



MISERICORDIA
Health Centre
The future of care

MARCH 2014

Life @ MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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PRESIDENT'S MESSAGE: WHAT IS IN A MONTH?



always seems to be especially so as we have our fiscal year end on March 31!

Here is just a glimpse of some of the key March events, many of which are highlighted in this issue of Life@Miz:

- National Nutrition Month
- National Social Work Month
- Colorectal Cancer Awareness Month
- Help Fight Liver Disease Month
- Kidney Health Awareness Month
- March 3-8: Health Ethics Week
- March 7: World Day of Prayer
- March 8: International

Women's Day

- March 9-15: World Glaucoma Week
- March 10-16: Brain Awareness Week
- March 20: International Francophone Day
- March 21: International Day for the Elimination of Racial Discrimination

If you are managing some time off in March, whether to use up your allocated holiday time or to celebrate March break with your children, enjoy it!

Hopefully your time won't all be spent shovelling!

SNOW SHOVELING TIPS

1. Stretch first
2. Don't move snow twice
3. Move snow the shortest distance possible
4. Move vehicles first
5. Do the foreground then the background
6. Maintain proper posture
7. Keep hydrated
8. Rest frequently
9. Be thorough but not fussy
10. Don't overdress
11. Whenever possible, team up
12. Go easy on the de-icer
13. Whenever possible, get a head start
14. Maintain your equipment
15. Stretch when you're done

March is here! It truly came in like a lion but, even though I'm an optimist, I don't think it is going to go out like a lamb.

I'm assuming I'm still going to be shovelling on March 20, our first day of spring.

Every month is busy here at Misericordia, but March

NATIONAL SOCIAL WORK MONTH

By Jane Van Dam, Manager, Social Work

March is National Social Work Month! This year's theme is *Promoting Equity*.

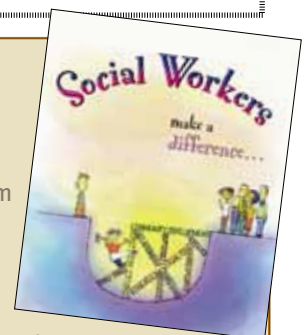
Social workers are valued members of the health-care team, and apply their expertise in providing guidance, protection and support to patients, clients and residents.

Besides serving the most vulnerable populations, social workers are committed to improving the health and well-being of individuals, families and communities through direct services, health promotion and advocacy. Through their professional role on committees, boards,

and special projects, social workers provide leadership, facilitate communication and share knowledge on a wide variety of resources and topics. Take this opportunity in March to learn more about social workers and the positive role they play in peoples' lives, and here at MHC.

The Social Work Team will have a display to highlight their profession at the Wolseley Street doors on Tuesday, March 25 from 11 a.m. to 1 p.m.

Stop by and join in the *Celebration of Social Work!*



DID YOU KNOW?

SHROVE TUESDAY

The first-ever Shrove Tuesday pancake breakfast went off without a hitch!

MHC raised a total of \$1,315 for the Staff Crisis Fund from our generous staff members and gracious public.

Thank you to everyone who contributed!



UPCOMING FOUNDATION EVENTS:

MHC Foundation is hosting a Black Tie

Bingo Gala, presented by Medigas Manitoba Ltd. on May 3 at RBC Convention Centre.

MHC Foundation is pleased to announce international recording artist Christine Wollmann will be performing at St. Boniface Cathedral on Sunday, April 27 at 3 p.m. Tickets are \$20 with children under 10 admitted free.



MHC Foundation is celebrating their 25th annual Golf Tournament on July 16, 2014 at Pine Ridge Golf Course.

KIDNEY HEALTH MONTH

March is Kidney Health Month and March 13 is World Kidney Day.

As many as 150,000 Manitobans may have some form of kidney disease. Know the risks and get screened!

Test your knowledge by taking the kidney health quiz, check your risk level, or learn why kidneys are vital to your health by visiting kidneyhealth.ca today!



QUILT RAFFLE

Wolseley Family Place (WFP) is raffling off a quilt – made by women in Winnipeg valued at approximately \$450. All proceeds will go toward supplies for the WFP playroom. Tickets are available for \$2 each or 3 for

\$5 at the WFP front desk.

View the quilt at Wolseley Family Place from 9 a.m. - 4 p.m. Monday - Friday with the exception of Wednesdays from 12 - 4 p.m.



RESIDENT ART CALENDARS

Still searching for your 2014 calendar? Look no further!

A limited quantity of 2014 Resident Artwork calendars are available in the Recreation office!

Contact Ellen Locke at ext. 8059 for more information.

REMEMBER OR HONOUR SOMEONE WITH MHC'S FOUNDATION COMMEMORATIVE GIFT PROGRAM

By, Patti Smith, Executive Director, MHC Foundation Office

The *In Memory & In Honour* program offers a special way for you to pay tribute to those you hold dear.

Your gifts made *In Memory* create a legacy for loved ones who have passed away, while gifts made *In Honour* are the perfect way to celebrate occasions that happen in your loved ones' lives, such as weddings, births and birthdays, bar and bat mitzvahs, and anniversaries.

Donations can be directed to where most needed, or designated to specific areas of patient care. We

send out notifications to family members for *In Memory* gifts and to the honoured individuals for *In Honour* gifts. Gift amounts are never disclosed.

Your generous commemorative donation will help us to continue to offer excellent and innovative care. Please join us in this wonderful opportunity as you remember and celebrate your loved ones.

You will find *Commemorative Gift* brochures in holders throughout MHC or in our Foundation office.



A FRIENDLY REMINDER FROM PLANT SERVICES

By *Coram Lalonde*, Plant Services Manager

If you need Plant Services to do work for you during business hours, please follow our procedures and don't stop Plant Services employees in hallways with requests.

There are two ways to make sure your job goes in the queue:

- 1) Fill out a repair requisition form and deliver to Leanne Myszka, Plant Services office (Room 047).
- 2) Phone Leanne at ext. 8211 with the following information:
 - a. Your name
 - b. Your department
 - c. Your contact phone number
 - d. A description of the work needing to be done

After hours, in an emergency*, please call the Switchboard who will find the power engineer for you.

*By emergency, we mean power loss, plugged toilets, water dripping out of a ceiling, etc. If it's not an emergency, please wait until the following business day.

MARCH IS NUTRITION MONTH!

By the *Misericordia Health Centre Nutrition Month Team*

SIMPLY COOK AND ENJOY!

Nutrition Month 2014 is designed to inspire Canadians to get back to the kitchen to cook and enjoy healthy meals with their families. Evidence suggests children who are involved in meal preparation and enjoy meals with their families have healthier intakes and learn skills that will last a lifetime.

Here are ways you can help celebrate with us and inspire you and your family members, inner-chef:

On March 13 and 18, from 11 a.m. to 1 p.m., stop by the interactive display by the Wolesey entrance. Pick up some pamphlets, recipes and time-saving ideas, talk with dietitians, try a food sample and enter to win a prize!

Watch your inbox for daily cooking tips, ingredient ideas and more. Share, post or tweet the tips with co-workers, friends and family.

Enter the WRHA selfie recipe contest. Go to www.cookspiration.com or launch the new Dietitians of Canada Cookspiration app. Find a recipe. Cook it. Take a selfie with you and your recipe. Send the selfie with your recipe to nutritionandfoodservices@wrha.mb.ca. Your name will be put into a weekly draw for a fabulous prize.

You can also:

- Visit dietitians.ca for inspiration and information from Registered Dietitians or find a dietitian in your area.
- Access eaTracker.ca to review your food and activity choices, analyze your recipes, plan your meals, and more.
- Download free smartphone apps: eaTipster for a nutrition tip each day, and the new Cookspiration to inspire you to cook by finding recipe ideas based on what you feel

like eating

- Watch videos of registered dietitians sharing cooking tips

Cook, eat and enjoy today and every day.



INSIDE OUT PROJECT UPDATE

By Kristyn Dunn, Corporate Administrative Assistant

March is devoted to Social Environments and the importance of social support to one's health. This March, *Inside Out* has selected to highlight gambling addiction. On Tuesday, March 25 all staff are invited for *Popcorn and a Movie* in the Upper Lounge, to watch the following two free-of-charge films:

11:30 a.m. - 12 p.m. Gambling: It's Not About the Money
2 - 2:30 p.m. Quest for the Money Tree

If you would like to know more about gambling addiction and resources for help, please visit the Addictions Foundation of Manitoba at afm.mb.ca for more information.



SAYING FARWELL...

to Larry Patteson, MHC's Director of Materiel Management & Environmental Services. As of February 28 Larry left on his road to retirement!

Larry joined our Misericordia Family in June 2010, from Riverview Health Centre where he was the Manager of

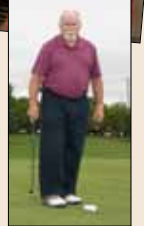
Materiel Management.

Larry contributed to a number of MHC projects and processes including: remote requisitioning, print optimization while also leading the process to close the Operating Room MDR satellite operation, and SAP.

We wish Larry a happy retirement filled with long-lasting memories and many-a-games of golf!

We hope to see you at our Staff Golf Tournament, Larry!

... Cheers!



INTERFAITH CALENDAR

- March 2 - 20: Nineteen Day Fast - Baha'i - Baha'i Fast to be observed by adult Baha'is in good health - sunrise to sundown - no food or drink.
- March 10: Clean Monday - Orthodox Christian - First day of Lent.
- March 16: Magha Puja Day - Buddhist - Buddhist celebration of the presentation of teachings by Lord Buddha and assembly of holy men.
- March 17: Hola Mohalla - Sikh - A Sikh day when mock battles are fought and martial arts are displayed.
- March 20: Equinox: Ostara Wicca: welcoming of spring and the goddess-as-maiden. Mabon Wicca: observance of the autumnal equinox when day and night are of equal length. A harvest festival time.
- March 28: Khordad Sal - Zoroastrian - Zoroastrian remembrance of the birth of Prophet Zarathushtra.

RETIREMENTS / NEW HIRES

RETIREMENTS:

Larry Patteson - Director, Materiel Management & Environmental Services

NEW HIRES:

- | | |
|--|---|
| Megan Magee - Unit Clerk, Cornish 2 | Matthew Deogracias - Scheduling Assistant, PHCC |
| Brittany Bancroft - HCA, Float Pool | Deepti Kaushal - HCA, Cornish 6 |
| Candace Parent - HCA, Float Pool | Bethany Gerardy - Polysomnography Trainee, Sleep Lab |
| Kimberly Laurea - HCA, Float Pool | Leslie Quintos - Polysomnography Trainee, Sleep Lab |
| Muriel Serrano - Health Information Analyst, Health Information Services | Chris Summers - Polysomnography Technologist, Sleep Lab |
| Leanne Roberts - Scheduling Assistant, PHCC | Rollen Guzman - RN II, Urgent Care |