hand painter from plant services, decided to make something special to show his appreciation to Storm Café. The result was the hand-painted artwork pictured between Barry and Café co-owner Jennifer Clark-Rouire. Barry, who recycled a pallet from shipping and plywood from the carpentry shop to make the piece, explains his artistic inspiration in writing:

"It has been said to get to a man's heart is through his stomach and I could not agree more. I have had many delicious lunch specials and tasty salads from Storm Café and wanted to show my appreciation to Jennifer and the Chefs with a decorative piece of artwork I made from recycled material. It was not just for the great meals but for continuing to provide consistent wonderful service throughout this pandemic. A heartfelt thank you.

NEW HIRES

- Amara Scott**, Client Service Clerk, Health Links – Info Santé
- Arnel Magat**, ESA, Housekeeping
- Brianne Symak**, Client Service Clerk, Health Links – Info Santé
- Christine Lomerio**, RN, Health Links – Info Santé
- Clark Francisco**, LPN, MP3
- Emily Fortier**, Client Service Clerk, Health Links – Info Santé
- H. Simran Kensray**, Client Service Clerk, Health Links – Info Santé
- Hayley Toews**, Client Service Clerk, Health Links – Info Santé
- Jennifer Thomas**, RN, Health Links – Info Santé
- Jessica Lundberg**, Client Service Clerk, Health Links – Info Santé
- Kayla Pryor**, Patient Registrar, Patient Registration
- Kimiya Yussuf**, HCA, MP2/Float Pool
- Kirby Caligagan**, Unit Clerk, C5/Float Pool
- Louisse Muriel Asino**, LPN, C6
- Mary Jane Reyes**, ESA, Housekeeping
- Mena Kozman**, Client Service Clerk, Health Links – Info Santé
- Natasha Mesongnik**, RN, PHCC
- Nina Natarte**, ESA, Housekeeping
- Ninevetch "Nina" Duller**, ESA, Housekeeping
- Palwinder Sran**, HCA, C2/Float Pool
- Samareh Haji-Hamzeh**, LPN, C2/Float Pool
- Samira Amin**, Client Service Clerk, Health Links – Info Santé
- Shannon Beaumont**, Supervisor, PHCC
- Stephanie De Souza**, Client Service Clerk, Health Links – Info Santé
- Susan Rubeniuk**, RN, Health Links – Info Santé
- Tess Legaspi**, ESA, Housekeeping
- Tristan Walterson**, RN, Health Links – Info Santé
- Vida Faustino**, LPN, C5/Float Pool
- Vishal Tomar**, Entry Point Screener, Security
- Wilson Constantino**, HCA, C2/Float Pool

RETIREEES

- Sharon Constant**, Communication Clerk, Telecommunication
- Linda Mae Gyorfy**, Unit Clerk, C2
- Anna Rychter**, ESA, Housekeeping

'STAY STRONG AS THE MOUNTAINS'

Grade 5/6 Students from Mrs. Tomczyk's art class at Laidlaw School created some beautiful art for the health-care heroes at Misericordia Health Centre.

The art, with messages of thanks and strength, was helped along with a Manitoba Association for Art Education grant for poster-making supplies. Thank you to all the students. Your inspirational work has been exhibited for our staff throughout MHC!



COMING ALONG

Construction at Misericordia Terrace is currently in the basement wall concrete pouring phase. Soon, a first floor will take shape, which will create a staging area for equipment and supplies as the 10-story building continues to rise. The not-for-profit MHC assisted living centre, slated to open in 2023, will include 97 suites with rent at below market rates, including 30 one-bedroom units at a reduced rent based on income.