



MARCH/APRIL 2024

Life @MIZ

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A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

PRESIDENT'S MESSAGE: MISERICORDIA TERRACE GRAND OPENING



We recently held a grand opening for Misericordia Terrace, which included a blessing by the Archbishop of Winnipeg, to officially introduce our unique community of independent living!

Misericordia Terrace residents couldn't say enough lovely things about their new home:

- The beauty of the building itself and the panoramic views
- Location, location, location: being located in the heart of so many historic neighbourhoods and in close proximity to

amenities such as a library, doctor, gym, pharmacy, grocery, etc.

- The variety of activities and events on offer
- The nutritious and delicious food, deemed better than favourite restaurants

What touched me most, though, was hearing residents speak about the kindness and compassion of the Terrace staff and how moving in "felt like coming home" with a "one-of-a-kind community." To me, this is the mission of the Misericordia Sisters *Compassionate of the heart for those in need* in action.

Misericordia Health Centre has a long and rich history of evolving to meet the health-care needs of Manitobans and opening Misericordia Terrace is doing just that – expanding our campus of care to offer healthy, independent living.

Fun fact: many of the residents and family members are Misericordia School of Nursing alumni and/or worked at Misericordia at some point during their career!

If you or someone who know is interested in moving into Misericordia Terrace, please call 204-788-8020. Learn more at: misericordiaterrace.ca.

Yours sincerely,

Caroline DeKeyster
cdekeyster@misericordia.mb.ca



SPRING INTO GIVING

Kris Gladwell, President & CEO
MHC Foundation

The warmer weather isn't the only exciting thing on the horizon! The Foundation team is happy to share our upcoming slate of activities designed to support the people and programs of MHC!

MHCF Golf Classic

We are back at Breezy Bend for Misericordia's annual Golf Classic on June 13! We are looking for volunteers to hit the course with us to make the day extra memorable for all our incredible supporters. If you're open to joining the fun, please contact the Foundation office at 204.788.8458 or by email at mhcfoundation@misericordia.mb.ca. Volunteers will be rewarded with a gift and plenty of food throughout the day!

Canada Day Run

Kick off Canada Day right with a 5km, 5 mile or kids 1km run/walk! The Running Room will once again host this family-friendly run (or walk!) in support of MHC.



Along with some great prize contests, everyone receives a commemorative medal and 5 km/mile participants also receive limited edition Goodr sunglasses! Come for the run, stay for the fun – music, activities and treats make the day! Sign up early at raceroster.com/events/2024/86060/canada-day-winnipeg-2024 as registration is capped at 250 entrants.

Beyond these two upcoming events, we look forward to sharing details soon about exciting new initiatives we have planned to commemorate Mother's Day and Father's Day – and of course, the return of One Great Lottery later this spring! Stay tuned to this space or you can always visit our website – misericordiafoundation.com for more information.

As always, thank you for everything you do and happy spring!



Two of the three new CSLs—Esther Hawn (left) and Sheri-Lee Krymusa.

MHC Clinical Service Leader (CSL) positions in Allied Health have been filled!

The new positions in occupational therapy, physiotherapy and social work will mentor staff and help lead projects and innovations in all of the inpatient and outpatient programs.

The new CSLs include Esther Hawn, occupational therapy; Sheri-Lee Krymusa, physiotherapy; and Susan Mair, social work.

All three have excelled in their area of expertise and have demonstrated a commitment to quality care.

We are very excited to see these additions to our MHC team!



HAPPY BIRTHDAY ANN!

Misericordia Place resident Ann, often called "the Queen of MP," turned 100 years young last month. Happy birthday, Ann!

CISM AT MHC



CISM team members Don Rempel Boschman (L-R), Miriam Stobbe-Wiebe and Tara Keyser.

Misericordia Health Centre is excited to share that a Critical Incident Stress Management (CISM) team is now trained and available for staff support.

The goal of the CISM team is to offer support for staff following a Critical Incident (CI)—a traumatic event that can cause a strong emotional and stress reaction. CIs may include an unexpected or tragic death of patient or staff, potential or actual assault on staff, cumulative stress, or dealing with ethical or legal consequences of care. Following a CI, the CISM team can offer a defusing (small group discussion on the same day as an incident) or a debriefing (structured group discussion days after an incident).

The CISM team hopes managers will be aware of CISM offerings and reach out when needed. If you believe your team could use support following a CI or is experiencing cumulative stress email mhccism@exchange.hsc.mb.ca to request services.

For more information look on M-NET under the *Know Your MHC* menu for the CISM page, which includes a factsheet and intervention request form. The trained CISM team members are Tara Keyser, Miriam Stobbe-Wiebe, Don Rempel Boschman and Jake Saurette. The team would also be happy to give a quick presentation on the program at your department team huddle—just email mhccism@exchange.hsc.mb.ca

Health & Safety Corner

WHAT IS 9-8-8?

From the MHC Safety Committee

There is now a Suicide Crisis Helpline that anyone in Canada can call or text 24/7 if they or someone they know is thinking about suicide.

Trained workers on the other line are empathetic, listen to the concern, and provide support. Call or text 9-8-8 anytime to access this preventative resource.

Go online to 988.ca for more info and resources to help spread the word.

Thinking of suicide?
If you need to talk, we're here to listen.

9-8-8
toll free, 24/7

BAUDET ON JOURNEY OF EXCELLENCE

MHC's Jérémy Baudet has been honoured with the WRHA 2024 Health in French Excellence Award.

Baudet, a nurse and clinical quality coordinator in Health Links – Info Santé, was presented with the award on March 15 at a ceremony in our auditorium. WRHA dignitaries, as well as his proud mother, Christine, were in attendance.

He says the award—which recognizes commitment to French services and accessibility—resonated for him and his mother in similar ways.

“My mother experienced the same emigration journey as myself. At first it was hard to find services in French. At the time, in 2007, we did not speak English at all, so there was a steep learning curve for myself and my family.”

Baudet was a teenager when he arrived from France with his parents and sister. Since then, he has met and learned from Francophone community members from across Canada. His career as a nurse began at Hôpital Ste-Anne Hospital 2016. In 2018 he joined Health Links – Info Santé at Centre de Santé, a community health centre in St. Boniface, before joining the Provincial Health Contact Centre at MHC in 2020.

Baudet says his journey—integrating into a new country and culture and learning from diverse Francophone communities—has helped him understand and support the needs of Francophones.

He believes he was chosen for the award, in part, because of his strong advocacy for French services. A congratulatory letter from WRHA representatives supports that, giving praise to Baudet for his “extraordinary contributions to the health-care sector and your unwavering efforts in advancing linguistic accessibility. Your pursuit of creating an environment where language is not a barrier



Jérémy Baudet with his award and proud mother Christine.

but a bridge to quality care has set a remarkable standard.”

Baudet also thinks his passion for sharing the French language in the workplace may have played a part.

“I really like to bring the French language to work and engage with people that are either learning it or want to improve their skills.”

REAL-TIME INFO!



The Provincial Health Contact Centre at MHC recently implemented two new wall-mounted screens.

They will allow for our Health Links – Info Santé and other programs to view real-time call information. This enhances information sharing, continued education and training, and builds team awareness of PHCC's goals and performance targets. We also display wellness messages and upcoming events!

Wellness Committee Presents: Nutrition Month Guess the fruit and vegetable close-up!



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____

Congratulations to Miseret Negissie, who knew all six of the vegetables and fruits shown above for the Nutrition Month Guess the Healthy Food game! See answers below...

1. Kale 2. Tomato 3. Cabbage 4. Kiwi 5. Jackfruit 6. Strawberry

NEW HIRES

Anna Marie Bogdan, RN, Health Links-Info Santé

Derek Shewchuk, Respiratory Therapist, Sleep Disorder Centre

Francesca Salvador, RN, Health Links-Info Santé

Helen Gergish, Clerical Aide, Surgical Complex

Huranus Akbaryar, Intake Operator, PHCC

John Reyes, HCA, C2 float pool

Melissa Kehler, HCA, C6 float pool

Méridith Fortin, Undergraduate Nursing Employee, C6

Rhina Mejia, RN, Ambulatory Care Clinic

Samantha Sullivan, RN, C2

Samarpreet Kaur, Supervisor, Food Services

Stacy Finlay, Staffing Clerk, Staffing Office

Vincent Cipriano, Diet Aide, Food Services

Brielle Cara, Occupational Therapist, Rehab Services

Dalisay Agupitan, HCA, MP float pool

Danica Dominise, HCA, C5

Denae Bastian, Facility Patient Care Manager, Nursing Administration

Ella Greenshtein, RN, PACU/DS/POAC

Harinder Singh, Facility Patient Care Manager, Nursing Administration

Hazel Pomada, HCA, MP3

Jaspreet Kaur, Intake Operator, PHCC

Jaspreet Kaur, Staffing Clerk, Staffing Office

Kendall Row, Clerical Aide, PACU/DS/POAC

Krista Wilson, Facility Patient Care Manager, Nursing Administration

Krizel Dimarucot, Undergraduate Nursing Employee, C2

Lilybeth Palo, ESP System Administrator, Staffing Office

Louise Cameron, Facility Patient Care Manager, Nursing Administration

Raffy Zaragoza, Rehabilitation Assistant, Rehab Services

Sheri-Lee Krymusa, Clinical Service Leader - Physiotherapy, Rehab Services

RETIREES

Quinton Antonyshen, Diet Aide, Food Services

Joanne Sosnowski, Physiotherapist, Rehab Services-Physiotherapy

MISERICORDIA'S HELPFUL COMMUNITY



MEET BRITNY!

If Britny's door is open she's available, and staff are welcome to visit. Or, just look for her in the halls!

"I'd love to chat in the hallway and get to know you. I really believe in the human component to human resources."

As MHC Director of Human Resources, Britny sees her role as creating the best work environment possible for all.

"How do I help make this a place where you want to come, where you're excited to be, and you're excited that you made this choice in your career?"

Being at Misericordia gives Britny a sense of purpose that extends beyond the walls.

"I really do believe Misericordia is a part of its community and we serve a greater purpose. We're not just a health care facility in this neighbourhood, we're a part of this neighbourhood."

She calls herself "outdoorsy." She loves gardening, kayaking, hiking and camping—but the beach, not so much—"I don't like just lying in the sun."



WELCOME FPCMS!



(L-R) Denae Bastian, Krista Wilson, Louise Cameron, Harinder Singh

MHC is excited to welcome four new Facility Patient Care Managers. FPCMs are a well-established and key role used across WRHA sites for onsite, after hours leadership support for staff. The role was first piloted at MHC during COVID-19 and has proven to be a key part of operational support 24/7. FPCMs provide clinical and facility support to staff in all MHC program areas, including Misericordia Place and the Provincial Health Contact Centre.