



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



JUNE 2023

# Life @MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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## PRESIDENT'S MESSAGE: MILESTONE TO CELEBRATE THIS YEAR!



As we head into the summer months, I want to take a moment and recognize all the remarkable staff, physicians and volunteers for their hard work and unwavering commitment to the communities we serve. As a health-care facility we overcame a pandemic that changed all our lives, and yet we managed to provide excellent care and meet the needs of our patients and loved ones.

There are so many reasons to celebrate, but this year is particularly special.

**Misericordia Health Centre is celebrating**

**its 125th anniversary!** That's a lot of service and dedication from our exceptional staff at MHC.

It's a significant milestone and one we should all be proud of. Our work dates back to 1898 when the Sisters of Misericordia arrived in Winnipeg to care for young single mothers and their children. They left us a legacy and a Mission that lives on today.

Since then, so much has changed. Our facility has grown and we have become a much bigger family – including adding assisted living to our offerings.

Misericordia is a leader in health-care excellence today providing diverse specialized services, and compassionate care to those in need. We are always evolving to meet the changing needs of the communities we serve and we do through responsiveness and innovation!

Now more than ever we will work to ensure our Mission and values align with the people who rely on our services. And we couldn't do that without every single one of you.

Please know how much I appreciate our Misericordia family. I'm so grateful and proud of the kindness, resilience and dedication our staff continues to show at work each and every day.

I look forward to seeing you all at our staff appreciation barbecue as we commemorate our 125 years of service!

Thank you!

Caroline DeKeyser  
cdekeyser@misericordia.mb.ca

## HELLO, SUNSHINE!

Kris Gladwell, President & CEO  
MHC Foundation

The warm weather isn't the only exciting thing on the horizon! Here's all our MHC Foundation news for the months to come!

### TWO great causes, ONE great lottery

[onegreatlottery.ca/cash-calendar](http://onegreatlottery.ca/cash-calendar)

Congratulations to the lucky grand prize winner: Glen C. of Winnipeg who took home an incredible \$107,400! Thank you so much to everyone for your support! The wins aren't finished though – watch for our Great Cash Calendar winners online – we're giving away \$1,000 every day in June and July!

### Birthday Barbecue Bash

Our team can't wait to see you in person on June 6 at MHC's staff appreciation barbecue. We're sponsoring a delicious birthday dessert and hope to see you then.

### Misericordia Golf Classic – Raffle!

[fundingchange.ca/mhcf](http://fundingchange.ca/mhcf)

We are so excited to host our 2023 Misericordia Golf Classic on June 15 at Breezy Bend Country Club! Whether or not you are able to join us for our day of fun in the sun, we do want to make sure you have the opportunity to participate! Our 2023 Golf Classic Raffle is open to everyone in Manitoba, so why not take a chance on winning some amazing prizes or cash?!

## 2023 MISERICORDIA GOLF CLASSIC

JUNE 15, 2023



### Canada Day Run

[events.runningroom.com/site/17872](http://events.runningroom.com/site/17872)

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! Sign up early as registration is capped at only 150 entrants.

As always, thank you for everything you do and we hope you enjoy a lovely summer!



# INDIGENOUS HEALTH BRINGS KNOWLEDGE, BLESSING TO MHC



## Cultural Safety Sessions

Throughout May and June we've been fortunate to have Faye Tardiff, education and training coordinator at Indigenous Health, visit us on Monday mornings to lead Indigenous Health Cultural Safety Sessions. This exciting collaboration is so helpful to us, giving our staff additional tools for safer patient/client/resident care. Topics ranged from "Residential School Overview" to "How fear and anger can manifest as a result of trauma: language around how to provide safe care."

## June 13—Smudge/blessing of stone garden

Staff are invited at 2 p.m. on June 13 to the rooftop garden where Michael Thibert from Indigenous Health will lead a smudge and blessing of our "stone garden." You may recall many staff and Transitional Care Unit clients etched and painted rocks at our MHC National Day of Truth and Reconciliation events.

## June 19—History of Truth & Reconciliation Commission

Save the date for this lunch and learn presentation: 12- 1 p.m. June 19 in our auditorium!

## INTRODUCING THE MIZ MARCHERS!



Say hello to the "Miz Marchers!" Misericordia Place recreation facilitators will lead a walking group with residents every Friday at 2 p.m. around The Gates/Armstrong's Point. Staff and family members are welcome and encouraged to join.

No registration necessary, just come on out and let's march!

## MHC HOSTS NORWAY DELEGATION HERE TO ENHANCE ELDER CARE

MHC was honoured to recently host a delegation of researchers, health-care providers and managers from Norway who were here as part of long-term, international research effort on elder-care reform.

They were part of a larger group, including eight Albertans, in Winnipeg for an International Network to Enhance Older Adult Care Transitions workshop.





# THE EYES HAVE IT AT MHC



*Ophthalmology residents Dr. Parsa Mehraban Far and Dr. Katia Milovanova have joined MHC's Eye Care Centre of Excellence.*

The eyes have always been fascinating organs for Dr. Katia Milovanova.

"There are a lot of beautiful things about ophthalmology," she said. "I think the science behind how we see is very captivating, and the technology that we have now is just exhilarating."

Milovanova is one of two new residents in MHC's ophthalmology program this year and is more than ready to get started.

She said she loves the profession because she believes the results from this type of care is almost immediate compared to other medical specialties.

"I love that there is immediate feedback for the work you do," she said. "The return is almost immediate with things like cataract

surgery, treating eye infections for people, and then when their vision clears up it's so incredible to see that."

Dr. Parsa Mehraban Far is our other ophthalmology resident who is also eager to join the team at MHC. He did most of his medical training at Queen's University in Ontario.

"For me personally it's a very visual field, there's very few other areas in medicine where you can directly see the pathology," he said.

He moved to Canada from Iran when he was just 14-years-old and said he always knew he wanted to be an ophthalmologist.

"It's a very rewarding profession in that I can see exactly what's wrong with a patient, and why they can't see well.

In the majority of cases, you can actually treat it and fix that problem," Dr. Mehraban Far said.

"It's also rewarding in the sense that you work with a lot of elderly people, but also people from lower social economic status who are disproportionately affected by many chronic illnesses like diabetes, high blood pressure and other causes of ocular pathology."

He also likes that it's a great mix of medicine and surgery.

"The combination of being able to do both [medicine and surgery] is what drew me to the profession," he said, adding he's also enjoying his new life in Winnipeg.

"I really enjoy being in the city here," he said. "I love the zoo, I got a membership now so I go there a lot!"

As for Dr. Milovanova, she grew up in Calgary and did most of her medical training in Edmonton. She moved to Winnipeg less than a year ago and is thrilled to be part of the Misericordia family.

"The people are lovely here, it almost has a grassroots environment feel to it," she said.

"It's an excellent place to train, the people are wonderful, and I'm very excited."

## OUR NURSES. OUR FUTURE.

Thank you to everyone who participated in our national Nursing Week activities! We hope you learned something new about MHC as you had your passport "stamped" in a variety of program areas!

It was an action-packed week with so many highlights, culminating in an Awards Tea featuring amazing prize draws, Winnipeg Nurses Choir and Mis Sisters dancers! Thank you so much to our Foundation for their ongoing commitment to our staff!

They generously provided all the refreshments for the Tea, capping off a wonderful week.

Congratulations to all our well-deserving award winners!

And thank you to our nursing practice council and team who worked tirelessly to make this week a success!

Making the week even more special was our donation drive for Acorn Family Centre. We're grateful to have collected a plethora of baby food and kids' clothing to give to our sister Heritage organization.



# NEW HIRES

**Aida Ghebreyesu**, ESA, Housekeeping

**Aiza Abang**, HCA, MP2

**Alfred Ilagan**, RN, Operating Room

**Audrey Dyck**, LPN, C6

**Bea Tolentino**, RN, MP2

**Birtukan Bekele**, HCA, C5/Float Pool

**Bolanle Okoye**, HCA, C2

**Bruce Hatcher**, Power Engineer 3rd Class, Plant Services

**Carolina Martinez Mendoza**, HCA, MP3

**Courtney Brambilla**, HCA, C6/Float Pool

**Emely Rodrigues**, HCA, C6/Float Pool

**Francesco Pozzi**, HCA, C6

**Jazmynn Link**, RN, Health Links – Info Santé

**Jeremy Baudet**, Clinical & Quality Initiatives Coordinator, PHCC

**Jo Manaois**, Clerk, Health Information Services

**Letina Ghebremariam**, HCA, C6/Float Pool

**Lorelei Morrison**, RN, Health Links – Info Santé

**Marcus Labun**, Patient Registrar, Patient Registration

**Maryna Aksonova**, ESA, Housekeeping

**Monica Burfoot**, RN, Health Links – Info Santé

**Nada Ivankovic**, RN, C5/Float Pool

**Ogheneochuko "Ochuko" Ulebor**, HCA, C2/Float Pool

**Ramel Balino**, RN, C5

**U. Isabella Otutuama**, LPN, C2

**Vincent Rivera**, HCA, C6/Float Pool

**Yodit Shegere**, HCA, C6

**Yvonne Janzen**, Social Worker, Social Work

# RETIREES

**Karen Little**, RN, PACU/DS/POAC

**David Carroll**, Orthopedic Technologist, Ambulatory Clinic

# COME WISH MHC A HAPPY 125 BIRTHDAY!



MHC is turning 125 this year! To celebrate, our Board and Senior Leadership Team are hosting a staff appreciation birthday BBQ bash on **Tuesday, June 6** for all staff, students and volunteers in the Misericordia Place courtyard!

To ensure our entire MHC Family can join in the 125 birthday celebration we will be having separate BBQ bashes for the day and evening shifts, as well as birthday treat delivery for night shift. If you have any questions ask your manager!

## Skills for Life

## Cognitive Behaviour Therapy with Mindfulness for Healthcare Workers

@cbtmhub

For more details:



SCAN ME

Are you a healthcare worker who's feeling stressed and overwhelmed? If so there's good news!

The CBTm Program for Healthcare Workers, is a Manitoba-made program designed to teach skills that can help you manage your mood better and cope with high levels of worry.

Scan the QR code to learn more about this program and let us show you how to take control of your mental health, one step at a time!



**CBTm**  
COGNITIVE BEHAVIOUR THERAPY WITH MINDFULNESS  
THÉRAPIE COGNITIVE-CONSCIENTIELLE DE LA PLÉNITUDE

**Shared health**  
Soins communs  
Manitoba

**Manitoba**

## JOY-OUS!



Joy Arado-Alberto

Joy Arado-Alberto has begun a new adventure at MHC as Director Quality, Patient Safety and Education Services.

"I'm delighted to take on this role and looking forward to getting up to speed," says Joy, who joined MHC in 2014 and has been an integral part of our team in her work as an LPN, RN, Clinical Resource Nurse, Resident Care Manager and Facility Patient Care Manager. In her new role she will leverage skills and knowledge from a Bachelor of Science in Biology, Bachelor of Nursing, CNA Gerontological certification and Masters of Nursing education preparation. She also brings clinical care experience from Seven Oaks General Hospital, Health Sciences Centre and that of Clinical Nursing Instructor. Congratulations, Joy!