



MAY 2023

# Life @MIZ

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A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

## PRESIDENT'S MESSAGE: YOUR VOICE GUIDES US



As many of you know, we conducted an employee and physician opinion survey (EOS) in the fall of 2021 and are scheduled to have another survey completed in the fall of this year.

The 2021 EOS results were distributed to managers and supervisors at MHC, and many of you were part of meetings with your leadership to discuss the unit and site level results and, more importantly, to talk about your ideas for real and actionable improvement.

Throughout May and June your leaders will be scheduling follow-up sessions with you to discuss the status of your action items.

### Themes that emerged where attention is needed included:

- Workload stress
- WRHA communication
- Compensation

### Areas where you told us we were strong included:

- Co-worker cohesion/collaboration
- Valued and respected
- Physical safety
- Provided a culture of diversity and inclusion

Your input is a key piece in our commitment to continue to work better together and bring about real change that will benefit all of us within the Misericordia Family – including our staff, physicians and volunteers as well as patients, clients and residents within our community.

Thank you again for being so open in sharing your insights, experiences and knowledge!

Caroline DeKeyster  
cdekeyster@misericordia.mb.ca

## GREAT PRIZES FOR GREAT PEOPLE

Kris Gladwell, President & CEO  
MHC Foundation

One Great Lottery's 50/50 jackpot is growing by the minute – already nearly an astonishing **\$160,000!**

Tickets purchased before midnight May 11 will also be entered to win the amazing early bird prize of **Gas for a Year!**

One Great Lottery ticket prices are as low as \$25 for 10 tickets! Visit [onegreatlottery.ca](http://onegreatlottery.ca) for your affordable way to win amazing prizes while supporting outstanding care to hands and paws alike.

The final draw is May 18, where one lucky winner will take home half of the 50/50 cash jackpot! But the winning doesn't end there – make sure you also grab your Great Cash Calendar tickets – we're giving away \$1,000 EVERY DAY in June and July!



### MHCF Golf Classic

We are back at Breezy Bend for Misericordia's annual Golf Classic on June 15! 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 Lindsay Grieve at 204-788.8465 or by email at [lgrieve@misericordia.mb.ca](mailto:lgrieve@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 5-km, 5-mile or kids 1-km run/walk! The Running Room will once again host this family-friendly run (or walk!) in support of MHC! Sign up early at [events.runningroom.com/site/17872](http://events.runningroom.com/site/17872) as registration is capped at 150 entrants.

Along with some great prize contests, everyone receives a commemorative medal and 5 km/mile participants also receive a T-shirt! Delicious treats and kids' activities round out the fun! Come for the run, stay for the fun!



**MISERICORDIA**  
Health Centre  
*The future of care*

## National Nursing Week - May 8-14, 2023

**MON**

**8**

- MHC Passport 'Kick-off': Complete your Passport and enter Prize Draws
- Nursing Week Thank You Gift
- Acorn Family Centre (formerly Wolseley Family Centre) Baby Food and Kids Clothing Drive 'Kick-off'

**TUES**

**9**

- Social Media: Nursing Stories Featured **Ophthalmology OR & Clinics and PHCC Nursing**
- Wellness Shoulder Relaxation Massages – MP

**WED**

**10**

- Lunch & Learn at 11:30 a.m. – Auditorium  
Dr. Preetha Krishnan, NP, PhD:  
Long-Term Care Nurses' Experiences with Advance Care Planning  
Pizza lunch provided – all welcome

**THURS**

**11**

- Social Media: Nursing Stories Featured **Long-Term Care TCU and PRIME Nursing**
- Wellness Shoulder Relaxation Massages – MHC

**FRI**

**12**

Florence  
Nightingale's  
Birthday!

- Nursing Week Awards Tea at 2 p.m. – Auditorium featuring the Winnipeg Nurses Choir and Mis Sisters dancers – all welcome
- Prize Draw for MHC Passports



CELEBRATING  
THE MANY ROLES  
THAT NURSES  
PLAY IN A  
PATIENT'S  
HEALTH-CARE  
JOURNEY

# OUR NURSES. OUR FUTURE.

**NATIONAL NURSING WEEK  
MAY 8-14 2023**

National Nursing Week activities are proudly sponsored by the Misericordia Health Centre Foundation

# NEW ORAS JOIN SURGICAL TEAM!

MHC is thrilled to welcome two new Operating Room Assistants (ORAs) who will soon be assisting our surgical care team.

Tara Soares and Norm Gibbons are no strangers to the Misericordia family. Both are long-time employees who started working on site as health-care aides.

“I actually started at Misericordia as a housekeeper and then transitioned into a health-care aide,” said Gibbons.

He said after 15 years working as a health-care aide he was moved into a new role as an OR Supply Assistant where he was able to learn a new set of skills.

“As a health-care aide you’re pretty much maxed out what you can do and learn, so when another new opportunity came up, I applied and just went for it.

“So far it’s been very interesting,” he said.

To qualify, Soares and Gibbons had to have at least five years of experience working as health-care aides in the OR. They also had to complete a 12-week online course through Mohawk College in Ontario which included stringent onsite testing in Manitoba.

“Some of the classes were challenging,” said Soares. “We learned everything from human anatomy to surgical anatomy to microbiology.”

The two new positions are part of a larger provincial plan to add 70 new operating room assistants across Manitoba. The aim is to reduce waitlists for diagnostic and surgical procedures as mandated by the province’s Diagnostic and Surgical Recovery Task Force.

Responsibilities will range from decontaminating rooms and disinfecting surgery equipment, to transferring and preparing patients safely for surgery.

Soares said she has learned so much working closely with patients



*Tara Soares and Norm Gibbons, both long-time members of the MHC Family, have qualified as ORAs with the surgical care team.*

over the years and is very excited to take on this new role.

“I’m really happy to be starting this next adventure,” Soares said.

“I like that I will be able to assist more, be with patients inside the surgery room and be involved in the surgeries.

“I’m feeling great, and I’m ready.”

## SURGERY NURSE ADDING AROMATHERAPY TO HER SET OF SKILLS

A registered nurse at Misericordia Health Centre is hoping to add a new skill to her repertoire that could help her surgery patients deal with stress.

Amanda Lackey who currently works in the surgery department has been taking an online course to become a Clinical Aromatherapy Health Professional. The course is done through Joyessence Aromatherapy Centre, based out of Ontario.

“I’m definitely learning a lot of interesting things,” Lackey said. “You learn about different essential oils and how to use them to treat things like anxiety, or even coughs and colds.”

She said she’s learning about 72 different essential oils and their therapeutic uses.

“It should definitely never replace medical care—always make sure you seek medical care when needed—but it can be used along with your current medical care to help improve symptoms. It really helps!”

She hopes to incorporate what she learns about aromatherapy to her nursing assessment skills one day,



*MHC nurse Amanda Lackey is working towards being a Clinical Aromatherapy Health Professional and hopes to help patients with what she learns.*

especially when it comes to helping patients deal with anxiety before surgery.

Lackey points out there has been studies that show how certain aromas like sweet orange can decrease cortisol levels in people.

“I find it so fascinating, learning the chemistry behind it all,” she said. “The science on how it can just calm you or energize you.”

Lackey said she has always been interested in natural remedies and how it can be a boost to self-care.

“Right now, it’s more of a hobby, but could there be an opportunity down the road to become part of a medical study or to help in other areas within the facility here? Sure.”

Lackey said the course will take two years to complete but she’s already applying what she has learned so far in her personal life.

“I use aromatherapy when I’m at work—at lunch I have little inhalers so it doesn’t bother anybody else. There’s just so many things that it can help with.”

# NEW HIRES

- Barbara Sypulski, LPN, C2**
- Bunny Davis-Holstein, HCA, MP1/Float Pool**
- Deborah Hildebrandt, Program Assistant, PRIME**
- Joe Welbers, Grounds Keeper, Security**
- Justyne Shulman, RN, Health Links – Info Santé**
- Karen Hruska, RN, PRIME**
- Karen Visarra, RN, PACU/DS/POAC**
- Kidest Mamo, LPN, MP1/Float Pool**
- Nigel Heerah, HCA, C6**

# CLEAN YOUR HANDS DAY!



Each year on May 5 we celebrate Clean Your Hands Day to raise awareness about hand hygiene—one of the most important ways to save lives by stopping the spread of infection. Find a poster with hand-cleaning tips here: [sharedhealthmb.ca/files/clean-your-hands-poster.pdf](https://sharedhealthmb.ca/files/clean-your-hands-poster.pdf)

# RETIREEES

- Virginia Ambago-Day, ESA, Environmental Services**

# JUNE 6—SAVE THE DATE!



It's that time again! On June 6 we will gather for another staff appreciation BBQ to celebrate our MHC Family and eat goodies!

# RECOGNIZING GREAT DOCTORS



May 1 was National Physicians' Day, and we want to recognize all the great doctors at MHC! One of those great doctors is Dr. John Reda—our Chief Medical Officer and MHC Family member for more than 30 years! He's also pictured elsewhere in this edition of Life@MIZ, can you find him? (HINT: MHC Foundation)

# ATTENTION!

You can help prevent the spread of respiratory viruses.

## MASK FRIENDLY

If you are ill or have symptoms please wear a medical mask.



## CLEAN HANDS

Clean your hands upon arrival and frequently during your visit.



# MHC NOW 'MASK FRIENDLY'

On May 4 MHC transitioned from a "mask on" requirement to "mask friendly." This is a return to pre-pandemic PPE guidelines. Some people may choose to continue to wear masks, and patients/residents/clients may ask a mask be worn while they are receiving care.

We will continue to handle outbreaks, COVID-19 or otherwise, following our usual Infection Prevention & Control procedures.