



# Life @MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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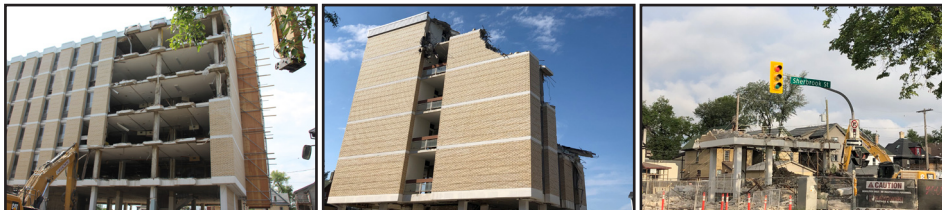
## PRESIDENT'S MESSAGE: REDEVELOPMENT X3



### 1. Misericordia Assisted Living Centre

And just like that: the MERC building came down in the blink of an eye! With the building gone, the demolition company will continue to prepare the site for upcoming construction.

The construction tender for the new Misericordia Assisted Living Centre is underway, with a closing date of September 15. A contractor will be selected shortly thereafter with construction on the new building slated to begin as early as November!



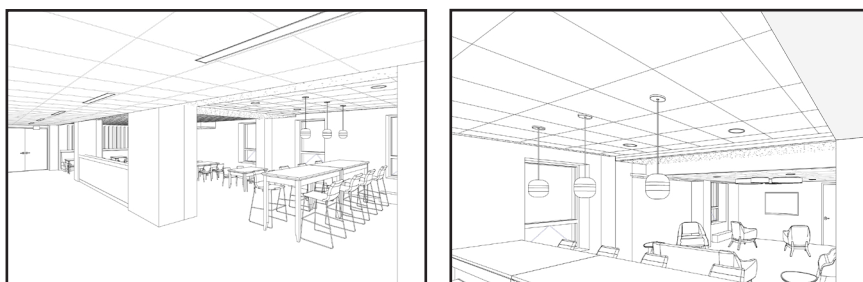
This affordable assisted living centre for seniors will offer older adults a caring and secure residential environment to support independent, active and healthy living. This project really is a good fit with our founding Misericordia Sisters' Mission of compassionate care.

We've had a lot of interest from the community with many already wanting to sign up to live in the new centre. All queries should be directed to email [info@misericordia.mb.ca](mailto:info@misericordia.mb.ca)

An update that the tunnel below Wolseley Avenue, which has been added back into the design, will now provide a service corridor to the new centre.

### 2. Community Hub / Storm Café MHC

The design phase of our new community space in what is now our cafeteria is almost complete with work expected to begin this autumn as well.



...Continued on page 3

## MHC FOUNDATION: *INVISION*: SOLD OUT!

Kris Gladwell, Executive Director,  
MHC Foundation

I am thrilled to announce that tickets are sold out for the Foundation's first ever virtual event, *InVision*! All the final details are coming together and we are excited to celebrate together on September 24 – from the comfort of our living rooms – in support of MHC.

I'd like to express how grateful we are for the amazing support we've received for *InVision*. Thank you to our sponsors, auction donors, ticket buyers and everyone who has helped make our event vision come to life. A special thank you to the MHC, MHCF and Misericordia Corporation Boards as well as our outstanding *InVision* event committee!

Tickets may be sold out, but you can still support *InVision*. Head over to [misericordiaauction.com](http://misericordiaauction.com) to bid on some amazing prizes! The auction is live now through September 24 at 8 p.m.



Did you know: more than 40,000 patients visit the Buhler Eye Care Clinics annually?



## THE DOCTOR IS IN...

Resident Ophthalmologist, Dr. Oluw dara (Dara) Onasanya always knew he wanted to perform surgeries, but he was unsure of what his area of specialty would be. By the end of first year medical school at the University of Saskatchewan, he decided on Ophthalmology. He landed on this decision after shadowing surgeons and talking with his father, a doctor of obstetrics and gynecology.

The COVID-19 pandemic has changed how this year of residency has looked for Dr. Onasanya at the Eye Care Centre of Excellence. For example, elective surgeries were temporarily suspended, so every day was an eye emergency clinic. Anyone who had urgent eye issues were sent to the Eye Centre at MHC.

“Eight-to-five, we’d see whatever eye emergencies came through our doors. It was a great opportunity to learn,” says Dr. Onasanya

For eye emergencies, patients are first assessed by the critical response team (CRT) at MHC. If the CRT can manage the concern, they’ll do so, and if not, the patient will see the ophthalmologist on duty at the Eye Centre.

“It’s our job to educate and reassure patients as doctors and health-care professionals,” says Dr. Onasanya on addressing patients’ worries and concerns about eye conditions.

Dr. Onasanya spends his mornings seeing patients who have been referred to the Eye Centre by a family doctor or optometrist. He first sees patients one-on-one, then in consultation with a staff ophthalmologist. His afternoons are spent at private clinics throughout the city.

When he’s not seeing patients at the Eye Centre, you can find Dr. Onasanya on the court, shooting hoops, hitting the gym or gaming.



## YOU'VE BEEN MISSIONED!

Recently Sleep Disorder Centre staff and the Diagnostic Imaging Outpatient Centre (DIOC) team were visited by the Mission Committee!

Have you seen a MHC staff member or volunteer go above and beyond to show compassion and empathy? Submit your story to be featured as a Mission Moment in Life@Miz or on MHC’s social media – [info@misericordia.mb.ca](mailto:info@misericordia.mb.ca)

## LONG SERVICE 2020 UPDATE

For the first time in the history of this revered event, we unfortunately will not be able to come together to celebrate in the traditional way.

Honourees WILL be celebrated, but differently due to our continued response to COVID-19.

Special recognition will take place November 26, 2020. More information coming soon.



LONG SERVICE & RETIREMENT RECOGNITION PROGRAM  
MISERICORDIA HEALTH CENTRE  
THURSDAY, NOVEMBER 26, 2020





For the latest visitation information, please see: [misericordia.mb.ca/family-updates/](http://misericordia.mb.ca/family-updates/)

## RESIDENT PROFILE: HELEN HOEPPNER

Writing has been a long-time passion for Helen Hoepfner, Misericordia Place resident. She won her first poetry contest at only eight years old.

“I can’t write by hand anymore due to the tremors in my hands,” laments Helen.

Writing is more than a passion; it’s a creative outlet for Helen.

“I write what’s on my mind. It gives me something to think about.”

Helen recalls when she lived on a farm with her first husband – she’d go for walks in the bush to seek inspiration for her poems.

For the last 12 years Helen has submitted her work to the Canadian Poetry Society’s annual poetry collection.

Helen’s writing spans beyond poetry – she has written two children’s books. Her two books “Stories for Children” and “More Stories for Children” are geared for children ages seven and under.

When Helen moved from Lamont, AB, to rural Manitoba, she spent time working in daycares and as a nanny. She has always liked children, which is what partially inspired her to start writing children’s books.

“I read children’s stories by other people, and I decided I could do better than that.” This was another factor that encouraged Helen to put pen to paper and write her first book.

The cover of her first book features her late cat, Marmalade. Animals, especially cats, are another one of Helen’s passions. She always had cats and notes that she misses having them around. You can see her fondness for cats – and also Elvis memorabilia – in her room. Three stuffed cats – two Angry Cats and a Little Bub – are perched on her typewriter when it’s not in use.

Good days for Helen include playing Bingo at Misericordia Place.

She also looks forward to playing Scrabble. We have no doubt that her way with words will shine during a rousing game of Scrabble.



## PRESIDENT'S MESSAGE, CONT'D...

The vision is to have a revitalized shared space for staff and the public alike with ample seating and a new bookable meeting room. These “work-in-progress” 3D line drawings should give you an idea of the look and feel.

The actual Storm Café MHC footprint will be a lot more concise and with some walls taken down for a more open-concept feel.

### 3. New Sherbrook building

A new Sherbrook building is definitely in our redevelopment future plans! This remains a work in progress: both in terms of procuring funding and updating design.

Caroline DeKeyser

[cdekeyser@misericordia.mb.ca](mailto:cdekeyser@misericordia.mb.ca)

## MEET MHC'S SENIOR LEADERSHIP TEAM

It’s so important that as an organization we continue to make connections and get to know team members. In issues of Life@Miz, we’ll be profiling SLT members. Next issue, you’ll meet Karen McCormac, Director, Quality and Patient Safety.

# NEW HIRES

Amanda Colvin, Client Service Clerk,  
Health Links – Info Santé

Arienna Dufault-Ferjan, Client Service Clerk,  
Health Links – Info Santé

Ashlan Labossiere, Entry Point Screener,  
Security

Carla Fiebelkorn, Client Service Clerk,  
Health Links – Info Santé

Demi De Leeuw, RN II, C2

Denise Stevens, Clerical Aide, C3

Derek Chojno, Entry Point Screener,  
Security

Emily Dickson, Client Service Clerk,  
Health Links – Info Santé

Jeannette Tuba, Client Service Clerk,  
Health Links – Info Santé

Justyne Jacobson, HCA, LTC Float Pool

Keila Alberto Zuniga, Entry Point Screener,  
Security

Laura Zelcer, Respiratory Therapist,  
Respiratory Therapy

Luigi Imbrogno, Entry Point Screener, Security

Mikayla Clarke, Client Service Clerk,  
Health Links – Info Santé

Nancy Balogun, Client Service Clerk,  
Health Links – Info Santé

Izzy Stewart, Entry Point Screener, Security

Pamela Mislawchuk, Staffing Clerk,  
Staffing Office

Samuel Dreger, Client Service Clerk,  
Health Links – Info Santé

Stephen Ledoux, CSD Technician, MDR

Susan Shortill, Entry Point Screener, Security

Arnold Echevarri, ESA, Housekeeping

Brendan Viczina, Client Service Clerk,  
Health Links – Info Santé

Chantal Orsak, RN II, Health Links – Info Santé

Gary Malkowich, Intake Operator, PHCC

Jaclyn Klopak, Client Service Clerk,  
Health Links – Info Santé

Leigh Anne Ramos, Client Service Clerk,  
Health Links – Info Santé

Megan Vermette, RN II, Health Links – Info Santé

Ramanpreet Kaur, Laundry Aide 1,  
Laundry/ Linen

Shelley Sauvé, Client Service Clerk,  
Health Links – Info Santé

# RETIREEES

Brenda Rapinchuk, Respiratory Therapist,  
Respiratory

Ellen Locke, Manager, Recreation

Joanne Kaethler, Administrative Asst, Nursing

Coralee Hill, Dial-A-Dietitian, PHCC

Maria Knaus, Manager, Nutrition Services

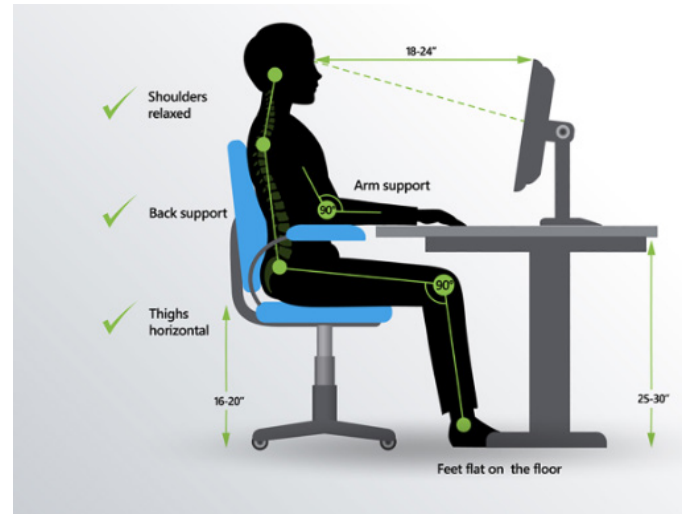
## HEALTH AND SAFETY CORNER: OFFICE ERGONOMICS

Jen Downie, Occupational Health Nurse

We spend a lot of time at work – and there are many staff at MHC that work in offices. Our health and safety at work is a priority – and you can improve your health and prevent injuries by setting up your workstation properly. Please refer to the image below and familiarize yourself with your chair function/adjustability which is the most important piece of equipment in your work space.

20/20/20 exercise: Every 20 minutes stare at an object at least 20 feet away from you for at least 20 seconds. This simple exercise helps reduce eye fatigue and prevent neck and back soreness, headaches, and blurred vision.

No single posture can be maintained for extended periods safely. This means that at minimum every hour, get up and move your body! This can be for as little as 15-30 seconds and provides many health benefits, some of which include: Eases your body and reboots your brain, increases your happiness about your job, improves your ability to concentrate, and others!



For a self-assessment and assistance with setting up your workstation, follow this link: [ohcow.on.ca/ergotools/rosa/index.php](http://ohcow.on.ca/ergotools/rosa/index.php)

## SLEEP DISORDER CENTRE AVOID THOROUGHFARE

The Sleep Disorder Centre reception area is right in the path for staff to access Elevator D or the stairwell. Please be mindful as this is a patient care area, and avoid using as a thoroughfare unless necessary.

## CONGRATS ON BEING AWESOME!



I would like to express my thanks to all the kind people I met today who made my cataract surgery so much easier. What a compassionate and caring group ! Thank you all so much ❤️