



MISERICORDIA
Health Centre
The future of care



NOVEMBER 2021

Life @MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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PRESIDENT'S MESSAGE: SACRIFICE AND CELEBRATION



As the weather turns colder and the clock falls back, my thoughts turn to both sacrifice and to celebration.

Sacrifice

“In war, there are no unwounded soldiers.” – Jose Narosky

On Remembrance Day, November 11, on the eleventh hour, we will observe a minute of silence to mark the sacrifice of the brave men and women who gave their tomorrows so we could have our today. It's important to also thank veterans who are still among us.

Celebration

Each November our Misericordia Family gathers to celebrate and honour retirees, staff, physicians and volunteers who have been part of our family for at least 15 years during our Long Service and Retirement recognition evening. This joyful affair is traditionally held at the Hotel Fort Garry. This year, though, we are hosting a more COVID-19-friendly format in our auditorium with MHC's board directors and senior leadership team.

For those being honoured, it is a chance for us to express our deep appreciation for all that you do. You are living our Mission of compassionate care. We take pride in the specialized care you give and its reflection on the legacy of our Founders, the Misericordia Sisters.

Sacrifice & Celebration

COVID-19 has challenged and required sacrifice from us all, and we recognize the professionalism and dedication of our Misericordia Family as we continue to meet the needs of the people we serve.

I look forward to a time when the challenges and sacrifices of these past years will become fewer and pass into memory.

We will not, however, forget how our Misericordia Family rose to meet the ever-changing challenges and I am grateful for the opportunity to celebrate our accomplishments.

Speaking of celebrations, MHC holiday festivities are just around the corner! I'm thrilled to announce our staff Christmas dinners – turkey and all the trimmings – will be held on December 14 AND December 15.

Caroline DeKeyster

cdekeyster@misericordia.mb.ca

CALLING ALL ANGELS!

Kris Gladwell, President & CEO
MHC Foundation



Rejoice! The 26th year of our beloved Angel Squad campaign will kick off on Tuesday, November 30! As we remain COVID-19 conscious for our community, this year's event will look largely similar to last year's – however, there will be an opportunity for you to participate 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 two online 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 a prize raffle from November 30 – December 14. We can't wait for some lucky winners to kick off the holiday season with a little extra boost!

And because we need volunteers to don wings and halos on November 30 to kick off Angel Squad, we are offering staff who volunteer their time free tickets for the prize raffle! To maintain physical distancing, 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!

More information about the Angel Squad and Charities Campaign collab – including how you can volunteer – 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!

SOARES STEPS UP DURING COVID-19 REDEPLOYMENT FROM MHC

When COVID-19 was straining Manitoba's health-care system Tara Soares answered the call. Tara, a health-care aide, usually works in Misericordia's Eye Care Centre of Excellence surgical complex and at the Buhler Eye Care Centre clinics.

For about two months last spring, she joined several other nurses and health-care aides from Misericordia at the Grace Hospital to help care for ICU patients, including COVID-19 patients.

"Most of them were ventilated, those were the ones that really needed our help," said Tara.

She says the first day felt overwhelming, but she wanted to help however she could.

"There were so many critically sick people. I've never seen so many IVs come out of one person before."

She worked with COVID-19 patients who were kept in a medically-induced coma while they were on ventilators. Together with a team she provided hygiene, mouth care,

range of motion exercise and body turning to prevent bedsores. They also repositioned patients in ways to take pressure off their lungs and increase their chance of recovery.

She says it was sad to see patients so sick and family unable to be with them, but she recalls how health-care workers would bring iPads to create connection with loved ones.

"Even on the ventilators, sometimes people would just talk to them and hope that they could hear them or play music. Or doctors would do their rounds and include the family in that and let them see the patient."

COVID-19 claimed some lives while she was redeployed. Tara says she coped with these moments by keeping a positive attitude and helping create positive outcomes.

"There were sad moments. But there were also good ones as well. When somebody was getting their ventilator tube taken out, like, it was a victory. It was nice to see."



Health-care aide Tara Soares



Safety Corner

A HELPING HAND FOR HYGIENE



Health-care aide Patricia says she cleans her hands before and after being in rooms "to avoid spreading the virus." She also speaks up if she sees a co-worker miss a hand cleaning.

"I say, 'you forgot to wash,' in a nice way."

IP&C says that hand hygiene audits at Misericordia show that people often miss cleaning hands BEFORE patient and patient environment contact. Not cleaning hands with soap and water or an alcohol-based hand rub before touching patients or patients' equipment is a huge contributor to germ transmission.

Consider starting the day with a hand hygiene huddle with your colleagues. Also, be a good mentor on your unit and politely remind a colleague when you see a hand hygiene miss.

COMPASSION IN ACTION



DONATED CLOTHES FOR PATIENTS AND RESIDENTS COLLECTED AT MHC LINEN DEPARTMENT

When patients or residents arrive at MHC in need of clothing, nurses and health-care aides know where to go. Monique Paulhus and her team in the laundry and linen department maintain a rack for donated clothes in the clean linen room.

"It helps them...sometimes they have no clothes. They have to wear something," says Monique.

At the moment they can use more men's clothing, but space and needs are always changing. Call x8462 if you have donations.

'THE COOLEST THING EVER'

MP RESIDENTS GET FIRST 'TOVER' IN MANITOBA

In the height of the pandemic Misericordia Place residents embarked on a world-wide adventure, walking, pedaling and wheeling their way to virtual dream destinations around the globe. The Around the World in 80 Days campaign raised more than \$80,000 in order to purchase exercise therapy equipment and innovative technology for recreational activities. Winnipeg Canadian Tire Dealers generously donated \$40K—fittingly, the distance required to circle the world!

Recreation manager Jennifer tasked her staff with researching state-of-the-art technology—that wouldn't typically be in their budget—to both engage and challenge Misericordia Place residents. MP3 facilitator Brianna requested a Tover, a

or “Tover” for short, from the Netherlands Misericordia Place is now home to the only Tover in Manitoba.

“This is quite possibly the coolest thing ever,” says Jennifer. “It’s a device mounted on the ceiling that projects games and experiences onto a tabletop that the residents interact with: it senses hand movements and reacts!”

The Tover is loaded with goodies, from games to cognitive challenges: soccer, whack a mole, butterflies that float onto your hand, leaves fluttering from trees, gardens that need tending, fish and birds that need feeding, flowers that expand to the touch – you name it!

MP2 resident Irene, 89, is most enamoured with the music



Recreation manager Jennifer uses Tover with Irene

feature. Her hand slowly glides across the table, with a song playing every time a music note is touched. Her eyes light up and she visibly relaxes watching the notes circle the table.

“She used to play the piano,” explains her husband, Richard,

who is visiting Irene. “This must bring back memories, you can see an immediate response.”

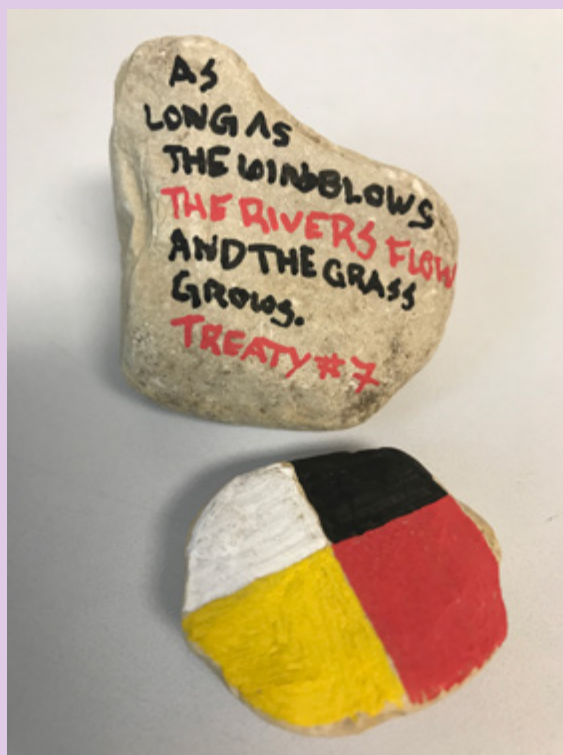
Irene is non-verbal, she doesn't speak, so moments like these are extra special for Jennifer and her recreation team.

AS LONG AS THE WIND BLOWS

Recreation facilitator Nicole Perras had an emotional experience on September 30, Canada's first National Day for Truth and Reconciliation.

That day Nicole was on the Cornish 2 TCU unit to talk with clients about the origin of Orange Shirt Day and about the Indian Residential School System. She was also handing out orange stickers and offering rocks for people to draw or write their thoughts on.

An Indigenous gentleman accepted her offer to use the rocks to share his thoughts. He drew a Medicine Wheel and wrote “as long as the wind blows, the rivers flow and the grass grows”—words used in the writing of treaties with First Nations peoples to reflect their eternal duration.



Nicole felt the power of the moment.

“He did those rocks, and I was just so overwhelmed by the whole interaction...that I left his room and just started to cry,” Nicole said.

“I felt overwhelmed by just the whole feeling of the day and what Indigenous people have gone through with the Residential Schools and the 60s Scoop.”

She doesn't believe the man knew she was overcome with emotion. He was kind and smiled at her, and she says it was a positive experience “meaningful for both of us.”

“Reconciliation is healing and love to me. Joining together and supporting each other.”



'GET YOUR FLU SHOT'

OCCUPATIONAL HEALTH STILL HAS SHOTS

Maria Arenal took home a Fitbit Inspire 2 Fitness Tracker as her flu shot vaccine draw prize. Her daughter has been monopolizing it so far, but she thinks she will be trying it out herself.

“Maybe, because I need it.”

She's grateful for the Fitbit, but she says that's not why she got the shot.

“It's helping me prevent sickness; to keep me safer.”

Her message to co-workers is, “get your flu shot, it's better for you.”

If you haven't had your flu shot yet visit Occupational Health to get it done. No appointment necessary!

NEW HIRES

Ahlex Frando, Client Service Clerk, Health Links – Info Santé

Brooklyn Huisman, Client Service Clerk, Health Links – Info Santé

Carlos Blanco, ESA, Housekeeping

Christine Carson, Communication Clerk, Information Services

Clarissa Danzalan, Entry Screener, Human Resources

Ellie Anderson, Entry Screener, Human Resources

Emmedale Miranda, Entry Screener, Health Links – Info Santé

Hayley Moge, RN, Health Links – Info Santé

Hugh Macgregor, Entry Screener, Human Resources

Jagdeep Sidhu, HCA, MP2

Jasmin Espinosa, ESA, Housekeeping

Joel d'Eschambault, Client Service Clerk, Health Links – Info Santé

Katherine Macgregor, Entry Screener, Human Resources

Marcio Goncalves, Client Service Clerk, Health Links – Info Santé

May Rose Salvador, ESA, Housekeeping

Michelle Wesenberg, Client Service Clerk, Health Links – Info Santé

Morgan River, Client Service Clerk, Health Links – Info Santé

Nicelyn Romero, HCA, C5/Float Pool

Rachel Mohamed, Client Service Clerk, Health Links – Info Santé

Susan Mair, Social Worker, Social Work

Tigist Gebeyaw, RN, C2/Float Pool

Wesley Wakeman, Client Service Clerk, Health Links – Info Santé

RETIRES

Debbie Zajac, Physiotherapist, Rehab Services

Ching Lam, HCA, C5

Linda Gittins, RN, C3N



New Grad Day For Nurses 2022

TIPS, TOOLS & TECHNIQUES
TO SUCCESSFULLY TRANSITION
RNS, LPNS AND RPNS TO THE WORKPLACE

What: a chance to learn tips, tools, and techniques to successfully transition in the workplace during your first year of independent practice.

Who: nurses who graduated between January 2021 and January 2022 in Manitoba or students doing their senior practicum. Managers, supervisors and educators of new nursing grads are also welcome.

When: virtual event, January 28, 2022, 8:45 a.m. to 3:30 p.m.

Registration is free. Register online through LMS at sharedhealthmb.learnflex.net

Contact Dana Whyte with questions about the event or registration at dwhyte@wrha.mb.ca

PREVENT FALLS

November is Fall Prevention Month. Over one-third of older adults will be admitted to long-term care after hospitalization for a fall, and 20-30 per cent of older Canadians fall each year. Go to fallpreventionmonth.ca to learn what you can do to prevent falls. The website has great resources, including prevention tips and activities, a virtual event hosting guide and promotional materials for practitioners.

Falls
are the leading cause of
injury-related hospitalizations
among older adults

ADD A LAYER OF PROTECTION



Get the flu shot to protect yourself
and your patients/residents/clients.



Mission Moment

Staff recently shared Mission Moments to recognize colleagues who are living our Mission of compassionate care. Here are a few of the many submissions we received!

"Luanne Hill expresses passion, kindness and empathy for all of our clients, staff, visitors and anyone who has the opportunity to meet her." - Shannon Wilson

"Our social work department for all their compassion, hard work and dedication to our TCU clients as well as our MP residents." - Karen Thiessen

"Erica Thompson listens with empathy to better understand the needs of every patient ." - Alex Bauer

"Shannon Zywina plays 50s and 60s music for MP residents every morning on her Bluetooth speaker and they tell me how much they love it and how special it makes breakfast." - Miriam Stobbe Reimer