



# LIFE @ MIZ

INSIDE THIS ISSUE:

<i>Did you know?</i>	2
<i>Therapeutic Drumming</i>	3
<i>Staff BBQ</i>	4
<i>Interfaith Calendar</i>	4



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



## H1N1 INFLUENZA A UPDATE

When I wrote April's message Life@Miz, none of us had even heard the words "H1N1 Influenza A" yet. How a few months can change everything!

I must thank our Misericordia Family for everyone's dedication and hard work as we continue to respond to this outbreak.

While it has been estimated the vast majority of Manitobans who have been infected with H1N1 have recovered without specific medical care or hospitalization, anyone experiencing flu-like symptoms should stay home and limit contact with others as much as possible to prevent the spread of illness.

We continue to maintain an H1N1 staff information board in our main hallway and are emailing regional messages to all staff as soon as we receive them.

More information about the prevention and care of H1N1 flu is available on the flu website at [www.manitoba.ca](http://www.manitoba.ca) and through Insite at <http://home.wrha.mb.ca/>



## VOLUNTEER TEA

Our Volunteer Services recently hosted a delightful tea in celebration of volunteer support, where I had the privilege of acknowledging our vital volunteers.

Volunteers - from students to retirees - make an enormous contribution to the quality of life of our residents and patients.

This year, 349 volunteers donated a staggering 18,386 hours throughout Misericordia Health Centre.

The range of tasks performed by volunteers is equally staggering—everything from hand-delivering newspapers and email messages to advisory experts on our boards. The list is truly endless.

Our valuable volunteers add the extra touches—like time simply to visit. Our volunteers spend one-on-one time with our residents and patients—in their rooms and in the community.

Volunteers are not surgeons, housekeepers, nurses or others who dedicate their professional lives to health care. But volunteers are every bit as essential.

Misericordia Health Centre would not be the same without our volunteers who, just by their presence, make a daily difference in the lives they touch.

Many thanks to all our volunteers—for your care, your commitment and your time.

And congratulations to this year's recipient of the Volunteer Services' Youth Scholarship, Elena Bykova. Elena has just been accepted into the University of Manitoba's medical program! Well done!

*Rosie Jacuzzi*

President & COO



Elena Bykova with Rosie Jacuzzi, President & COO (left) and Susan Shortill, Manager, Volunteer Resource Development

## DONORS APPRECIATED

The Foundation recently hosted a Donor Appreciation Brunch with over 100 donors in attendance.

Donors were treated to a lovely menu prepared by our food services team.

Words of welcome and appreciation from Kevin Hunter, Executive Director, MHCF and Rosie Jacuzzi, President and COO, were followed by a special presentation, *Focus on Falls Prevention Project* by Sandy Bell, Director, Quality, Patient Safety and Education and Karen McCormac, Education Facilitator.

Each donor was presented with a long stemmed rose at the end of the brunch.

Donors have supported the Foundation with dollars directed to items such as: redevelopment, new state-of-the-art EKG, and *End of Life Care Project*.

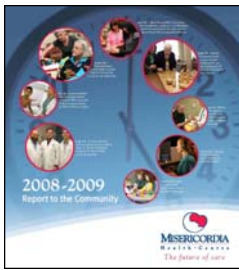


**MISERICORDIA**  
Health Centre  
**FOUNDATION**



# DID YOU KNOW?

MHC's 2008-2009 Report to the Community is now available? Delve into our patient stories!



Read about redevelopment! Get to know our board members! And so much more!

In 07/08 your housekeeping department spent: 4,887 hours on project work, 879 hours carrying out internal moves, 736 hours doing set ups and take downs and 4,540 hours on bed cleanings and discharges? While doing all this, we still managed to obtain an above standard cleaning score of 87 per cent. Our strength is our people!

If you need a form number you should ask Trudy Wilgosh, manager, health records, at ext. 8272? And if you need a brochure number, you should call Karen McCormac, education facilitator, at ext. 8073.

That MHC has the lowest WCB assessment rate in the region? For the fourth consecutive year MHC achieved a reduction in its WCB assessment rate. WCB assessment rates are based on a company's accident experience; companies with higher accident costs pay higher rates. The efforts to prevent staff injuries and embrace a culture of safety are making MHC a safer place to work for all staff. Kudos to Colleen Telford, Occupational Health Nurse, for her exceptional work!

That MHC has a Duty Director on call 24/7? Members of the senior management team take weekly turns being duty director and responding to issues at MHC. One of the roles of the duty director is to visit different departments and talk to staff. If you would like a duty director to visit your department, please call Kristy Anderson, corporate assistant, at ext. 8358 to arrange. Learn more about your senior management team by visiting "About Us" at [www.misericordia.mb.ca](http://www.misericordia.mb.ca).

If you have small portable items requiring service, they can be dropped off at the Plant Services Office for a speedy repair? Please call ext. 8211 for more information.



Washing your hands is the single most effective way to prevent getting the flu? Of



course you did! But did you know that it isn't the soap that removes germs? It is actually the friction of you rubbing your hands together that removes germs!

Our full-time librarian, Lesley Mackie, and her team can make your job easier? Our librarians offer customized lit searches, table of contents searches, and so much more!



The library is also facilitating a new BOOK CLUB and a new JOURNAL CLUB. Please call ext. 8108 for more information!

June 19 was Bike to Work Day? Congratulations to all staff who rode their bikes to work!



In honour of physiotherapy month, the physiotherapy and rehabilitation assistants in interim care coordinated a walking contest for the staff and residents? The



idea was to see which unit's staff could assist residents to walk the furthest. Cornish 5 won a pizza

lunch! Pizza was donated by Pizzeria Gusto on Academy and our staff provided dessert.

MHC has access to the WRHA Language Access Interpreter Services? This means staff can request services through the central dispatch number at 788-8585, 24 hours a day, 7 days a week. Language Access employs 46 trained health interpreters who provide in-person services in 28 languages such as Low German, Dinka, Urdu, Tigrinya and Swahili. You need to write down a full name and department on inter-departmental envelopes? Our new mailroom staff is finding it difficult to sort mail that is labelled with just a name and not a department! Thanks so much!



On June 8 the Sisters of Misericordia commemorated the 124th anniversary of the death of Msgr. Ignace Bourget? He foresaw in Mother Rosalie the needed audacity to care with compassion for the single pregnant women heartlessly rejected by a great portion of the contemporary society. It is Msgr. Bourget who invited Rosalie Cadron Jetté to found a Community that would perpetuate her work of exceptional charity, a community to which he gave the very meaningful name of

Misericordia Sisters. Church of the Rock members recently brightened the days of some of our residents by bringing in potted plants and spending time visiting?

St. Mary's Grades 7 and 8 students volunteer club hand-delivered homemade beaded bookmarks to the centre for MHC residents?



It is recommended that adults have a tetanus booster every 10 years? The WRHA Immunization Policy does not include tetanus

vaccine as a required occupational vaccine. Staff should visit their family doctor for tetanus vaccine boosters as required.

In recognition of National Physiotherapy Month this year, our physiotherapy department sent all staff a fantastic daily physiotherapy related health tip? Please call ext. 8110 if there is one you loved and would like re-sent!

April 28, 2009, was a national Day of Mourning to remember workers whose lives have been lost or injured in the workplace, and to encourage us all to strive to prevent workplace deaths, illnesses and injuries? Let us remember.

The long-awaited roof replacement project is underway? Depending on the roof being worked on, staging areas will be set up at various locations around the facility to move materials to and from the work site. While these areas may appear to only be used from time to time, they remain part of the overall construction site and must be avoided at all times.

The Annual Spring Window Washing Project has been postponed until the first week of August 2009 due to the Roof Replacement Project? We'll get there!



The Dragon Boat races will be held September 11-13, 2009? If you are interested in paddling on our MHC



team, add your name to the sign up sheet on the notice board outside the Security Office. Paddle your way to fun!

The next "Ice Cream Wednesday" is July 22. Only \$2 for two scoops! Support our Charities Campaign! Stop by the Wolseley entrance or keep your eyes peeled for the mobile cart at Misericordia Place.





## RECYCLING AT MHC: A PRIMER

By Dianne Rogers, *Charge Technologist*

- In 2006 the Environmental Team saw a need to enhance recycling at MHC beyond confidential paper and newspaper.
- In June 2007, I started a recycling working group as a subgroup with Carol Babiuk, Anna Graja, Elaine Walker and George Patenaude.
- George wrote an MHC Environmental Statement and our General Waste Policy - A70-50 was also reworked to make a stronger statement in regards to recycling issues.
- We ran a soft cardboard recycling trial at Misericordia Place in September 2007 with great success. Staff could not believe what a difference it made when you recycle toilet paper and paper towels rolls and wrappings.
- Carol and Anna began collecting Med/Surg supply wrappings to find out what was recyclable and what was not. Pictures were taken and a Recycling Binder was developed.
- Aramark was contacted to see if they could switch any products to environmentally friendly products. Glass bottles were switched to plastic as glass is not recyclable.
- Aramark also introduced new coffee cups, not recyclable but biodegradable so apparently better for the landfill.
- In March 2008 Carleen Lepine joined our team as Misericordia Place was getting ready to expand recycling and Carol retired.
- In April 2008 we presented to Department Heads and in June 2008 we held a Recycling Kickoff with a hallway display and a request for ambassadors from each department.
- Much effort was put into finding funding to

buy more bins and in December 2008 money was made available.

- In January 2009 information sessions were held for Ambassadors to explain their role and access what kind of bins each department needed.
- Housekeeping distributed bins facility wide. More bins have been ordered as the need increases.
- We currently have 29 Ambassadors and Housekeeping picks up recyclables in an additional 10 areas.
- April 22 is Earth Day and we celebrated with another hallway display.
- The Environmental team has a quality indicator based on increasing recyclables at MHC. Last year the percentage of recycled products diverted from waste increased each quarter: 15%, 17.4%, 17.5%, 17.8%.
- Jan-March 2009 was 19.7%, so we are very pleased with this progress.
- Our goal is to reach 25%.

## AUDITORIUM ALIVE WITH THE SOUND OF MUSIC

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

Tim Church recently taught everyone at MHC that no matter how old you are - it is still possible to create music.

Tim is professional drummer and percussionist who specializes in unique instruments from all around the world.

Tim was happy to share his skills and drum circles for therapeutic recreation purposes. When Tim brought out his menagerie of drums, everyone knew they were in for a special treat.

It was hard not to find a smile as the residents hit, shook and drummed on their various instruments. Tim began the program by showing everyone his excellent drumming and rhythm skills as well as his amazing collection of drums and percussion instruments.

However, the real fun started when he began his drum circle.

Drum circles help build important skills like cooperation, listening and group awareness. They also teach people to trust their intuition. Tim claims, "If you have got a heart beat, then you have rhythm."

Each resident was given an instrument to make as much noise as they wanted. Tim began each drum circle by starting a rhythm and telling everyone else to join in.

Everyone had a great time following the rhythm or making one of their own. The result was both therapeutic and fun for all.

Drumming and creating music is something that strengthens the body,

mind and soul. Tim definitely accomplished this with his program.

The residents really loved having Tim come and teach them how even the most

"un-musical" individual can still create great music. Many residents said they wanted to have Tim back again.

Not only was the auditorium alive with the sound of music that afternoon, but the whole building actually

smiled as the sound of drums rang throughout MHC.



Recreation facilitator Nicole Perras shares a moment with resident Henry Hildebrand.

## LEARNING ABOUT ACLS

By Will Krahn, RN

I recently completed the Advanced Cardiac Life Support Certification (ACLS) provider's course through Criti Care's EMS training facility on Sherbrook Street. Being a recent new graduate nurse and the newest member of Misericordia's Urgent Care team, I had the opportunity to acquire an important skill set in instances of acute interventions when emergent crises occur.

The Criti Care staff involved in the training

process was able to convey the applicable skill set in accordance with the Heart and Stroke foundation's evidence-based guidelines that was approachable and interactive. The two days of condensed material, with some reading prior to the course, streamlined the process and made the learning process much more attainable.

After receiving the appropriate training, being put on the spot just a little and completing a brief written test, the ACLS provider's course

seemed like somewhat of

a whirlwind in the end. The hands-on approach taken on by the Criti Care staff allowed for important simulations to take place in order to prepare oneself for the 'real deal' in the unfortunate event of such emergencies.

One should take the time to achieve such continuing education and be better prepared for unpredictable and untimely emergent situations in numerous health-care settings.











*Criti Care*



<http://www.criticareems.com/acls.htm>

## MISERICORDIA STAFF NEWS




### New Staff for April & May 2009:

-  Elma Malang, MP3
-  Myrna Fortit, MP2
-  Negesso Tura, MP1
-  Alphonso Sudlow, MP2
-  Biftu Dayassa, MP3
-  Melaine Forest, Float Pool
-  Laine Amul, MBSP
-  Averi Van Dam, Focus on Falls Clerk
-  Yodit Haile, Float Pool

-  Suzanne Rivard, PHCC
-  Cheryl Juras, PHCC
-  Michelle Van Caesele, PHCC
-  Dalyce Percy, Health Links—Info Santé
-  Katalin Nagy, PHCC
-  Wendy Kowal, Health Links—Info Santé
-  Jane Rogala, MP2
-  Stephen Tang, PHCC
-  Rochelle Barrocan, PHCC
-  Louise Shaw, Float Pool

-  Lilbeth Clabria, MP3
-  Rachel Giesbrecht, Urgent Care
-  Leslee Watt, Rehabilitation Services
-  Amanda Shostal, Staffing
-  Erica Johnson, Human Resources

### Retirees for April & May 2009

-  Denis Belcourt, Plant Services
-  Boslika Macan, Housekeeping
-  Johanna Withoos, Cornish 6

## STAFF APPRECIATION BARBECUE

At Misericordia, we know our strength is our staff and volunteers. That's why we take every opportunity to say thank you!

And nothing says thank-you like a fabulous barbecue!

Threatening clouds certainly didn't intimidate staff from attending or our corporation, board and SMT members from enthusiastically flipping burgers and smokies.

"Everything in moderation!" a dietitian was heard to say, clutching a bag of chips.

To add even more excitement, we had a surprise visit from a health inspector who provided us with written expectations for temporary food events and advised us of the city's guidelines. We'll know for next year!

A special thank you to Paul Nyhof, chief contact centre office, and Dr. John Reda, CMO, for cooking and delivering pizza to our night crew after midnight.

Happy Summer!



### Interfaith Calendar June 2009

**June 11: Corpus Christi**—Christian (Roman Catholic) celebration in recognition of the Eucharist - the Blessed Sacrament of the Body and Blood of Christ. The real presence of the body and blood of Jesus is honored.

**June 16: Guru Arjan Dev Martyrdom**—Sikh time of remembering those who have suffered for the faith. Observed by reading the Guru Granth Sahib.

**June 21: First Nations Day**—Canadian First Nations (Indian, Métis and Inuit) most sacred day on the summer solstice. Communities hold feasts and invite guests.

**June 21: Solstice—Litha**—Wicca celebration of the sacred marriage in which energy of the gods is poured into the service of life.

**Yule**—A Christian celebration of the light dawning in Jesus. Also a Norse pagan celebration of the winter-born king, symbolized by the rebirth of the sun. A present day Wicca event.

**June 24: Saint John the Baptist**—Christian remembrance of the birth of St. John the Baptist who announced the coming of Jesus.