

# LIFE @ MIZ

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**Our Core Values**  
Caring . Respect . Trust

## BUILDING STRONG CATHOLIC LEADERS

As the leader of Misericordia Health Centre, a Catholic faith-based facility, I am pleased to support the Catholic Health Association of Manitoba's Leadership Ministry Orientation.

Our founders', the Misericordia Sisters, values and beliefs are rooted in Catholic social teachings. To better understand our Catholic heritage enables us to be truer to the Sisters' motto of *compassion of the heart for those in need*.

The opportunity to share our faith-based mission and health-care strategies with other Catholic Centres was an invaluable learning experience. We gained a richer appreciation of the elements essential to the provision of Catholic health care. And most importantly, we learned how the patient and resident health-care experience is enriched by our faith-based influence. The information provided in the leadership program constitutes a key building block in the management

development of our department heads and clinical leadership at Misericordia.

Lastly, I'd like to wish everyone and their loved ones a Happy Easter! Please

see the Easter message from the Sisters of Misericordia at the Motherhouse in Montreal inserted in this edition of Life@Miz.

*Rosie Jacuzzi*  
President & COO



THE MISERICORDIA HEALTH CENTRE FOUNDATION presents...



Winnipeg Convention Centre  
Saturday, May 2, 2009  
For information please call ext. 8458

Proceeds to the redevelopment of the Misericordia Health Centre

## CHAM LEADERSHIP MINISTRY ORIENTATION

By Father Vince Herner, *Director, Spiritual Care*

A two-day seminar/retreat for leaders in the Catholic Health Ministry was recently held at St. Benedict's Retreat and Conference Centre, with seven of the 26 participants from Misericordia.

Participants were invited to reflect upon the rich tradition of the Christian community's caring for those who are most vulnerable, starting with the founding story of Christian Health Care, and leading us to reflect upon how this message of God's compassion for all people can be lived and expressed in our day and age.

The leadership retreat reminded us that the distinctiveness of Catholic Health Care is rooted in the Compassionate Love of God for all Peoples, especially those who are most vulnerable, and the response of people of faith to those in need throughout the ages.

Ours is a rich tradition, and now we are called to reflect and act upon how this message of God's Compassion can be lived in our day and age.

More opportunities to attend the Leadership Ministry Orientation will be offered in the fall.





# DID YOU KNOW?

Life@Miz is published 10 times a year, with combined issues in May-June and December-January? We're always looking for stories! Please send short submissions to [hklaschka@miseri.winnipeg.mb.ca](mailto:hklaschka@miseri.winnipeg.mb.ca) or phone Heidi Klaschka, Communications & PR, at ext. 8362.

When requesting a print job at the Print Shop, the normal rule of thumb is that the requested job should be 50 copies and over? It's quite often not economical to have the Print Shop do jobs that are less than 50 copies. Thanks for understanding.

The mailroom is always looking for inter-departmental envelopes? Please return any extra ones you may have to the mailroom. Much appreciated!



Did you know that the MHC Social Committee holds monthly 50/50 draws? A mere \$2 for three tickets, with a free bag of popcorn of course! Average money raised is around \$240, so our winner

averages \$120 in prize money. Your contribution towards the 50/50 has allowed the Social Committee to fund the Children's



Christmas Party and contribute to various special charities in need.

As of May 1, our monthly parking fees will increase to



\$52 due to continued increases in utility costs?

Hospitals are required to notify police when they treat a patient with a gunshot wound or who appear to have been stabbed by someone else? At our Urgent Care Centre, the person

designated as responsible for phoning the police would be the Clinical Resource Nurse or the Charge Nurse.



Misericordia Health Centre's phone lines are now unblocked? That means instead of "private number," our switchboard number will be displayed in most cases when we make calls. Some exceptions are areas like Wolseley Family Place and the Lions Eye Bank, which will display their own numbers. There are also some areas where phone lines remained blocked for privacy reasons.



You absolutely must lock your offices/valuables when leaving your work area? Even if you are leaving for only for a couple of minutes! If you see someone looking or acting suspicious, you should contact Security immediately at ext. 8301. Security can confirm anyone's business in

the building and provide applicable follow-up. Theft happens very quickly and thieves are usually out of the building within minutes of stealing items!

The Communications & PR department often gets reports from staff when they've heard "Misericordia" in the news?

Recently, Barbara Ginter-Boyce revealed her 10-year-old daughter, Brielle, was eating cereal at breakfast



when she exclaimed, "Mom, I just heard Misericordia is giving away free electricity!" (after hearing about our free wi-fi in Urgent Care on the radio).

The Festival of Bread will be April 21 at MHC and Apr. 22 at MP? Bring your favourite bread to share with others! Watch for posters with details.



## WORKPLACE WELLNESS CHECK-UP

The Workplace Wellness Check-Up is a confidential online tool that assesses your current health strengths and risks, as well as your overall job satisfaction. The campaign runs from April 20 - June 30, 2009.

The Check-Up is:

- CONFIDENTIAL
- Easy to access online, and takes approximately 20 minutes to complete
- Designed so you can access a personal report as soon as your survey is submitted

Watch for your payroll attachment on April 23, 2009 for complete details.

You could win a DAY OFF WITH PAY just by completing and submitting the Check-Up. A draw will be held at the end of each week, with bonus draws at the end of each month.

There is also a workplace wellness photo contest for teams, with prizes for the best photo from the acute and long-term care sectors. Please send photos to:



[hklaschka@miseri.winnipeg.mb.ca](mailto:hklaschka@miseri.winnipeg.mb.ca). All photos received will be posted in a gallery on Insite.

## IT TIP

The single most important icon on the Quick Launch toolbar is the **Show Desktop** icon as it allows you to minimize/unminimize all open windows with a single click. Give it a whirl!







**MISERICORDIA**  
Health Centre

**Help in times of need ...  
Flooding? Need Help at Home?**

## CONGRATULATIONS

Congratulations to Patty Darvill, Ophthalmic Photographer, who has two new awards to add to her collection:



1. Honourable Mention at the American Academy of Ophthalmology for a Fluorescein Angiography photo in stereo of a tumour in the back of the eye
2. Honourable Mention at the American Academy of Cataract and Refractive Surgery for an operating room photo of Strabismus surgery

## ETHICS REVIEW

Health Care Ethics Guide

Did you know the *Health Ethics Guide*, published by the Catholic Health Association of Canada, is available to all staff?

The purpose of this guide is to facilitate sound ethical reflection that leads to informed decision-making. It presents a moral vision based on experience and reason, enlivened by Christian faith and reflecting Roman Catholic teaching on health ethics as it applies to contemporary Canadian society. The guide, in presenting Catholic tradition, outlines the values that are to be respected by those who work within the organization.

For copies of the guide, please call Carrie Devlin in Spiritual Care at ex. 8283.

At Misericordia, we care for our residents, our patients – and each other. That's why we are coordinating help for staff who are experiencing flooding at home.

If your property is flooding, and you need help:

1. Call 311. The city of Winnipeg should be your first call.
2. Call the Misericordia Switchboard at 774-6581 – night or day. An e-mail will be sent out to ALL STAFF to see who is available to help. You must be willing to share your name and address with all staff.\*

\*We realize this information will only go to work e-mail addresses, so any staff willing to volunteer to sandbag, etc., please also check in with switchboard during off hours to see if there is a need.

Volunteering is simply that – volunteering. Going to help a co-worker should not interfere with resident and patient care.

***Our Strength is Our People***

## YOGA IS FOR EVERYONE!

By Reid Gallant, *University of Manitoba Recreation Management Student*

Yoga is no longer considered to be an activity only for the young and flexible!

Ana Anusic, Recreation Facilitator, proves this with her participation numbers in her yoga program ... over the past two years the program has grown from three participants to 17 or more.

Yoga is a traditional practice of mental and physical discipline and meditation that originated in India. The overall goal of yoga is to promote wellness in all its forms.

Ana, who had been practicing yoga a year before she decided to run a program for the residents at Misericordia, knew yoga would help residents stretch, breathe and meditate.

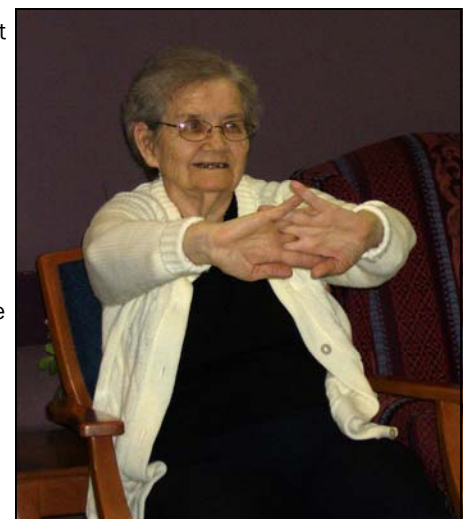
Ana's experience allows her to adapt yoga postures from a standing position to a seated position to accommodate the residents.

Ana says what she loves about the program is its ability to have residents "focus on the present" and the physical and mental relaxation techniques it teaches them.

"The ability to relax is important in a society that is usually focused on a 'get up and go' attitude," she explains, "The residents find yoga is easy to understand because it focuses on slow movements."

Ana's yoga program takes place once a week at both Misericordia Place and on Cornish 2.

Misericordia Place resident Diane Rickey enjoys a yoga stretch



## MISERICORDIA STAFF NEWS

### New Staff for March 2009:

-  Mary Chol—HCA
-  Dana Herman—HCA
-  Darrell Derksen—Orthopedic Technologist
-  Carrie Kolisnyk—LPN
-  Anna Shgida—Resource Nurse
-  Lourdes Binuya—LPN

### Infectious Humour:

Two bacteria walk into a bar. The bartender says, "We don't serve bacteria here." The bacteria say, "But we work here! We're staph."



## HISTORICAL HIGHLIGHT

Congratulations to Barb Nichols, Secretary, Human Resources, who was the closest in guessing the year of the picture of our School of Nursing in the February 2009 issue of Life@Miz. She guessed 1939. The correct answer was 1924. Thank you to everyone who called in with their guess!



Now how about this photo of Misericordia under construction? What year was it taken? Please call Krista Smerchanski, corporate secretary, at ext. 8362 with your guess. We have a golf bag to give away. If more than one person is correct, we'll have a draw. Good luck!

## NURTRITION MONTH

By Maria Knaus, *Clinical Nutrition Manager*

Many thanks to all of you who dropped by the Nutrition Information booths in support of National Nutrition Month - *Stay Active, Eat like a Champion*.

The dietitians who served as the Stairwell Spies "caught" many of you incorporating activity into your daily work routines! We received a lot of positive feedback regarding the food samples provided at the booths.

The winners of the prizes for the draw were Gloria Nagy and Danny Michalenko. They went home with prizes sponsored from General Mills. The prize bags included an exercise ball

and grain products.

Special thanks to Jo-Anne McNeil in Corporate Office; Chris Papastephanon from Housekeeping; and Nicole Perras and Reid Gallant from Recreation Services, who joined us as participants in the Nutrition Jeopardy game. A good time was had by all in learning more about healthy eating and active living. Everyone was rewarded for participating.

If you added your name to the list of those who wanted a copy of the Fuelling

Fitness Cookbook, we hope to get those out to you in the next week or two.



### Interfaith Calendar April 2009

**April 3: Ramanavmi**—Hindu celebration of the birth of Lord Rama, hero of the religious epic poem, The Ramayana. The day involves telling of stories and going to the temple.

**April 5: Palm Sunday**—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 9-10: Pesach (first two days)**—Jewish 8-day pilgrimage festival celebrating the Exodus from slavery to freedom. Also known as Passover.

**April 9: The Lord's Evening Meal**—Jehovah's Witness (Christian) primary annual celebration taking place in the evening.

**April 14: Baisakhi (Vaisakhi)** - Hindu start of the New Years. Greetings that wish good life in coming days are exchanged. In Sikhi the day commemorates the founding of the Khalsa, a distinctive Sikh brotherhood.

**April 21: Yom Hashoah**—Jewish Holocaust Day. The day has been established to remember the six million Jews killed by the Nazis in 1933-45. It is observed by many non-Jews as well.

**April 23: Saint George Day**—Christian remembrance of a person who, in the 4th century, was a martyr and became an ideal of martial valour and selflessness. Legend of killing a dragon is connected with this patron saint of England.