



SEPTEMBER 2022

Life @MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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JOINING THE RECONCILIATION JOURNEY



Our reconciliation journey continues as we prepare for another National Day for Truth and Reconciliation September 30.

Last year I wrote of reconciliation as an ongoing journey we all share with a spirit and intent to build respectful relationships and strive for more perspective and understanding.

The truth is an important perspective—the truth of the Indian Residential School system, its history unfolding before us as graves of children at former school sites continue to be discovered across our country.

As the discovery of these graves is ongoing, so are the effects on survivors and their descendants. The braided hair of children forced to leave their families, which often had spiritual significance, was cut. Traditional clothing was exchanged for a school uniform. Names were replaced with Euro-Canadian ones, and the language of their homes was forbidden. An estimated 150,000 Indigenous children were forced to attend the schools, and countless people continue to grapple with the losses brought about by these schools—the loss of parenting skills, of language, of culture, and mental wellbeing.

The Survivors Speak, a report by the Truth and Reconciliation Commission, tells the truth in the words of those who lived it.

We must take time to recognize this truth, and to ponder our reconciliation journey.

Reconciliation also includes action, and at MHC we look to advance education, inclusion, relationships and respect.

This year we are pleased to welcome Jeremy Morin from Indigenous Health. Jeremy will be visiting units during the morning of September 23 to talk about what services are available to support staff and our Indigenous clients.

As well, Faye Tardiff, education and training coordinator at Indigenous Health, will present on cultural safety in the auditorium during the lunch hour on September 23. Using cultural safety as a framework for health-care delivery is an important act of reconciliation—it helps ensure the unique needs of Indigenous clients are respected and past traumas are not inadvertently compounded.

Throughout the week, we will offer orange ribbons to staff and visitors to honour residential school survivors, and an educational display and video will be available in our auditorium. On September 30 we will fly our flag at half-mast, and a special overhead prayer will include a minute of silence.

I encourage you to participate in our shared reconciliation journey—this month and throughout the year.

Caroline DeKeyster, cdekeyster@miser cordia.mb.ca



WELCOME, SEPTEMBER!

Kris Gladwell, President & CEO
MHC Foundation

Fall is here and a busy fundraising season is upon us!

First up is our signature fall event – InVision! We're very much looking forward to this exciting event that celebrates and supports the incredible work done through MHC's Eye Care Centre of Excellence each and every day.



It's sure to be an amazing night, and there are still many ways you can get involved. First of all, we hope you are able to join us! Tickets are on sale, and MHC staff are welcome to take advantage of the half-price discount on tickets using the code MHCHCH. Visit miser cordiafoundation.com/invision to get your tickets today – all of the fun takes place on September 22, 2022 at the RBC Convention Centre.

InVision's online auction is also now live at mhcfinvision.com Take a peek at some of the exciting items that could be yours.

Finally, we are also still recruiting volunteers for the event if you are feeling in a helpful mood! For more information on what would be asked of you, please contact Lindsay Grieve at lgrieve@miser cordia.mb.ca or by phone at 204.788.8465.

And last but certainly not least, please stay tuned to our social channels and your email inboxes, as something Great is coming again on September 15!

As always, thanks for everything you do!

SHE'S GOT SUCH A GENTLE SPIRIT

Successful peer support program to continue in TCUs

Jackie Heidinger has been making important connections with Transitional Care Unit clients at MHC, and she will be making more.

Jackie is the Peer Connections Manitoba (PCM) peer support worker who has been lending her ear and open heart to TCU clients seven hours a week since January 2022 as part of a six-month pilot project.

"The program was a success, and we are happy to be able to continue the partnership going forward," says Jennifer Klos, MHC recreation manager, adding that the program is slated to continue for at least another year thanks to the generosity of Misericordia Health Centre Foundation donors.

Sean Miller, executive director of PCM, says Jackie has "an incredible ability to be responsive in the moment...she's quick to solve any challenges in communication, she's got such a gentle spirit and it's evident that she genuinely cares for people."

In the first two months of the program, Jackie brought that gentle spirit to bear with 55 TCU clients she connected with.

Jackie says she finds peer support work "personally meaningful and professionally fulfilling for me. I am thoroughly enjoying working at MHC for I have many conversations about hope and resiliency with the peers that I support."

TCU clients can approach Jackie to request support. Alternatively, TCU staff can identify a client to Jackie that they feel has shown or shared a need for emotional support related to mental health or addiction and Jackie then handles an introduction.

Sean says the support is not "advice-giving or life-coaching" but more about letting peers guide the conversation.

"It's not always about what we say, it's how we listen and how we just be with people, and that's the beauty of peer support."

PCM peer support workers all have lived experience that helps them connect with and journey alongside people facing challenges with mental health or addictions. Shared experiences allow "practical and emotional support" to flow, Sean says.

"Let's face it, when we're going through something difficult in life, we gravitate towards people who are in recovery or have recovered from what we are going through."

Life transitions are times when people most need support, he says, and when a transition is health-related the need can be greatest.



Peer support worker Jackie Heidinger from Peer Connections Manitoba talks, and listens, to a TCU client.

"Navigating the health-care system can be daunting. We are thankful for our partnership with Misericordia Health Centre that allows us to overcome barriers and provide support to people at the time and place where they need it."

PCM has about 30 staff who provide mostly individual support, though group and support for families is also offered. All PCM workers receive extensive training through Robyn Priest, an internationally renowned peer support consultant, and are certified through Peer Support Canada, which confirms workers' skills, experience and alignment with the nationally endorsed Standard of Practice.

PCM also provides virtual mental health education courses and operates the Mental Health Education Resource Centre (MHERC), a province-wide resource centre that provides information, education, and mental health resources for all Manitobans. MHERC offers free access to mental health fact sheets, wellness tips, presentations, workshops and courses. MHERC houses both on-site and e-library collections of books and other reading materials. Go to peerconnectionsmb.ca and mherc.mb.ca to learn more.

WHAT IS RECONCILIATION TO YOU?



To me, National Truth and Reconciliation Day is for honouring the children who never made the journey home, and being present for the residential school survivors, families and communities. It's a day to deepen our awareness of colonial history and explore the movement behind the makings of residential schools—then listening, believing and acknowledging the appalling legacy of these schools. Reconciliation is an interwoven process that takes time and will not be achieved hurriedly. It is a respectful partnership that includes difficult discussions in support of the TRC Calls to Action, as well as celebrating Indigenous culture and traditions. Apologies are part of reconciliation, but they are just the beginning of dialogue towards understanding and empathy and advocacy to bridge the gaps.

Recently, the discovery of hundreds of unmarked graves of children who perished at residential schools from things like disease, malnutrition and mistreatment has sparked discussion. We heard stories of those that never returned, and families left despairing and broken from not knowing what happened to their loved ones. Some of the discoveries are bringing some resolution, but the wounds that have spanned several generations will take another generation to heal. Programs to promote health, education, justice, child welfare, language and culture will advance that healing.

- Peggy Mayham is an RN at MHC and a proud Indigenous woman.

WANTED: NURSES' IDEAS

With new co-chairs, Nursing Practice Council puts call out to all nurses

The MHC Nursing Practice Council (NPC) will welcome new co-chairs at their next meeting on September 28 when nurses Felona Kitt and Angela Novak take over from Linda Lee and Lenard Mancs.

“We are a really fun group that is passionate about our facilities and our staff, and we are wanting to recruit new nurses,” says Felona (Angela was on vacation when Life@MIZ came calling).

All nurses are welcome to attend meetings, which are billed as opportunities to “address matters that directly impact nursing practice in a supportive, innovative, open, honest and non-judgmental way.” Nurses can find out about meetings from their NPC representative or unit manager.

Felona says the NPC wants nurses to know their ideas and observations have value—



Felona Kitt

that they are the key to innovation in nursing practice. If nurses cannot attend a meeting, they can share their ideas with their NPC representative who will present them to the NPC.

The Council strives to have member representation from all units and areas of MHC where nurses work. Members are paid for their time attending meetings, which

happen every other month for three hours in the morning, typically in the auditorium.

Members are expected to attend consistently and be engaged in meetings—acting as a liaison between their areas and the NPC by bringing practice issues forward and presenting them for discussion.

Retiring co-chair Linda Lee says NPC representatives are expected to promote the Council in their area and invite nurses with ideas and perspectives to attend a meeting, or to at least share them with their representative so they can take them to the Council.

“We try to promote to nurses to bring up issues and bring things forward,” said Linda.

Felona says the Council, which she has been a part of for several years, is all about improving working conditions, safety and patient care. It’s rewarding work, she says.

“It’s good to be involved and be a part of making things better.”

Community Changes Everything
 World Alzheimer’s Month 2022
 #WAM2022 alzheimer.mb.ca

Alzheimer Society
 Dementia Care & Brain Health

COVID-19 RESOURCES FOR WRHA STAFF AND HEALTH PROFESSIONALS

Find resources for health-care providers at professionals.wrha.mb.ca/covid-19

The 26th Annual Bug Day is October 18! Learn how to identify pathogens and much more during this day-long virtual program. Find out more and register here: hsc.mb.ca/bug-day

Greeting cards created by MHC residents and clients, with assistance from local artists, are available for a minimum donation of \$2 per card with funds going to support programming at MHC. Contact Jennifer at x8059 or jkloss5@miser cordia.mb.ca



Bozeman and Sunny

'WE HAVE FALLEN IN LOVE WITH ALL FOUR'

Rebecca Scott, a dietitian in PRIME, and her partner opened their hearts and home to four new family members! Bozeman and Louise were adopted from the Winnipeg Humane Society while Nelson and Sunny joined them from Winnipeg Pet Rescue Shelter.

"We have fallen in love with all four—their personalities, affection and fur—the dogs quite enjoy running around at the cabin and the dog park (not sold on swimming yet) and the cats enjoy being at the cabin and lazing in sunbeams wherever they can find them."



Nelson and Louise

NEW HIRES

- Daniel Napay**, HCA, MP3
- Drenchlance Benedicto**, HCA, C6
- Ernesto Navarro**, HCA, C5
- Greg Barnsdale**, Groundskeeper, Security
- Ivan Lubiano Rios**, CRN, Ophthalmology/PACU/DS/POAC
- Ivy Bhatti**, LPN, C3
- Jezebel Foronda**, RN, C2
- Joy Chacko**, HCA, C3
- Katherine Ament**, RN, PACU/DS/POAC
- Kemeriya Haru**, Dietitian, Clinical Nutrition
- Laura Hansen**, RN, Operating Room
- Liam O'Brien**, Orthopedic Technician, Ambulatory Care
- Lori Groot**, RN, Telecare
- Marselle Abarca**, Clerical Aide, Surgical Complex
- Michael Viado**, RN, C2
- Natalie Rentz**, LPN, C2
- Roza Tadesse**, HCA, MP 1/3

RETIREES

- Nori Korsunsky**, RN, Health Links-Info Santé
- Lois Tessier**, RN, PHCC



For many of our Misericordia Place residents Queen Elizabeth II was a beloved cultural icon. On the afternoon of her death, some residents went across the street to Cornish Library with recreation facilitators to take out some books in her honour.



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TRUTH AND RECONCILIATION EDUCATION

Bring your Lunch to Learn

Who: Faye Tardiff, Education & Training Coordinator - WRHA Indigenous Health

What: Learn more about the history of Indigenous People in Canada

Where: MHC Auditorium

When: September 23rd 12-1 p.m.

Winnipeg Regional Health Authority
Indigenous Health

MISERICORDIA
Health-Centre
The future of care

Faye Tardiff from Indigenous Health will be presenting in our auditorium on Indigenous history and cultural safety in health care during the lunch hour on September 23.

"The whole purpose is to use cultural safety as a framework in health care," says Faye.

"It is applicable to working with all patients in a manner that respects their needs and returns agency back to the patient—gives them power and control over their own lives."

Faye will touch upon some history, including that of the Indian Hospital System, which she says many people are unaware of and which "impacts Indigenous connections to health care."

The Indigenous population is the youngest and fastest-growing in Canada, Faye says.

"So, the reality is you will work with, and for, Indigenous folk at some point."

MISERICORDIA'S HELPFUL COMMUNITY



MEET MANDY!

Mandy Campbell recently joined the MHC Family as an occupational health nurse, which means she helps keep all MHC employees healthy and safe.

She rides her bike to work every day—she likes to promote a healthy lifestyle—and would like to remind all her fellow bikers that, for safety reasons, bikes are not allowed on the parkade ramp. She was informed of this firsthand early in tenure at MHC. :)

Mandy is part of a book club, has a "very spoiled" dog, and enjoys baking—mostly cookies and bread. She has not yet brought a tray of cookies for her coworkers, but says she may remedy that situation soon!

