

DECEMBER 2022

Life @ MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

PRESIDENT'S MESSAGE: GRATITUDE FOR OUR MISERICORDIA FAMILY



Last December I wrote about gratitude for family—for the time spent with my own family and of hope that our Misericordia Family finds peace and joy through time spent with their loved ones.

That gratitude is in my thoughts again this year, and I'm thinking particularly about our Misericordia Family and why I feel so grateful for all of you.

I believe it is connected to our values of caring, respect and trust. We display these values not just to our patients, clients and residents but also to each other. This creates an environment people are happy to be in—a place where

trusting, authentic relationships flourish with our values at the core.

Those relationships are so important not only because of the well-being they engender but also because we are wholly interdependent. What we accomplish at Misericordia is only possible because of our individual teams, and each team needs each person working cooperatively to succeed. It's only through this inter-dependency that we continue to meet the needs of our community—a tradition of caring begun by the Misericordia Sisters when they arrived in Winnipeg in December 1898.

We do *us* so well, and it fills my heart with pride to be part of it.

Christmas dinners for staff at Misericordia are happening over two days this year with several shifts each day to give as many of us as possible an opportunity to share some food and time together. For me, these occasions of our coming together help explain my gratitude—the simple comfort and joy that comes from spending time with my Misericordia Family.

May you and all the people close to you enjoy peace and good health this season, however you gather and celebrate, and may you have much to be grateful for.



Caroline DeKeyster

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Caroline with her Misericordia Family of Angels

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ANGELS AMONGST US!

Kris Gladwell, President & CEO
MHC Foundation

Thank you so much to the host of Angels who joined us for the kick off of our 27th annual Angel Squad on November 29 – Giving Tuesday!

A massive thank you as well to our sponsors Hoya, MacDon, Winnipeg Building & Decorating, and Qualico for their incredible support in ensuring this cherished event was able to take flight.

Angel Squad runs until December 13 and you can still take part by participating in the Staff Angels Campaign!

As you know, the support of generous Angels helps to strengthen MHC's ability to provide innovative and



compassionate care for all Manitobans. The Staff Angels Campaign is your opportunity to win great prizes while supporting a great cause!

You can purchase online tickets for a 50/50 draw and a prize raffle until December 13. Online tickets are not limited to staff, so feel free to encourage friends and family to participate as well!

The four grand prizes are amazing this year! Of course, there is half of the 50/50 jackpot, four Winnipeg Jets tickets (versus Nashville Predators on December 15), and two gift card baskets worth \$250/each – one for gas and one for groceries!

Get your tickets online at raffle.link/mhcf today!

Winners will be drawn at 10 a.m. on December 14. We can't wait for some lucky winners to enjoy the holiday season with a little extra cheer from our excellent prizes!

Good luck, have fun, and thank you so much for everything you do!



ANGELS ABOUND!

Angels greeted people along Sherbrook Street for the 27th annual Angel Squad on November 29 in support of Misericordia programs! MHC Foundation past chair and "Angel Squad Ambassador" Lisa Stiver spoke to media throughout the morning, explaining how generous donations support things like pediatric dental surgery take home kits for children, as well as important supports for people in our Transitional Care Units.



ALL HANDS ON DECK!

It is a rare moment during a busy retinal surgery day when all C3N team members can take some time to gather together behind the desk—nurses, unit clerk, student unit clerk, occupational therapist, social worker and home care coordinator.

C3N (Cornish building, 3rd floor North) is the moniker of our 14-bed inpatient ophthalmology assessment unit, where ophthalmologists admit patients around the clock. They are an example of true #teamwork!

To learn more about the Eye Care Centre of Excellence at Misericordia, where more than 40,000 patients are assessed and treated annually in our ambulatory eye clinics, go online to misericordia.ca/programs/acute-care/eye-care



SCHOOL OF NURSING CLASS OF '62

Graduates of the Misericordia School of Nursing, class of 1962, reunited in Winnipeg to mark 60 years since graduation day. The School of Nursing was founded in 1926, and today the Nurses' Alumni Association works to support Misericordia and still meets for a dinner once each year. Learn more online at misericordia.mb.ca/about/nurses-alumni-association



Misericordia Health Centre is proud to be part of the larger International Misericordia Family (IMF) comprised of organizations which carry out their Missions in the same spirit as the Sisters. In Winnipeg, Villa Rosa and Acorn Family Place are also heritage members. The Misericordia Sisters recently hosted strategic planning sessions with IMF members. Pictured from left: Nina, MHC Chief Nursing Officer; Sister Huguette L.; Miriam, MHC Spiritual Health; Mother Superior Monique (seated); Sister Jacqueline, Grey Nuns Montreal, patroness of Sister Monique; Caroline, MHC President & CEO; sister Huguette B.

Janet Zaluski says she “basically grew up in the eye world.”

Eye care is certainly a family affair for the ophthalmic photographer at Misericordia’s Eye Care Centre of Excellence.

Her grandfather ran an optometry practice at the corner of Mountain and Selkirk Avenues. When he died, her father was in his third year of university to be an optometrist himself. Her dad took over the North End practice and ran it for another 15 years before starting a new practice in Winnipeg’s south end. That’s where Janet, as an older teenager, entered the family business.

“I started working with my dad as an optometric assistant—selling, fitting and repairing glasses.”

Her interest in eye health drew her into ophthalmology, and she’s been working in the field now for 20 years—the last six at

EYE CARE A FAMILY AFFAIR



Janet Zaluski

Misericordia’s Eye Care Centre of Excellence.

“Once I got into ophthalmology I worked for great physicians in their private clinics, but to me the goal was always to come to Misericordia just because this is the Eye Care Centre of Excellence and the best care happens here.”

Janet says working at MHC was “always my dream, and it finally happened.”

And although her dad died about 12 years ago, a common thread still runs from her family to her dad’s former practice. A next-door neighbour Janet grew up with had told her dad about his plans to become an optometrist, and her dad even helped him with advice during his education. Today, that neighbour runs what was her dad’s practice—the same one where her mother used to do the books and Janet used to fit people for glasses.



Varun flanked by Navpreet and Jaspreet, who both switched companies to remain at MHC.

ON GUARD!

On December 1 the regional security contract changed to GardaWorld – this brought significant change to our security department. Some existing staff switched companies to stay at Misericordia and new officers were brought in by GardaWorld. Please welcome the new staff to the MHC family and your continued support of the existing staff is greatly appreciated.
- Tyler Brown, Security & Environmental Safety Manager



Level up your protection with a flu shot to protect you and everyone in your life. Visit Occupational Health for yours today.

Health & Safety Corner

SHOVELLING IS SNOW JOKE

Submitted by Mandy Campbell
MHC Occupational Health Nurse

Shovelling snow can be hard work. If we do not prepare appropriately, shovelling can lead to muscle strains, cold-related injuries and fatigue. Tips for shovelling include stretching to loosen your muscles before beginning, ensuring you are dressed for the weather (lightweight and comfortable layers are key), and by wearing boots with good traction. It is important to also get the right shovel for the task and to shovel early. For example, smaller shovel “blades” decrease injury risk as the person doesn’t need to lift as much. Try to push the snow as much as possible versus lifting it, and avoid twisting as you work. As well, not all of us should be shovelling. If you have high blood pressure, have had a heart attack previously, smoke or are sedentary then talk to your doctor before shovelling snow.

Lastly, be mindful and prepared for



Shovelling safety includes not lifting too much and avoiding twisting.

ice! The ground below shovelled snow can be slippery and result in slips and falls. Take extra care by walking slowly (don’t rush!), wear appropriate footwear with traction, pay attention to your surroundings, get out of your car slowly, walk in areas that are well-lit, and be on the lookout for surfaces that may be slippery. Have a safe winter!

NEW HIRES

Ainsley Cameron, Entry Point Screener, Human Resources/Volunteers

Betelhem Gulta, HCA, C6

Catherine Currie, Entry Point Screener, Human Resources/Volunteers

Debbie Harms, RN, PHCC

Dexter Morales, HCA, MP3

Elsa Ghebreyesus, Undergraduate Nursing Employee, C2/Float Pool

Emilija Barakovic, Undergraduate Nursing Employee, C6/Float Pool

Erica Kappy, Scheduling Assistant, PHCC

Gemechis Keno, LPN, C2/Float Pool

Gerald Maglalang, Clinical Resource Nurse, CRT

Hawa Guyo, ESA, Housekeeping

Helen Reyes, ESA, Housekeeping

Jasmin Maranan, Entry Point Screener, Human Resources/Volunteers

Joseph Villaflor, Rehab Assistant, Rehab Services

Kyle Ariza, Entry Point Screener, Human Resources/Volunteers

Michaelle Cruz, Diet Aide, Food Services

Nicole Roy, RN, Health Links – Info Santé

Praise Onwuteaka, Undergraduate Nursing Employee, C5/Float Pool

Shannon Arruda, Entry Point Screener, Human Resources/Volunteers

Sundus Ali, HCA, MP3

RETIREEES

Evelyn Horton, RN, MP1



**WISHING YOU A MERRY CHRISTMAS AND
AND JOYOUS HOLIDAY SEASON**

