



MISERICORDIA
Health Centre
The future of care



NOVEMBER 2023

Life @MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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PRESIDENT'S MESSAGE: WELCOME, YELLOW DESK!



The first priority in MHC's 2022-2026 strategic plan calls for us to propel our Eye Care Centre of Excellence into Canada's Premier Eye Institute.

We have already started this journey of creating a central eye-hub of specialists and recruiting new ophthalmologists.

I'm excited to share our new "Yellow Desk" – an extension of the Buhler Eye Care Clinics – will be opening later this month!

The Yellow Desk will be home to two specialized eye clinics:

- Neuro-ophthalmology
- Pediatric ophthalmology

Please warmly welcome Dr. Conrad Goerz to the Misericordia Family. Dr. Goerz moved back home to Manitoba to set up his practice at MHC!

The pediatric ophthalmology clinic will have rotating pediatric ophthalmologists from Children's Hospital in the clinic. Dr. Santiago Ruano is also fairly new to Manitoba, which might be a bit chillier than Mexico! We're pleased to be able to offer spacious eye assessment and treatment spaces with new state-of-the-art equipment.

This will be the first time we will be doing pediatric eye surgeries at MHC! Seems fitting considering our Founders, the Sisters of Misericordia, first came to Winnipeg to care for babies and young children.

These new specialty eye clinics will greatly help the health-care system by reducing wait times and backlogs while improving access to care.

This was a real team planning project: from provincial and regional medical support to ophthalmology program leadership to our MHC leaders, our Foundation and so much more. Thank you!

My heartfelt thanks also to the entire MHC team who made this new physical clinic a reality in such short order – especially our Plant Services crew. It is appreciated.

Yours sincerely,
Caroline DeKeyser, cdekeyser@misericordia.mb.ca



CALLING ALL ANGELS!

Kris Gladwell, President & CEO
MHC Foundation

Rejoice! Our beloved Angel Squad campaign will kick off once again this year on Tuesday, November 28 and we hope you can join us in some of the festivities!

This year we will be running our annual Charities Campaign in conjunction with Angel Squad. We are pleased to announce that we

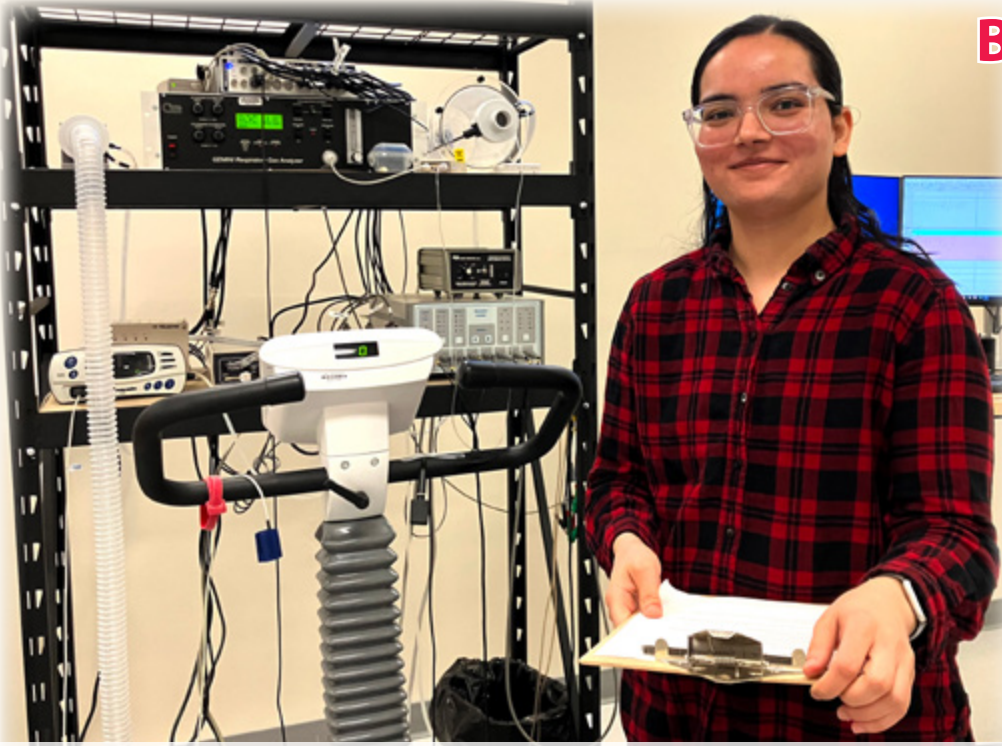
will be offering multiple options for staff to win great prizes, all with the added benefit of supporting MHC through the Angel Squad campaign. MHC staff can purchase online tickets for a 50/50 draw and prize raffles from November 28 to December 12. We can't wait for some lucky winners to kick off the holiday season with a little extra cheer!

And because we need volunteers to don wings and halos on November 28 to kick off Angel Squad, we are offering staff who volunteer their time free tickets for the prize raffle! The number of volunteers we can accept will be limited, but we truly look forward to seeing some of your smiling faces lined up on the bridge once again! For more information on what would be asked of you, please contact the Foundation office at mhcfoundation@misericordia.mb.ca or by phone at 204.788.8458.

More information about the Angel Squad and Charities Campaign collab will be released in the coming weeks. Please keep an eye out for posters around MHC, as well as details in your email inbox!

As always, thank you for everything you do!





Jasvir Dhaliwal is looking to test the breath of some healthy adults.

BREATHERS NEEDED!

Jasvir wants you! Well, only if you're between the ages of 20 and 60!

Jasvir Dhaliwal works in our Provincial Health Contact Centre as an intake operator for Home Care, a position she says is a perfect complement to her full-time undergraduate studies in Science and Kinesiology at the University of Winnipeg.

She is currently looking for participants for her exercise physiology-based honours project. The goal of the study is to investigate how sex and gender influence breathlessness during exercise in healthy adults. Testing involves a visit to a U of W lab where participants complete a few questionnaires, a lung function test, a cardiopulmonary exercise test (CPET) on a stationary bike and a short respiratory muscle endurance test - a total time commitment of approximately 1.5 hours. Participants will receive a detailed cardiopulmonary report of their results!

For more information and to sign up, please email Jasvir at jdaliwal5@hsc.mb.ca

Two young students who will one day work as health-care professionals are this year's winners for MHC's Volunteer Services Award and Youth Scholarship.

Every year two \$500 scholarships are presented to volunteers for their contributions, and to encourage youth to pursue health care related careers.

Jacob Marks has been volunteering since the early part of 2021. He says the experience has been fantastic.

"I really wanted to help during the height of the pandemic," Marks said.

"I wanted to volunteer where there was a sense of community, and I had heard a lot about Misericordia in the past, and the experience has been wonderful."

Marks has always been fascinated by health care. He's currently working towards a biology and science degree at the University of Manitoba, and has plans to become a physician just like his father.

"My father is a physician at HSC and I remember during the pandemic seeing him come home every day and hearing about the changes they had to make," he said.

"Being exposed to these things at a young age made me appreciate what it means to work in health care."

Marks is grateful for the award, and thankful to all the volunteer staff at MHC.

Sparshita Mishra says receiving the MHC award also means a lot to her.

"I'm really excited, I mean when you volunteer somewhere, you certainly don't expect any type of monetary reward for it," she said.

VOLUNTEER EXCELLENCE



Sparshita Mishra and Jacob Marks are award-winning MHC volunteers!

"For me this was just about the experience and learning new skills about empathy and communication, so it's nice to be recognized."

Mishra has been volunteering since April of 2022.

"I volunteer in the surgical complex as well as the entrances of the facility greeting people and taking them to their appointments," Mishra said.

"I really learned how much I like working with people," she said.

The University of Manitoba undergrad is working on getting her bachelor of health sciences.

Both Marks and Mishra will use the \$500 award towards the cost of future studies.

The scholarships are open to all present and past student volunteers who are 25 years of age or younger, and continuing or pursuing their education in the health care field.

On behalf of MHC, congratulations to both students and all the volunteers for their continued service!

SAVING LIFE AND STAFF WELLNESS



Sarah Enzberger says everyone came together to help save a TCU resident's life.

Sarah Enzberger helped save a life at MHC this summer, and then helped her staff be well.

The TCU Resident Care Manager was called to a unit when nurses noticed a resident in distress.

"As I arrived on the unit the client became a code blue."

Sarah began chest compressions immediately. Before joining MHC four years ago she spent 12 years as an emergency

nurse, so she knew what to do.

All staff—nurses, health-care aides and housekeeping—helped with the situation, Sarah said.

"It was a challenging day, but staff did beautifully with controlling the hallways so that there was privacy and dignity maintained for the client," she said.

"We needed everyone to help to make sure we had our clients protected."

She's not sure how many minutes she did compressions, but when she was exhausted another nurse took over and then the Clinical Resource Team (CRT) stepped in and the resident was resuscitated.

It happened quickly, and was over quickly, but then came the weight of it. Sarah says she and another clinical manager, Sarah Goddard, worked to ensure staff were given a chance to debrief.

Although the CRT Nurse debriefed staff, the two clinical managers followed up with several more debriefings with all staff from all shifts over the next couple of days.

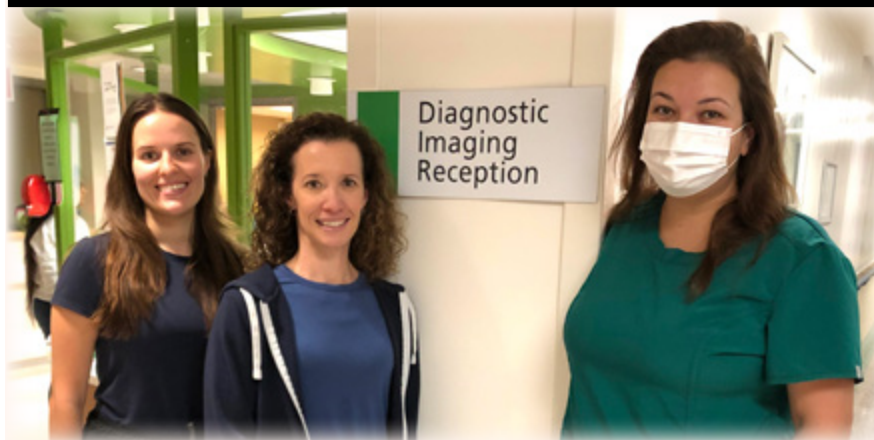
"It can be a very traumatic event for everyone involved and it's important to talk about it."

"As a trauma nurse I've seen, unfortunately a lot of different things—I know I don't process events right away. I can walk out of something like that feeling nothing, but it comes later."

For a couple of days after Sarah asked everyone to take time in the evening to take care of themselves and report back the next day what they did.

She says the experience showed the calibre of staff at MHC.

"I feel privileged with the teams at MHC. We have very gifted teams, and if you couldn't see it that day you'll never see it. Everybody came together. It was very amazing."



It's always a treat to take photos of our joyful Misericordia Family members! These shots were taken for recognition weeks, so if you see any of these folks around thank them for what they do! Clockwise from top left: our inspiring Spiritual Health team, some of our fabulous Health Information Services team, and last but not at all least some of our smiling sonographers!

NEW HIRES

Aileen Betanio, Communication Clerk,
Information Services

Anastasiya Koval, Stenographer II, Sleep
Disorder Centre

Brian Sawatzky, Manager Clinical Services,
Health Links-Info Santé

Harshey Santisteban, Clerical Aide
Surgical Complex

Helen Gerona, HCA, MP2

Jake Saurette, RPN, Health Links-Info
Santé

Jasleen Kaur, Senior Financial Accountant,
Finance

Kassandra Kiely, RN, C5/Float Pool

Mira Langit, HCA, MP3

Paige Collins, Occupational Therapist,
Rehab Services

Robin Dilawri, Senior Business Analyst,
PHCC

RETIREES

Elvira Villamin, ESA, Environmental
Services

GOT A PRRRFECT PIC?



Join the Wellness Committee in spreading
joy and holiday cheer this season with a
holiday/winter pet photo contest!

Staff are encouraged to submit a holiday/
winter photo of their pet for a chance to win
a prize.

Stay tuned for more information and
updates.

APPRECIATION

World class place. Great doctors and
wonderful staff. Thank you so much for
giving me my vision back in my affected
eye!!! —online comment by patient



Spiritual Health Lending Library

Books on topics such as:

- Indigenous Worldview
- Christianity
- Bibles (Tagalog, Italian, etc.)
- Judaism
- Hinduism
- Buddhism
- Islam
- Meditation, Wellness and
Mental Health

Other items include:

- Battery operated
candles
- Muslim prayer mats
- CDs

For more info:
Room 358 Sherbrook building
204-788-8283
sdemarchi@misericordia.mb.ca



WE WILL REMEMBER



A Royal Winnipeg Rifle skirmisher stands sentry at the cenotaph as the Last Post is played during the Remembrance Day service at Vimy Ridge Memorial Park on November 11, 2021.