



LIFE @ MIZ

INSIDE THIS ISSUE:

| | |
|-----------------------------|---|
| <i>Calling all Angels!</i> | 2 |
| <i>Misericordia Downs</i> | 2 |
| <i>Outlook Tips</i> | 3 |
| <i>Introducing...</i> | 3 |
| <i>Accreditation Update</i> | 4 |
| <i>New Prayers</i> | 4 |



Our Core Values
Caring . Respect . Trust

LIFE IN THE TIME OF H1N1

I'm sure by now most of you have two jobs: your usual one, and your H1N1 job. I want to thank everyone for their patience as we battle the H1N1 influenza together.

We're trying to keep you as up-to-date as possible, but we're also limited by factors beyond our control, like the current vaccine shortage.

The region will resume its mass immunization clinics along with its staff immunization clinics once the vaccine supply



increases and stabilizes.

An astounding 74,973 Winnipeggers have already received their vaccination. Here at MHC, we have given 481 doses to our physicians, staff and volunteers. And we know that number doesn't include staff vaccinated with their children at public clinics or at another health-care facility.

Please, protect yourself and others by getting the vaccine as soon as it is available.

And if you do get the flu, please stay home and rest. Out of courtesy to others, please be sure to let your unit manager know that you have symptoms of an influenza-like illness in order to monitor patients and residents for signs and symptoms. In doing so, you may help us prevent a major outbreak.

There is lots of good information out there now to answer everyone's questions. In particular, the WRHA's H1N1 "What to do" Quick Guide is an excellent resource; it helps you assesses your situation and decide if/where you need to go for care. <http://www.wrha.mb.ca/healthinfo/az/influenza/files/QuickGuide.pdf>

Remember if you have an H1N1 question, we're here to help! Please call our MHC H1N1 hotline at ext. 8282 or email H1N1@misericordia.mb.ca.

Rosie Jacuzzi

Rosie Jacuzzi



CARE AT THE END OF LIFE

Allison Kesler
Executive Director (Acting)
Misericordia Foundation

At Misericordia, end of life care means achieving comfort and ensuring respect for our resident nearing death and maximizing the quality of life for the resident and loved ones.

The Mark & Dorothy Danzker Perpetual Trust Fund, managed by the Jewish Foundation of Manitoba, recently made our task easier by donating \$10,000 to our MHC Foundation to go directly to our end of life care.

This wouldn't have been possible without the guidance of Mr. Lawrence Cohen, the fund trustee.

We have purchased specialty hygiene items for oral, eye and hair care; baskets which include soothing CDs, spiritual readings, puzzle books, candies and travel wipes. A



new blanket warmer keeps our residents warm and cozy and two specialty day beds allow for comfortable seating for family in the room and

transforms into a single bed unit, allowing for naps or overnight stays for loved ones. We're also purchasing parking passes for those who find themselves spending longer periods of time at Misericordia providing support.

The Mark & Dorothy Danzker Perpetual Trust Fund will be recognized for their generosity with a plaque to be located beside the Quiet Room at Misericordia Place.



After a tour of Misericordia Place, Mr. Lawrence Cohen poses with the End of Life Support Program members. Back: Louise Dyck and Susan Shortill; Front: Eileen Coates, Carleen Lepine, Patty Johnson



Calling all Angels!



Calling all angels! The Santa Claus parade is Saturday, November 14, 2009 and of course, we have a beautiful MHC float in the parade. This is the 100th anniversary for the Santa Claus parade in Winnipeg, and MHC is celebrating our fifth year joining them. If you would like to be one of the angels in the parade, put your name on the list posted on the Social Committee board in the main Wolseley hallway. We are also looking for assistance with decorating the float, so if you have some time to spare, please call Sharon Stanley at ext. 8154.

MISERICORDIA STAFF NEWS

New Staff November 2009:

- ♥ Julieta Mamonong, HCA, C6
- ♥ Shannon Byrgesen, HCA, C2
- ♥ Shanna Clark, Intake Operator, PHCC
- ♥ Jessica McGregor, Intake Operator, PHCC
- ♥ Carmen Boca, Intake Operator, PHCC
- ♥ Leslie Pinchin, Respiratory Therapist, Respiratory Therapy
- ♥ Terry Rolland, Social Worker, Social Work

MISERICORDIA DOWNS

Ellen Locke
Recreation Manager

This summer at Misericordia Place, Friday afternoons were filled with excitement for the residents. Recreation Facilitator Shery McManus created the next best thing to attending the Royal Ascot Races and the Kentucky Derby. Residents wore their racing finery complete with fancy hats to attend the Friday races. Shery designed a floor-sized racing game board with plastic horses numbered 2-12 that advanced with the roll of a die. Cards were dealt



Five residents enjoying the races

to represent the player's bet with the winners receiving "Golden Canadian Loonies" in chocolate, of course.

The residents are already looking forward to next year's racing season.

DID YOU KNOW?

♥ Book Optical donated the supplies used during the Charities



Campaign eye-glass cleaning event? The event raised over \$600 for the MHC Charities Campaign. Thanks Book Optical!

♥ 1 Plus 2 AND 3 OR 4 is a tool used to identify delirium which is considered to be a medical emergency? Visit the MESA notice board to learn more.

♥ The CHAC website has been redesigned- it is a more user friendly resource for a Catholic health-care facility? Visit www.chac.ca. Comments and suggestions on how to further develop the site are welcomed. Please send comments to: info@chac.ca.



♥ Medical Radiation Technology week is from November 8 to November 14? During this week we recognize and honour all Medical Radiation Technologists in Manitoba who work so diligently with their patients to ensure the efficiency and accuracy of all of their diagnostic tests and radiation treatments.



♥ Health Esteem's Laura McArthur encourages drop-ins to her Circuit Training class? Feel free to join in Mondays, Wednesdays and Fridays from 4



to 5 p.m. in the Auditorium for a drop in fee of \$12 per class.

♥ Sharon Taylor, Executive Director, Wolseley Family Place, was recently honoured by the Provincial Council of Women of Manitoba at their 3rd Annual Celebrating Women Gala for her many years of working for women and the community?

Congratulations, Sharon!

♥ Fr. Vince has officially dedicated our new sign in the Urgent Care entrance? If you haven't seen it yet, take a peek, it is a wonderful start to our redevelopment image.



♥ As in past years, volunteers will be coming through the units this week to distribute complimentary Remembrance



Day poppies to residents who wish to receive one? This is a Volunteer Ventures funded project.

♥ The University of Winnipeg's Women's Club is holding their 29th annual Craft and Bake Sale November 13 and 14 in the



Ralph Connor House at 54 West Gate just across Sherbrook? Take a break and enjoy some baking or do some early Christmas shopping at the craft sale. Entry is only \$3 and the sale opens at 10 a.m. both days and closes at 7 p.m. on Friday and 4 p.m. on Saturday.

♥ The WSO will be performing for residents and Interim Care patients on November 24, 2009 right here at MHC. They will start on Cornish 6 around 10 a.m. before performing at Misericordia Place at 11:15 a.m.





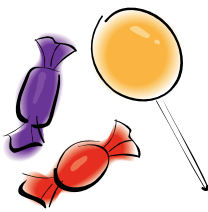
MISSION MOMENT

By Anne Tesarski
Nursing Professional Practice
Coordinator, MESA

I observed a young mother, with a baby in her arms, chasing a busy toddler at the Wolseley entrance. The halls of Misericordia were echoing, not with laughter, but with the screams and crying of the toddler. This mother was trying desperately to console and quiet her child, to no avail. Barbara Nichols, Human Resources, couldn't help but notice the situation and tried to help the mother by speaking to the

young child, again to no avail.

Barbara left, I thought for good, perhaps to retreat behind a closed door but moments later she returned with a treat for the toddler. Once again the halls of Misericordia became calm, quiet and serene! Thank you to the staff member who has not forgotten that we are here to care for all people who cross the threshold of our Misericordia. It is our job!



Introducing ...

Tracy Cappello, MHC's new Manager of Finance. Tracy joins us from an extensive term with Mount Carmel Clinic where she was Director of Operations for the past few years. "It was time for a change," she said, "I needed some more balance to my life and I wanted to get back into Finance." Although it might not be for everyone, Tracy's first love in her work life is Finance. She enjoys all of the finer details that come together in Finance to help make big decisions.



Tracy also enjoys our central location as it is close to her home in River Heights and to her daughter who is in school nearby. Like her daughters, Tracy is an avid fitness participant and, although she is tied to the High-school volleyball season at present, she looks forward to taking part in all of the fitness opportunities offered by MHC as well. Until then, she is happy to join the other runners on Wellington Crescent just five minutes away. So next time you are up to hand in time sheets, or taking a stroll down the Wellington path, give Tracy a wave and keep up the warm Misericordia welcome!

OUTLOOK TIPS

To create a **Hyperlink to the T: drive** in an email: select the text, highlight it. Click Insert on the toolbar, select the Hyperlink option, then direct the path to the proper folder on the T: drive.

To keep your inbox size down to the mandatory 170mb, save attachments you will need to your U: drive as soon as you receive them.

- Double click on the attachment in the email
- When the check box appears to ask you to Open, Save or Cancel select the "Save" option instead of "Open"
- Select the appropriate file for the document and name it accordingly.
- Once you have save the attachment to the U drive you can remove it from the original email rather than deleting the whole email.

To remove the attachment:

- Right click on the attachment
- Select "Remove"
- Close the email
- When asked "Do you want to save changes" select "Yes"

If you notice your new email address is showing up as an "hsc exchange" address please notify Jason Hamade.

When selecting a name from the global address list (GAL) and more than one option is available, please use the name without the globe.

If your contact information is incorrect in the GAL please email the service desk at servicedesk@manitoba-ehealth.ca

If your preferences (like autosig, spellcheck, etc.) are still disappearing every time you close Outlook please contact the service desk ASAP as this is an issue that should be resolved.

HEALTH AND WELLNESS FOR MISERICORDIA RESIDENTS

Ellen Locke

Recreation Manager

Recreation Facilitator Linda Martinenko is piloting a Health and Wellness Program with her residents on Apple Tree Lane (MP 2). Empowering and educating our residents to maintain a healthy lifestyle is a major component of Therapeutic Recreation.

Each month, Linda educates residents on health conditions that may affect them and methods of prevention and treatment.

October was COPD (Chronic Obstructive Pulmonary Disease) month and Linda held weekly sessions with the residents explaining what COPD is and how it affects those who have it. Residents received presentations from Gerry McDonald, Respiratory Therapist, who spoke about the importance and correct use of puffers and Joanne Sosnowski, Physiotherapist, who gave the residents information on posture and warm up exercises.

With the help of these guest speakers, the residents now have a better understanding of their conditions and are able to participate in their own care. At the end of each four week session, the residents receive a Certificate of Participation in each new area of Health and Wellness. The Recreation Department would like to thank all of our MHC colleagues who have contributed their knowledge and expertise to this program.



NEW PRAYERS FOR MHC

Have you noticed the new prayers we have at MHC at 9 a.m. and 5:30 p.m.?

The four voices you hear are the Spiritual Care Team members: Teresa Campbell and Fr. Vince do weeks one and three, while

Donald Plett and Michele Sala Pastora do weeks two and four. The new prayers are meant to be comforting and meaningful: an invitation to stop, pause and reflect.

Many thanks to Gord Brown, who is not only a Diet Aide at Misericordia Place, but also a talented producer. Gord volunteered his time and

equipment to create the new prayers.

Please send any comments or suggestions to improve the prayer messages to Fr. Vince at ext. 8285.

These new prayers replace the prayer cassette tapes that were created in the mid-80s featuring Rev. George Neufeld, and Father Alan Piche, the Protestant and

Catholic Chaplains at the time. And did you know before we had tapes the operators had a book of prayers they read in the mornings?

Often the shortest prayer was chosen!

Please read on for Spiritual Care's introduction to the new prayers:

Introduction to Morning and Evening Prayer

The Place of Prayer

As a Catholic Health Centre, established by the Misericordia Sisters, prayer, and confidence that God loves us and provides for us in our need have sustained the Mission and Ministry of Health Care as a living sign of God's Compassion.



Prayer is common to all world traditions, and common also, are the purposes of prayer:

- Praise of God;
- Thanksgiving;
- Intercession for particular needs;
- Harmonizing one's heart, soul and mind with God, or our higher power;
- Comfort and assurance.

Prayer, and the call to prayer at various times of the day is also common to many traditions, as an intentional interruption in one's work as a reminder that all we do has a higher purpose.

Background to Prayer Design

To capitalize on the strengths of residents.

- Long term memory of scripture, hymns and prayer.
- Engaging music

To allow for participation in the prayer.

- Verse and response format to prayers
- The usefulness of repetition

Use of Scripture

The Psalms are common prayers of Jews, Christians and Muslims, that reflect the wide experience of life, and the longings of the heart and soul. Christians of many churches will be well familiar with the psalms.

A Four Week Cycle

Each day has a different song and prayer for Morning and Evening. Each week will have its own morning and evening hymn.

ATTENTION:

Accreditation 2009 has been postponed until February 2010 due to H1N1 strategies.

Required Organizational Practices (ROP)

In-services will continue throughout November. ROP's are essential practices that organizations have in place to enhance patient/client safety and minimize risk.

This is a great opportunity for staff to become familiar with the Patient Safety Areas, ROP's and find out how MHC is addressing each ROP!

**ROP In-service dates:
November 5, 12 & 13, 2009**

Interfaith Calendar November 2009

November 12: Birth of Baha'u'llah - **Baha'i** - Baha'i celebration of the birth of their founder and teacher. Refrain from work.

November 27: Eid al Adha - **Islam** - Islamic Feast of Sacrifice. The most important feast of Islam. It concludes the Hajj and is a three-day festival recalling Abraham's willingness to sacrifice his son in obedience to Allah.

November 29: First Sunday of Advent - **Christian** - Christian time of preparation for observing the birth of Jesus Christ. Advent begins on the Sunday nearest November 30 and is the beginning of the Christian worship year. Advent is observed with the lighting of advent candles, display of wreaths, and special ceremonies. Advent also anticipates the coming again to earth of Jesus Christ. The season continues through December 24.



Back by popular demand...
it's the MHC Christmas
Bake Sale and Silent Auction!
Thursday, November 19, 2009



10 a.m. until 2 p.m. (or until we run out!) in the Auditorium

Please drop off your donations of baked goods (with a list of ingredients) and new items for the Silent Auction, in the Surgical Complex Conference Room (327 on C3S) or in room 309 all day Wednesday, November 18.

All proceeds to MHC Foundation in support of our redevelopment.

Please contact Gloria 8094 or Julie 8594 for more information.