



MARCH 2023

Life @MIZ

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A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

PRESIDENT'S MESSAGE: GUEST COLUMN ON CANADA'S PREMIER EYE INSTITUTE



**By Dr. John van der Zweep,
Head of Ophthalmology**

Hello everyone!

Last month Caroline introduced MHC's *More To Us Than Meets the Eye* 2022-2026 strategic plan. She asked me expand on the priority I am leading: **Propel Eye Care Centre of Excellence into Canada's premier eye institute.**

Our dynamic Eye Care Centre of Excellence is already the largest comprehensive surgical and treatment program in Western Canada. To become Canada's premier eye institute, *The Future of Care*, we need to build new

operating theatres, which will fit nicely into another strategic priority: **Construct a new Sherbrook development to meet Manitobans' health-care needs.**

We also need to have more specialty ophthalmologists on site and leverage our university partnerships to expand our teaching and research capacity. I'm thrilled to share in 2023 we'll be adding both neuro and pediatric ophthalmology clinics at MHC.



In the next five years we'll be doing many exciting things, from a focus on telehealth and remote programming to expanded collaboration with public health to promote preventive eye-health care.

I encourage you all to read **PRIORITY ONE** in our **strategic plan** to learn more about what success will look like at Canada's premier eye institute and how we are going to get there.

Thank you!

THANK YOU FOR GIVING THE GIFT OF ADVENTURE!

**Kris Gladwell, President & CEO
MHC Foundation**

February's *Around the World: Home Is Where the Heart Is* campaign has wrapped up, full of amazing adventures at home highlighting spaces at Misericordia Place where our incredible residents and staff live and work!

Head over to [misericordiafoundation.com/aroundtheworld](https://www.misericordiafoundation.com/aroundtheworld)

to learn about the residents' activities and their wishes for renewed spaces in their home – spaces which are so crucial to their physical and mental health.



We can't thank Canadian Tire enough for their generous support of this campaign, for the third year in a row! This year, for every dollar donated, Canadian Tire matched it with two more, tripling the impact. Thanks to Canadian Tire, generous donors and community members – as well as all the MHC health-care heroes involved – we were able to raise more than \$60,000 to renew, refurbish and refresh Misericordia Place!

But stay tuned – the Around the World campaign was just the first step in a larger campaign to entirely refresh Misericordia Place! It's been a long 23 years since MP opened in 2000 and, understandably, critical improvements to enhance and modernize are definitely needed!

We have moved!

We are very excited to let you know that the Foundation office has moved to a brighter space, just down the hall!

You can now find our new office in Cornish Room 144, across from Diagnostic Imaging. Our office hours remain the same, 8:30 a.m. - 4:30 p.m., and you are all more than welcome to visit us!

As always, thank you for everything you do!

FIND A DIETITIAN!



Some of MHC's dietitians, from left, Jayne Trojack, Lise Timmerman, Anna Sabourin, Rebecca Scott and Chris Hyde.

March is Nutrition Month—time to celebrate the nine registered dietitians working at Misericordia Health Centre in the clinical nutrition, Dial-A-Dietitian and food services departments.

The theme of Nutrition Month is Unlock the Potential of Food: Find a Dietitian. You can speak to a dietitian today (Monday to Friday, 8 a.m. to 4 p.m.) by calling Dial-a-Dietitian at 204-788-8248 or 1-877-830-2892. For help finding a dietitian go to dietitians.ca and click the *Find a Dietitian* link near the bottom of the page.

ACORN TAKES ROOT!



Acorn Family Place executive director Emma Fineblit announces the name change last fall.

Wolseley Family Place—a member of the Misericordia Heritage Group—has been reborn as Acorn Family Place.



The West Broadway family resource centre decided upon the name change to reflect their values and commitment to reconciliation between Indigenous and non-Indigenous communities. The Wolseley name was derived from Colonel Garnet Wolseley—leader of the British military contingent sent to Manitoba in 1870 to suppress Louis Riel's Red River Resistance. "We felt like the name didn't

Social work has always been essential.
Now, social workers are...

In Critical Demand



March is National Social Work Month. Social work was essential before the pandemic, crucial during the pandemic, and now more than ever, social workers are #InCriticalDemand.

Manitoba College
of Social Workers



#NationalSocialWorkMonth

casw-acts.ca

March is Social Work Month in Canada, and at MHC we know our social workers are an integral part of our health-care team. Social work practitioners promote emotional, physical and psychosocial health. They are skilled at understanding the whole person, and how we are affected in times of stress and illness. At MHC, social workers are involved in all areas of long-term and acute care offering services that may include psychosocial assessments, care planning, resource and supportive counselling, advocacy and community referral.

reflect our values and could potentially be alienating to Métis folks or others who have negative associations with that name," said Acorn executive director Emma Fineblit to the *Winnipeg Free Press* when the name change was enacted last fall.

Acorn sent out a news release explaining that the new logo "depicts an embrace that is welcoming and evoking the vital connection between caregivers and children." An acorn is small, yet strong, and within it lies great potential.

The organization traces its roots back to Rosalie Cadron-Jetté, the founder of the Misericordia Sisters who established the Misericordia Hospital and Villa Rosa. In 1997, Wolseley Family Place grew out of those two organizations to provide continued support to families with young children. Wolseley Family Place was originally housed in the Misericordia Education and Resource Centre on Wolseley, and in 2019 it moved to the current location at Crossways in Common, 222 Furby Street.

Although the name is new, Acorn Family Place will still support families in the community with a wide variety of programs and services. Find them online at acornfamilyplace.ca or call 204-560-3141.

LIFTING THE SPIRIT

Miriam Stobbe Reimer has been known to just sit silently with someone—holding a hand and being present. It’s the kind of one-on-one time Miriam does a lot of as MHC’s spiritual health clinical service lead, often at Misericordia Place.

“A lot of the time, with dementia care, what’s needed is a listening presence, and not necessarily to fix anything or change anything, but just to sit with.”

Miriam’s photo and some of her story is appearing on MHC’s walls as part of our Misericordia’s Helpful Community poster series, but we felt the amazing work she does deserved a little more space here.

Miriam, who is presently working on her masters in the spiritual-care field, understands the dynamic of spiritual health within the health-care world.

“Spirituality is getting in touch with our meaning and purpose, and a lot of people through their lives have found meaning and purpose in their independence.”

That independence is challenged as

people experience health-care and age-related changes that bring them to Misericordia Place or our Transitional Care Units, but with the challenge can come opportunity.

“When there’s a change in independence, there’s also a profound opportunity for spiritual growth.”

The path she helps open to that growth is “patient-led,” Miriam says—discovering what’s meaningful to them.

Her discovery work includes checking in with nursing staff each day. Behavioural or emotional changes noticed by staff may be a sign some spiritual care is needed. She also greets residents each morning, and invites family members to share anything a resident may need support with such as a change or a loss in their lives.

“What’s important is that I’m there, and I’m constantly reminding staff, residents and families where my office is and how to contact me.”

You can contact the Spiritual Health Services office at 204-788-8283.

MISERICORDIA'S
HELPFUL
COMMUNITY



MEET MIRIAM!

Miriam Stobbe Reimer says providing spiritual health care at MHC is a bit like being an invisible woman. “There’s a lot of invisible ways of just being there and engaging in what’s meaningful for our residents.”

As the spiritual health clinical service lead at MHC, Miriam most often engages in one-on-one time with people—being a listening presence. She sheds her invisibility each morning, though, as she checks in with nursing staff and residents and ensures they know she’s there for them.

Miriam says caring for ourselves is how we can be there for others. Her faith is one way she stays spiritually healthy. Another is her animals—her and husband Jeff have a dog and three cats.

“Spending time with my animals (all pictured on her office door) is really nurturing for me, for my well-being.”



Miriam's Misericordia's Helpful Community poster

Dave with meditative chimes



MHC’s spiritual health department invites staff to join them each Friday at noon in the seventh-floor solarium for Mindfulness Moments. This 15-minute guided meditation is a chance to rejuvenate your mind! Here is an example of a medication, provided to us by MHC spiritual-health practitioner Dave Ross:

Metta Meditation

1. Sit in a comfortable position. Close your eyes. Begin taking slow, deep breaths in through your nose.
2. Focus on your breathing. Imagine your breath travelling through your body. Focus on your heart.
3. Silently recite this phrase, directing it toward yourself: “May I be happy. May I be safe. May I find peace.”
4. Slowly repeat the phrase. Acknowledge its meaning and how it makes you feel. If you get distracted, avoid judging yourself. Just return to the phrase and keep repeating it.
5. Now, think about your friends and family. You can think about a specific person or a group of people. Recite the phrase toward them, “May you be happy. May you be safe. May you find peace.” Again, recognize the meaning and how you feel.
6. Continue reciting the phrase toward others, including neighbours, acquaintances, and difficult individuals. Recognize your emotions, even if they’re negative. Repeat the phrase until you experience compassionate feelings.
7. To close the circle, direct it toward yourself again. Silently recite, “May I be happy. May I be safe. May I find peace.”

Some people use visual imagery while reciting each phrase. For example, you can imagine light emitting from your heart toward the person you’re thinking of.

Health & Safety Corner

UNDERSTANDING HANTAVIRUS

Submitted by Mandy Campbell
MHC Occupational Health Nurse



Rodents across Canada have the potential to carry hantavirus. While this disease is rare, about one in nine people infected with hantavirus in North America die from it. Infected rodents may cause illness in humans when their urine, saliva, or droppings are disturbed and the particles become airborne (e.g., by vacuuming or sweeping). Infection can also happen if there is contact with rodent saliva, urine, or droppings through contaminated surfaces or food. While rare, it is also possible to get hantavirus if you are bitten by a rodent.

There’s mouse poop in my house... how can I clean it up safely?

- Open windows and doors to ventilate the space for 30 minutes before cleaning up.
- After ventilating, put on rubber or plastic gloves, a mask (N95) and goggles.
- Soak the droppings/urine for 5-10 minutes using a disinfectant spray or bleach solution. Wash contaminated bedding or clothing in hot water and dry either in sun or on high heat in the dryer.
- Clean the soiled area with paper towels and dispose of them, ideally straight into an outdoor garbage bin.
- Clean area with a disinfectant.
- Wash gloved hands before removing and disposing of gloves.
- Wash hands after glove removal.
- Consider reaching out to a professional if you have a heavy rodent infestation.

NEW HIRES

- Catherine Marquez**, Patient Registrar, Patient Registration
- Dale Sandmoen**, Scheduling Assistant, PHCC
- Ditas Espino**, Entry Point Screener, Human Resources/Volunteers
- Emma Sun**, Respiratory Therapist, Sleep Disorder Centre
- Giesa Arroyo**, Recreation Therapist, Recreation Services
- Julieta Mamong**, HCA, C5/Float Pool
- Mark Sumaway**, HCA, C5
- Mary Dorrain**, LPN, MP2
- Nicole Quino**, Patient Registrar, Patient Registration
- Sandi Knox**, Administrative Coordinator, MHC Foundation
- Sotiris Zografos**, Power Engineer 3rd Class, Plant Services
- Travis Gaudet**, Manager, Plant Services
- Victory Chukwu**, Entry Point Screener, Human Resources/Volunteers
- Alanna Rowson**, Ophthalmic Assistant, Ophthalmology Assistant
- Arianne Lumbea**, LPN, C6/Float Pool
- Carrie Maharajh**, Dietitian, Nutrition Services
- Chelsea Reis**, RN, Health Links – Info Santé
- Evelyn Horton**, RN, MP
- Ivan Maroti**, Financial Analyst, Finance
- Kevin Sproule**, RN, Health Links – Info Santé
- Lara Johnson**, RN, PACU/DS/POAC

RETIRES

- Wayne Thompson**, Coordinator, Sleep Disorder Centre
- Lori-Ann Hoydalo**, Staffing Clerk, Human Resources
- Rennie McElgunn**, Senior Porter, Environmental Services
- Manuel Elias**, HCA, C5
- Lois Guyot**, Staffing Officer, Human Resources
- Julia Ferreira**, Aide, Operating Room



Hoarfrost gracing trees around Mulvey School is a stunning gift of winter.

SAY HELLO TO NELLY



Meet Nelly Gonzalez, a member of the WRHA communications team who is now dividing her time between MHC and St. Boniface Hospital!

Nelly comes to us following a 20-year career in local media, where she worked in increasingly senior roles at both Global News Winnipeg and CBC Manitoba. She joined the WRHA communications team in November 2022 and in her role at MHC she will be telling stories that reflect the inspiring work being done by our MHC Family!

If you have a story to tell you can email Nelly at ngonzalez3@wrha.mb.ca



Manitoba Health has announced that the six-digit family registration number on newly issued Manitoba Health cards will incorporate a letter (e.g., A12345). The nine-digit individual numbers will not change format, and no change will happen to existing six-digit family registration numbers. This change is being done to create more unique registration number options for Manitoba's growing population. For more information about health cards and health-care coverage in Manitoba go to gov.mb.ca/health/mhsip

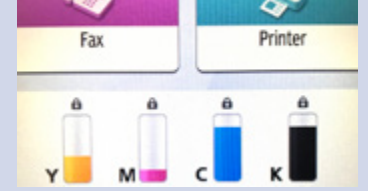
IN APPRECIATION...

The *We Care What You Think* forms located around MHC allow anyone to provide feedback on their experience at our health centre.

We are appreciative of those who take the time to share through this form, and happy to share a comment from a patient who received emergency eye care who wrote, in the section for what went especially well:

"The degree of being thorough in the examination and taking the time to explain to me their findings."

SCAM-WARNING



Shared Health is warning that some employees have been contacted by someone claiming to be a representative of WBM Technologies—Shared Health's print management vendor—trying to sell print toner. The calls are not legitimate.

If you receive such a call do not give out any information, and report it to Information Security through the Service Desk—204-940-8500, toll-free at 1-866-999-9698, or via email at servicedesk@sharedhealthmb.ca