

February 24, 2021

Hello everyone,

### COVID-19 vaccination update

Last week marked an important milestone – all consenting MP residents received their second dose of the COVID-19 vaccine!

I am proud of the MP immunization team on how efficiently they were collaboratively able to complete this monumental task.

### Life at MP post-vaccines

Manitoba continues to pursue the implementation of the COVID-19 vaccination program for residents in personal care homes, given the particular vulnerability of our resident population.

Vaccination is one of the many tools in place to prevent COVID-19 transmission in addition to the many other precautions we have put in place over the past year to protect your loved one.

While we understand the COVID-19 mRNA vaccine to be approximately 95 per cent effective after 7-14 days following the second dose, we do not yet know much about how long protection lasts or whether vaccinated persons can still unknowingly infect others. While evidence continues to emerge, residents remain a high-risk population for severe illness related to COVID-19 and we must continue to be vigilant with efforts to prevent cases of COVID-19 at Misericordia Place.

This means that preventative measures will remain in place at our facility for the foreseeable future. This includes:

- Staff, resident and visitor screening (including designated family caregivers and general visitors as well as anyone else seeking entry to MP).
- 14-day isolation of newly admitted or re-admitted residents.
- Focusing on the fundamentals: frequent and thorough hand hygiene, physical distancing and appropriate use of non-medical masks and/or facility-provided personal protective equipment.
- Visitor restrictions including limits to the number of permitted visitors, requirements of where visits may occur, and limitations on leaves of absence for non-essential or social purposes.

We are carefully balancing these precautions with the known benefits of socialization and recreational activities. **As we are not currently experiencing a COVID-19 outbreak at MP, the following activities may take place, with the noted precautions in place:**

### Hairdressing

Hairdressers may be permitted, but are only permitted to work in one PCH. Screening must be in place prior to entry, as well as physical distancing, occupancy limits in the designated resident hair care area, and enhanced cleaning and disinfecting protocols must be followed. Masks must be worn by all hair salon staff as well as residents who are able to tolerate wearing a mask. The MP hair salon has re-opened and hairstylist, Susan, is back at work. We know many residents are excited to welcome Susan back and get their hair done!



### Recreational activities and spiritual health groups

Recreational and group activities may be permitted, with physical distancing between residents and any other participant. Participation is limited to room capacity – no more than a group of seven residents from a single floor. Materials may not be shared unless they can be cleaned and disinfected between each resident.

Additionally, Designated Family Caregivers are now welcome to take their loved one outside for walk or to sit in the MP courtyard.

We are committed to doing everything possible to protect your loved one and we appreciate your understanding of these ongoing preventative measures.

### Nuns' Suite visitation space

The visitation space has now been open for a week! We welcome any feedback from those who have used this space for a visit.

Currently we have availability to book visits for the two rooms in the visitation space. Designated Family Caregivers as well as general visitors are welcome to book. One person at a time will be permitted to visit, unless the visitors are from the same household, in which circumstance we can permit two.

Reminder: visitors are required to sign in and out, wear a mask and eye protection (provided by the facility), practice physical distancing and proper hand hygiene. **Do not visit if you are feeling ill or have any COVID-19 or flu-like symptoms.**

To arrange a visit, please call MP reception, Monday to Friday, 8 a.m. to 3:30 p.m. at 204-788-8440.

### Staff profile: Miriam Stobbe Reimer

See the following page to learn more about MP team member, Miriam, Spiritual Care Associate.

If you have feedback or questions, please reach out.

Yours sincerely,



Jennifer Taylor, Director, Long-Term Care

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## Miriam Stobbe Reimer, Spiritual Care Associate, Spiritual Health Services

Miriam joined the MHC Family in fall of 2019, when she started her student practicum with the Spiritual Health Services team. In January 2020, Miriam stepped in to help cover a leave. She “helped wherever needed,” working with residents at Misericordia Place (MP) as well as clients in transitional care units.

Miriam provided extra pandemic support at MHC until the end of this summer, completed her practicum at St. Boniface Hospital in fall and worked at Concordia Hospital in fall/winter.



“I’m glad to be back at Misericordia. I already knew most of the residents at MP, so it feels like I’m right at home!” said Miriam cheerfully.

As of February, Miriam is now a full-time, permanent member of the extended MP team. We are grateful to have her as part of the team, especially now, during what can be a challenging time, especially for those in long-term care. Spiritual health – perhaps, now more than ever – is important for overall wellbeing.

“When people hear spiritual health, the first thing most people think of is religion. Religion is a piece of it, but spiritual health is anything that helps bring meaning to one’s life and helps build a sense of connection.”

Miriam’s role is to work with residents to help nurture a sense of purpose and joy. Sometimes this is simply sitting down one-on-one, sharing stories and favourite memories.

“My primary focus is one-on-ones with residents. I think nurturing the spirit is equally important for both residents and staff.”

Throughout the course of the pandemic, Miriam notes that the most important lesson she’s learned is “the essential need for community.”

“MHC does well at building a sense of community. I know that I can lean on my coworkers and I’m here for when they need some extra help, too.”