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JANUARY - FEBRUARY 2026

LIFE @ MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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PRESIDENT'S MESSAGE: LIVING OUR MISSION, TOGETHER



Mission Day offered us a meaningful opportunity to pause, reflect, and reconnect with what it truly means to live our Mission at Misericordia Health Centre. In the weeks leading up to Mission Day, we shared messages inviting reflection on our values, our history and the symbols that unite us as part of the International Misericordia Family. Seeing the response across our community was deeply inspiring.

Mission Day also allowed us to celebrate all of our wonderful staff who live our values every day. Rooted in the Sisters'

Mission, *Compassion of the Heart for Those in Need*, these awards recognize staff and volunteers who exemplify compassion, mutuality, non-violence, hospitality and companioning. The numerous nominations shared powerful stories of care, respect, teamwork and presence, reminding us that our Mission is lived not in words, but in actions—often quiet ones—every single day.

The event was full of moments of recognition and connection. It was uplifting to gather as a community to honour this shared legacy. Whether you took time to reflect on the symbols around our halls, submitted a nomination, or simply continued your daily work, you played a role in making Mission Day meaningful.

Thank you for carrying forward the legacy entrusted to us by the Misericordia Sisters. Your compassion, dedication, and commitment continue to shape MHC as a place of healing, dignity, and hope. Congratulations to this year's recipients:

Individuals:

- Tristan Malcolm – *Patient Reg.*
- Patricia Huntley – *PRIME*



Caroline DeKeyster
cdekeyster@misericordia.mb.ca

Group:

- Spiritual Health Volunteers*
- Frank Masi
- Carlos Carvalho
- Margot Rousset
- Karl Reznichak
- Desirie Santos
- Donald Hester

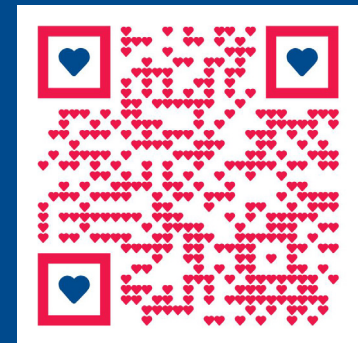
Welcome, 2026!

Kris Erickson, President & CEO MHC Foundation

We hope you all had a wonderful holiday season and are enjoying all that 2026 has to offer so far.

At the Foundation, we are busy preparing another year of exciting activities and events in support of the important work you do each and every day.

We're also kicking off the year with a heartfelt initiative — Send the Love. From now until February 14, you can help fill MHC's hallways with messages of gratitude by sending a heart or a flower to brighten the days of patients, residents, and care teams this Valentine's season.



As more exciting initiatives come up through the year, and as more information on these events is released, we'll look forward to sharing those details with you! Stay tuned to this space or you can always visit our website – misericordiafoundation.com.


As always, thank you so much for everything you do!

PARTNERS IN CARE POLICY



The Partners in Care policy recognizes the important role of caregivers and support networks while receiving care in the Winnipeg and Churchill health region. We welcome and encourage the presence of those you identify as essential to your care. You may consider relatives, informal caregivers, friends, neighbors and/or others as family.

Client Relations is available to help navigate your health-care journey in the Winnipeg health region. The feedback you share will help improve the overall quality of health services you receive.

 204-926-7825

 clientrelations@wrha.mb.ca

WHAT IS A PARTNER IN CARE?

- 'Partner in Care' is an inclusive term that can be applied to a person's family, substitute decision makers, or visitors.
- Family is defined by the person receiving care (patient, resident or client). You may consider relatives, informal caregivers, friends, neighbors and/or others as family.

WHO CAN BE A PARTNER IN CARE?

- A Partner in Care can be anyone that the person receiving care identifies as someone that supports them and their care.



MISERICORDIA
TERRACE

EMPLOYER OF THE YEAR
SCE LifeWorks



BLACK HISTORY MONTH - FEBRUARY



Nadia Thompson recently sat down for an interview with the WRHA's Sara Calnek to talk about Black History Month. Nadia also spoke at Breakfast with the Mayor at City Hall and will be speaking at more events over the month of February. Keep an eye for a video showcasing Nadia's interview and footage from the event later this month.

SLEEP TIPS FROM DR. ALTMAN

1. Wake up at the same time every day.

This sends the best signal to your brain about when to be awake and when to be asleep.

2. Try not to do anything in your bed that isn't sleep.

The more activities you do that aren't sleep, the more you send a signal to your brain that the bed is not for sleeping.

3. Ensure an adequate sleep environment.

You want your bedroom to be like a cave. You want your room to be cool, dark and comfortable.



Dr. Altman, Sleep Specialist



NORTHWAY PHARMACY

NOW OPEN



Northway Pharmacy is now open on the first floor across the gift shop!

HOURS OF OPERATION

Monday to Friday, 9 A.M. - 5:30 P.M.

Saturday, 10 A.M. - 2 P.M.



CONGRATULATIONS TO OCCUPATIONAL THERAPIST KIERA MARTIN-SHIMOJI

Occupational therapy graduate Kiera Martin-Shimoji was recently recognized with three awards for her outstanding work. Currently working in Transitional Care here at Misericordia Health Centre, she hopes to one day work in stroke rehabilitation or pediatrics. Martin-Shimoji says she is drawn to occupational therapy for its holistic approach and strong values in caring for individuals.

NEW HIRES

Akhila Santhoshkumar, Clerk 3, Health Links – Info Santé

Arvin Regondola, Administrative Assistant, C2

Camila Roa Garcia, Administrative Assistant, PHCC

Caroline Austria, Clerk 3, Health Links – Info Santé

Grace Dehn, Clerk 3, Health Links – Info Santé

Jacquelyn Garcia, RN II, C2

Kalyssa Dhoot, Clerk 3, Health Links – Info Santé

Kimverly Interino, Clerk 3, Health Links – Info Santé

Krishmar Ferrer, Steno II, Sleep Disorder Centre

Marina Pigeau, Clerk II, Health Information Services

Olivia Gutierrez, Ophthalmic Photographer, Ophthalmology Clinic

Pascual Bayani, Operating Room Assistant, Operating Room

Romelita Isidro, HCA, C5

Sydni Lyon, Clerk 3, Health Links – Info Santé

A Tridiocesan Initiative in partnership with
Catholic Health Association of Manitoba

HEALTH CARE WORKERS' MASS

ON THE 34TH WORLD DAY OF THE SICK

“The compassion of the Samaritan: loving by bearing the pain of the other.”

Main celebrant:

Archbishop Murray Chatlain, Archdiocese of Winnipeg

**11 FEB
2026**

7:00 PM

St. Gianna Beretta Molla Parish

15 Columbia Drive, Winnipeg

Join us as we honour and pray for all who serve in health care and those who bring healing, comfort, and compassion



Archidiocèse de
Saint-Boniface
Archdiocese



RETIREES

Ann Zaleski, HCA, Cornish 6

Carolyn Clarke, RN II
Health Links – Info Santé

Kimberley Nichiporick, CRN,
Cornish 3

Paul Carr, Industrial Mechanic -
Lead Hand, Plant Services

MISSION DAY!

