



MAY/JUNE 2021

Life @MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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PRESIDENT'S MESSAGE: Get Vaccinated



I've been vaccinated for COVID-19.

Have you?



Caroline DeKeyster
President & CEO

I am pleased to see 60 per cent of Manitobans 18+ have been COVID-19 vaccinated.

We must get vaccinated!

All our staff and physicians are eligible to be vaccinated. As health-care providers, we must lead by example. Our volunteers should also be vaccinated.

There are many reasons to get vaccinated and **the most important reason to get immunized is to get this virus under control** to end the



pandemic. Until we reach herd immunity, we will continue to have waves of the virus.

Herd immunity occurs when a large portion of the community ("the herd") becomes immune to the virus and the whole community becomes protected, not just those who are immune. We cannot afford to achieve herd immunity by all getting sick. We must get vaccinated. Remember, there are some vulnerable groups who can't get vaccinated due to health conditions.

As we can see in other countries with successful vaccination rates, once herd immunity is achieved then folks can start doing things that resemble "pre-pandemic" behaviour, like not wearing masks, hugging, going to school, graduation ceremonies, hosting family gatherings and attending sporting events like a Winnipeg Jets Whiteout.

To me, it's a societal obligation and an ethical duty to get vaccinated. We all want life to "go back to normal." Our health - and how soon you and the community return to normal life - are in our hands: to get there, we need to get vaccinated.

I think of our redeployed staff (31 as of today!), and their families, about how they are taking on the stress of being transferred to another site working outside their comfort zone. I think of our patients and how stressful it must be to have surgeries delayed - again.

We need to help stop the teeter-totter of restrictions, lockdowns and sending patients out of the province for care. And we can do this by getting vaccinated.

I know there are hesitations, and understandably. If you have questions about the vaccine, please turn to a trusted resource for accurate information. There are many experts to ask at Misericordia, such as our occupational health nurses or Gillian Toth, CNO and Dr. John Reda, CMO.

Continued on page 4

MHC FOUNDATION: AROUND THE WORLD IN 80 DAYS? CHECK!

Kris Gladwell, President & CEO,
MHC Foundation

Cheered on by the outpouring of community support, Misericordia residents walked, pedalled, wheeled – and even danced – approximately 40,000km around the world from March 2 to May 20! Along the way, they spent St. Patrick's Day with some Irish friends, had a Hawaiian luau, and even got a taste of the North with a special visit from a polar bear named Star.

Thanks to Winnipeg Canadian Tire Dealers, generous donors, and all the MHC health-care heroes involved, we were able to help residents reach their dream destinations, while raising more than \$80,000 to help provide exercise therapy equipment and innovative technology for recreational activities. Thank you!

As our Around the World journey wraps up, we would normally be turning our attention to our annual golf tournament. Unfortunately, after careful consideration, we have made the decision to cancel the Misericordia Golf Classic that was scheduled to take place at Pine Ridge Golf Club on June 23, 2021.

Even though we can't come together, we are still finding creative ways for our community to support MHC. We are excited to let you know that, for the first time ever, we are hosting an online raffle with some exciting prizes. Head over to misericordiafoundation.com/golf to learn more!

As we move through this third wave of the pandemic, we understand that this is a critical time in health-care and we continue to communicate to our donors that the need for support remains urgent. Through MHC's COVID-19 Relief Fund, we remain committed to supporting the work that you do. Thank you.

If you would like your picture included in the "We've Been Vaccinated" campaign please email info@misericordia.mb.ca



I've been vaccinated for COVID-19.
Have you?



Jennifer
Storm Café



I've been vaccinated for COVID-19.
Have you?



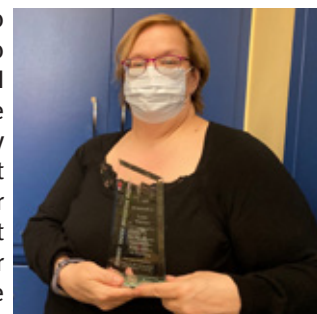
Brad
Door Screening



UNIVERSITY OF MANITOBA STUDENTS' TEACHER RECOGNITION RECEPTION

Chelsea Krawchuk, Former MHC Volunteer

Lynn, several years ago, you gave me the opportunity to volunteer at Misericordia Health Centre and you were also kind enough to write a reference letter on my behalf when I was applying to nursing programs. I am graduating from the University of Manitoba this spring, and I have the opportunity to formally recognize someone who played a significant role in my decision to enter the nursing profession. Your name immediately came to mind, as you gave me my first exposure to the health-care system through a volunteer position at Misericordia's Urgent Care Department. You were also an incredible source of support when I was applying for summer jobs to help finance my post-secondary education. As a result, I would like to put your name forward to attend a virtual reception hosted by the Centre for Advancement of Teaching and Learning at the University of Manitoba. While this event primarily recognizes educators in the school system, it also celebrates community members that have been influential in students' career paths.



The 29th Annual Students' Teacher Recognition Reception was hosted virtually on May 4 by the University of Manitoba's Centre for the Advancement of Teaching and Learning and the Vice-Provost (Teaching and Learning). Congratulations to Lynn Horton!

AWARD-WINNING RECREATIONAL THERAPIST MAKES AN IMPACT

WRHA Profile in Excellence

Congratulations to Jennifer Klos, Manager of Recreation Therapy Misericordia Health Centre for winning the President's Award for Outstanding Achievement. This award recognizes a recreation professional or group of recreation and allied sector professionals who have "made a substantial contribution through a regional or provincial recreation project, initiative, program or event."



Jennifer has been an inspiration to all regarding her innate approach to patient care. Her domains of respect and caring mirror the values of her beloved profession of therapeutic recreation. Every interaction she has is one of positivity, encased in a calmness that promotes healing. Her beliefs have been fundamental in ensuring recreation as a viable allied health profession within the WRHA.

Jennifer is natural leader, as demonstrated by all her committee involvement, both within her site and for recreation therapy as a profession within Winnipeg. Jennifer supports all sites with her mentorship of new grads and an advocate for all client populations and their unique needs. This commitment exemplifies Jennifer's leadership role and all sites benefit from her never-ending involvement.



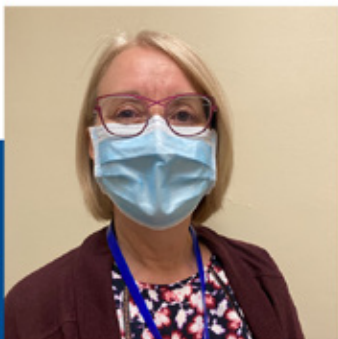
IN LOVING MEMORY OF OH HENRY

MHC remembers pet visitor Oh Henry as a meaningful member of our team. We can never truly thank him for the support and comfort he provided to many residents and staff.

Thank you Barbara van der Vis for graciously sharing his love with us. All the best Oh Henry. We will miss you.



I've been vaccinated for COVID-19.
Have you?



Eileen
Education Services



I've been vaccinated for COVID-19.

Have you?

Jason
Desktop Support

"I was terrified but I felt the need to support my fellow nurses outweighed any fear I might have." Tanya McCabe, CIVP Hydration Infusion Team

CIVP HYDRATION INFUSION TEAM MAKES AN IMPACT IN PERSONAL CARE HOMES

edited version of Mike Daly's, WRHA, original story: wrha.mb.ca/2021/05/10/civp-hydration-infusion-team-makes-an-impact-in-pchs/



Personal care homes (PCHs) were particularly hard hit by the first waves of COVID-19, where the age of their clients - and their proximity to one another as residents of congregate living facilities - put them into a higher-risk category. At the same time, COVID-19-positive patients being transferred from the PCH environment into hospital settings were putting an added strain on the health-care system.

To help care for PCH residents and to mitigate that strain, a special Community Intravenous

Program (CIVP) sub-team was quickly mobilized to provide intravenous hydration to PCH residents across Winnipeg, reducing the need for Emergency Medical Services (EMS) presence in those facilities and reducing the number of residents being transferred to emergency departments.

COVID-19 can diminish the sense of taste and smell, and this becomes problematic in the elderly population as it quickly leads to dehydration and contributes to the severe outcomes of COVID-19. Hydrating PCH residents on site makes a difference in their care, while helping reduce the strain on other health-care and EMS workers.

Registered Nurses Nicole Possberg, Tanya McCabe and Patti Haluik are three of the team's volunteers.

What began as a handful of hydrations in the first few days quickly escalated into more than 20 at any one PCH on some days, to upwards of 60 residents a day overall. To meet the demand, the hydration team, which was established in November, quickly grew to about 10 members.

The CIVP hydration infusion team says their work would not be possible without the extra efforts of their CIVP colleagues, who step up to manage the program's normal workload while members of the hydration infusion team are needed in the PCH environment. The team also praised Hugh Chan, CIVP Team Manager and PCH staff.

Though the CIVP team are proud of a remarkable effort in challenging circumstances, they see it as just part of their job as nurses and not the efforts of "health care heroes."

MANDATORY PHIA REFRESHER TRAINING

All staff are required to update their PHIA training. In January, the LMS course was updated to include new legislation and now combines two courses into one.

To complete online PHIA training, follow these steps:

1. Go to the LMS login page sharedhealthmb.learnflex.net
Note: Pop-up blockers must be turned off.
2. Log in with your usual credentials or create a new account if this is your first time using the LMS.
3. Ensure your employee number has been added under Settings.
4. Search "PHIA for Healthcare"
5. Register for the first course.
6. Launch the course from your Learning Plan
7. Complete the course.
Notes: It is recommended that the course is completed in one sitting

Education services has booked the computer lab for any staff who need assistance registering for the course or for any staff who simply need access to a computer workstation. Please ask your manager how you can book a time in the lab.



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Kory
Security

Get tickets until June 10!

SHROVE TUESDAY
50/50 JACKPOT
fundingchange.ca/mhcf

Anyone can participate!

NEW HIRES

Mirajoy Villanueva
Manager, Food Services

Amanda Matheson
Social Worker, Social Work

Justin Carriere
Client Services Clerk, HL-IS

Derek McLennan
Orthopedic Technician, Ambulatory Care Clinic

Mia La Plume
Clerk II, Health Information Services

Renée McMurray
Client Services Clerk, HL-IS

E. Jenny Toidjanov
RN, C5, Float Pool

Kory Wilson
Administrative Assistant, Security
~Kory is now an MHC staffer!~

Taryn Brandt
Client Service Clerk, HL-IS

Rebecca Scott
Clinical Dietitian, Clinical Nutrition

Lori Mathews
RN, C3

Sheyl Chudrick
RN, PRIME

Luc Labrie
Client Services Clerk, HL-IS

Katrina Pander
Client Services Clerk, HL-IS

B. Anthony Reyes
Entry Point Screener, Security

RETIREES

Sheryl Umphress
Laundry Attendant, Linen/Laundry

Cheryl Chubrick
RN, PRIME

I APPRECIATE MY COLLEAGUES BECAUSE...

From Nursing and Allied Health Week posters

- We stick together
- We build each other up and support each other
- We work as a team and have one another's backs
- We are like a family
- They are incredible people
- Even in the face of tremendous challenge they continue to show up with compassion
- We make a great team
- When work needs to be done (which is always) we collaborate together and get it done
- The door is always open to their hearts
- They are kind and supportive
- We make work fun
- We help each other
- We are hard workers
- We have a great team
- Anytime I need support or help they can always be counted on
- They are always there for me
- Their sense of humour (or attempt at humour)
- They try to do their best
- They're awesome

ONE THING I HAVE LEARNED IN THE PAST YEAR...

From Nursing and Allied Health Week posters

- Change never takes a break
- Communication is everything
- Learn to love your work and you'll be happy working
- It's OK not to be OK
- COVID-19 is real - follow health protocols
- Give yourself the same care and attention you provide for others
- Wear good footwear
- Everyday is a new day with new challenges and experiences
- Masks work
- Handwashing works
- We all need to work together
- Take time for yourself each day
- Is that health-care workers ROCK!

PRESIDENT'S MESSAGE: Continued

Hope is on the horizon + thank you

Further waves are preventable if enough people get vaccinated.

Think of what you miss the most (Seeing your children confidently go to school? Travel? Hugging grandchildren? Going to a playoff hockey game? Simply not wearing a mask?) Hold on to that thought. We will get there! We're definitely on the right track.

I can't thank you all enough for being health-care heroes throughout this pandemic: going above and beyond in too many ways to quickly capture. I believe hope is on the horizon and look forward to post-pandemic life!

DO YOU KNOW YOUR DISASTER CODES?

Take the 2021/22 Disaster Test between
June 1 and June 15 at:
surveymonkey.com/r/mhc-disaster-quiz

MANDATORY EDUCATION