



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



JULY/AUGUST 2023

# Life @MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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## PRESIDENT'S MESSAGE: REFRESH! RECHARGE! REJUVENATE!



I hope everyone had a lovely Canada Day long weekend!

It's that time of year when many of us might be thinking about spending time with friends and family. To all our physicians, staff, and volunteers, I want to stress the importance of taking time to recharge your batteries. You deserve it.

It's been a whirlwind of a year in health care, with many changes as we return to mostly pre-pandemic operations. You have all worked so hard to allow

MHC to run smoothly, and to ensure we continue to provide the best care to all our patients and clients.

But self-care is just as important.

Self-care falls into many categories and is different for everyone: mental, emotional, physical, environmental, spiritual, recreational and social. For me, self-care is nourishing. It can be as simple as unplugging from distractions or trying a new activity!

Speaking of social self-care, I was thrilled to see so many of you at our annual staff appreciation barbecue celebrating our 125th anniversary this year! It's a big milestone and I know we will only continue to build on that momentum to keep Misericordia successfully delivering health-care excellence, research and innovation.

I am so grateful for your dedication and compassion you show when you come to work every day. To each and every one of you, thank you for your service.

Have a safe and happy summer!

Caroline DeKeyser  
cdekeyser@misericordia.mb.ca



Caroline and MHC Board Chair  
Charlie Burns at the BBQ

## HAPPY SUMMER!

Kris Gladwell, President & CEO  
MHC Foundation

The Foundation team hopes you all are enjoying a wonderful summer! In addition to enjoying the weather, our team will continue to plan events and campaigns to support the incredible work happening each and every day at MHC. See below for what we've been up to and what's next!

### Misericordia Golf Classic – SOLD-OUT!

A massive thank you to everyone who golfed, volunteered and/or purchased tickets for our amazing raffle prizes – it was a beautiful day on the greens! We are grateful to all our sponsors, especially Canadian Tire – our presenting sponsor for the last 13 years!



### Canada Day Run – SOLD OUT!

A full complement of 150 participants helped us celebrate Canada Day by running and walking in support of MHC. We appreciate everyone who participated!

### InVision – ON SALE NOW!

As we look ahead, we are so excited for our signature fall event – InVision! We're very much looking forward to this gorgeous affair with a delicious dinner, exuberant entertainment, and the opportunity to bid on exciting prizes. We anticipate a jubilant night and truly hope you can join us! All the fun takes place on September 21, 2023 at the RBC Convention Centre. We'd love to have as many MHC staff members at the event as possible, so if you'd like to enjoy the evening, please take advantage of the half-price discount on tickets using the code MHCHCH. Visit [misericordiafoundation.com/invision](https://misericordiafoundation.com/invision) for more information and to get your tickets today!

We will also be recruiting volunteers for the event and if you are interested to learn more, please contact Lindsay Grieve at [lgrieve@misericordia.mb.ca](mailto:lgrieve@misericordia.mb.ca) or by phone at 204.788.8465.

As always, thanks for everything you do!

# 'BEAUTIFUL' EDUCATION SESSIONS BY INDIGENOUS HEALTH ENGAGE STAFF THROUGHOUT MHC



*Indigenous Health's education and training coordinator Faye Tardiff (not in uniform) with MHC Housekeeping staff and supervisor George Patenaude Jr. (in pink).*

MHC welcomed Faye Tardiff, education and training coordinator at Indigenous Health, in May for six 20-minute education sessions offered to staff right in their departments.

Tardiff said the format of short, weekly sessions brought directly to staff was powerful, and she's already duplicating it at other WRHA sites.

"Full kudos to Jennifer Klos (manager of spiritual health and therapeutic recreation services) for coming up with this. It was a really effective format. It was her brainchild, and it was beautiful."

The beauty, Tardiff says, came from being able to connect with people who would not ordinarily have an opportunity to attend an education session—and bringing them new truth and perspective.

**'KUDOS TO JENNIFER KLOS...IT WAS HER BRAINCHILD, AND IT WAS BEAUTIFUL'**

"We don't necessarily interact with folks outside of our own groups, right? And so, if that's the case then how do you ever find out the truth behind some of the stereotypes we carry as Canadians—we all carry those stereotypes, and if you don't interact with folks you never break down those doors."

Tardiff is grateful MHC staff were engaged and asked questions at the sessions.

"The question is the desire to know, and if folks felt comfortable enough to ask those questions, that to me is huge, because that

allows us to have those really important conversations, and how do you know if you never ask?"

The sessions included the impact of residential schools, especially on seniors; how trauma can manifest fear and anger; differences in worldviews, language and communication; and safety around intimate care, consent and disclosure.

The six weekly education sessions were offered to staff in eight locations around MHC, including PRIME, Housekeeping, Misericordia Place, Security and all TCU units.

Housekeeping supervisor George Patenaude Jr. said the sessions were "thought-provoking" and helped his staff see through a new lens.

"Our staff became really engaged in learning about Indigenous history and people. What I thought was amazing was how our staff, many of whom are newcomers to Canada, also shared their own worldviews and experiences," said Patenaude.

"This kind of sharing and understanding helps us grow and makes life more inclusive and safer for everyone, including our patients, residents and staff."

Tardiff is grateful to MHC staff for their engagement, and for taking the time to learn.

"I really want to thank the staff for being as willing and open as they were, and as welcoming," said Tardiff.

"Sometimes it's difficult to get pulled off the floor when you're in the middle of your workday, and folks were very receptive and very eager to take part, so I really, really want to thank them for that."



# BELLAN FIRST MANITOBAN TO WIN LIFETIME AWARD



*Dr. Lorne Bellan is recognized for a lifetime of achievement at the Canadian Ophthalmological Society's awards ceremony.*

A long-time ophthalmologist from our Misericordia family is the first Manitoban to win this year's Lifetime Achievement Award from the Canadian Ophthalmological Society, which recognizes those who are paving the way for the future of eye care in Canada.

Dr. Lorne Bellan was recently named the recipient of the COS 2023 Lifetime Achievement Award. It's a prestigious award presented to a COS member who has made significant contributions to eye and vision care.

"I'm thrilled," Dr. Bellan said. "It's very special to be honoured by your peers, and it's the highest award they have so it's really exciting."

Dr. Bellan has served the COS in many capacities. He was on the board of directors for nine years and served as president from 2009 to 2011.

He's not only being recognized for his research in ophthalmology but for leading national studies on reducing wait times. In 2005 he was one of the inaugural members of Canada's Wait Time Alliance, a group formed out of concern from doctors across Canada over delayed access to specialty care for their patients.

Dr. Bellan and his team helped the federal government set up benchmarks as to how long people should wait for cataract surgeries.

"We were certainly one of the pioneers in that area, and that worked really well for us," he said adding that there's still more work to do to reduce wait times in our system.

Dr. Bellan is also credited for spearheading the Ophthalmology Residency Program in Manitoba.

"It's a team effort to build a residency program so I certainly didn't do it all that on my own," he said. "But from the get go, it was obvious to me at the time, that we didn't have enough ophthalmologists in Manitoba."

Dr. Bellan said the method in determining how many ophthalmologists were needed in the province at the time was flawed, and needed to change.

"The bulk of the surgeries we do pertains to the elderly population," he said.

"What I introduced was this notion that we had to do our calculation on the number of people we needed relative to the number of people over 65."

He also led the undergraduate teaching curriculum at the University of Manitoba, and received Best Teacher and Best Surgical Teacher awards from the residents.

Dr. Bellan also received the Canadian Society of Oculoplastic and Reconstructive Surgeons Lifetime Achievement Award.

The COS recently presented both awards to Dr. Bellan at its annual meeting and exhibition in Quebec City.

As he reflects on his 30-year career, he has a message to anyone considering getting into the profession: "It's a very rewarding career, there's been amazing advances in technology and our patients are very appreciative of everything we do."



*After the Canadian Ophthalmological Society's awards ceremonies, Dr. Bellan's children presented their own unique "award plaques" to their parents: lifetime achievements in fatherhood and motherhood. These awards will have a special place at the Bellan cottage!*



### BE SCENT AWARE

By Mandy Campbell  
MHC Occupational Health Nurse



Scents are smells or odours that come from a variety of different things – examples of this include air fresheners, cleaning products, building materials, laundry detergents, and cosmetic products such as perfumes, deodorants, or lotions.

Certain people experience varying degrees of symptoms when they are exposed to scented products. After the exposure, these people may have dizziness, nausea, headaches, fatigue, respiratory symptoms, confusion, shortness of breath, skin irritation, concentration problems, weakness, insomnia, and lightheadedness. This can result in people having to miss time from work due to the exposure.

#### What can you do to help?

It is important to avoid scented products and consider those around you who have sensitivities or allergies, especially while at work. If you are looking for a scent free product, do your research! Even if products are labelled as fragrance free or unscented, they could still have a scent.



## MEET GREGORY!

Gregory Blake says working in shipping and receiving allows him to move around the facility all day and get to know many of his co-workers.

"It's a great place to work, everyone is really friendly, and I have a lot of fun," he said.

Gregory takes pride in making sure every package that is sent to MHC is successfully delivered to the right departments and people. He's been on the job for about a year but he's no stranger to the Misericordia Family. He started his career as a groundskeeper and security officer 13 years ago.

When a new opportunity came up in shipping, he jumped at the chance to take the job.

"I like that it's more challenging, it's also a really great community and I love it," he said.

When he's not at work, Gregory loves fishing and watching hockey!



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## NEW HIRES

**Meseret Shambo**, HCA, MP1/3 Float Pool

**Michael Rados**, ESA, Housekeeping

**Pierre Gamallo**, HCA, C2/Float Pool

**Sahil Sempla**, Patient Registrar, Patient Registration

**Selam Nemariam**, ESA, Housekeeping

**Trhas Michael**, HCA, MP1/3 Float Pool

## RETIREEES

**Anastacia Ramos**, HCA, C2

**Clara Bettencourt**, RN, Operating Room

**Jacqueline Cumming**, Program Assistant, LTC

**Jadwiga Damska**, Slating Clerk, PACU/DS/POAC

**Alyson Matias**, HCA, C2/Float Pool

**Britny Switzer**, Human Resources Director, HR

**Christina Neves**, Program Assistant, PRIME

**Clarissa Danzalan**, Undergraduate Nursing Employee (UNE), C2/Float Pool

**Cori Boudreau**, RN, Health Links-Info Santé

**Kagan Kane**, HCA, MP1/Float Pool

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

**Laarnie Mones**, RCM, MP3

**Leanne Chen**, Physiotherapist, Rehab Services

**May Schultz**, RCM, MP 1/2



**Incredible staff at Misericordia CIVP! I needed their assistance for six weeks. Incredible! Thank you 😊**

- From Facebook