

OCTOBER 2023

# Life @MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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## PRESIDENT'S MESSAGE: FALL IS HERE... AND SO IS RESPIRATORY SEASON



Fall brings the lovely colouring of the leaves and everything pumpkin spice, but it also brings the respiratory influenza and COVID-19 virus outbreaks.

In an effort to keep everyone as healthy and safe as possible, we are reminding staff, physicians and volunteers it's so important to:

- Wash your hands!
- Self-screen and stay home if you are sick!

- Get your flu and COVID-19 shots!
- Wear a mask in clinical areas!

For an added layer of protection – especially in all our clinical areas – masks are now deemed strongly encouraged to protect ourselves, our patients, residents, clients and everyone who walks through Misericordia's doors.

Flu and COVID-19 vaccination staff clinics begin immediately after Thanksgiving. Vaccinations are another important tool to help both reduce the risk of getting sick and the severity of our symptoms if we do get sick.

Thanks for helping us all keep safe and healthy!

Please reach out to your manager with any questions or concerns.

Yours sincerely,



Caroline DeKeyster  
cdekeyster@misericordia.mb.ca

## MEDICAL MASKS

**STRONGLY  
ENCOURAGED**



## BUY TICKETS, CHANGE LIVES!

Kris Gladwell, President & CEO  
MHC Foundation

We're so excited that One Great Lottery, with our partner Winnipeg Humane Society, is back in full swing! Ticket prices remain very affordable and our incredible early bird prizes are designed to be very easy on your wallet!



Buy your tickets at [onegreatlottery.ca](http://onegreatlottery.ca), in-person in the Foundation Office (room 144 Cornish) or by phone at 204.788.8458.

The 50/50 cash jackpot is already over \$140,000 and the grand prize winner will take half! Mark your calendars: the grand prize draw is Wednesday, October 25.

### InVision an eye-raising success

We had an amazing time celebrating MHC's Eye Care Centre of Excellence at our signature fall event, InVision. Thank you to everyone who supported us – from attending the event to bidding on our amazing auction prizes to helping us fund a crucial need: an Optos, innovative retinal imaging equipment.

With sincere gratitude to Bonnie & John Buhler and fund-a-need donors' support, MHC has acquired an Optos to take ultra-wide patient eye images in fractions of a second. According to our ophthalmologists, this equipment is game-changing!

As always, thanks for everything you do each and every day at Misericordia to ensure compassionate patient-centred care.



# NDTR RECOGNIZED AT MHC

MHC recognized the National Day for Truth and Reconciliation (NDTR) this year in many ways. For the entire week ahead of September 30 staff and visitors could read about the history of Residential Schools at an educational display outside the auditorium, and a table was also set up for people to paint rocks to represent what reconciliation means to them. We hosted a smudge in the rooftop solarium for staff, and on September 30 our flag was at half-mast to honour residential school victims, survivors and their families.

We were also proud to host Faye and Rain, Education and Training Coordinators from Indigenous Health, for an education session on Indigenous medicines.

In an email to staff, MHC President & CEO Caroline DeKeyster said NDTR is a time to be thoughtful.

"NDTR is a time to honour the victims and survivors of Canada's Residential Schools. It's also a time to consider what truth and reconciliation means to each of us. I hope you will take some time in the coming days to think about the impact of residential schools, as well as ways we can move forward together as authentic and equal partners with Indigenous peoples."

## WELCOMING WAHAB

MHC's Eye Care Centre of Excellence is proud to welcome Dr. Charbel Wahab who has begun a one-year fellowship with the Retina Fellowship Program.

Dr. Wahab, who was born and raised in Lebanon, completed his medical retina fellowship at the University of Toronto.

He decided to look into the surgical retina program in Winnipeg after hearing great things about MHC.

"I had a colleague in Toronto who told me about the surgical department here and the high load of patients needing surgery," Wahab said.

"I was also told that people in Winnipeg are very nice and that it's a great multicultural city which really appealed to me."

Dr. Wahab completed his studies and ophthalmology residency from 2017 to 2021 at the University of Balamand in Lebanon. He also pursued education and training at the American University of Beirut before moving to Toronto.

"I only lived in Toronto for one year; it's a very big city," Wahab said.

"When the opportunity to come here came up, I knew it was the right timing. Plus, I really like seeing lots of green with the trees instead of tall buildings."

Dr. Wahab said he loves the Wolseley area and people at MHC have been very welcoming.

He said he would consider staying in Winnipeg once his fellowship year is complete.

"If there's an opportunity to work at MHC I would need to discuss with my family and wife who is a physician and lives in Lebanon right now," he said.

"But I would love to stay, we'll see."

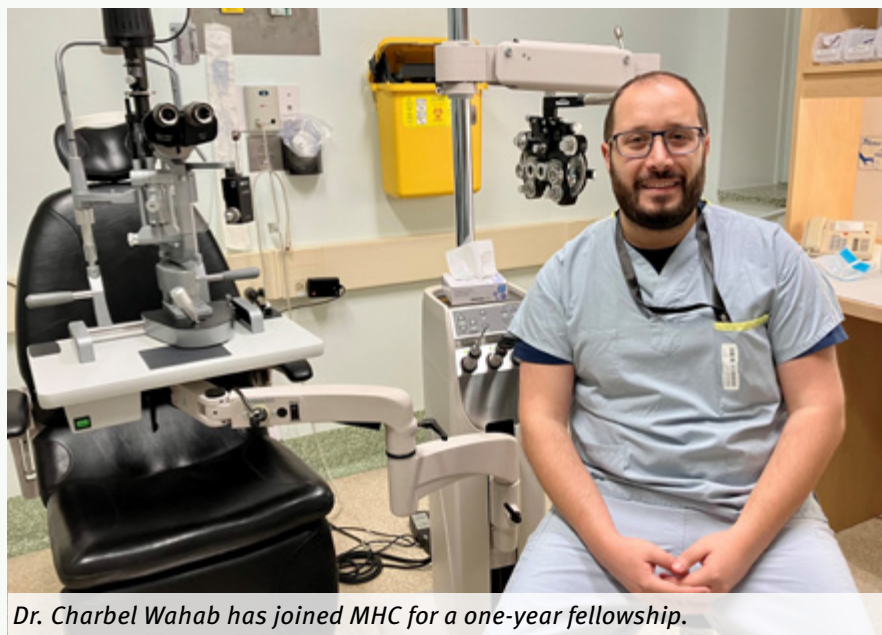
When Dr. Wahab is not at work he loves to cook, read books and watch Formula 1 racing!



*Faye, left, and Rain from Indigenous Health teaching about medicines.*



*Staff and visitors painted their thoughts about truth and reconciliation on rocks.*



*Dr. Charbel Wahab has joined MHC for a one-year fellowship.*



# BEGINNING AND ENDING ALONGSIDE HER MHC FAMILY

Beverley Fast-Miller began her career at Misericordia, and last August that career came full circle as she retired from MHC.

After graduating high school in 1997 Beverley started work in housekeeping at Misericordia. She immediately felt at home with her team.

“We just had a really great time on our breaks connecting and learning from each other.”

She was accepted into the Misericordia School of Nursing, where she lived in the student residence on Wolseley Avenue. After graduation, Beverley worked at the Grace Hospital before she and her husband, also a nurse, decided to do missionary work in Panama and DR Congo. They returned to Winnipeg 10 years later and Beverley continued nursing at Canadian Blood Services, St. Boniface Hospital and HSC.

The pull of returning to Misericordia was strong, and Beverley returned to work in the Provincial Health Contact Centre in the TeleCARE TélésOINS program, a free confidential telephone service that connects Manitobans with a registered nurse to prevent and manage chronic diseases such as heart failure or diabetes.



*Beverley graduating from the Misericordia School of Nursing.*



*Beverley shows off her retirement cake!*

“Guiding someone wasn’t just one phone call, but throughout their disease journey,” says Beverley, who enjoyed communicating with patients to clearly help them understand their disease.

During COVID-19 it was all hands on deck and Beverley bolstered the ranks of Health Links – Info Santé.

“Each person who called was important to me,” says Beverley, “their issue was my issue and it was rewarding to be able to give them the accurate information they needed.”

Beverley was grateful for her “work family,” as she calls her MHC colleagues, during the pandemic.

“We really relied on one another to encourage each other to help problem solve and collaborate—we couldn’t have done it alone.”

While looking forward to retirement, Beverley will miss talking to her TeleCARE TélésOINS clients.

“I feel that connection; I knew who they were and I’ll miss being part of their health journey.”

She will miss her MHC Family also.

“There is a real family atmosphere here, people like to stay longer and that’s because they feel a connection.”

## 27th ANNUAL BUG DAY OCT. 17!

✓ **Free** ✓ **Accredited** ✓ **Virtual**

Bug Day is a chance to increase your understanding of infectious diseases and public health.

As Manitoba’s largest health-care event, Bug Day is a day-long virtual symposium hosted by HSC in collaboration with UManitoba’s Continuing Professional Development Medicine Program. It is accredited for physicians and can be used for continuing education purposes by other health-care workers.

It is free, but you must register before October 16 to take part!

Go to [hsc.mb.ca/bug-day](https://hsc.mb.ca/bug-day) for schedule, abstracts and registration, or scan the QR code →





# NEW HIRES

**Carolene Austria**, Administrative Assistant, PHCC

**Dawn Simundson**, RN, MP Float

**Don Rempel Boschman**, Spiritual Health Practitioner, Spiritual Health Services

**Durga Sharma Dhakal**, ESA, Housekeeping

**Erin John Sanchez**, HCA, MP2

**Evelyn Zarzuela**, Diet Aide, Resident Food Services

**Fritzie Fojas**, Clerical Aide, C3

**Jo-Ann Weir**, Clerk II, Health Information Services

**Jonathan Bolo**, HCA, C5

**Lorenzo Lazarte**, HIS Management Professional, Health Information Services

**Lorraine Ong**, RN, C2

**Rajvi Rana**, Patient Registrar, Patient Registration

**Rob Richardson**, RN, Health Links-Info Santé

**Shirley Ocampo**, Administrative Assistant, Acute Care Programs

# RETIREEES

None

## MISERICORDIA'S HELPFUL COMMUNITY



## MEET NATALIE!

Natalie's interest in surgical site surveillance—combined with several years of serving in both acute and long-term care—pivoted her journey to MHC in 2020.

As an Infection Control Professional, she says no question is too small as she loves the opportunity it affords her to be able to start a conversation or even help people to improve on their infection prevention practice: "I'm really passionate about supporting all staff who work within health care."

Her love for her MHC family was evident in the way her eyes lit up as she spoke so fondly of the community culture at MHC. "People don't only care for their patients; they genuinely care for each other and you can feel that when you work here."

Delving into her personal life, Natalie is happily married with three amazing kids. She just became a cabin owner which has entailed her learning new skills like driving a boat, starting a fire and other things she generally took for granted living in the city.



Pulmonary  
Rehabilitation

## NAME CHANGE ALERT!

The outpatient program MHC for Lungs has been renamed the Pulmonary Rehabilitation program. This move is to create consistency with other partner programs in the region.

The program will continue to serve people with chronic breathing conditions such as Chronic Obstructive Pulmonary Disease (COPD), and strive to educate people with breathing difficulties about their disease, how to deal with it, how to take control and live a fuller and more satisfying life.

## TRICK... OR TREAT?

*Just kidding...only treats here at MHC!*

*Staff are invited to dress up on Halloween, as much as their role allows!*

*Costume, or no costume, our wellness committee will be handing out boo-tiful tasty treats on October 31!*

*Happy Halloween!*

