

# LIFE @ MIZ

INSIDE THIS ISSUE:

<i>Did you know?</i>	2
<i>World Glaucoma Day</i>	2
<i>Celebrating Social Work &amp; Nutrition</i>	3
<i>MHC Nurses Rock!</i>	4



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

## FEDERAL HEALTH MINISTER AT MHC

We were honoured to host Federal Health Minister Leona Aglukkaq, who came to Misericordia Health Centre to address a pressing need for more nurses. Nurses across Canada are getting older and retiring, adding to shortages already being experienced. The nurses that remain are working longer hours. With that in mind, the Minister announced - with the assistance of the Canadian Federation of Nurses



Left to right: Rosie Jacuzzi, President & COO; Leona Aglukkaq, Federal Health Minister; Garry Hammerback, MHC Board Director

Unions - the government will spend \$4-million dollars to recruit and retain nurses across the country.

Partners in the *Research to Action: Applied Solutions for Nurses* Manitoba project include Health Canada, Manitoba Health & Healthy Living, the Manitoba Nurses Union and the WRHA & PCHs.

Misericordia Place is excited to be one of the three PCHs chosen to participate in the Manitoba pilot project. Putting research into action will help us support our nurses and enhance our journey of resident safety and quality care.

Initially 15 nurses, new to long-term care, will be paired with 15 more experienced nurses. The idea is to better train them and make this sector of the industry more desirable to them. The mentor program is expected to begin in April and run 18 months.

After answering media questions about the program, the Minister graciously took time out of her busy day to tour Misericordia Place and Misericordia Health Centre for close to an hour!

*Rosie Jacuzzi*  
President & COO

## ODD FELLOWS & REBEKAHS FOCUS ON VISION



The Odd Fellow & Rebekah fraternity is at the forefront of work to save the environment, care for the elderly, clean up our highways, work for world peace, provide programs for youth, promotion of eye care and assistance for anyone in need.

Clearly "care for the elderly" and "promotion of eye care" fit exceptionally well with Misericordia's compassionate Mission.

"The Odd Fellows and Rebekahs relationship with the Misericordia Foundation began in 1982," explains Allison Kesler, Director, Major and Planned Gifts, "And we're very grateful for their generous funding ... close to \$585,000 has benefited our Eye Care Centre of Excellence patients in so many ways."

"Vision is a huge focus," says Margaret MacLennan, OF&R representative, "We used to do testing in schools."

Gifts to our MHC Foundation have included a variety of essential ophthalmology items - everything from a surgitron unit to an electro magnet to posture supports for retinal procedures.

The OF&R's primarily raise money through ticket sales and donations. Their spending committee, which decides how money will flow to those in need, is always in tune with the community and receives input from doctors.

*For more information about the OF&R, please contact the Grand Lodge of Manitoba at 942-8815 or the Rebekah Assembly of Manitoba at 943-8155.*

### OF&R Did You Know

- The OF&R fraternity is a group of people organized into lodges; people who care for each other, as well as for their local communities
- The independent Order of Odd Fellows is a world-wide organization with a membership of 500,000
- The "new world" Independent Order of Odd Fellows was formally founded in Baltimore, Maryland, in 1819

- Lodge members represent every age, income, profession, religion and ethnic group



Kevin Hunter, MHC Foundation Executive Director, accepts a cheque from Margaret MacLennan, Odd Fellows & Rebekahs, as (left to right) Rosie Jacuzzi, President & COO; Betty Moore, OF&R; and Bev Lesiuk, Director, Acute Care Programs; look on. In front: an \$11,000 bariatric bed donated by OF&R



# DID YOU KNOW?

Donating blood saves lives? For more information on blood donation, or to make an appointment to donate, please call Canadian Blood Services, toll-free at 1 888 236 6283.



**Canadian Blood Services**  
*it's in you to give*

The Catholic Health Association of Canada will hold its annual convention in Vancouver next month? For more information, please visit: [www.chac.ca](http://www.chac.ca).



The Winnipeg Symphony Orchestra and Manitoba Artists

in Healthcare partnered once again this year to offer a special *Caring for the Caregivers* concert? We were given 40 free tickets to share with front-line Interim and Long-term care workers. Congratulations to all the draw winners!



Our security personnel offer free car boosting to anyone parked on MHC's property?

The next lecture in the WRHA Leadership Lecture Series - "Change Happens One Team at a Time" - is from 8-9 a.m. on Friday, April 24, 2009, at HSC in the



Winnipeg Regional Health Authority  
Office régional de la santé de Winnipeg  
*Caring for Health À l'écoute de notre santé*

Auditorium of the Isabel M. Stewart building? Everyone welcome!

The movie *The Haunting in Connecticut*, starring Virginia Madsen, will be in theatres March 27? Why is that important, you ask? Cast your mind back to last autumn when Misericordia became St. Michael's Hospital for a day and Wolseley Avenue was closed as film crews took over the street.

Urgent Care is the first health-care facility in Winnipeg to offer patients access to the Internet through wireless technology - and at no cost? After patients are triaged, our registration clerk provides a daily password to anyone wishing to use the Internet. For those patients without a laptop or a PDA, Urgent

Care also offers two kiosks with desktop computers with Internet access. Offering free Wi-Fi is the brainchild of Dr. John Reda, Director of Urgent Care and our CMO, who uses the service himself to access medical reference websites while treating patients.



## WOUND CARE

By Lynn Boschman LPN CFCN, Ambulatory Care Wound Clinic

I recently returned from Victoria, B.C., having attended the "theme meetings" presented by the Canadian Association of Wound Care.

It was an awesome experience to be one of 350 delegates participating in the interactive and case-based learning sessions. A team of specialists compiled the most important, new and leading-edge information from around the world, enabling us to provide a solid base for wound care delivery in our facility.

The four sessions that formed the core of the program were: Wound Bed Preparation, Venous Leg Ulcers, Diabetic

Foot Ulcers, Pressure Ulcers, and Dressing Selection.

Throughout the sessions the importance of "client education" and "teamwork" was emphasized.

Dr. Neil Simonsen, along with the staff of the Diabetic Foot and Complex Wound Clinic, truly exemplify the term: "It takes a village to heal an ulcer."



## IN MEMORIAM

It is with great sadness that we share Nick Laping, MHC board member, passed away on February 26th, 2009. Nick was a pillar of the community and the embodiment of civic commitment. His loyalty, integrity and principled approach to conducting his daily life truly touched many.

Please consider donating blood or platelets in his memory. Call 789-1000 for an appointment.



## WORLD GLAUCOMA DAY

By Lori Mathews, C3N Outreach Nurse

On the 2<sup>nd</sup> Annual World Glaucoma Day, March 12, 2009, the C3N outreach department manned an information table about the disease, taking time to answer questions and encouraging passers-by to get yearly eye exams.

Glaucoma, also known as "the sneak thief of sight," is an eye disorder characterized by progressive optic nerve damage and vision loss, usually related to high intraocular pressure.

Individuals who are at risk for glaucoma:

- age 40 and over
- have family history of glaucoma

- have high blood pressure
- have diabetes
- are nearsighted (myopic)
- are of African, Asian and Inuit ancestry

The goal of treatment is to control the elevated pressure. It is important to note that lost vision **cannot** be restored.

Medicated eye drops are most commonly used to treat glaucoma.

To take care of your eyes:

- have your eyes checked regularly
- take medication as prescribed
- never stop using medication, unless your doctor has advised you

- if you forget to take your medication, take it as soon as you remember

Questions? Please contact Pam or Lori at ext. 8031.





**Introducing...**

Sinhuja Navaretnam. Sinthu says she enjoys helping people in need ... what an understatement! The 17-year-old Misericordia volunteer has not only logged 165 hours with us in the past two years – helping our residents in a variety of ways, such as serving ice water and leading recreation activities – but she recently donated the \$2,500 she won in Indian classical dance competitions to the Save a Heart campaign to build a cardiac unit in a Sri Lankan hospital. Congratulations, Sinthu! We're honoured to have you in the Misericordia Family.



**PHIA REMINDER**

By Trudy Wilgosh, *Manager, Health Records/Privacy Officer*

It's very easy to enter a wrong phone number when sending a fax! Please always verify the fax number and use pre-programmed or speed-dial numbers whenever possible before you hit "send." We have an obligation to protect the confidentiality, privacy, security and integrity of personal and personal health information.



**CELEBRATING SOCIAL WORK & NUTRITION**

March is both Social Work and Nutrition month – and our Misericordia departments are celebrating!

During the official Social Work week (March 2-13), our two departments partnered to support Winnipeg Harvest.

Together, we gathered three large boxes of food along with a donation of \$487.25, which will provide Winnipeg Harvest with the capacity to make baby formula purchases in the amount of \$9745 (every cash dollar donated is equal to \$20 buying power)!

"This speaks to the generosity of Misericordia staff," says Jane Van Dam, Social Work Manager, "They've supported a good cause ... nutrition plays such an important part of our lives."

The festivities continue with "Stay Active, Eat like a Champion" activities

in support of the Dietitians of Canada annual nutrition campaign! Be sure to take the stairs as "stairwell spys" will reward those who do.

And don't forget to join "Nutrition Month Jeopardy" on Thursday, March 26 in the auditorium from 12-12:30 p.m. Please call Maria Knaus, Clinical Nutrition Manager, at ext. 8320 for more details.



Jane Van Dam, Social Work Manager, happily hands over Misericordia's monetary donations to Bruce Michalski of Winnipeg Harvest

**ETHICS REVIEW**

WRHA Ethics in Healthcare Management Workshop - April 28, 2009

Are you interested in learning more about ethics in health-care management? Are you keen to network with others with similar interests and challenges?

This interactive, one-day workshop is designed for individuals working in a wide range of health-care management roles.

Participants will increase their knowledge of organizational ethics in health care. They will also consider how to apply ethics strategies and frameworks in their health-care contexts, systems and processes.

There is no prerequisite for this workshop. Register today at [www.wrha.mb.ca/osd](http://www.wrha.mb.ca/osd). Click on Organization and Staff Development. Click on Calendar of Courses and go to April 28, 2009.

**TONY INVALUABLE AT MP2**

"Tony Morrone ... rhymes with macaroni," says Tony jokingly. It's early in the morning and Tony's on Misericordia Place 2 to help residents at breakfast; he's barely missed a morning in the last nine years since his wife, Maria, became a resident.

"I make coffee, see who wants water," he says, smiling, "They expect it. I help some sit down; if they're blind, I put my hand on their shoulder so they have a special soft landing."

"Tony's just unbelievable," says Carleen Lepine, RCM, "He comes in to help not just his wife, but all the MP2 residents. On the rare days he can't be here, they really miss him."

"I like helping," Tony says modestly. "I want someone else to do the same for me when I'm old." (He winks after this statement and admits he's 79).

Tony actually has a long history and connection with Misericordia Health Centre.

For 30 years, he was the self-described "cast man," applying thousands of casts to adults and children, as well as splints, compression clamps and traction devices.

"Misericordia, for me, is a family," says Tony. Two of Tony and Maria's five children work at Misericordia Health Centre today: both Tino and Linda Morrone are

Health Care Aides in the surgical complex.

Even more fascinating is Tony's connection to the Misericordia Sisters: in 1964, Tony and Maria sold their house on Wolseley Avenue to the Misericordia Sisters so Villa Rosa could be built.

Recently Tony missed a morning at Misericordia Place and the residents were grumbling. Where was he? Taking a neighbour with a broken arm to our cast

clinic, of course!









Left: Tony smiles with his wife, Maria






Right: Tony adjusts a traction device during his days as an orthopedic orderly

# MISERICORDIA STAFF NEWS

## New Staff for February 2009:

-  Nicole Pacheco-Unit Clerk
-  Kelley Waldner-Clerical Aide
-  Larry Mudge-Respiratory Therapist
-  Marie Laporte- RN II
-  Cindy Hogue-RN II
-  Mae Snider-Staffing Clerk

## February Retirees:

-  February 20: Jan Keizer, RN II, Ambulatory Clinic
-  February 23: Barb Aylward-McElgun, Unit Clerk, Misericordia Place
-  February 27: Giselle Milloy, Nurse III, Ophthalmology Program

## MHC Nurses rock!

Help get them national recognition by sending in a nomination to Hospital News's Nursing Week Contest!

Highlight a nurse who has:

- Inspired, encouraged or empowered
- Had a positive impact
- Gone above and beyond as a colleague, caregiver or employee

Either e-mail [editor@hospitalnews.com](mailto:editor@hospitalnews.com) or mail in an entry to Editor, Hospital News, 405 The West Mall, Suite 110, Etobicoke, Ontario, M9C 5J1.

If one of MHC's nursing heroes is selected, Hospital News will profile the nurse and award one of three prizes (TV and/or home theatre systems). Stories/letters can be sent in by patients/patients' family members, colleagues or managers.



# HEALING HANDS

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

When you hear the name Jin Shin Jyutsu, you may think it sounds like a type of martial art.

In reality, it is an ancient art of harmonizing the life energies of the body. It is through this balancing of energy that Jin Shin Jyutsu promotes optimal health, well-being and assists in helping the body achieve its maximum healing potential.

Claire Stephensen brings the teachings of Jin Shin Jyutsu with her to Misericordia Health Centre by means of her monthly *Restoring the Flow: Creative Hands, Healing Hands* workshop for Interim Care residents.

These workshops mix creative arts with inner balancing and relaxation techniques. Jin Shin Jyutsu is said to empower individuals through deep relaxation.

The program starts with each participant tracing his or her hand onto a piece of paper. Claire then explains one by one which emotion

each part of the hand represents.

According to Jin Shin Jyutsu, the thumb represents worry, the pointer finger represents fear, the middle finger represents anger, the ring finger represents sadness, the pinkie finger represents patience (or longing for) and the palm represents despair.

Claire explains when you are feeling one of these emotions, all you have to do is take a hold of that specific part of the hand and concentrate until you find the pulse. Doing this will calm you and make that unfavourable emotion go away.

As Claire gave each part of the hand its corresponding emotion, participants label that part of the hand on their tracing.

At the end of the workshop, participants keep their pictures to continue their Jin Shin Jyutsu practice.

Participants also create interesting artwork by tracing their hands over and over again onto pieces of paper.

"The workshops are an enlightening experience for everyone involved," says Ellen Locke, Misericordia's Manager of Recreation Services.

For more information on Claire Stephensen's program or Jin Shin Jyutsu, please call Roundhouse Farm at 204-375-6616 or e-mail [skyward@mts.net](mailto:skyward@mts.net).



## Interfaith Calendar March 2009

**March 2: Lent**—A Christian time of reflection and preparation for Holy Week and Easter. A forty day time of intense devotion, it is observed by fasting, frequent worship and acts of charity. The season begins on Ash Wednesday.

**March 9: Mawlid el-Nabi**—Islamic commemoration of the birthday of Prophet Muhammad, founder of Islam, in about 570 c.e. Not universally observed. The prophet's teachings are read and religious meetings are held.

**March 10: Purim**—Jewish celebration of the deliverance of the Jewish minority in Persia from genocide. Charity to the poor, sharing food with friends, and vigorous merrymaking mark the observance.

**March 11: Hola Mohalla:** A Sikh day when mock battles are fought and martial arts are displayed.

**March 21: Naw Ruz**—Baha'i observance of the vernal equinox symbolizing spiritual growth and renewal.

**March 25: Annunciation of the Blessed Virgin Mary**—Christian celebration of Gabriel announcing to the Virgin Mary the coming birth of Jesus as the Incarnation of Creator God.