



MISERICORDIA
Health Centre
The future of care



NOV 2020

Life @MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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PRESIDENT'S MESSAGE: COVID-19: WHAT'S CRITICAL RIGHT NOW



We're just over two weeks into Level Red of the provincial pandemic response system and our actions are absolutely critical right now to help protect others, our communities, ourselves and stop the spread of COVID-19.

What's also critical right now: kindness. A reminder to keep spreading kindness and having compassion for those around you. Let's keep the momentum up and help lift the spirits of those who need it most right now.

I'd like us all to take a pause and recognize our colleagues, our entire MHC family. You are health-care heroes. And I don't say this lightly.

I've seen this firsthand, the personal sacrifices you have made – from less time with your own family and being flexible to “other duties as assigned” – to continue to provide safe, compassionate care for residents and patients.

I'd also like to especially commend the extended Misericordia Place team. I know this is a stressful and challenging time and your commitment, dedication and show of strength has been incredible.

We're doing everything we can to help keep staff healthy – from active screening to enhanced cleaning measures to having appropriate PPE available. In turn, it's imperative that you follow all the necessary measures to stay healthy, too.

In addition to wearing the proper PPE, a reminder to continue to practice strict hand hygiene, stay up-to-date on the latest news by visiting gov.mb.ca/covid19, not come to work if you have ANY symptoms, limit your number of contacts outside of your household and practice physical distancing.

Physical distancing is crucial, especially in common areas where we take off our masks such as at the lunch tables in break rooms and in the cafeteria. Two metres might be farther apart than you think! Your diligence is key to preventing community spread of the virus.

The pandemic is putting significant strains on our health-care system, as well as placing additional stress on many aspects of our lives. While I mentioned it's important to stay healthy, this includes all aspects of wellness. I encourage you to make use of the supports that are available to you – EAP, virtual therapy through the province, or staff booster sessions organized by Shared Health that are taking place this month.

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ANGEL SQUAD UPDATE

Kris Gladwell, Executive Director,
MHC Foundation

This year will be the first time in Angel Squad history that we won't be donning our wings and halos to line up on the Maryland bridge. As a team, we had already made the decision to cancel the in-person event prior to the announcement of additional Code Red restrictions in Manitoba to ensure the safety of our generous community. However, Angels always find the silver lining!

You're invited to join us for 25 Days of Giving in celebration of Angel Squad's silver anniversary. If you haven't already seen on our social media and website, leading up to December 1, we're sharing Angel Squad stories and memories from past years. Follow us on social media (@MHCFoundation Twitter/Instagram or Misericordia Foundation on Facebook) or visit misericordiafoundation.com/angelsquadstories to read more.

Angel 25 YEARS
SQUAD

Health-care heroes display at Misericordia place



CHARITIES CAMPAIGN

While we can't engage in the usual festivities around the annual Charities Campaign, the committee wanted to make sure everyone had the opportunity to be involved in some fun, yet COVID-conscious, activities.

We are pleased to announce that we will be offering two online options for staff to win great prizes, all with the added benefit of supporting MHC!

MHC staff can purchase online tickets for a 50/50 draw and a raffle to win a "Holiday Starter Pack" prize package worth \$500, including gift cards for Sobeys, Amazon, Calabria Market & Fine Wines, and Jenna Rae Cakes! Raffle tickets are available online at fundingchange.ca/mhcf

 BUY TICKETS

The committee has also planned some other fun incentives throughout the Charities Campaign, so stay tuned for updates!

On behalf of the Charities Campaign Committee and the MHC Foundation team, thank you to all MHC staff. We know it's a stressful and challenging time right now and we appreciate the dedication and compassion you've shown to residents, patients and your colleagues.

PRESIDENT'S MESSAGE, CONT'D...

Long-Service

Last, but certainly not least, November traditionally marks our annual long-service event. Although we can't celebrate in person, we ARE celebrating your service – just differently. In keeping with level red restrictions, we will be mailing all gifts to honourees via registered mail. Watch for long-service recognition on M-NET and MHC social media channels. Congratulations to all!

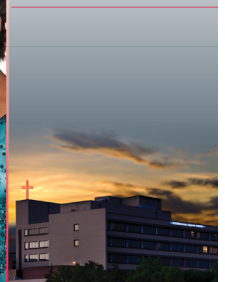


Caroline DeKeyser

cdekeyser@misericordia.mb.ca



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



THANK YOU, HEALTH-CARE HEROES

I would like to take this opportunity to commend the entire Misericordia family for their commitment, dedication and compassion throughout the on-going pandemic.

Please accept this message of appreciation on behalf of the Misericordia Health Centre Board of Directors.

We are exceedingly proud of MHC staff working together to compassionately care for residents and patients while also supporting one another.



Michael Radcliffe, MHC Board Chair



STAFF WELLNESS SESSIONS

COVID-19 has challenged health-care professionals to change how we conduct ourselves in the workplace, our homes and our social connections. These changes can sometimes feel overwhelming. Shared Health has organized a series of staff wellness sessions to help address and work through these life changes.

The staff "booster sessions" are approximately 20-minutes long and will include topics such as stress management, self-care, and dealing with uncertainty. The sessions will be recorded and later made available as a streaming video on demand.

To register, visit the home page of M-NET and click on **"REGISTER NOW! Staying Grounded During COVID-19"**



"No act of kindness,
no matter how small,
is ever wasted."

-Aesop





Follow MHC on social media!
@MisericordiaMB

CELEBRATING 60 YEARS AT MHC

Monique Paulhus (pictured above, right forefront) started working in the linen and laundry department as a teen when she moved to Winnipeg from Richer, MB. As a new laundry attendant, a coworker warned Monique that she wouldn't last very long as the job is strenuous and repetitive.

Decades later, Monique is still at MHC – December 13 officially marks 60 years!

Monique has seen many changes over the years. Did you know that the Misericordia Sisters used to help put linen through the ironer? Linen and bedding cleaning is now centralized and MHC laundry staff only washes residents' clothing.

While her job is less strenuous than it was back in the day, the laundry department is still a very busy hub at MHC.

When asked what keeps her coming in to work every day, she said: "I like my job and I like the people. I wouldn't keep coming in if I didn't like it." Monique adds that she likes to keep busy.

Congratulations on your incredible service to MHC, Monique!



Dr. Will Turk, an ophthalmologist at MHC and ophthalmology residency program graduate, is one of CBC's Manitoba Future 40 award winners. Congrats Dr. Turk!

Story via CBC Manitoba, below:

Dr. William Turk is an eye surgeon, scientist and 3D printing pioneer in the medical field whose interest in the science of eyes goes back to Grade 9 at Grant Park High School in Winnipeg.

"I did a research project on developmental genes in the mouse retina with a doctor named David Eisenstat," which was the start of what he calls a "science fair career" that included being on the national science fair team.

Turk, a graduate of the University of Winnipeg and the University of Manitoba, is also a pioneer in the use of 3D printing; a medical model he developed with plastic surgeon Dr. Christian Petropolis landed them on the front page of the Journal of American Association for Pediatric Ophthalmology and Strabismus.

The pair used those skills in the early days of the COVID-19 pandemic to create the Manitoba mask, a 3D-printed protective mask that health-care workers could use if supplies of traditional protective equipment ran out.

"These are our colleagues and friends who are on the front lines, so to be able to use our skills in any way to help ... it was a very rewarding thing," he said.

NICE COMMENTS

See what our followers and supporters are saying about MHC's amazing staff!



Doris Friesen ► Misericordia Health Centre

Yesterday at 8:36 PM · 🌐

I brought my dad in today for an appointment. He could go through but I had to stay back in the overpass which was completely understandable given the code red situation we're in. Staff were so considerate as to ask who my dad was and that they were going to look after reuniting us in this huge, bewildering place once his appointment was done. Dad finally arrived with personnel who took the time to help him get to our meeting place. He mentioned staff were so nice to him during his office visit. Bravo MHC and thank you for helping us out!



Glen Hora ★ recommends Misericordia Health Centre.

October 21 at 2:43 PM · 🌐

Thank you to Dr. Leicht and the entire staff at Misericordia. Every person I was in contact with was engaging, professional and extremely caring. Thank you for making my difficult experience feel so positive. I owe a debt of gratitude to each and every one of you.

NEW HIRES

Amanpreet Singh, Scheduling Assistant, PHCC
Camy Vo, Patient Registrar, Patient Registration
Christian Varias, ESA, Housekeeping
Dale Sandmoen, Scheduling Assistant, PHCC
Dana Skaritko, Client Service Clerk,
Health Links – Info Santé
Deborah Anderson, Scheduling Assistant, PHCC
Don Gicoso, ESA, Housekeeping
DwightHord Benedicto, LPN, MP3/FLOAT
Eric Basilla, ESA, Housekeeping
Ernesto Navarro, HCA, MP1
Fatima Alianza, ESA, Housekeeping
Giselle Gallano, RN II, C2
Jadyn Lennea, Entry Point Screener, Security
Jasvir Dhaliwal, Entry Point Screener, Security
Jennifer Kafka, LPN, C3
Jessica Marzo, ESA, Housekeeping
Kerri Cuthbert, Clinical Site Lead – Dietitian,
Clinical Nutrition
Kristel Moeun, RN II, PACU/DS/POAC
Lawrence Cuevas, RN II, C2
M. Lara Mondares, Client Service Clerk,
Health Links – Info Santé
Maria Alcudia, RN II, PACU/DS/POAC
Matthew Brunette, Client Service Clerk,
Health Links – Info Santé
Pedro Benedicto, HCA, MP3/FLOAT
Yordanos Asfaha, HCA, C6

RETIREEES

Dorothy Rutledge, RN, After Hours
Isagani Perey, Dietary Aide,
Patient Food Services
Le (Lucia) Pham, ESA, Housekeeping
Narinder Jassal, Rehab Assistant, Rehab Services

Q + A WITH C6 CLIENTS

Transitional care clients on Cornish 6 have been sharing their wisdom on some important life questions. Here's a Q + A led by recreation facilitator, Brianna Boyse:

Buying a bunch of houseplants is all the rage right now. Everyone has them! I joined in and have quite a few plants, but I'm having trouble keeping pests away and the plants won't stop dying on me. What are your secrets for keeping houseplants alive?

Answers:

"Just give them some wine!"

"My mother's secret: use the water from your laundry after washing your clothes. It's a cheap trick!"

"Talk to them - say things like "I know you're thirsty...," "Good morning!" etc. Just treat them as if they're alive!"

I am downsizing from a large house that I raised my kids in, to a small apartment with my husband and I'm having trouble deciding what to keep and what to part with - my question is, how do you let go of sentimental objects?

Answers:

"Keep what is most important, and give the rest to family members!"

"Make them generational things."

"If there is no one to give items to, just don't let it control your life. Do the best you can."

What is your personal mantra for getting through tough times?

Answers:

"This too shall pass."

"I pray, because I know God will give me honest answers."

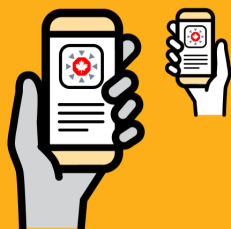
"Take it easy and go with the flow."

"Hang in there one day at a time. One moment, even one second, at a time."

STAFF INFLUENZA VACCINE

Please visit the occupational health department between 8:00 a.m. - 3:30 p.m., Monday to Friday. A friendly reminder: ensure you have your Manitoba Health card with you.

Protect your community. Download the COVID Alert app.



Add a layer.
Get a flu shot to help protect your patients.

Manitoba 