



MISERICORDIA
Health Centre
The future of care

APRIL 2012

Life @ MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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EASTER IS APRIL 6-9



HAPPY EASTER

Spring is such a time of renewal! Those first buds on the trees and flecks of green peeking up on brown fields across the city. A sense of freshness and rejuvenation is inevitable.

Of course, with spring comes one of the most



important traditions of the Catholic faith: the celebration of Christ's resurrection.

Please take some time over the Easter holidays to celebrate, refresh, recharge and spend time with loved ones.

Enjoy the Easter message below from Monique Lallier, Superior General of the Misericordia Sisters.

Rosie Jacuzzi
President & CEO

Dear Members of the Misericordia Family, Sisters and Laypeople:

Christ is risen! Let us celebrate this joyful day! Alleluia!

Easter is the celebration of life. Jesus is here, He gives us new breath: the Holy Spirit. This feast is at the heart of the source of life, the life of the Church, the life of all humanity. Christ is risen! His ordeal is ended and ours has found some meaning.

May our faith be more and more fruitful so that we may become, for others, living signs that He is alive and present among us.

God is among us! How hopeful!

And how will we bring some of this life of the Risen One? Each time a smile means forgiveness; each time a good word erases sadness; each time an action favours justice and peace and brings more dignity, then the life of the Risen One will become a reality around us.

May the Risen Christ dwell in our hearts and bring us the comfort that gives meaning to our daily life.

On this 2012 Easter Sunday, may the Lord keep us in the joy of the Risen One.

Happy Easter!

Monique Lallier, s.m.
Superior General

EASTER FACTS:



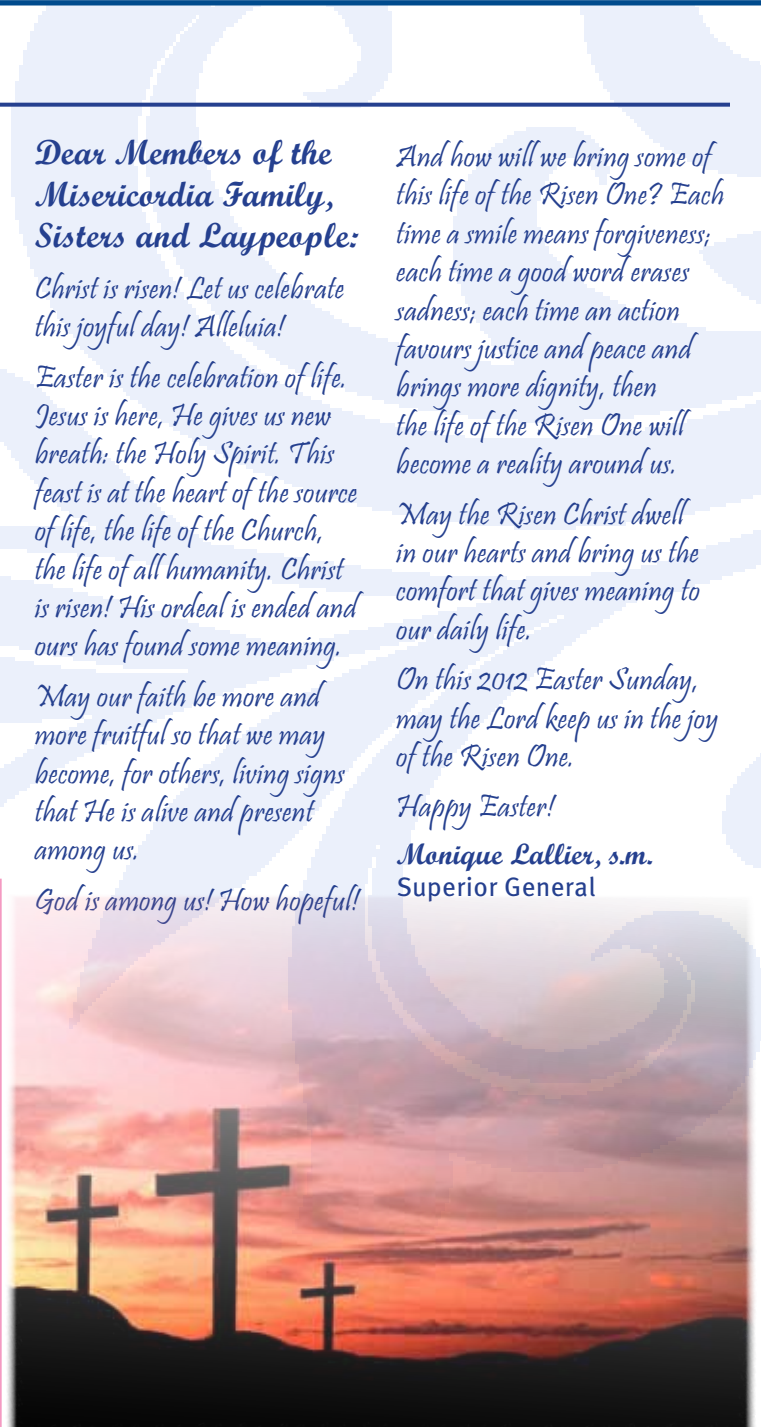
When is the Easter season?

Easter always falls after 21 March on the first Sunday following the full Moon. If the Full Moon falls on a Sunday then Easter is the next Sunday

What has Passover got to do with Easter?

Jesus was crucified during Passover, a Jewish celebration which predates Jesus's birth. This relationship causes the two holidays to be celebrated around the same time every year.

Both Easter and Passover revolve around the idea of rebirth. Jesus is resurrected, or born again, and the slaves are reborn into freedom. Both festivals draw in the idea of birth or rebirth with Easter eggs and the hard-boiled eggs served on Passover.



DID YOU KNOW?



Social work raised \$707 for a new washing machine at Wolseley Family Place! Thank you to everyone for your generous contributions and for helping to make Social Work Week such a success!

Trying to sneak in a bit more exercise into your workday? Join the rest of Manitoba *inMotion!* The week of April 9 to 13 Manitoba *inMotion* workplaces are encouraged to swap our



sling-backs for sneakers and hit the pavement. Too many meetings to change your shoes? Park a few blocks away and get your kicks in before and after work! Already spend the day on your feet? Add a few flights of stairs to get the blood flowing and burn a few bonus calories.

Our Ophthalmology Resident, Dr. Andre Jastrzebski started working at MHC full-time this month. Each resident enters the program July 1 and begins

working at MHC the following April. Our second resident, Raageen Kanjee Raageen will join Dr. Jastrzebski here next April.

NUTRITION MYTH BUSTED

MYTH: Healthy food costs too much.



THE TRUTH: How much food costs is an important issue for many Canadians. With some planning and wise choices, you can create tasty, healthy and affordable meals. To get the most value, choose foods that are big on nutrients and low on cost. Many healthy staple foods can be lower-cost items, including bulk flours and whole grains, in-season fresh produce, eggs, legumes (dried beans, peas and lentils), powdered milk, and sale-priced frozen or canned vegetables, fruits and fish. Scanning flyers for specials, stocking up on sale items and cooking meals from scratch can save you money.

AGING THROUGH THE ARTS

Since January of this year, Misericordia has had the privilege of hosting a Community Artist in Residence, Toby Gillies. Toby works on a variety of visual art projects with Interim and Long-Term Care residents on alternate Thursdays of the month.

Toby graduated from the University of Manitoba and is employed at Art City, a local gallery. He heard about the Artist in Community Residency Program (offered by the Manitoba Arts Council) through a former professor and decided to apply.

The Artists in Community Residency Program assists non-profit organizations by hiring a local artist to engage a community that would not otherwise be involved with the arts. The goal of the program is to allow participants, our residents, to express themselves through creative



collaboration with established and professional artists.

We look forward to seeing the work Toby does with MHC and MP residents at the end of April.

Look for displays at Misericordia Place, on C5 and in the DI waiting areas!

New Hires:

Amber Kusnick - Program Assistant, Focus on Falls
Karla Jacobson - CSD Aide, Central Reprocessing
Paul Trudeau - Health Care Aide, Cornish 2
Jennifer Dengl - Health Care Aide, Cornish 2
Nancy Dombrowsky - RN II, PHCC
Melanie Zarillo - RN II, PHCC
Ginette Carriere - RN II, PHCC
Colleen Dumore - RN II, PHCC
Paz-Andrea Cornejo - Senior Mammography Tech, BreastCheck
Shawna Matthes - Consultant Triple-P Program, PHCC
Jill Stuart - Accountant, Finance

Retirements:

Valerie Regelous - Slating Clerk, O.R.
Maria Papastephanou - Health Care Aide, O.R.

PAYING IT FORWARD... AND THEN SOME

By Glynis Corkal, MHC Foundation Writer



When J. Laurie Johnston was studying to be a pharmacist, he was worried he might have to drop out because he didn't have enough money for tuition. A family friend gave him \$200 – equivalent to \$2,800 today – with a condition: “Do this for someone else some day.” On January 6, he did just that, announcing a \$1 million gift to be split between Misericordia and Riverview Health Centre Foundations. Johnston has always given as generously as his circumstances allowed, but decided that was not enough. About 35 years ago, he set a target to build a legacy fund. When he reached his goal, he began a search for a suitable charity. Finding he couldn't choose just one, he chose two!

He has directed his gift to Misericordia be used for PRIME, a health centre for seniors, designed to keep an aging population healthy and in their own homes. PRIME is a new program

coming to Misericordia in 2013 and a key element of redevelopment. MHC will be the second PRIME site in Winnipeg; the first is located at Deer Lodge. Laurie Johnston is a shining

example of how one person can make a difference. We are honoured that he has entrusted us with his legacy and celebrate his philanthropy which is defined literally as “the love of humanity” - love in the sense of caring for, nourishing, developing, or enhancing humanity. “This gift is one of the purest forms of philanthropy I have ever had the privilege of being part of,” says Patti Smith, Executive Director of the MHC Foundation. “It's a long-time labour of love, sacrifice and commitment from an individual that will make a significant difference to our community.”



MHC Foundation's Allison Kesler, Director of Major and Planned Gifts, and Patti Smith, Executive Director, pose with donor Laurie Johnston and Sheldon Mindell, Manager of Riverview Health Centre Foundation

TRAVELLING MEDICINE - THE PHILIPPINES

Dr. Mathen's most recent mission trip to the Philippines started off with a bang - literally! Following the 20-odd hour flight from Canada, MHC Head of Ophthalmology, Dr. Mathen, Ophthalmology Secretary, Arlene Lyrette

and retired MHC nurse, Emma Abejuela boarded a ferry with the rest of their 10-person Mission team for the island of Negros. Their group consisted of three ophthalmologists, three nurses, one optometrist and four support people.

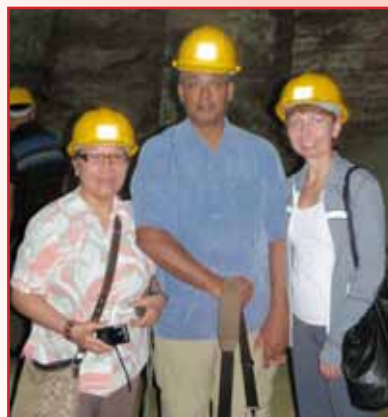
The group was forced to leave their vehicles behind as the torn pavement of the island roads became impassable.

Upon reaching the now-unstable hospital the group was thrust into the chaos of the relief effort performing emergency surgeries and using their own medical supplies in an makeshift hospital located in a nearby field. The 10 of them then spent the rainy night in the University field since none of the local infrastructure was safe enough.

The next day the group's contact person arranged



Emma and Dr. Mathen perform cataract surgery



Emma Abejuela, Dr. Mathen and Arlene Lyrette.

As they crossed the channel, the waves became increasingly worse and as the passengers watched the oncoming shoreline crumbling as they approached, the captain informed them that Negros had just been hit by an earthquake.

When they arrived on the island, the destruction from the earthquake was quickly apparent.

to transport them to the opposite side of the island to get to work on eye treatments.

Dr. Mathen reported the team treated over 85 eye-conditions and handed out over 400 pairs of glasses during their two-week mission.

We are glad to have you all back safe and sound and look forward to hearing about more of your adventures in the future!

PERFECT ATTENDANCE 2011



Housekeeping staff Pelegrin, Carolina, Eusebio, Gerry pose above and UC Aides Linda and Dolores pose on the right.

Steve Childerhouse, Chief Information & Planning Officer

Larry Patteson, Director, Materiel Management

Craig Simmonds, Asset Management Clerk, Materiel Management

Lan Thi Phan, CSD Technician, Materiel Management

Gerry Beer, Senior Porter, Housekeeping

Pelegrin Bermejo, Environmental Services Attendant, Housekeeping

Eusebio De Guzman, Environmental Services Attendant, Housekeeping

Carolina Clarete, Environmental Services Attendant, Housekeeping

Dolora Bravo, Laundry Attendant, Laundry Services

Ellen Palmer, Patient Registrar, Registration Services

Elizabeth Gray, Patient Registrar, Registration Services

Sitara Sawh, Health Care Aide, Cornish 2

Ching Lam, Health Care Aide, Cornish 5

Linda Gyorfy, Clerical Aide, Urgent Care

Dolores Daaca, Aide/Porter, Urgent Care

Eileen Bowen, Steno II, Diagnostic Imaging

Seng Yi, Polysomnographic Technician, Sleep Disorder Centre

Brian Waddell, Respiratory Therapist, Respiratory Therapy

Lois Bosc, Dietitian, Nutrition Services

Maureen Hamonic, Manager, Rehabilitation Services

Patricia Lavergne, Occupational Therapist, Rehabilitation Services

Jane Van Dam, Manager, Social Work

Donald Plett, Spiritual Care, Associate, Spiritual Care

Brad Komyshyn, Scheduling Assistant, PHCC

Christopher Rindahl, Intake Operator, PHCC

Cindy Hogue, Registered Nurse, PHCC

Allison Kesler, Director Major/Planned Gifts, MHC Foundation

Vicki Sokolowski, Registered Nurse, Misericordia Place, Level 2

INTRODUCING...

Jill Stuart, the new accountant in finance. Jill joins us from the finance



department at St. Boniface hospital where she worked while earning her CGA online.

Jill started off as a payroll clerk for Ceridian before pursuing the accounting certification saying it seemed like a logical move.

The Crystal City native moved to Winnipeg to "get off of her parents farm." She met her husband, a dialysis nurse shortly after moving to Winnipeg.

The two have a three-year-old son, Lachlann, and a six-year-old golden retriever named Hoyat.

Welcome to Misericordia Jill!

