



MISERICORDIA
Health Centre
The future of care

APRIL 2014

Life @ MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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M-NET
MHC Internet



PRESIDENT'S MESSAGE: Maryland Building



building grow each day - as I know you do, too!

We have come so far.

Today, the *new* Maryland building is vibrant!

Hallways and exam rooms are filled with bright, cheerful colours. The building is equipped with innovative technologies, and some walls made of glass.

Although we aren't ready to move in, we are on the cusp; the new Maryland building is nearing completion!

Trades are moving towards their final stages and, as with our Great-West Life Rooftop Garden & Solarium, the City

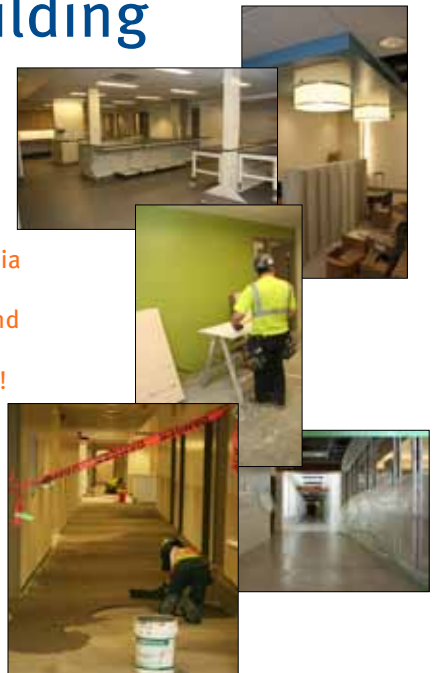
of Winnipeg will require tests such as a Life Safety test.

MHC has seen many changes recently. With the development of Misericordia Place, demolition and resurrection of the Maryland building, and soon-to-be Parkade Expansion project!

I am so proud of our staff. Through your patience and hard work, MHC is moving towards a bright future!

Rosie Jacuzzi

President & CEO



It feels like just yesterday when Premier Greg Selinger visited MHC for the wall-breaking demolition ceremony at the old Maryland building.

I watch the new Maryland

EASTER APRIL 18 - 21

By Fr. Vince Herner, Director of Spiritual Care

Although Christmas is the most celebrated Christian holiday, Easter is no less important. Easter proclaims God's love through the commemoration of events which took place, and which we enter into during the Easter holiday:

1. Christ died
2. He was buried
3. He rose again on the third day

The Easter story gives us a glimpse of God's broken heart, the physical suffering of Jesus demonstrating that he understands physical and emotional pain.

Easter gives all who have suffered pain a sense that we are not on our own and, despite our emotions and feelings, God does understand.

JUBILATION! HOPE LIVES! SPRING CONCERT

by Katie Hartle, Freelancer, MHC Foundation



Jubilation! Hope Lives!
Jubilation! L'Espoir Vie!

Afternoon Concert and Desserts
Sunday, April 27, 2014, 3 p.m.

Join us for an inspiring afternoon in the beautiful St. Boniface Cathedral, as we celebrate spring with the joyful music of worldwide Christian singer, Christine D.M. Wollmann.

Proceeds from this event will support Misericordia Health Centre Foundation, inspiring comfort in our spring renewal of bedside tables and chairs in the interim care unit.

Mingle afterwards with desserts and light refreshments sponsored by local French restaurant Resto Gare. Please call Vernelle at ext. 8469 or vmirosh@misericordia.mb.ca for tickets or visit misericordiafoundation.com.

DID YOU KNOW?

M-NET IS COMING!

On Tuesday, April 29 MHC's INTRANet will go-live!

A one-stop-shop for everything Misericordia; no more looking up separate phonebooks, websites, manuals, forms and policies!

On M-NET you will be able to share your stories, give us feedback about current MHC events - and so much more!



GOLDEN APRON GALA

Join Wolseley Family Place on Thursday, May 15 for the first-annual Golden Apron Gala!

Come for cocktails, dine on tapas, participate in draws and auctions, and enjoy live music!

For more information contact Wolseley Family place at 204.788.8052.



SNEAK IT IN!

Sneak it in Week takes place April 7 - 11!

Give your feet a break, and sneak into your favourite pair of walking shoes at work, on breaks or off-work time!

For ways to participate and ideas for Sneak it in Week, follow *in Motion* on Twitter @wpginmotion, or sign up to receive updates: <http://www.winnipegmotion.ca/signup/>.



MEMORY WALK 2014

The Misericordia Angels are back!

Join the Angels on Thursday, June 12 at the Forks (ScotiaBank stage) for the 2014 Investors Group Memory Walk!

Not an MHC employee? No problem! You don't have to be an MHC staff member to be an Angel. To register, and join the Misericordia Angels visit: <http://www.alzheimer.mb.ca/memorywalk2014/winnipeg.html>.



SPRING FITNESS

Spring is here! The weather and snow don't show it, but soon summer will be knocking on your door!

Gear up for summer by signing up for MHC's spring fitness programs!

Don't know where to look? Visit the Fitness bulletin board on Wolseley, or

M-NET starting April 29!



MBAY, BUY - SELL - GIVEAWAY!

Spring cleaning left you with no-longer-needed furniture, clothes and treasures? Maybe you're searching for a valuable piece, but can't find it in retail stores. Consider using: MBAY!

MBAY will go-live on April 29 on M-NET!

If you have unwanted treasures in your household, send details now to: mbay@misericordia.mb.ca! For information call Mirna at ext. 8132.



BEST WISHES...

One of MHC's regular ophthalmology patients, Mary Plett, turned 91!

Her daughters brought in a cake to celebrate with our eye clinic. They were kind enough to bring the plates and everything!

Happy Birthday, Mary!



INTERFAITH CALENDAR

- April 12: Lazarus Saturday - Orthodox Christian - Celebration of the resurrection of Lazarus by Jesus, celebrated on the eve of Palm Sunday; revealing that Jesus in "the resurrection of life" of all mankind...
- April 13: Palm Sunday - Orthodox Christian - celebration of the entry of Jesus into Jerusalem. The day begins Holy Week. It is observed by worship celebrations and parades using palm branches.
- April 15 - 22: Pesach - Jewish - 8-day pilgrimage festival celebrating the Exodus from slavery to freedom. Also known as Passover.
- April 21: First Day of Ridvan - Baha'i - Commemoration of the twelve day period in 1863 when Baha'u'llah declared that he was God's messenger for this age. Work is to be suspended on days 1, 9, and 12 of the festival.

Misericordia Health Centre Perfect Attendance 2013

Misericordia Health Centre is so proud to have dedicated staff. Some staff have been on the perfect attendance list two, three or FIVE times! That's truly admirable.



Ron Belanger, Director, Plant Services

Gerry Beer, Senior Porter, Housekeeping (3rd consecutive)
Ron Belanger, Director, Plant Services (2nd consecutive)
Shauna Bruske, Registered Nurse, PHCC
Wendy Chivers, Registered Nurse, Ophthalmology
Les Cottrell, Power Engineer, Plant Services (2nd consecutive)
Rachel Dacquay, Resident Care Manager, Misericordia Place, Levels 1,2 (2nd consecutive)
Manuel Elias, Health Care Aide, Misericordia Place, Level 2
Myrna Fortit, Health Care Aide, Misericordia Place, Level 3

Stacey Gerardy, Senior Mammography Technologist, BreastCheck
Lisa Guerette, Patient Registrar, Patient Registration
Kim Kozak, Registered Nurse, PHCC
Julie Macaraeg, Health Care Aide, Misericordia Place, Level 3
Lan Thi Phan, MDR Technician, Medical Device Reprocessing
Linda Pokrant, Registered Nurse, Operating Room
Anastacia Ramos, Health Care Aide, Cornish 2 (2nd consecutive)
Elisa Ritchot, Supervisor, PHCC
Sitara Sawh, Health Care Aide, Cornish 2 (5th consecutive)
Leanne Smith, Registered Nurse, PHCC
Patti Smith, Executive Director, MHC Foundation
Audrey Tang, Communications Clerk, Switchboard
Laura Thiele, Team Leader, PHCC
Sheila Vermette, Health Care Aide, Cornish 6 (2nd consecutive)
Brian Waddell, Respiratory Therapist, Respiratory Therapy (3rd consecutive)
Seng Yi, Polysomnography Technician, Sleep Disorder Centre (2nd consecutive)
Tanya Zemianski, Registered Nurse, PHCC (2nd consecutive)



Laura Thiele, Team Leader, PHCC



Top: Manuel Elias, Health Care Aide, MP2
Bottom: Rachel Dacquay, RCM, MP1&2

SHROVE TUESDAY, PANCAKES, LENT AND STAFF CRISIS FUND

By Fr. Vince Herner, Director, Spiritual Care

This year marks the Misericordia's first Shrove Tuesday pancake breakfast.



The meaning of Shrove Tuesday is found in its relation to the Christian Season of Lent and Easter which is a season of

spiritual and personal growth by self denial, prayer and charitable works.

Traditionally, certain foods have been restricted during the season of Lent: milk, eggs, and fat. However, in the Americas the French expression Mardi Gras (Fat Tuesday) is more commonly used to name the events at the beginning of Lent.

Beginning with Ash Wednesday, Lent culminates 40 days later (not including Sundays) with the celebration of Easter.

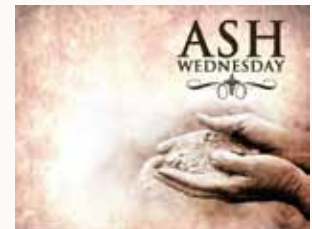
Lent correlates with the Jewish "Days of Awe"

beginning with Rosh Hashanah and ending with Yom Kippur, and Islam's Ramadan which ends the 30-day fast with a three-day festival of "Eid al-Fitr" (Festival of Fast-Breaking).

The proceeds from Misericordia's pancake breakfast go to the Misericordia Staff Crisis fund. Sharing our resources with others in need by participating in the pancake breakfast fits well in the Spirit of Giving which is also the Spirit of Lent.

Donations to the Staff Crisis fund may be made at the

Misericordia Health Centre Foundation office.



VOLUNTEERING FOR THE HEALTH OF IT!

By Lea Wessner, Nurse Educator, Education Services



Did you know volunteering can be associated with better health?

This year, *National Volunteer Week* is April 6 - 12 and the *Inside Out Project* would like to hear from you!

We'd like to hear where MHC staff and volunteers spend their volunteer hours, and how they feel it enriches their lives.

Volunteering can be formal. Such as volunteering at MHC or an animal shelter. It can also be informal. Like helping your neighbours or babysitting your grandchildren!

Please take a moment to complete an "I volunteer..." Misericordia heart by adding where and/or why you volunteer.

Once complete, send your heart to Human Resources to be included in a display highlighting the amazing way staff and volunteers enrich their own lives by volunteering their time to help others.

Find your "I volunteer..." hearts in your departmental mailbox today, and watch for the display in the Miz Café - coming soon!

For more information, or more

hearts, contact Kristyn in Human Resources at ext. 8151.



SMART BUS RIDING

Taking the bus during the Parkade closure? Here are some apps and web sites to help you plan your route to and from work:

BusGuide: Winnipeg Transit's web site for mobile browsers

- For information about BusGuide go to: <http://winnipegtransit.com/en/transittools/busguide>
- Access BusGadget on your mobile device at: m.winnipegtransit.com
- Includes "Plan a Trip from Here" feature and "Stops Nearby" feature
- Contains a mobile version of Winnipeg Transit's desktop application BUSgadget
- Create customized monitors to watch for buses at any number of stops and see them on your smart phone



Transit App (iPhone)

- Free download from App Store at: <http://thetransitapp.com/>
- Real time departures and vehicle locations
- Map view to see where a route is going or approaching
- "Nearby Routes" remembers the direction you headed last from your current location

Winnipeg Bus Live (for Android) on Google Play

- Free app from <https://play.google.com/store/apps/details?id=com.soyo.winnipegbuslive>
- Finds all the bus stops near your current location
- Real-time bus schedules for that stop
- See stops nearby on Google Maps
- Save your favourite stops
- Search for any stop



NATIONAL VOLUNTEER WEEK

By Susan Shortill, Manager, Volunteer Services

Misericordia Health Centre salutes our core group of nearly 400 volunteers. They play an integral role in continuing the legacy of the Misericordia sisters.

National Volunteer Week (April 6-12) is a time to recognize, celebrate and thank Canada's 13.3 million volunteers, especially ours here at MHC! Volunteers strengthen our communities and make our country vibrant.

The Right Honourable David Johnston, Governor General of Canada, calls Canada "a smart and caring nation." It's our dedication to community involvement that has given us that reputation at home and around the globe.

At Misericordia, we appreciate and recognize our volunteers every day throughout the year.

If you, or someone you know may be interested in volunteering please contact Volunteer Services at 204.788.8134.



INTRODUCING...

The University of Manitoba Ophthalmology Residency program is pleased to introduce their fourth resident, Dr. William Turk!

William has an accomplished and well-established resume. He's not only researching Lattice Corneal Dystrophy and interested in applying 3D-printing to Ophthalmology, he:

- studied D1x1 and D1x2 genes developing mouse retina (starting in Grade 9!)
- has been recognized as one of Canada's *Top 20 under 20*
- attended the University of Winnipeg for his undergrad
- completed his Bachelor's Degree in Biology
- completing the combined MD and Bachelor of Science Medicine Degree from the University of Manitoba (May 2014)
- presented on the environmental microbiology of gas vents in the Arctic Sea Shelf
- discovered two new leukocyte antigen (HLA) – G alleles
- has been published in the journal *AIDS* on the role of HLA-G in resistance and susceptibility to HIV, and Featured on CTV and CBC
- was named in *Maclean's Magazine* as one of Canada's 25 Leaders of Tomorrow

What a list!

Now, we can't forget a few of William's personal achievements! William is happily married, with not one, but two little girls; 20-month-old twins! Yes, they *are* identical!

William is an active contributor within the community through education, and has given talks to thousands of students promoting science as a way to change the world. He is an accomplished rugby coach and player and sings in the choir at his Ukrainian Catholic Church. He's also actively involved in youth group activities.

William is very excited to be starting his Ophthalmology residency in Manitoba, and MHC is happy to have him!



Dr. William Turk and Family

RETIREMENTS / NEW HIRES

RETIREMENTS:

Lorna Wilson - Communications Clerk,
Telecommunications

Maria Jaskiewicz - Health Care Aide,
Cornish 5



NEW HIRES:

Jessica Lavigne - RN II,
Cornish 6

Jennifer Rosky - Health
Care Aide, Cornish 2

Elizabeth Crust - General
Duty Sonographer,
Diagnostic Imaging

Deepti Kaushal - Health
Care Aide, Cornish 6

Shannon Mulligan -
Social Worker, Urgent
Care

Paige Stefanyshyn-
Medical Transcriptionist-
Health Information
Services



CONGRATULATIONS...

to Preetha Krishnan, Nurse Practitioner of Misericordia Place, for receiving the 2014 CNA Order of Merit for Clinical Nursing Practice!

You may remember Preetha from our August 2013 *Life@MIZ* issue; we congratulated Preetha for receiving the Fort Garry Branch Royal Canadian Legion Poppy Trust Fund.

The CNA Order of Merit Award was created to honour nurses who have had a significant impact on the nursing profession in Canada, through hard-work, leadership, innovation and knowledge.

While the Lions Personal Care centre nominated Preetha for the CNA merit, Misericordia Place supported the nomination with a letter of recommendation.

Preetha will receive her award at the CNA Biennial Convention in June 2014.

From all of us in the Misericordia Family,
Congratulations Preetha!

