

Life @MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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PRESIDENT'S MESSAGE: AN UNUSUAL SUMMER



This year is an exception, to say the least.

It's challenging to keep track of all the health announcements and I think Maria Grande, our board chair, said it best when she said, "We will adapt, we will be creative and we will work hard to continue to succeed in what we have to offer."

I acknowledge it's been difficult, as a lean organization, for some of our staff to take holidays this summer. I appreciate everyone supporting one another and covering additional positions and portfolios as needed.

We all need time to rejuvenate and recharge, no matter what is going on in our demanding jobs. It's important to have downtime and a true mental break.

A recent survey showed that 26 per cent of Canadians are not using their paid vacation days! Of those who said they don't use their vacation days, 40 per cent claimed it was because they had too much work to do and didn't want to fall behind. Another 24 per cent said they saved their vacation time in case of emergency.

Please – take your holiday days. You deserve it! If you don't take

holiday time, I think it's harder to be productive and creative throughout the year.

Me? I'm going on fishing for a long weekend – so I'll get my break as well!

Rosie Jacuzzi

President & CEO

Summer typically isn't a time of upheaval in health care. Summer is usually a quieter time to catch up on our to-do lists here at work and time for warm-weather holidays.

MISERICORDIA FOUNDATION GOLF CLASSIC

By Karen Woloschuk, Executive Director, MHC Foundation



On July 12, 2017, avid golfers enjoyed a day on the links at the beautiful Pine Ridge Golf Club; not letting a little rain get in the way of a good time!

The 28th Annual Misericordia Foundation Golf Classic welcomed 130 golfers and sponsors while raising funds for vital programs and initiatives such as the Buhler Eye Care Centre,

PRIME day program and Sleep Disorder Centre.

Following the tournament players and sponsors enjoyed the evening's program hosted by Samantha Stevens from Peggy 99.1 FM.



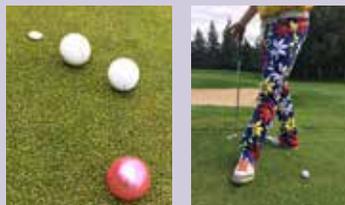
We are grateful for our generous lead sponsors who supported our tournament:

Presenting Sponsor: Canadian Tire (Garden City • Grant Park • Kenaston • Polo Park • Regent • Southdale • Unicity)

Ace Sponsor: Waterite, Inc.

Cart Sponsor: The Paul Albrechtsen Foundation Inc.

A very special thanks to all of the staff from Misericordia who volunteered -- you make this great event possible year after year!



Misericordia Place resident enjoying a live performance by MHC's summer music student George Bajer-koulack.

George returns to Misericordia after spending six weeks in Spain thanks to the Government of Canada Summer Student Grand and Manitoba Artists in Healthcare.

VOLUNTEER LEGACY

By Joan Crabtree, Spiritual Care Associate

The Spiritual Health Services Department recently received a gift of sing-along music books and accompaniment CDs to be used in group programs. This gift is the legacy of Warren Smith, who volunteered with residents of Interim Care for many years. Mr. Smith generously shared with the residents, his passion for hymn singing that would often draw

quite a crowd. To facilitate these gatherings, he created a book of inspirational songs and an accompaniment CD. Sadly, Warren Smith passed away in 2014, but he left these books and CDs for the work of Spiritual Health Services.

For many residents, spiritual music stimulates a connection with the surviving self. In his award-winning book, *Musicophilia: Tales*

of Music and the Brain, Oliver Sacks says, "The aim of music therapy... seeks to address the emotions, cognitive powers, thoughts, and memories, the surviving 'self' of the [resident], to stimulate these and bring them to the fore." Spiritual Health Services wishes to express appreciation to the Smith family for their legacy gift.



RESIDENT INTERGENERATIONAL ART PROJECT

By Ellen Locke, Manager, Recreation Services

Thanks to the generosity of the Manitoba Arts Council's Artist in Residency Program the residents of Interim Care and Misericordia Place will continue creating amazing works of art.

Artists Toby Gillies, Natalie Baird, and Hannah Doucet will be working on an intergenerational collaboration project with our residents.

Our residents will be doing workshops with Art City participants, students from Mulvey School, students from Kelvin High School and the University of Manitoba Department of Fine Arts. The workshops will occur at both MHC and Misericordia Place. We will be having four Art Shows to showcase the combined works and we are hoping to have some

community exhibits.

Thank you to the Manitoba Arts Council for funding this project with a \$10,000 Grant.



CELEBRATING CANADIAN INDIGENOUS CULTURES AWARENESS WEEK

By Stepan Bilynsky, Director, Spiritual Care

On Tuesday, June 20, in juncture with the celebration of Indigenous Cultures Awareness Week, staff members and visitors of Misericordia Health Centre participated in a Smudging Ceremony. The ceremony was held outside, on the Sherbrook Street green space. Smudging is an ancient healing and cleansing tradition, common to many First Nations, and passed down from generation to generation.



Smudging involves the burning of one or more sacred medicines gathered from the earth.

The ceremony was opened by Rosie Jacuzzi, President & CEO, of Misericordia Health Centre. She emphasized the historical foundational role of Indigenous peoples in Manitoba and importance for healthcare providers to be compassionate, sensitive and culturally aware. Rosie offered the traditional gift of tobacco to Robert Maytwayashin, an Aboriginal Human Resources Development Officer from the Interlake-Eastern Regional Health Authority, who led the ceremony and also offered drumming, teaching and a special blessing to the people of Misericordia Health Centre. Robert urged those present to be open-minded and avoid stereotyping.

The participants were encouraged to stay connected and learn from Indigenous people, their ancient culture and beliefs.



RECREATION WANTS...



IPODS!

Have an old iPod?
Please consider donating it to Recreation Services to use as part of the Music and Memory program.

HISTORY OF CANADIAN HEALTH CARE STEEPED IN CATHOLICISM

By Agnieszka Krawczynski, *The B.C. Catholic*

Religious sisters have injected a remarkable legacy into Canadian history when it comes to providing health care.

That's what Greg Humbert discovered when he started creating a digital archive of resources documenting Catholic health care across the nation.

"When I started this, I didn't realize the scope of the ministry of the sisters," Humbert said in a phone interview from Crystal Falls, Ont.

"They did it in the background. They didn't advertise it. What I'm recognizing is the amazing scope: from working with orphans to communities with disease."

To read the full story go to www.bccatholic.ca/content/history-of-canadian-health-care-steeped-in-catholicism

TOP 10 Religious congregations that founded the most hospitals and nursing homes in Canada:

- Sisters of Charity of Montreal | 72
- Sisters of Providence | 55
- Religieuses Hospitalieres de Saint-Joseph | 42
- Sisters of Charity of Ottawa (formerly Soeurs Grises de la Croix) | 18
- Sisters of Providence of St. Vincent de Paul | 15
- Soeurs Grises de Quebec | 14
- Sisters of St. Martha | 13
- Soeurs Grises de St-Hyacinthe | 13
- Misericordia Sisters | 10
- Augustines Hospitalieres | 10

PARTY IN THE PARK

By Sherry McManus, *Recreation Facilitator, PRIME*

Beautiful weather, summer sun, tunes by Fire and Ice and hamburgers from a local food truck turned a summer BBQ into a Party in the Park.

The clients at PRIME enjoyed the opportunity to make new friends and socialize while soaking up the sun. PRIME creates a safe supportive space for our clients while fun activities, like this BBQ, help our clients be part of the larger community.



INTRODUCING...



Meet Dr. Levi: our newest ophthalmology resident.

Dr. Levi attended the University of Manitoba for both his Bachelor of Science degree and Medical education. Although he entered medical school with a strong interest in ophthalmology, it wasn't until watching his first cataract surgery with Dr. Rodney Kellen that he knew for certain he had found his calling.

"I remember being blown away by the precision and finesse involved in the surgery," said Dr. Levi. "To be able to make such an enormous change in a patient's life in such a short period of time is an

incredible feat, and something I immediately knew I wanted to be a part of."

Dr. Levi has participated in a wide variety of research throughout his career. He has received a number of Summer Studentships from the Manitoba Institute of Child Health, where he worked on projects ranging from Pediatric Asthma and Allergy to Oral Health. He has ongoing research with Dr. Behzad Mansouri and with Dr. Lorne Bellan, and looks forward to carrying on with these projects in the years to come.

Dr. Levi is also an avid traveller. He has a passion for music and

plays the bass guitar and alto saxophone and enjoys supporting the local music scene here in Winnipeg.

Dr. Levi is grateful for the opportunity to work in our Buhler Eye Care Centre, a centre he says is known not only for its state-of-the-art facilities and high quality care, but also for its exceptionally kind and friendly staff.

He is very much looking forward to joining the exceptional team of physicians, nurses, and staff here at the Misericordia, and is appreciative of the warm welcome he has received thus far.

You know that elementary school science fair project you created? Is that your career now? No? Well, for Dr. Jeremy Levi, it is! His science fair was about vision.

NEW HIRES

Holly Brandt
RN II, PACU/DS/POAC

A. Margaret Avizo
RN II, PHCC

Brittany Spence
Laundry Attendant I
Linen and Laundry

Jermaine Jaikaran
Laundry Attendant I
Linen and Laundry

April Gowler
RN II, PACU/DS/POAC

Elizabeth Vieira
RN II, PACU/DS/POAC

Jordanna Lovenjak
Orthopaedic Technician
Ambulatory Care

Kevin Lee
General Duty Respiratory
Therapist, Sleep Disorder Centre

Kristine Tsai
Stenographer II
Sleep Disorder Centre

Jeannine Régnier
RN II, PACU/DS/POAC

Navdeep Kaur Dholi
HCA, LTC Float Pool

Caitlin Allan
HCA, LTC Float Pool

Danielle Desaulniers
HCA, LTC Float Pool

Christ Htoo Eh
Stenographer II
Sleep Disorder Centre

Honora M. Kearney
RN II, PHCC

Andrea Farrell
RN II, Urgent Care, Casual

Alycia Dettman
HCA, Acute Care Programs

Todd Rekrut
HCA, Acute Care Programs

Brittany Bancroft
HCA, Acute Care Programs

RETIREES

Barbara Ginter-Boyce
Patient Care Manager
PAC/DS/POAC

Sharon Lindsay
RN, Urgent Care



CONGRATULATION TO CORALEE HILL

By Brian Klos, Director, PHCC

Congratulations to Coralee Hill, Registered Dietitian, Dial-A-Dietitian program, who has been selected as a recipient of a 2017 Dietitians of Canada Member Recognition Award in the category of Leadership. Her



nomination was submitted by her peers and acknowledged by a Dietitians of Canada Committee. The announcement of her award occurred at the annual Member Awards Ceremony on June 9, 2017, during the Dietitians of Canada National Conference in St John's.

Coralee has been providing nutritional information and support to Manitobans for the last seven years and this award provides national recognition of her efforts. Her dedication is making a difference in the delivery of the Dial-a-Dietitian program and helping to heighten respect for the profession as the leading authority in food & nutrition for the public's need.

SAFETY CORNER

Electricity is a beneficial source of energy that many of us take for granted, but it also presents numerous hazards. Among these are:

- Contact with exposed live energy
- Electricity as a source of ignition, causing a fire/explosion and fault
- Harsh conditions, such as wet environments, outdoor work and cramped/confined spaces, which create increased risk.

Prevention measures

These safety tips can help prevent injury:

- Report any electrical hazards to Plant Services
- Ensure that only competent electrical workers deal with potential electrical hazards.
- Ensure that written lockout procedures are in place for all electrical work.

Additional workplace safety and health information is available at www.safemanitoba.com.



By German Tureckiy, Supervisor, Distribution Services

Recently a tube of red lipstick made its way through a wash and dry cycle along with the clothing of 12 residents. If it weren't for the dedication of the MHC Linen and Laundry staff these clothes would not have been saved. Three hours were spent manually removing the lipstick stains from the resident's clothing; saving every piece that had been stained.

I would like to thank Monique and the rest of the laundry team for their hard work and dedication.

