

RETIREMENTS / NEW HIRES

RETIREMENTS:

Mildred Catcheway - HCA,
Cornish 6

Joanne Jeanson - Clerk Typist
II, Rehab Services

Abby Greco - RN II, Cornish 6

Shirley Watson - Health
Information Management
Professional, Health
Information Services

NEW HIRES:

Sylvie Siaux - RN II,
Cornish 2

Dorothy Wiens - RN II,
Health Links - Info Santé

Kim Kraus - RN II, MP2

Joy Arado - LPN, Cornish 6

Michael McCambridge - LPN,
Cornish 6

Alice Astwood - RN II,
Health Links - Info Santé

Kylah Wood - Sr.
Mammography Technologist,
BreastCheck

Andrea Roitman - Sr.
Mammography Technologist,
BreastCheck

IN APPRECIATION...

While attending the Cornish 2 Resident Christmas Dinner, Claudia Weselake, Board Advisory Councillor said, "I recently volunteered at the Cornish 2 resident dinner, which was a delight.

What made it especially lovely was recreational professional, Nicole Perras. She gave me a hug as I was leaving and followed up with a personal thank-you card.

It means a lot."



INTRODUCING...

Most Reverend Richard Joseph Gagnon!

We welcome Archbishop Gagnon into the Misericordia family as a member of our MHC Corporation.

Our Founders, the Misericordia Sisters, entrusted the ownership of our health centre to the Misericordia Corporation Members within the Archdiocese of Winnipeg. Archbishop Gagnon will play a key role in our volunteer corporation.

Archbishop Gagnon's appointment to our corporation is just one of his many responsibilities as the new Archbishop of Winnipeg.

We look forward to Archbishop Gagnon's up-coming introductory tour of our facilities.

We'll ask him then how he's enjoying Winnipeg weather – having come to us from Victoria, B.C.



INTERFAITH CALENDAR

- | | |
|--------------------------|---|
| February 4 | Vasant Panchami - Hindu - Hindu celebration dedicated to Saraswati, goddess of learning. |
| February 14 | Saint Valentine's Day - Christian - Christian celebration of the love of God presented in Jesus and the lives of Christian believers. St. Valentine was a third century martyr. This day is widely observed in Canada as a secular celebration of love. |
| February 24 | Purim - Jewish - Jewish celebration of the deliverance of the Jewish minority in Persia from genocide. Charity to the poor, sharing food with friends, and vigorous merrymaking mark the observance. |
| February 26 -
March 1 | Intercalary Days - Baha'i - Baha'i insertion of days into the calendar in order to maintain their solar calendar. |
| February 28 | Maha Shivaratri - Hindu - a Hindu festival in honour of Lord Shiva and his marriage to Goddess Parvati. Ceremonies involving prayers and hymns take place mostly at night. Special foods are not used. |



MISERICORDIA
Health Centre
The future of care

FEBRUARY 2014

Life @ MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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PRESIDENT'S MESSAGE: MISSION DAY 2014



This was MHC's 3rd **Mission Day**; the 220th anniversary of the birthday of Sister Rosalie.

Thank you to Fr. Vince Herner for explaining about Sister Rosalie's journey to becoming a Saint at our **Mission Day** drop-in celebrations.

It's important to celebrate our Mission and YOU, our staff, physicians and volunteers for living our Mission.

Misericordia's overarching strategic priority is "faith-based care," which guides all our other priorities.

I'm sure you'll agree with me when I say it's difficult to pinpoint an exact definition of Mission.

I like to think of it as our faith-based compassionate care.

It is our Mission that inspires us and gives our patients and residents a cared-for feeling.

Thank you to everyone on our **Mission Day** committee for all your hard work, especially co-chairs Rachel Dacquay and Terry Rolland.

New this year: we gave Tim Horton's gift cards to staff who were recognized in 2013 in "Mission Moments" in this newsletter. Congratulations, everyone!

I would ask that you take time to watch our **Mission Day** slideshow created by the very talented Carrie Devlin! There are some wonderful observations from our staff about living our Mission and many inspiring pictures:

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I know we only celebrate **Mission Day** annually, but I'm so very proud our staff live our Mission every day!

We chose to celebrate on January 27th as it is the anniversary of the birthday of the founder of the Misericordia Sisters, Venerable Sister Rosalie Cadron-Jetté!

INSIDE OUT PROJECT COMMITTEE UPDATE

By *Kristyn Dunn*, Corporate Administrative Assistant, Human Resources

The **Inside Out** committee at Misericordia Health Centre is devoting February to culture! According to the Public Health Agency of Canada, some people face additional health risks because of their socio-economic background, which in turn is largely determined by culture. How does your culture impact your health?

Come visit the **Inside Out** booth to learn more about how culture can affect your health:

- Thursday, February 13 11 a.m. - 1 p.m. MHC (near the Gift Shop)

We look forward to seeing you there!



GETTING TO KNOW MHC FOR LUNGS

How well do you know MHC's programs? Today we profile MHC for Lungs Pulmonary Rehab Program, the longest running pulmonary rehabilitation program in the Winnipeg Health region!

Fast facts:

- MHC for Lungs opened April 1, 1995 and is now starting its 100th session in February 2014
- Initially a 5-week program, two sessions per week. In October, 2012 the Pulmonary Rehab program was regionalized and expanded to an 8-week program, two sessions per week. Other regional sites: Wellness Institute and DLC
- September 2012 received regional funding to increase to four days per week and in October 2013 increased funding to five
- Historically, situated in MERC and Maryland buildings. Currently located in Parkade building
- Each session has one hour of education and one hour of exercise and is run in a group format of 8 – 10 clients
- Education sessions include: Lung Disease; Exercise; Medication review; Nutrition: How Healthy Eating can help your Breathing; Living with Chronic Illness; Managing Flare-ups; Managing Fatigue and Energy Conservation; Managing Shortness of Breath
- Exercise sessions include breathing techniques, stretching exercises, resistance training and cardio training
- 2012-2013: received 139 referrals with clients having an average age of 69 years
- Interprofessional group: respiratory therapist, physiotherapist, social worker, dietitian, and occupational therapist
- Maria Knaus, dietitian, has been with the program since the first class
- Some of the benefits of attending Pulmonary Rehab are increased quality of life and decreased hospital admissions



L-R: Joanne Sosnowski, Elizabeth French, Maria Knaus



FOUNDATION MESSAGE

Sincere thanks to the Cupcake Corner for their donation of \$1,460 to our Christmas Campaign! Funds will be directed towards refurbishment of the Interim Care units. Please stop by the Cupcake Corner during the month of February. Net proceeds from the sale of every champagne cupcake will be donated to our Foundation.



Mark your calendars! On May 3, 2014, MHC Foundation will host our first-ever Black Tie Bingo Gala at RBC Convention Centre. The Gala, presented by Medigas Manitoba Ltd. with co-hosts Ace Burpee and Lloyd the Intern, is something that you won't want to miss.



Watch for exciting news about our upcoming spring concert with international recording artist Christine D.M. Wollmann!

MHC Foundation Spring Decal Program. We will be partnering with schools throughout Winnipeg to promote this program. Proceeds will be divided between the Foundation and the school. Mulvey School is first on board!

TAKE YOUR KIDS TO WORK DAY

MHC's halls and program areas were filled with students from schools throughout Manitoba on Take Your Kid to Work Day!

Students were fortunate to participate in simulated sleep disorder studies, true ophthalmic and dental surgeries and even dissecting preserved eye tissue!



Both staff and students enjoyed their adventures at MHC. We look forward to seeing them here again in 2014!



DID YOU KNOW?

REMINDERS:

On Monday, February 3, Parkade Level 2B was restricted to patient, visitor and disabled parking ONLY from Monday - Friday from 6 a.m. to 3 p.m.

Staff and other monthly parkers will still be able to access Level 2B from 3 p.m. to 6 a.m. Monday - Friday, and anytime on Saturday and Sunday.

Note: disabled parking must be supported by a Manitoba Parking permit.



Phone or computer issues? The correct process is to call the Manitoba eHealth's Service Desk at 204-940-8500 or email servicedesk@manitoba-ehealth.ca.

The Service Desk will find the right person to help you!



FITNESS CENTRE

Thank you to all who visited the fitness centre Open House on January 20!

It's only \$8 per pay period to become a member!

Remember: you don't have to be a gym member to register for offered fitness classes at

MHC. Visit the MHC fitness centre bulletin board for classes, dates and times!

SHROVE TUESDAY PANCAKE BREAKFAST

Join us on Tuesday, March 4, for breakfast! Only \$5 for pancakes, bacon (or sausage) and your choice of coffee or juice!



All proceeds go towards the Staff Crisis fund - to help employees in times of great personal need.

Posters and tickets coming soon!

VOLUNTEERS NEEDED

We're searching for tech-savvy staff to teach individuals the basics of computers Wednesdays from 4 - 5 p.m.

If you're interested or would like more information, please contact Sharon Stanley: ssstanley@misericordia.mb.ca or ext. 8154.



NUTRITION MONTH

Nutrition Month is coming! Follow MHC on Twitter for daily nutrition tweets in March.

PHIA ORIENTATION NOW AVAILABLE ONLINE

Learning your responsibilities regarding the safekeeping of patients' personal health information is about to get even easier and more convenient.

"Under the Personal Health Information Act (PHIA), the WRHA is required to provide PHIA orientation and ongoing training to all employees, physicians, researchers, contractors and others working within the Winnipeg-Churchill Health Region to ensure they are aware of their obligations under the Act," says Landis Esposito, Chief Privacy Officer. "To date, that requirement has been met through in-person training or the use of the WRHA's PHIA DVD. But on January 13, we added an online option that allows staff to learn about their PHIA obligations from their home, office, work or any computer with an Internet connection."

The online orientation course is available via Manitoba eHealth's Learning Management System (LMS), an internet-based software application for the administration, documentation, tracking and reporting of courses.

The online training provides:

- A convenient way for learners to take the orientation
- The ability to track the completion of PHIA training electronically
- The opportunity for learners to re-take the training according to a planned schedule

"For some staff, attending an in-person training session presented a logistical challenge," Esposito says. "So, given PHIA's importance, we wanted to ensure that they had an option which would allow them to more easily accommodate this training into their schedules. An online LMS training module was an ideal solution."

Prior to taking the PHIA training, learners will need to log into LMS. First-time users will be required to register with a user-name and password. For detailed instructions, visit: https://manitoba-ehealth.learnflex.net/Upload/eLearning/PHIA_WRHA_LMS_QRG.pdf.