



MISERICORDIA
Health Centre
The future of care



SEPTEMBER 2023

Life @MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

Page 1 - InVision InVite!

Page 2 - CRT WANTS YOU!

Page 3 - Not alone with long COVID

Page 4 - September 30 is NDTR

PRESIDENT'S MESSAGE: PRIORITIZING ENGAGEMENT



In my 2022-26 strategic plan leadership pledge, I make note of continuously checking in on our plan's progress and adjusting to meet new challenges.

As we meet new challenges, our pathways to success are charted by all our staff, volunteers and physicians. Listening to and learning from our staff is a personal priority to identify opportunities and innovative ways to improve.

As part of the Winnipeg Health Region, we will have another staff engagement survey this fall that we'll be encouraging

everyone to fill out so we can gauge where we are performing well and where there are areas in need of improvement.

I know our department heads and senior leaders continue to implement action plans to improve all areas of MHC; this is evident in our quality boards and team safety huddles. Our senior leaders monitor and assist departments' goals that are achieved with careful tracking and metrics.

These new safety huddles across MHC are certainly improving both teamwork recognition and communication!

Communication is so important in all areas of MHC; this is one of my crucial engagement drivers. It's my job to ensure communication is open and transparent, that I'm providing direction for the future and I act in a timely manner on employee feedback.

Your managers and all our senior leaders should be visible and accessible. As leaders, it's very important for us to be closely linked to staff at all levels to learn from you – which helps us make decisions.

Do feel comfortable approaching managers and senior leaders! All our contact details are listed on M-NET under "Know Your MHC – organizational contacts."

Yours sincerely,

Caroline DeKeyster
cdekeyster@misericordia.mb.ca

InVision InVite!

Kris Gladwell, President & CEO
MHC Foundation

Fall is almost upon us and a busy fundraising season is already underway!

Our signature fall event, InVision presented by the Eye Physicians & Surgeons of Manitoba, is just around the corner.



We'd love you to join us as we celebrate and support the Eye Care Centre of Excellence! Limited tickets remain for this incredible evening of fine dining and entertainment on September 21 at the RBC Convention Centre. We are offering a special half-price discount for all MHC staff. You can simply use the code MHCHCH online, or call our office at 204.788.8458 and we'll be happy to help!

If you're not able to attend, you can still show your support through our online auction. It is currently live and open to all at mhcfinvision.com. There are so many amazing prizes including a trip to Lake Louise, private wine tasting parties, Apple watches, and a WestJet voucher – just to name a few! You can score yourself some incredible items (or start your holiday shopping early!), while supporting a great cause!

Interested in volunteering at InVision? It's always fun! Please contact Lindsay at lgrieve@misericordia.mb.ca or call x8465 for more details.

I'm also excited to share something GREAT is coming again in late September! Perhaps you can already guess what that might be? Hint: more chances to win big!

As always, thanks for everything you do each and every day here at MHC.

FAMILY INSPIRES CAREGIVING VALUES OF NEW RCMS



New MP RCMS Laarnie Mones, left, and May Schultz find inspiration in family.

May Schultz has also joined Misericordia Health Centre as a resident care manager. She is overseeing MP1 and MP2. Schultz is a nurse who also has many years of management experience in a personal care home setting.

She's also the recipient of the Best in Nursing Practice award from the College of Licensed Practical Nurses of Manitoba (CLPNM), an award she received while working at Actionmarguerite St. Boniface.

"I'm very passionate about what I do," said Schultz.

"Working in long-term care gives me the opportunity to make a difference in the lives of the residents, to provide care for those needing support and to promote quality of life," she said.

"It is my way of giving back for the way I was cared for by my parents and grandparents growing up, so I am really excited to share what I can bring to the team here."

Schultz said she also looks forward to working closely with Mones, who is a very familiar face. Mones and Schultz have a long history of working together in the private sector before joining MHC.

"I have known Laarnie for a long time," said Schultz. "We already have a great working relationship, and I'm really excited to be working with her again!"

A sentiment shared by Mones.

"We worked together in our first job as nurses, and we just clicked," said Mones. "It's fate!"

Laarnie Mones believes being a nurse and taking care of older adults is her calling. It's a goal she's had since moving to Canada in 2002.

"I was raised by my grandmother back home so when I moved here from the Philippines I felt a lot of guilt leaving her behind," she said.

"I knew right away I wanted to work in a personal care home and look after others just like my grandmother."

Mones who has extensive PCH management experience in Manitoba is now one of two new resident care managers at Misericordia

Place. She will primarily be in charge of MP3 as well as taking on some float pool positions.

"I have always treated residents and clients like my own family, that's a big part of the job for me," said Mones.

She said her leadership style is getting to know residents and developing close friendships with them.

"I am amazed at the people I get to meet," Mones said. "I get to learn about who they are now and who they were before they got older."



Nurse Peggy Mayham loves being part of the CRT team.

MHC'S CLINICAL RESOURCE TEAM WANTS YOU!

Our Clinical Resource Team is currently recruiting nurses!

What is the CRT? The 24/7 CRT consists of a House Medical Officer (physician) and a Clinical Resource Nurse who provide 24/7 medical coverage and facility support.

The CRT team handles emergency eye intake patients, responds to codes (e.g. Code Blue) and supports medical care and quality initiatives across programs.

"I just love being part of the CRT team," says nurse Peggy Mayham. "It allows me the flexibility to work the hours I choose. And the variety is great: every day is different!"

Interested in being part of this exciting team? Call Hugh Chan, acute-care director at x8373 or email HKChan@misericordia.mb.ca.

Are you a nurse who loves working independently? Call Hugh!

You'd love to join but worry you don't have the training? Call Hugh! MHC will provide all the necessary training, including financial support to be successful (e.g. ACLS and EKG certification).

Still not sure? Call Hugh to chat about being a CRT nurse.

COACH FAITH SEEKS TO INSPIRE MORE TO TRY SPORTS

Faith Jasper is a recreation therapist at PRIME and Misericordia Place who goes the extra mile at work and on the field. Soccer is her passion and she's close to her goal of being an elite coach.

Jasper recently got accepted into the 2023 Canada Soccer B Diploma Program, a course designed for those who want to coach university and professional soccer players. This year there were about 40 spots available, and hundreds of applicants in Alberta, Saskatchewan and Manitoba. At 22 years-old, she's one of the youngest to be accepted into the program.

"I feel incredibly lucky," Jasper said. "It's super exciting."

She's currently the head coach for Winnipeg's Bonivital Soccer Club U14 and an assistant coach for the club's U15 girls' premier team. She wanted to take the next step in her coaching training and lead the way for other young women in soccer.

"I like to push the limits of what I can accomplish," she said. "I'm also a big advocate for more women in sports, and in coaching, so I feel like I need to set a standard and precedent."



Recreation therapist Faith Jasper is vying to be an elite soccer coach.

"I love the atmosphere and competitive nature of the sport, and I love seeing people having fun."

Jasper will be heading to Edmonton in September to take the first part of the 2023 Canada Soccer B diploma program. The second part of the course takes place next summer.

In the meantime, Jasper keeps busy coaching four times a week with her girl's premier team. She's also a volunteer coach with All Abilities, a soccer program that encourages kids with intellectual or physical disabilities to learn about the sport. She believes soccer has

a lot of benefits for people of all ages, not just youth.

"People should just try it, you'll meet some of your best friends through sport: I was lucky enough to do that."

Jasper said mentoring young players to play soccer is something she wants to keep doing in the future. She hopes she can inspire more young women to take up the sport.

"I would say to any young girl who has never played soccer to just try it, and if you don't like it, try a different sport," she said.

"Don't be afraid to keep trying."

NOT ALONE ON THE LONG COVID JOURNEY AT MHC



MHC occupational therapist Tessa Bruce sees the profound impact of long COVID on her patients.

The worst of the pandemic may be over, but for many long COVID patients seeking care at MHC the struggles seem endless.

Occupational therapist Tessa Bruce says 50 per cent of clients at Easy Street rehabilitation are now dealing with severe anxiety, brain fog, and fatigue.

"It is quite debilitating," Bruce said. "From not being able to get dressed in the morning to not being able to shower."

Bruce said treating long COVID patients is a complex and lengthy process.

"It is impacting their daily life activities like going outside for a walk, doing things they enjoy, or going to work."

She said many of her clients are forced to take a leave of absence from work as they learn how to cope with their new reality.

"It's very anxiety provoking because they lose their sense of identity," Bruce said. "For many it's a complete overhaul of your life."

Easy Street, which specializes in cognitive rehabilitation, recently launched new six-week group sessions to help those on their long COVID journey, specifically those who are combatting brain fog and anxiety.

"I'm really excited about that because it offers peer support," said Sarah Snider, another occupational therapist at Easy Street.

"I think there's so much to be had in those learned experiences, so many people come to this program and say 'wow, I never met anyone else with long COVID,' so it's all about that connection and shared experiences," said Snider.

The concept of treating people with long COVID is also something that's fairly new for practitioners at Easy Street which traditionally sees those with brain injury or stroke.

But Snider said there are a lot of parallels in the treatment for improving cognitive function.

The department recently held a long COVID education event alongside experts from the University of Manitoba at the Manitoba Lung Association where they heard multiple stories from patients still living with long COVID symptoms.

Bruce said the whole team at Easy Street takes great pride in knowing they are helping so many people get their lives back.

"Everyone we see has different goals and milestones they want to reach, so this is very much a goal-based program and the focus is all about our clients."

NEW HIRES

Celeste St Lawrence, Occupational Therapist, Rehab Services

David Carroll, Orthopedic Technologist, Ambulatory Care

Ha "Summer" Pham, RN, Health Links – Info Santé

Lina Gebreab, HCA (uncertified), MP1/3 Float Pool

Linda Green, HCA (uncertified), MP1/3 Float Pool

Nory Lasi, HCA (uncertified), MP2/Float Pool

Pam Faircloth, RN, Health Links – Info Santé

Philip Okhue, HCA (uncertified), MP2/Float Pool

Sherlyn Inocencio, Unit Clerk, C6

Szymon Zajac, Power Engineer 3rd Class, Plant Services

Amandeep Kaur, Communications Clerk, Communications

Amandeep Walia, HCA, C2/Float Pool

Ayanna Macasaet, RN, Health Links – Info Santé

Buluts Zeru, HCA, MP3/Float Pool

Charina Marcelino, RN, C2/Float Pool

Cherry Carlos, Scheduling Assistant, PHCC

Derry Osuji, Ophthalmic Assistant, Ophthalmology Clinic

Kamalneet Kaur, Scheduling Assistant, PHCC

Karen Caines-Huggins, RN, Health Links – Info Santé

Lisa Gauthier, Rehab Assistant, PRIME

Lonnie Ho, Director, PHCC

Marsha Gravador, Ophthalmic Photographer, Ophthalmology Clinic

Susan Rubeniuk, RN, Health Links – Info Santé

Tashvita Chadha, Staffing Clerk, Staffing Office/HR

Yvette Anievas, Staffing Clerk, Staffing Office/HR

RETIREES

Karen McCormac, Director, Quality Patient Safety

Coreen Haslbeck, Occupational Therapist, Rehab Services

MISERICORDIA'S HELPFUL COMMUNITY



MEET BARRY!

Barry Rodgers says getting a job as a painter at MHC was a brush with destiny. The paint shop has everything he needs to maintain a bright and welcoming environment.

Before becoming part of the Misericordia family seven years ago, Barry was the head painter for the Portage La Prairie School Division. He began his career as a painter in construction.

Barry also loves to travel, but it hasn't always been easy. His wife recently underwent chemotherapy and a stem cell transplant for Mantle Cell Lymphoma.

"She's better now after successful treatment," he said. "I want to thank the staff and management at MHC and CancerCare Manitoba for their gracious support."

When he's not working Barry likes to garden.

He also enjoys writing short stories in his free time.



NATIONAL DAY FOR TRUTH AND RECONCILIATION

SEPTEMBER 30TH

September 30, 2023 is National Day for Truth and Reconciliation. On this day we recognize the tragic history and ongoing legacy of residential schools. We acknowledge and honour the Indigenous victims and survivors of the residential school legacy and, as a health facility, inform our actions to create care environments that are safe, accessible and equitable for all Manitobans.

Keep an eye on your inboxes for information about MHC Truth and Reconciliation events!