

Life @ MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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PRESIDENT'S MESSAGE: BUDGET UPDATE



I'm sure you've been seeing a lot in the media about scarce dollars for health care.

These are indeed trying times in health care across Canada, with regions and health-care organizations experiencing chronic deficits due to a lack of funding increases from provinces who are engaged in difficult negotiations with our federal government.

In Manitoba, health regions have been directed by the province to submit balanced 2017-2018 budgets and to maintain a balanced position going forward.

Fortunately, MHC continues to operate within our funding and expects to continue to do so.

We are able to be in this position after many years of being a responsible and accountable health centre. Our staff are a big part of our fiscal success: suggesting cost-saving measures – some very creative – and living within their budgets. I appreciate everyone's hard work that has gone into getting us to where we are today.

That said, while we don't have the immediate challenge of balancing like other sites, it's not entirely business as usual. The region has implemented a number of temporary cost-controlling initiatives designed to save money, such as a hiring freeze on all non-union position vacancies, no non-clinical overtime, no new computer purchases, etc. It's important to note that all of these measures have a built-in appeal process for exceptional circumstances.

FINDING SAVINGS

There are also a number of health-care sustainability and innovation reviews being released that will no doubt transform health care in Manitoba.

The provincial government has now committed to get health-care spending under control, which means all nine Winnipeg hospital sites have been tasked with identifying savings that can be realized in order to reduce the projected regional deficit for this and the upcoming fiscal year.

While MHC finds itself in a very strong financial position relative to the other hospitals and health centres, it will be a significant challenge to meet the cost-reduction targets the region is putting forth.

The impact on us here at MHC is that we must find efficiencies in order to offset increases in supply costs that continue to rise due to inflation.

CAPITAL PROJECTS ON HOLD

A number of large health care projects have been cancelled, such as a new CancerCare Manitoba facility, and other plans for large capital projects across the region have been put on hold indefinitely. That means our renal dialysis project that was in progress is now on hold. Phase 2 redevelopment, our new Sherbrook building, will also remain in a holding pattern.

Here at MHC, we intend to continue to find more cost-efficient ways of doing things without impact to the compassionate care we provide to our patients, residents and clients.

If you have any ideas or cost-saving suggestions, please also share with your manager or email corporate office via info@misericordia.mb.ca. Every idea counts!



Rosie Jacuzzi
President & CEO

CANADA DAY FUN RUN!

By Karen Woloschuk, Director, Misericordia Health Centre Foundation

On Sunday, February 19, the Misericordia Health Centre Foundation had the pleasure of accepting a cheque for \$1,000 from the Running Room Manitoba. This cheque represents the proceeds from the first ever Canada Day Fun Run, held on July 1, 2016. With over 200 participants, this was truly a great event with Canadian

trivia, costumes, prizes and family fun activities. Thank you to everyone who volunteered or ran in support of the Foundation! We are also grateful to have received an additional \$200 from the runners who chose to make a donation to the Foundation. All of the proceeds from this event help to enhance patient services, purchase specialized equipment

and support other unique needs at Misericordia Health Centre that are not fully funded by the provincial health-care system.

We hope you can join us again on Canada Day! For more information, visit the Foundation's M-Net or Facebook page.



Trish Taylor, sponsorship & events officer and Karen Woloschuk accepting a cheque from Chris Walton, Running Room Manitoba event coordinator.

SPRING INTO SHAPE!

By Carrie Porteous, Diagnostic Imaging

Spring is a great time to get active and get into shape; that's exactly what MHC's DI department is doing!

X-ray technologist Brenda Wight decided it was time to get motivated. She came up with a plan of action and created a three month SPRING INTO SHAPE challenge. The challenge has been well received with many members of the department signing up.

Brenda's idea was not to focus on weight loss but to provide motivation to get moving. The motivation... a cash draw set for the end of the challenge!

Here's how the SPRING INTO SHAPE challenge works.

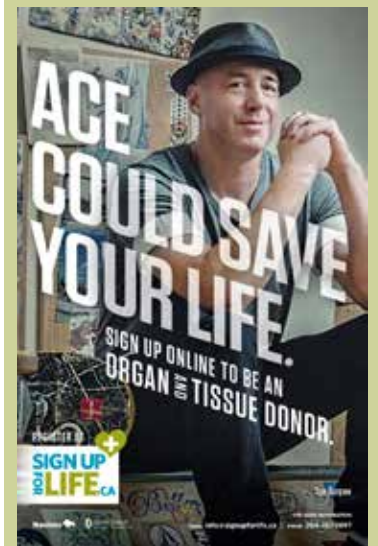
1. Exercise 3-4 times a week for approximately 40-50 minutes.

2. Track your workouts on the DI SPRING INTO SHAPE workout tracker board.

3. Complete at least 40 workouts in three months and get entered to win! Each additional workout (up to six) gets an extra entry in the draw.

Every staff member in DI who wanted to participate contributed \$20 to the pot.

One month into the challenge and the participants are going (and getting) strong!



March is National Eye Donor Month!

Give the gift of sight!

MHC's Eye Bank encourages you to

SIGN UP FOR LIFE.ca

Take the fight out of food!

Spot the problem. Get the facts.
Seek support.



March is Nutrition Month!

Eating should be joyful, not a source of everyday frustration and confusion. If you're fighting with food or don't know where to go for credible nutrition information, stop by the booth in front of the cafeteria March 29, 11a.m. - 1 p.m.

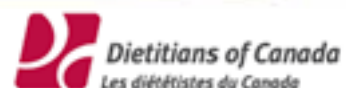
Play a game, win some prizes, pick up some recipes! Find out how you can minimize any nutrition-related struggles with food.

For the month of March, the Winnipeg Regional Health Authority is giving away the Cook! cookbook to one lucky follower. Once you have followed Dial-a-Dietitian Manitoba on Facebook, send a message to nutritionandfoodserves@wrha.mb.ca to be entered to win the cookbook.

Visit www.NutritionMonth2017.ca



Dial-a-Dietitian
Manitoba



NEW VOLUNTEER ROLES IN PRIME

By Cristina Buonpensiere, Manager, Volunteer Services

Volunteer Services has been working hard to fill many new volunteer roles in PRIME. In addition to the regular roster of volunteer roles we have three types of new roles in PRIME in the areas of - Physiotherapy, Recreation and Departure that support the important work PRIME staff does five days a week. These volunteers each have a role description as do all volunteer roles here at MHC. Volunteer Services and PRIME have worked collaboratively to make the volunteers feel welcomed and comfortable with the new program.

Anyone interested in learning more about these roles in PRIME can apply online at <http://www.misericordia.mb.ca/Volunteer.html> or email volunteer@misericordia.mb.ca for more information.



Victoria Marek, Manager, MP1 and MP2 has created engagement boards following the AON-Hewit engagement survey as a part of her action plan.

SANDWICHES FOR SILOAM

On February 8, 2017, Long-Term Care residents, volunteers and recreation facilitators met for the, monthly, activity of making sandwiches for Siloam Mission.

Shortly after lunch the tables in one of the dining rooms on Cornish 2 were pushed together and covered with table cloths and sandwich making supplies; this table was surrounded by people wearing hairnets, gloves and aprons. On one side of the table residents were working together, one with peanut butter and another with jam, each making half of pb&j sandwiches. On the other side of the table residents were making cheese sandwiches.

Around this table, and the smaller one set up for packaging the sandwiches, residents, staff and volunteers were discussing past volunteering experiences and their favourite kinds of sandwiches (fig. 1 shows the results of this poll).



This recreation activity brings together residents from all of the Long-Term Care units who are looking to do something for somebody else. Many of the residents who come to this activity make sure to come every time. For some residents, who describe themselves as "not very social," this is the event that they make sure to attend. This event allows the residents of Long-Term Care to give back to the community

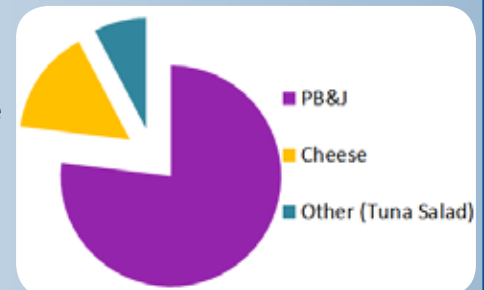


Fig. 1

RESIDENT ART SHOW

Thursday, February 22, Long-Term Care residents showed off their recent artwork in the Great-West Life Rooftop Garden & Solarium. For those of you who couldn't attend the art show here are some pictures from the event:

If you want to know more go to CBC.ca.





Mission Moment



By Brenda Weiss, Roberta Fransishyn & Barbara Ginter-Boyce, Managers in Ophthalmology

Dr. Matther Lee-Wing graciously offered to pay for the Shrove Tuesday Pancake Breakfast for the staff in the Surgical Complex (OR), PACU/DS/POAC, Cornish 3 and the Buhler Eye Care Centre.

That's 150 breakfasts!

When staff went to personally thank him everyone realized Dr. Lee Wing had Shrove Tuesday off and didn't even attend the breakfast himself. All the teams enjoyed a great start to their morning with his wonderful gift, feeling truly appreciated.

Thank you Dr. Lee-Wing!



SHROVE TUESDAY - THANK YOU!

By Reghan Scaletta, Director, Human Resources

Wow! What a morning! For the first time that I have been told, we out sold our Shrove Tuesday Pancake Breakfast!! It was such a success, that we had to make extra pancakes, just to keep up with the demand!!

Thanks to you, Misericordia Health Centre was able to raise a grand total of \$1,443! And thanks to Aramark generously donating all the breakfast food, 100 per cent of the money raised will be donated to the Staff Crisis Fund, which exists to help Misericordia Health Centre employees in a time of extreme need.

This is my second Shrove Tuesday event, and it confirms what I know, MHC staff are incredibly kind and giving, and love pancakes!! Thank you to the many staff who donated their time and efforts to help with serving the breakfast, preparation for the event, transporting food over to Misericordia Place and other areas of the facility, spreading the word about this year's breakfast and purchasing tickets. Thank you so much, these events cannot be a success without you!



This has become an event that I certainly look forward to every year, and I believe staff do as well. ... and it is such a very worthwhile cause. Next year Shrove Tuesday will be on February 13, 2018. I look forward to seeing you there!



WINNIPEG CANCER HUB

The Winnipeg Cancer Hub is a new service for the City of Winnipeg whose focus is to connect people in the early stages of workup for a possible cancer. The program is meant to meet the emotional and practical needs of each person.

The program receives referrals from ERs and primary care practitioners who see these types of patients in their practices. The supports needed for these people go beyond what their family GP would typically be able to provide. That is where this program helps, linking the patient with a cancer nurse navigator and a counsellor to ensure the patient and their family effectively move through the health care system.

For more information please visit the information table on March 7, 2017 near Urgent Care.

SPOT THE HAZZARD CHECKLIST

1. Patient Moving and Transfers – Are SAFE Work procedures and equipment available and used at your worksite?
2. Working Alone or in Isolation – Does your workplace have a policy and SAFE Work procedures for working alone?
3. Sharps and Needlesticks – Are there SAFE Work procedures and training in place for handling sharps?
4. Exposure to Blood and Bodily Fluids – Are there SAFE Work procedures and appropriate barriers or personal protective equipment (PPE) in place to prevent exposure to biological hazards?
5. Material Handling – Are SAFE Work procedures and equipment available to move and handle heavy or awkward loads, for example in laundry and maintenance tasks?
6. Exposure to Chemicals – Are hazardous materials properly labelled and Material Safety Data Sheets (MSDS) readily available?

For resources to help you control hazards, prevent injuries and improve safety and health at your workplace, visit safemanitoba.com.