



MISERICORDIA
Health Centre
The future of care

SEPTEMBER 2016

Life @ MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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PRESIDENT'S MESSAGE: TEAM PIZZA LUNCHES!



Now that I have your attention with the word “pizza” in the headline, I’m going to share with you how to earn team lunches.

The WRHA’s staff engagement survey, facilitated by AON Hewitt, begins on October 3!

This survey is a powerful tool for us because we can compare

MHC to other sites across the Winnipeg Health Region, and across Canada.

Recall last year MHC had the highest level of staff engagement, at 73 per cent, among all the hospitals AON Hewitt surveyed across the country. That really is incredible!

ENGAGEMENT

What is engagement? It’s not satisfaction necessarily, but a measure of an employee’s commitment to an organization. Staff who are engaged say great things about MHC, aren’t planning on leaving and put extra effort in to make MHC succeed.

Of course we are aiming to sustain this high level of

engagement. MHC’s goal is to be an employer of choice. This is where we need your help: we need you to fill out the survey and share your opinion.

We need to know what we are doing well and what we could be doing better.

PARTICIPATION

Last year our participation rate was only 37 per cent. That rate truly needs to be higher so we have a clearer overall picture.

Please take time to fill out the survey – either on paper or electronically. It takes about 15-20 minutes and you will be given time during work to fill it out.

The survey is completely confidential and anonymous!

Your responses cannot be tracked back to you. Please be honest; we want to hear the good and the bad. We can’t improve without candid feedback.

PRIZES

Stay tuned for early bird draw prizes, team competitions, lunches and more!

Rosie Jacuzzi
President & CEO

TINA ENNS: REMARKABLE AND GENEROUS

By Karen Woloschuk, Executive Director, MHC Foundation

Tina Enns graduated from the Misericordia School of Nursing in 1964 and returned to spend 27 years as its Director. Throughout her life she made annual donations to the Misericordia Health Centre Foundation and prior to her death in 2013 she included the Misericordia Foundation in her will. It has been 50 years after her graduation and Tina Enns' legacy lives on.



If we had known her plans we would have thanked her and asked her why she included us in her will. Perhaps it was because this place meant so much to her during her lifetime. Maybe she felt she hadn't yet made a large enough gift and through her bequest she could.

Bequests allow us to plan ahead and build a reserve, ensuring the good work of the Misericordia Foundation and by extension the Misericordia Health Centre and the legacy of the Misericordia Sisters continues.

For those of you who are generously making annual donations we thank you. For those of you who are, or are considering including the Misericordia Health Centre Foundation in your will, we would like to thank you and ask you what you want accomplished with your gift.

If you are thinking of including us in your estate plans and leaving your own legacy please speak to your lawyer, your advisor or contact Kristine Betker at the Misericordia Health Centre Foundation at 204-788-8467 for information about leaving your own legacy.

MHC Fitness: Block Therapy

Go to M-NET for more information on MHC's newest fitness option.

MHC Block Therapy 2016 - Fall Session

Misericordia Health Centre Fitness Studio
Wednesday, September 7 - December 14, 12 - 1 p.m.

September 7	Care	November 2	Head Neck
September 14	Leg/Ankle	November 9	Core
September 21	Head/Neck	November 16	Leg/Ankle
September 28	Core	November 23	Leg/Ankle
October 5	Leg/Ankle	November 30	Head/Neck
October 12	Head/Neck	December 7	Core
October 19	Core	December 14	Leg/Ankle
October 26	Leg/Ankle		

These 14 week sessions are open to everyone!

Class costs per session:
\$140 Non-employee
\$150 Employee

Drop-ins welcome \$10 each

For more information or to register contact:
Jaslene Hill at jhill@misericordia.ca

MISERICORDIA 2016 OFFICE OLYMPICS

August 19, 2016 marked the date of the Office Olympics competition at Misericordia Health Centre. At 12:30 p.m. nine teams of five filed into the auditorium and were introduced to the audience,



watching from the auditoriums second floor viewing gallery; MP Dream Team, Slolympians, Olympic Champions, Optimus-PRIME,

MizFits, Eye Got It, Record Setters, Crazy Legs and The Fun Team. Teams and spectators arrived in their team (or Misericordia) colours to show their pride.

Teams competed in three events that were followed by the medals ceremony.

This ceremony would not have been as grand without the hard work of Misericordia Plant Services for their contribution of the beautiful podium and Misericordia Corporate Office for the handmade medals and bouquets for the winners.



While O'Canada played in the background MP Dream Team took their place on the podium where they were presented their gold medals,

followed by Slolympians who received silver and Optimus-PRIME who received bronze.

Plans are in place for Misericordia 2018, we look forward to seeing you at the next Office Olympics!

HOPSCOTCH: THE VIRAL VIDEO

MHC's fitness committee is always looking for new ways to keep staff healthy. About five years ago, Workplaces in motion, a Manitoba Health initiative dedicated to healthy living, circulated a list of quick fitness ideas. "Draw a hopscotch outside your workplace" was one of the ideas.

We thought that would make a fun video, but it was so expensive at the time we decided against it. We kept the idea on file and this year, we decided to set up a GoPro to capture the experience. Nicole Perras, Recreation Facilitator and fitness committee member, was recruited to draw the hopscotch.

We met with the Mulvey school principal, Peter Correia, as a courtesy to let him know we'd be filming students on their way to school. He was so excited by the idea that he offered to send a class over to hop through!

The day before filming, we emailed a note to staff and posted on M-NET, encouraging staff to "hop their way to good health" outside our Wolseley entrance.

The videographer only filmed for an hour from 8-9 a.m. on Monday, June 27, so the people in the video are only a fraction of those who hopped through. Actually, passers-by

continued to hop through until the rain washed away the hopscotch a few days later.

We posted the video on MHC's Facebook page and the rest is history. This is a wonderful example of the power of social media and "going viral." The popularity of the video, nearly 2,000 shares, over 102,200 views on Facebook and Youtube, meant media outlets contacted us to find out more. There was a story on the Winnipeg Free Press website and the video aired on CBC and CTV national.

Many people also sent us pictures of the hopscotches we inspired them to draw outside their workplaces and homes!

Haven't seen the video? Hop to it! Just Google Misericordia and Hopscotch and it will come up!



SCULPTOR HELEN NORMAN VISITS MHC

By Stepan Bilynsky, Director of Mission and Spiritual Care

In early June MHC was visited by Helen Norman, the sculptor who created "Stations of the Cross" located in the Cornish 2 Chapel. A world class artist who developed her own unique method of sculpting in clay her works are in public and private collections around the world. While in Winnipeg, Helen visited many of her sculptures at St. Benedict's Monastery, Christ the King church and MHC.

She was pleased to hear that her piece "Stations of the Cross," developed in collaboration with Fr. Vince Herner, the former Director of Mission and Spiritual Care, has been well taken care of and is being appreciated by residents, families, staff and visitors of the chapel. This sculpture contains images of Mother Rosalie Cadron-Jetté, our founder and Ignace Bourget, a Bishop of Montreal who directed Rosalie to develop crisis accommodation for unwed mothers and was inspired to establish the religious community of the Sisters of Misericordia.

Reflecting on these beautiful sculptures I was reminded that we are called to practice the corporal and spiritual works of mercy in service to those in need... just as the founder of the Misericordia Sisters, Mother Rosalie Cadron-Jetté taught us.



MEMO - CORNISH 5 RENOVATIONS

By Caroline DeKeyster, Chief Nursing Officer
and Eileen Coates, Former Resident Care Manager, Cornish 5

We are pleased to let you know that Misericordia Health Centre has a project underway to update the Respite Care Program and Interim Care Program environments. The Unit renovations will develop an additional accessible bathroom as well update to all unit rooms, dining rooms and common areas so we can continue to provide excellent care and meet the needs of our Respite and Interim care residents.

In order to accomplish this renovation work safely, it will be necessary for some current Cornish 5 residents to be relocated to new rooms within the Misericordia Interim Care Program. Individual residents and families who are affected by the first phase of this project have been contacted directly regarding this.

We apologize for the inconvenience of the renovations and construction, and appreciate your understanding and patience as we work on this upgrade project.

Cornish 5 unit census will remain reduced to 28 residents maximum during this renovation time. Managers are organizing and working together to ensure coordination and quality care continue. Assessment of needs of supply quotas, support services and locations of care may change during the renovation project. Please communicate directly with Martine McGinn as Resident Care Manager lead to work through any questions or issues.

Phase 1 - C5 East Wing begins September 5 and extends to Oct 10

Phase 2 - C5 West Wing begins October 10 and extends to November 18

Phase 3 - C5 North Wing and Supply area begins November 18 and extends to January 2

Please do not hesitate to contact Martine McGinn, Resident Care Manager, if you have any questions or concerns.

STAFF PROFILE



Jon Tiessen, a physiotherapist with MHC's Easy Street program for the past three years and a physiotherapist since 2010, came to this line of work late in life.

Growing up on a farm halfway between Morden and Kilarney he expected he would become a farmer. For 15

years he worked the family grain and livestock farm with his father and brother until the industry started going through rapid changes. The three men decided it was time to call it quits and Jon's dad retired while he and his brother moved on to new careers.

The move was made from working in agriculture to working in radio communications, talking about agriculture. Working for Golden West Radio and as a freelance writer he wrote and talked about agriculture and agribusiness for 10 years.

After a bad car accident, where he suffered neurological injuries, Jon went through physiotherapy as a part of his recovery. During this time he made the decision to become a physiotherapist, working with clients with neurological injuries.

Jon appears to have a passion for anything neurological as indicated by the books he can be found reading. These books set a sharp contrast to his choice of B movies where the campier the plot the better; listing Steven King's "Maximum Overdrive," "Dumb and Dumber" and Mel Brooks's "Space Balls" as some of his favourites.

Today his biggest accomplishment, and the best part of his day, is his two-year old daughter Denali. He described her as empathetic, helpful and self centred stating "she is the most fun person I have ever met" and "she screams a lot." According to Jon, Denali's favourite movie is "The Incredibles."

If you are a self-proclaimed nerd like Jon you will not run out of things to talk about the next time you see him around MHC.

RETIREMENTS / NEW HIRES

NEW HIRES:

Gregory Blake
Grounds Assistant, Plant Security

Chanda-Labre Bailey
Stenographer II, BreastCheck

Anna-Lisa Di-Girola
Stenographer II, BreastCheck

Yan Greenshtein
Biomedical Engineering
Technologist 1, Plant Services

Jelyn Ann Dimaynatan
Cardiology Technician,
Diagnostic Imaging

Sheena Bingham
Case Manager, PRIME

Tamsyn Lasuita
Grad Nurse, Urgent Care

Alfredo Gorospe
General Duty Respiratory Therapist,

Sleep Disorder Centre
Nina Glazman
Licensed Practical Nurse,
Cornish 3 North

Stacey Morgan
Resident Care Manager,
Cornish 6

Allison Lynch Deighton
Manager, Social Work

Vinnie Joseph
Protocol Analyst, PHCC

German Tureckiy
Supervisor, Distribution
Services-Materiels Management

RETIREMENTS:

Eileen Coates
Resident Care Manager
Cornish 5

Linda Nore
Patient Registrar,
Patient Registration

Christine Forsman
Manager, Patient
Registration &
Telecommunication

Marieanne Peterson
RN II - Cornish 3 North

INTERFAITH CALENDAR

- Sept. 6-15 **Ecclesiastical Year - Jain**
Eight day festival signifying human emergence into a new world of spiritual and moral refinement.
- Sept. 11-14 **Eid al Adha - Islam**
Islamic Festival of Sacrifice. The day after Arafat, the most important day in Hajj ritual. A three-day festival recalling Abraham's willingness to sacrifice his son in obedience to Allah.
- Sept. 14 **Elevation of the Life Giving Cross (Holy Cross) - Christian**
Orthodox Christian celebration of the finding by St Helena, mother of Emperor Constantine, of the Cross upon which Christ was crucified.
- Sept. 22 **Mabon - Wicca**
Wicca observance of the autumnal equinox when day and night are of equal length. A harvest festival time.

RESIDENT MOSAIC

By Ellen Locke, Recreation Manager

Residents, families and staff are invited to view the unveiling of the ceramic mosaic in the Great-West Life Rooftop Garden and Solarium on September 22 from 6-7:30 p.m. You can meet the artists and see other resident art that will be on display.

The ceramic mosaic was our 2016 project that residents created with Toby Gilles, MHC's Artist in Residence, sponsored by the Manitoba Arts Council.



SAFETY CORNER

By Colleen Telford, Occupational Health RN

Tips for Safe Lifting

- Before you lift, ensure the area is clear and free of clutter.
- Get help for a heavy load!
- Use a cart when possible.
- Lift with as straight a back as is comfortable--a "rounded" back increases the risk of injury.
- Hold the load close to your body.
- Avoid twisting!



IN APPRECIATION...

Dr. Ravi Dookeran: Thank you for the exceptional level of care and expertise. Your professional manner further strengthened my confidence in this surgical procedure.

Everyone, without exception, introduced themselves to me as a patient, and explained to me their role in my care. Procedure was very well detailed prior to my surgery by anaesthetist and nursing staff. And prior to even going up to the Operating Room, there was continuous checking and double checking, i.e. name, date of birth, and the reason for the surgery. Even Dr. Dookeran checked with me prior to my surgery to see if any further changes had occurred since he last seen me as a patient in March.

All nursing staff were very attentive, checking for my needs and/or comfort levels and very professional in caring for me as a patient from my first entrance at 6:30 a.m. until my check out around 7:30 a.m. on the next morning .

Dr. Dookeran and his team of doctors and nursing staff of the Misericordia Health Centre are to be commended, not only for their expertise but also for their exceptional professional care and services, provided to me as a patient undergoing a vitrectomy surgery. You gave me the best possible care and I thank you.

- Grateful Patient

MISSION MOMENT

By Gillian Toth, Director of Acute Care

MHC Cast Clinic staff live the Mission every day, but this month they went above and beyond the call of duty. With a staff member injured outside of work and no one to fill in during regular hours Dave and Rosa stepped up and made the necessary arrangements to have an evening clinic. Thanks to Dave and Rosa the patients received the Right Care at the Right Place, just at a different time.

Thank you Dave and Rosa!



YOU'VE BEEN MISSIONED!

Housekeeping: You've Been **Missioned!** Thank you for your hard-work, continuous care and living the Misericordia Sisters' legacy!

Want to know who will be **Missioned** in September? Watch MHC's Instagram and Facebook accounts for the reveal!

