



SEPT/OCT 2021

Life @MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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PRESIDENT'S MESSAGE: A DAY TO CONSIDER RECONCILIATION



What does truth and reconciliation mean to you? This is a question all of us can consider, not only on each September 30 for our National Day for Truth and Reconciliation, but every day.

I see truth and reconciliation as an ongoing journey we are all part of. It is a journey with a spirit and intent to build respectful relationships and greater understanding in all things we do.

It is a journey of learning. The history of Canada's Indian Residential School System is a living history. The harms and trauma stemming from these schools did not end when the last school closed in 1996—they continue to profoundly affect the

survivors and their family members.

It is a journey of actions. In 2015, the Truth and Reconciliation Commission of Canada issued 94 Calls to Action to advance reconciliation—something all Canadians can act on and advocate for—as well as multiple reports on residential schools. These reports, and many other learning resources, are available to everyone through the National Centre for Truth and Reconciliation website at nctr.ca.

Reconciliation is also a journey of individual relationships. At Misericordia Health Centre we can all practice reconciliation through the care we provide as we create relationships built on our values of caring, respect and trust. The more we understand Indigenous history and cultures, the more we connect, and the more authentic compassion we bring with us.

To help MHC staff consider their own reconciliation journey we created a space in our auditorium on September 30 with resources to learn about residential schools and opportunities to share thoughts about reconciliation.

Spiritual Health distributed orange ribbons and observed a minute of silence at each of the prayer and announcement times of 9 a.m. and 6 p.m. to honour survivors, their families, and the thousands of children who lost their lives at residential schools.

On the National Day for Truth and Reconciliation we recognize and commemorate the history and legacy of residential schools and continue our journey to consider what truth and reconciliation means to each of us and how we can participate as we move forward together.

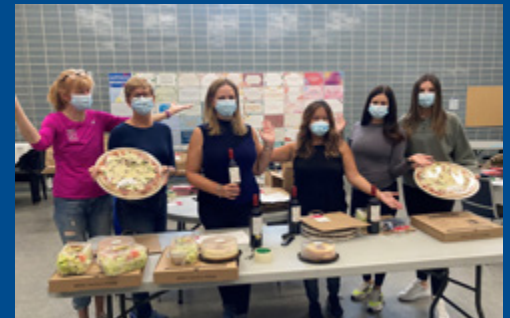
Caroline DeKeyster

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THANK YOU FOR JOINING US ONLINE FOR INVISION!

Kris Gladwell, President & CEO
MHC Foundation

We are so grateful to everyone who supported InVision! From purchasing tickets, to bidding on the auction, to making donations to the fund-a-need, you all made for an incredibly impactful virtual event for MHC.



From long-term care to Health Links – Info Santé to the Eye Care Centre of Excellence, your ongoing support makes a positive impact on the lives of residents, patients, and all those who walk through Misericordia's doors. Thank you!

Next on the agenda is our beloved Angel Squad! As we remain COVID-19 conscious for our community, we can share that this year's event will look similar to last year's, when we celebrated 25 years of angels supporting Misericordia Health Centre's programs, services and health-care providers that touch the lives of tens of thousands of Manitobans annually.

We look forward to sharing more details and donning our virtual wings together soon!

NURSING STUDENTS DURING THE SECOND WORLD WAR



Nurses' residence on Sherbrook Street

During the Second World War (1939-45) marriage was forbidden for students in the three-year Misericordia nursing program, although they were besieged by marriage proposals when young men returned from the travesties of war craving stability and a loving family. The nursing profession did not allow married women to be nurses, so many students declined the proposals.

Misericordia's nursing students were required to live in an old house on Sherbrook Street, now the site of the present-day parkade. Bedrooms were tiny, mattresses were thin and uncomfortable, and food was

scant and almost inedible due to rationing. The wooden floors creaked, so when the housemother came at night to check that lights were out the students could hear her coming and not get caught. The nursing students learned to walk on the side of the stairs to avoid the creak when sneaking in after curfew.

The program for nursing students during the war years was rigorous. Students were expected to work 12-hour shifts and then attend three-hour lectures given by physicians. Duties included cleaning bedpans and bathrooms, serving meals,

giving bed baths, dusting ceiling lights and washing floors. Despite the harsh realities of student life during the war years, nursing students describe many happy times, particularly in their relationships with one another. Helene Kahane (Class of '43) said, "we coped with school because we had one another," while her classmate Thelma Sheldon added, "your class became your family."

Read a longer story, with more photos, on the life of Misericordia nursing students during the war years on our history page at misericordia.mb.ca/about/history

THE FUTURE OF CARE AT MHC GETS A BOOST



In August, Ahmed Hussien, Minister of Families, Children and Social Development (centre), and Winnipeg North MP Kevin Lamoureux joined our President & CEO Caroline DeKeyster to announce a \$25.8 million investment from the federal government to help build Misericordia Terrace, MHC's affordable assisted living centre.

KEEPING FRIENDS, FAMILY AND PATIENTS SAFE

We have all learned a lot about COVID-19 since the start of the pandemic.

For Brenda Smerchynski, a diagnostic imaging assistant at Misericordia Health Centre, just staying on top of the most up-to-date information about COVID-19 was a challenge.

“There have been so many updates—at some points daily updates—with changes to restrictions and protocols and guidelines, and it’s been stressful to keep up with it all while still doing my job,” she says.

“The world is shut down, and you’re still going to work every day, donning and doffing all the PPE, and you’re scared and anxious about everything that’s happening,” she says. “But you come in and make sure you have a smile on for all your patients, because they’re scared and anxious too, and as health care workers that’s what we do.”

That dedication to her patients, as well as her desire to relieve some of the anxiety the pandemic has caused herself and her family, are why she chose to get the vaccine.

“My husband has various health conditions, so we have been very careful contact-wise,” she says. “I had to do my part to protect him and everyone around me. Also, there’s no way to know how the virus could affect me, and I didn’t want to take that chance.”

Smerchynski says she wants her fellow health care workers who might be hesitant to get vaccinated to remember that protecting others is what they signed up for.

“If you don’t want to do it for yourself, do it for others—your patients,



I’ve been vaccinated for COVID-19.

Have you?

Brenda
Diagnostic Imaging



your family, or your friends,” she says. “This past year and a half has been the most difficult of my health care career, and I am so grateful for my friends—both within health care and outside it—who were my rocks, and got me through. I’m sure you have people like that in your life, and why wouldn’t you want to protect them?”

FAMILY BRINGS BONATSOS HOME

The addition of Christine Bonatsos to the Misericordia Family as Director of Human Resources was something the love of family made possible.

Christine’s mom, Laura, grew up on a dairy farm near Dugald, Manitoba, and made the move to Ontario before Christine was born. When Christine’s dad died in 2013 her mom moved in with her, and in 2020 she brought her mom back to Manitoba.

“Mom said, ‘It would be really nice to be able to be closer to my brothers and sisters in my last chapter of my life,’ and I said ‘OK, well, let me see if I can make it happen,’ so, here we are.”

Like many Manitobans these days, Christine has been day-tripping and exploring the province. She and her daughter Laura (named after her mom) both like walking and have been enjoying local gems like Birds Hill Park and FortWhyte Alive.

Christine brings 20 years of HR experience with her, including 10 years in the health-care sector. She joined Misericordia in July and is already feeling the family vibe.

“If I need help, I may not even ask for it, someone might say, ‘Oh, you know, you might want to think about this, or I forgot to tell you about this, or I should tell you about this.’

Everyone’s so engaging. I just always feel this sense of collaboration and teamwork.”

Christine is grateful to everyone who has been helpful and made her



Christine Bonatsos, Director of Human Resources

feel welcome since she’s arrived. She has met a lot of people and would love to meet more.

“My door is always open,” she says. She also never refuses an invitation for a tour to see and learn more about the great people and important work happening throughout Misericordia.

“The people here are fantastic. It really does feel like a Misericordia family.”

GET THE SHOT, NOT THE FLU

Misericordia staff and volunteers will be able to get the flu shot on site again this year to help keep residents, patients, themselves and their families healthy. Influenza clinics begin Tuesday, October 12 and run through October 22. Check bulletin boards around MHC for times and locations. You can also get a flu shot at your family doctor, pharmacist, public health clinic, quick care and walk-in clinic.

COVID-19 TESTING DISCLOSURE

Reminder: All direct-care workers are required to disclose their vaccination status. Unless you have received an email saying you are exempt, you will need to fill out a form online or on paper. If you do not fill out the form you will be added to the rapid testing process starting October 18. Connect with your manager if you have questions or have not filled out the form.

NEW HIRES

Ian Hay, Clinical Specialist Respiratory, Respiratory Therapy
Janelle Carlson, RN, Operating Room
Jossa Silvestre, HCA, C2/Float Pool
Judy Giang, Entry Screener, Human Resources
Kayla Murphy, Entry Screener, Human Resources
Kevin Huynh, Recreation Therapist, Recreation Services
Lindsay Secord, Client Service Clerk, Health Links – Info Santé
Maria Pili, Clerical Aide, Surgical Complex
Ron Chopyk, Client Service Clerk, Health Links – Info Santé
Ruth Willms, RN, Ophthalmology Clinic
Thanh Ha, RN, C3
Van Penner, Client Service Clerk, Health Links – Info Santé
Vanessa McGuire, RN, Health Links – Info Santé
Yordanos Gebregiorgis, RN, MP2/Float Pool
Zanthea De Guzman, Client Service Clerk, Health Links – Info Santé
Amber Kabecz, HCA, C6/Float Pool
Christina Skinkoway, Client Service Clerk, Health Links – Info Santé
Delaney Caldwell, Client Service Clerk, Health Links – Info Santé
Esther Pangilinan, HCA, C3
Heather Graham, Entry Screener, Human Resources
Jennifer Sloan, Client Service Clerk, Health Links – Info Santé
Kassandra Lovat, Client Service Clerk, Health Links – Info Santé
Kevin Hoang, Entry Screener, Human Resources
Kyle Galera, Staffing Clerk, PHCC
Molly Eidse, Client Service Clerk, Health Links – Info Santé
Onkar Hundal, Power Engineer 3rd Class, Plant Services
Shennyn Colorado, Recreation Facilitator, Recreation Services
Sherry Vermeersch, Client Service Clerk, Health Links – Info Santé
Shervarna Biroo, Client Service Clerk, Health Links – Info Santé
Timothy Li, Client Service Clerk, Health Links – Info Santé
Victoria "Tori" Waytt, Clinical Dietitian, Clinical Nutrition

RETIRES

Fe Sotto, HCA, MP3
Judy Gimby, RN, Health Links – Info Santé
Sherrie House, RN, PACU
Fred Bowley, Engineer, Plant Services
Vinnie Joseph, Protocol Analyst, PHCC
Patty Darvill, Ophthalmic Photographer
Cathy McGregor, Ophthalmic Photographer
Jim Hill, CFO, Finance
Armando Navarro, ESA, Housekeeping

APPRECIATING OUR MISERICORDIA FAMILY

In August the Senior Leadership Team invited all staff to the auditorium for coffee and cupcakes to recognize their extraordinary work during the COVID-19 pandemic. Staff redeployments to other facilities and extra measures to keep patients and residents safe were challenges MHC staff met with incredible professionalism.

If you haven't yet, please visit the auditorium and take time to browse 77 messages of thanks on the wall.



ACCREDITATION CANADA VISITS MHC

Much work was done in advance of the Accreditation Canada Survey visits in September. Four surveyors commented on all our teams' commitment to and collaboration in providing the best possible care. They also noted how clean and well-maintained MHC is, how friendly the atmosphere is, and how staff were confident in sharing knowledge and proud of their work. We are sure MHC's final report will reflect this excellence.

Accreditation Canada's process ensures MHC is following standards of quality health care with a focus on patient safety. They work with over 900 expert peer surveyors, and have been working with health, social and community service organizations to advance quality and safety for over 60 years.



SONOGRAPHY WEEK

October 3 to 9 is Sonography Week, a time to celebrate the important role sonographers play in delivering quality health care to Canadians. It's an opportunity to appreciate the challenging work they do to help diagnose disease and monitor health. Sonographers are health-care heroes who save lives.

Pictured: some of Misericordia Health Centre's sonographers, from left, Donna, Marsha, Kristen and Julie.

WEARING ID BADGE MAKES US ALL SAFER

All staff are required to show their photo ID badge when they arrive at work and wear it visibly at all times on site.

The badge lets patients know who is caring for them, lets visitors know who we are and increases the safety of everyone at Misericordia.

Do not hesitate to stop someone you don't know from following you into a secure area, whether punch code or card access, especially if they are not wearing an ID badge. As well, never leave your ID badge unattended. When not in use, keep your badge in a secure location. If your badge is ever lost or stolen you must report this to your manager and security as soon as possible.

