



LIFE @ MIZ

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Our Core Values

Caring . Respect . Trust

The Charities Campaign is off to a roaring start, thanks to the advance planning of our intrepid co-chairs: Allison Kesler, Director, Major and Planned Gifts, MHC Foundation; and Maria Knaus, Manager, Clinical Nutrition. This is the first time I can remember the Charities Campaign having a summer

2009 CHARITIES CAMPAIGN

event! What a great idea! Please read more about the delicious ice cream event inside this edition of Life@Miz. So many activities at Misericordia revolve around food. Perhaps it is the Misericordia Sisters' hospitality value, or simply that a family enjoys breaking bread together. The Charities Campaign is no exception: ice cream, pulled pork BBQ and cookie sales all

feature heavily! New this year is a Rock Paper Scissors tournament coinciding with our BBQ on Sept. 24. Compete for the MHC RPS crown! Sign up – a mere \$2 entry fee – at either the MHC or Misericordia Place information desks no later than Sept. 18. I encourage you to support our 2009 Charities Campaign by attending our events and

considering a payroll deduction. By all means - give what you can. It's not about how much you contribute, but that you participate. Strength in numbers! Did you know that MHC has a reputation of being one of the most generous health facilities in the city? It's an honour we're proud of: so let's continue live up to it!

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
September/ October Charities Calendar 2009				24 Charities BBQ & RPS Tournament 11 - 1 p.m.	25	26
27	28	29 Eye Glass Cleaning	30	1 OCTOBER	2	3
4	5	6	7	8 Cookies for a Cause	9 Casual Day	10
11	12	13 Early Bird Draw Begins	14	15	16 Casual Day	17
18	19	20	21	22	23 Casual Day/ Early Bird Draw Ends	24
25	26 Baskets/	27	28	29	30 50/50 Draw*	31



Rosie Jacuzzi
President & COO

* 50/50 Ticket Sales will take place from Sept. 24 through the last week of October with the draw taking place Thursday Oct. 29.

FOUNDATION NEWS



The MHC Foundation will soon have a new donor wall at the end of the overpass. Perhaps you've noticed it's bare at the moment? The new wall will have a contemporary feel and

include an interactive touchscreen component that offers enhanced donor recognition as well as background information on Misericordia's history, current programs and upcoming initiatives.



Misericordia's new donor wall concept

MISSION MOMENT

An unexpected phone call threatened to end a Pub Night for Misericordia Place residents. Lynn Horton recalls the anxiety she felt hearing about the music cancellation only five minutes before she was to head to Misericordia Place.

"We planned to have background music [instead] ..." she recalls, "Linda and I thought we might do a sing-along but we're not the greatest singers," Lynn says with a laugh.

Luckily, both women were relieved of that pressure when Lynn arrived at Misericordia Place to find our very own Craig Simmonds, from Shipping and Receiving, visiting a resident.

They got chatting and it was revealed he played guitar. Fortunately for Misericordia Place residents, Craig can sing as well as play the guitar. After

running home to pick up his instrument, Craig played a half hour set of older country songs that many of the residents remembered.

"It's amazing you know, you've got [someone] with Alzheimer's who never remembers anything and he's there singing along with Hank Williams word for word! The nurses [would remark] look at 'Frank' over there, he never says [anything] and look at him singing away!"

For Craig, that enjoyment, and ability for people to relate through music, is what keeps him coming back.

"Make 'em smile," he says, "That's what I go back for." Although he doesn't hold his abilities in the highest regard, he's obviously the only one as he's been asked back on numerous occasions already. As Lynn sums up: "He does a lovely job... it was just, lovely!"



PICNIC AT THE PARK

By Ellen Locke

Manager, Recreation Services

The sun was shining and the temperature was in the mid-20s: a perfect day for our second annual Resident Picnic at Assiniboine Park.



Nina Williams, Cornish 2 resident, liked the lily pads in the pond at the sculpture garden best. Pictured with Nina is Nilza Maia.


Residents, staff, family members and volunteers spent the afternoon of August 25 picnicking, touring the English gardens and Leo Mol Sculpture Garden, visiting the Duck Pond, people watching, and just relaxing and having fun in the sun.

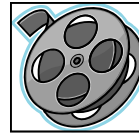
A great big thank you to family members, the Spiritual Care Department, unit staff along with Volunteer Services and Dietary for helping the Recreation Department to make this annual picnic possible for our Interim Care residents.

The English Gardens were so beautiful; the residents especially loved all the brightly colored flowers and lily bulbs.

It was a wonderful day for everyone!


DID YOU KNOW?


 Film director/producer/writer John Carpenter toured MHC this summer scouting locations for his next movie? Many employees ask, "Why do they keep coming to the Misericordia?" The simple response, according to Tyler Brown, Manager Security and Environmental Safety is: "They love coming here and things are made so easy for them that they want to keep coming back."



 Our MHC Foundation generously funded new "big button" phone sets in patients' rooms on Cornish 3 North? Perfect for our eye surgery in-patients!





 There are many workshops and lectures you can take to increase your knowledge and understanding of who we are as collaborators in the Healing Ministry of health care? Please contact Carrie Devin, ext. 8283, in Spiritual Care to learn more about Mission and Ministry courses that relate to MHC.


 It's party time! Saturday, September 12 our neighbourhood is having a party! The Sherbrook Street Festival will take place

Saturday, September 12 from noon until 11 p.m. and will showcase local artisans, music and children's activities. Bring the whole family!



 October 1 is the International Day of Older Persons? Celebrate all of October: Seniors and Elders' Month!

 Health Science Centre's Spiritual Care department is hosting a presentation; "What role does Spirituality/Spiritual Care play in a health care setting?" Five Health Care Professionals have been invited to respond to that question in Theatre B in the Basic Sciences building Thursday, October 22, 2009 from 12:30 - 1:30 p.m.

 University of Manitoba Physician Assistant students were recently at Misericordia for the first time as part of their clinical training? They came to learn how to perform basic eye examinations.



Interfaith Calendar September 2009

19-20 Rosh Hashana - Jewish

Jewish New Year. A time of introspection, abstinence, prayer and penitence. The story of Abraham is read, the ram's horn is sounded, and special foods are prepared and shared.

19-27 Navaratri - Hindu

Hindu Festival of the divine mother honoring Durga, wife of Shiva, and seeking her blessings. Also observed as a celebration recalling the days of Lord Krishna.

20 Eid al Fitr - Ramadan ends - Islam

Islamic event marking the close of Ramadan. It is a festival of thanksgiving to Allah for enjoying the month of Ramadan. It involves wearing finest clothing, saying prayers, and fostering understanding with other religions.



MISERICORDIA'S GREEN MILE

Workplaces in motion:

Manitoba Health and Healthy Living

Ciclovia, meaning "bike way", combines healthy living with arts and culture and engages citizens in active alternatives to motorized transportation, bringing life and community bonding back to otherwise car choked streets. This type of event originated in Bogota, Columbia, which now closes down over 70 miles of city streets every Sunday. <http://www.streetfilms.org/archives/ciclovia/>

On Sunday, September 13 starting 8 a.m., a significant city street – the entire north side of Broadway from Osborne to Main – will be temporarily closed to automobiles to allow dominance by non-motorized traffic. This closure will be part of the day's active transportation-friendly route connecting all the way from Assiniboine Park right down to the Forks!

Attendees will enjoy one of the city's most beautiful districts, taking in live entertainment, food, unique visual displays, family activities, and more! We invite you to walk, bike, rollerblade, skate, run, jump, or skip on down!

WE ALL SCREAM FOR ICE CREAM

By Allison Kessler

Director, Major & Planned Gifts

It is no surprise the volunteers of the Charities Campaign came up with another great fundraising idea. The sale of ice cream during what WAS supposed to be the hottest months of the year!

Regardless of the weather, the committee and volunteers were out on three occasions during June, July and August, and

raised \$633.80 towards the important work of the Misericordia Foundation. A special thank you goes out to Sonoco Flexible Packaging, Canada Safeway and our very own Ellen Locke for providing the ice cream and cones for our event. And, without the hard work of the volunteers, this event would not have been possible.

Keep your eyes open for our next upcoming event, especially

if you or one of your co-workers wears glasses. So keep them dirty because our crew will be coming around with professional product to make them sparkle!



INTRODUCING ...

Caroline DeKeyser. Caroline will be joining the MHC team September 14, 2009 as our new Chief Nursing Officer. Caroline comes to us from a joint position as Program Director for Family Medicine and Oncology at Seven Oaks General Hospital and Program Director for Family Medicine



and Primary Care within the Winnipeg Regional Health Authority.

Caroline began her career helping out in her parents bakery, George's Bakery, in St. Boniface before obtaining her Bachelor of Arts and Masters of Science in Community Health from the University of Manitoba. She received her Nursing Diploma from the Health Sciences School of Nursing. She developed an "understanding [of long term care] when working at Taché Nursing Centre as a Health Care Aide. This experience [made me realize] my passion for nursing.

"I love nursing as that dynamic blend of art and science that cares for health promotion and the human response to illness. I see nursing as an amazing profession that has innumerable and diverse possibilities to be creative and focus [on improving] health and health care."

We look forward to benefiting from Caroline's knowledge and experience and we welcome her to the Misericordia family.

BAKE SALE



Health Records, Housekeeping and Home Care will be hosting a **bake sale and raffle for a 32" Samsung LCD HD TV. The proceeds of the sale and raffle will be donated to Donna Thompson.** Donna works in Housekeeping, Home Care and Health Records. She is currently battling ovarian cancer and we are all hoping that the money generated from the sale and raffle will help ease the financial burden of being off work while she is receiving her treatments.

The bake sale and raffle will take place on Friday September 11, 2009 between 9 a.m. and 2 p.m. in front of the Cafeteria. Tickets for the TV will be \$5 each or 3 for \$10. TV tickets will also be available in the Health Records Department from 7 a.m. to 8 p.m. Monday to Friday.

As part of the Misericordia Family, please join us in this worthy cause by buying a raffle ticket and some great-tasting baking.

MISERICORDIA STAFF NEWS

New Staff September 2007:

- 📍 Roberta Quijano- Resident Food Service
- 📍 Sharon Del Mundo- Resident Food Service
- 📍 Sharon Hopfner- Diagnostic Imaging
- 📍 Monique Martine- Rehab. Services
- 📍 Paula Wurtz- Urgent Care

- 📍 Noreen Garanhel- PACU/Day Surgery/ POAC
- 📍 Tyla Turman- Health Links-Info Santé
- 📍 Heather Boer- Health Links-Info Santé
- 📍 Alison Redekop- Cornish 2
- 📍 Debra Morrison Health Links-Info Santé

IN MEMORIAM

Tuesday, August 11, 2009
 Lisa Christine Groening, an RN with Misericordia's Health Links- Info Santé, succumbed to a brief struggle with cancer. Lisa passed on in her home with husband Mark at her side; she was 52. Though well travelled and having pursued different avenues of education, Lisa found her calling in nursing and felt closest to her family and friends in Winnipeg. She graduated from the Misericordia School of nursing and "worked in various roles in the community before re-joining the Misericordia family in 2007 with the Provincial Health Contact Centre," says Jan Carroll, Lisa's manager. "She found great satisfaction and enjoyment in her role ... She was a dedicated employee and she added support and strength to the program ... she will be



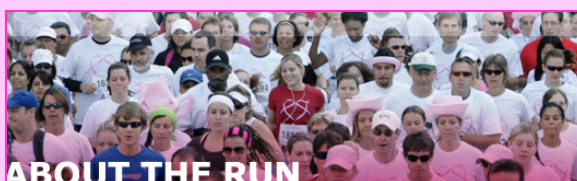
missed." Lisa felt truly blessed to have found the position she had with Health Links- Info Santé as she made many friends and enjoyed her working environment here. The family thanks all friends and family for their support at this time and asks that any tributes be made in the form of donations to CancerCare Manitoba in Lisa's memory.

CIBC Run for the Cure

CANADIAN BREAST CANCER FOUNDATION

CALLING ALL RUNNERS To RUN FOR THE CURE With the MISERICORDIA ANGELS

Is winter too cold for you to be an angel?
 Here's a chance to earn your wings before the snow flies.



ABOUT THE RUN

Join the Misericordia Angels in the CIBC Run for the Cure.
 CIBC Run for the Cure
 Sunday, October 4, 2009
 8:45 am
 MTS Centre, Winnipeg

To register go to www.cbcbf.org and click on the button in the left sub-nav that says "Register for Run 2009." Enter all your personal information, then choose our MHC team:

Team Name: **Misericordia Angels**
 Team Captain last name: **Matthews** (note the two "t"s)

Registration fee and T-shirt are free as long as you raise at least \$150 (or \$60 for children)
 or
 \$40 registration fee if not fund-raising
 If you join our team, your T-shirts will available for pickup at Misericordia on October 2.

For more information contact **Ellen Locke at 8059** or **Maureen Matthews at 8282**.

GET THE SHOTS NOT THE FLU!

This year health-care workers will need more than one flu shot to protect themselves against influenza. There will be one vaccine for the regular seasonal flu and another vaccine for H1N1 influenza.

The H1N1 vaccine may require two injections, three weeks apart, however, that has yet to be finalized.

Seasonal influenza vaccine will be provided during the clinics times listed below however the H1N1 influenza vaccine will not be available until later in the fall.

Seasonal Influenza Vaccine Clinic Schedule

Clinic Schedule

Wednesday October 14/09	8 a.m.—3 p.m. - MHC Auditorium
Friday October 16/09	8 a.m.—3 p.m. - MHC Auditorium
Tuesday October 20/09	10:30—2:30 p.m. - Room 327 (Surgical conference Room)
Thursday October 22/09	10:30—2:30 p.m. - Room 327 (Surgical conference room)
Sunday October 25	2—6 p.m. - Room 183 (Staff Health Office)
Wednesday October 28	7—10 p.m. - Room 183 (Staff Health Office)

Thursday October 29 12:30—2:30 p.m. - Room 327
(Surgical conference room)

Vaccination Cart on Nursing units

Saturday October 17/09	9 p.m.—1 a.m.
Monday October 19/09	10 a.m.—2 p.m.
Friday October 23/09	9 p.m.—1 a.m.
Tuesday October 27/09	10 a.m. - 2 p.m.

PLEASE NOTE: These clinics are for the Seasonal Influenza vaccine alone. No H1N1 influenza vaccine will be available at these times. Vaccine for H1N1 will be available for staff later in the fall.