



**MISERICORDIA**  
Health Centre  
*The future of care*

MARCH 2012

# Life @ MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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## PRESIDENT'S MESSAGE



I'm proud to report our new residency program was recently officially announced by the University of Manitoba and the Winnipeg Health Region! This program will truly be a benefit to Manitoba's aging population. Over the next 15 to 20 years, we will see a 100 per cent increase in eye conditions of all kinds – training new ophthalmologists means we're looking ahead to have the specialists to cope with this demand for service. The residency program is a perfect fit with our new Mission: MHC is a leading provider of specialized programs and care designed to meet the needs of an aging population. We know, too, when doctors train at home they tend to stay at home. This is also good news! Work has already begun

on Sherbrook 2 to create temporary space for the new University of Manitoba's Ophthalmology Residency Program. This will be clinic space for ophthalmology residents. Having a residents' clinic will provide another location for patients to receive eye consultations and help decrease provincial wait times. Congratulations to our Buhler Eye Care Centre team!

### Ophthalmology Residency Program FAQ

#### What is the ophthalmology residency program?

The University of Manitoba's Ophthalmology Residency Program is a five-year training program to become officially certified as an ophthalmologist.

#### What kind of training is involved?

Residents learn the surgical skills necessary to treat eye conditions such as cataracts and glaucoma as well as all the medical training to treat all eye conditions.

#### Where is the ophthalmology residency program located?

Our expansive redevelopment project



Director of ophthalmology at U of M, Dr. Bellan (left), poses with Resident Dr. Jastrzebski and Dr. Postl, dean of the faculty of medicine at U of M

incorporates 4,205 square feet for this new teaching facility and resident clinic in the Buhler Eye Care Centre.

Residents learn in a variety of settings, including working with specialists in private offices and spending an extensive amount of time in the "wet-lab" currently being built before moving into operating rooms.

#### What is a wet-lab?

A wet-lab is a simulated operating room where residents learn surgical techniques in a safe environment not involving patients.

As residents master skills,

they move up to assisting in operating rooms and then doing cases themselves under supervision. By the time residents graduate, they will have done several hundred cases of different surgeries on their own and be fully capable of starting up a practice and functioning independently.

#### How many ophthalmology residents are there?

Just one right now! Dr. Andre Jastrzebski, a Manitoban, became the first resident in July 2011. Each year, there will be an additional new resident until the program reaches its full cohort of five.

*Rosie Jacuzzi*

# DID YOU KNOW?

Calling all soccer players! Canlan ice sports of Winnipeg is offering an outdoor coed soccer league for all Misericordia health centre staff. The idea behind this is to have hospitals / health-care facilities within Winnipeg play against each other in the new AOSL (Adult Outdoor Soccer League) "Health Care Winnipeg Division." This league is recreational and open to all staff of all different levels. There is a cost of approximately \$100/per person. Family members and friends of MHC staff are also welcome.

The deadline to sign up (with Greg Sookermany, gsookermany@manitoba-ehealth.ca) is March 14, 2012.

- Season Starts: May 14th, 2012
- Season Ends: September, 2012
- 18 games + 1 playoff game guaranteed
- Location: Little Mountain Sportsplex.
- Days and times: Monday to Friday at 7:10pm. September games start at 6:30 pm
- No Weekend or holiday games!
- Division: Co-Ed Rec
- 2 x 45 minute halves
- Maximum Roster is 25 players per team.
- <http://www.icesports.com/winnipeg/outdoor-aosl.aspx>



Some of the murals from St. Luke's chapel live on at St. John the Evangelist Roman Catholic Church in Morden Manitoba.

February was dedicated to friendship, it is good to remember that a very special link unites all of us, members of the Misericordia Family, that is the Merciful and unconditional love, precious legacy received from Mother Rosalie. "Let's walk together" in the Footsteps of Mother Rosalie.

With affection, From the Mother House, *Sister Lucie Lebeau*

Hospital News is calling for nominations for the 7th annual Nursing Hero Contest. Nurses can be nominated by fellow nurses, managers or staff as well as patients and their families. Winners receive a cash prize and will have their story published in the annual Nursing Week Supplement in May. Honour

our nurses and nominate one today! [www.hospitalnews.com](http://www.hospitalnews.com)

The U of M Sister St. Odilon library is finally open! Check it out on the main floor of the MERC building at 691 Wolseley and enjoy the new sunny reading space.



**N**utrition month tip:  
**THE MYTH:** Avoid carbs if you want to lose weight.  
**THE TRUTH:** Cutting carbohydrates (carbs) might help you lose weight in the short term, but it's mostly because you are eating less food and fewer calories. Drastically cutting carbs means you'll miss out on the nutritional benefits of healthy

MESA (Manitoba Elder Sensitive Approach) has new co-chairs! Introducing Tammy Carriere and Tara Woligrocki as the new MHC MESA representatives. Look for upcoming MESA tips and information in this space in the next Life@Miz and on the MESA bulletin board outside the gift shop.

choices like whole grains, fruit, starchy vegetables, and legumes. Because so many foods are off-limits, it can be tough to stick with low-carb diets for very long. The best weight-loss plan is one you can stick with. To lose weight and keep it off, exercise regularly and use Canada's Food Guide to plan a balanced diet with good food choices in the right amounts for you.

## TRAVELLING MEDICINE

Two years ago, Dr. Wakeman and his wife Sandra decided to take their adult children on a trip. Ever since Dr. Wakeman first worked overseas as a family physician in Northern Pakistan in the early 1980s, the couple had wanted to undertake a new adventure working in a developing country.

Once they had children, it became even more important to the Wakemans to introduce their entire family to the way people live outside of Canada, but was not possible until their three children were grown.

The Wakeman's travelled to South Africa with the intention of getting their children involved. The three younger Wakemans were to

work with youth development programs for children orphaned to HIV/AIDS but a misunderstanding led the entire family to work with an HIV clinic in the same area. Each family member became



Dr. Wakeman (striped shirt) stands with other aid workers in Mpumalanga, South Africa

involved either in counselling, tutoring, building houses and/or befriending local South Africans and aid workers as each of them struggled with the difficulties of providing adequate health care in South Africa.

The three-month trip was eye-opening for each member of the Wakeman family and when Dr. and Sandra Wakeman were asked to return to the region, they agreed without hesitation.

Dr. Wakeman laughs at the memory, "Did we just say yes?" he recalls asking his wife as they both answered so instantaneously.

It is clear Dr. Wakeman has

developed a great fondness for the community where he was welcomed in South Africa. His children stay in touch with some friends they've made via Facebook and he fully plans to go back again within the next few years.

"The (South African) doctors who've stayed there are heroes in my eyes," he says, "in spite of the abuse of power, of the health-care system and health-care professionals, they stay."



## NAVIGATING MORAL UNCERTAINTY – WHAT DO WE DO WHEN WE DON'T KNOW WHAT TO DO?

by Julie James, RCM, C6

HEALTH ETHICS WEEK MARCH 5 to 11, 2012

*What can you be sure of? Are you confident in what you know? How do you find your way among opposing convictions? What do you do when your values or beliefs are called into question? Who can you turn to when the answer is uncertain?*

Uncertainty touches most aspects of life especially when our decisions have unpredictable consequences.

Moral distress occurs when clinicians are unable to translate their moral decisions into moral actions. Acting against one's personal and professional values undermines our integrity and

sense of self. Moral distress involves an irreconcilable conflict between one's ethical commitments and the action required by best practice.

A prudent strategy to deal with this ethical challenge is to diminish uncertainty by acquiring knowledge of the issue.

Health Ethics Week is a wonderful opportunity to promote awareness, reflection and discussion about ethics in healthcare. Please stop by the display in the library between March 5 and 11, 2012 and see our new library at the same time. Check your units every day during Ethics week for the message of the day.

### MISSION MOMENT by Wayne Thompson, Coordinator, Sleep Lab

**A**n Educational Assistant, Nancy, from Wolseley school was asking residential neighbours for donations of 4 litre milk jugs to help the students build an Igloo at the school.

**They needed about 200-300 jugs to do this but after one week all they got from local families was 30 jugs! At this rate, the igloos would take forever to build.**

**I recalled seeing huge bags of empty 4 litre jugs central processing uses for distilled water in Shipping. I spoke to Anna Graja, Supervisor, Environmental Services and asked if she would donate them to the cause. MHC produces about 100-150 a week! She agreed. I bagged about 100 of the water jugs and Nancy came by the loading dock and picked them up. She was elated!**



## VALENTINES FOR MISERICORDIA PLACE

by Joanie Sheps Student Activities Advisor, Balmoral Hall School

**B**almoral Hall School has an on-going relationship with the residents of Misericordia Place. Each year during the holiday season the students prepare gifts for each resident and look forward to the opportunity to visit Misericordia Place and sing for the residents.

This special relationship has helped the students develop a sense of community involvement and responsibility for over 10 years. This year students enjoyed their visit so

much, that they wanted to continue their connection to Misericordia Place and students in grades 6-8 created valentines that were distributed February 14th.

Balmoral Hall and Mulvey School have also had a connection for many years. This year they have developed a partnership in a new program called Youth-to-Youth. The grade 9 students from BH spend sessions with the same student from Mulvey for a period of three years. Recognizing the

close proximity of Misericordia Place to both schools, the schools have encouraged responsible citizenship and have recognized the benefits that they can bring to the community, as well as the benefits the community can bring to them. One of the meetings was devoted

to preparing the special valentines for the residents of Misericordia Place.



### FITNESS CORNER

**Did you know all fitness classes offered at MHC are now advertised online? You can now find out how to register, when classes are offered and where each class will be held on our MHC website:**

<http://www.misericordia.mb.ca/Careers/staffFitness.html>

**Find your best fit today!**

### NEW HIRES

#### Retirements:

**Erfen Pinpin - HCA, Cornish 2**  
**Debbie Lewis - Stenographer II, Breastcheck**  
**Bernadette Ali - LPN, Cornish 2**  
**Sonia Sanclemente - RN II, Cornish 5**  
**Anita Raposo - CRN, O.R**

#### New Hires:

**Christina Calara - LPN, MP3**  
**Beverly Mussell - RN II, Health Links-Info Santé**  
**Gordon Dickson - HCA, Cornish 2**

## 2012 ANGEL BALL AND ANGEL AWARD

By Glynis Corkal, MHC Foundation Writer



**T**he 2012 Angel Ball - an elegant and fun evening of fine dining, dancing, entertainment and prizes hosted this year by local radio personality Chrissy Troy (HOT 103) - will be held Saturday, April 14. This annual event raises funds to support the important programs and services of Misericordia Health Centre.

The Angel Award is presented each year to a person who has demonstrated their dedication to and passion for health-care development.

This year, due to extraordinary circumstances, there will actually be two recipients of the Angel Award: Dr. Albert Rosenberg, a long-time MHC physician and the late Mr. Jerry Kruk, a long-time MHC board member. Reserve your spot for this year's Angel Ball now by calling 204-788-8458.



Patti Smith, MHC Executive Director, Rosie Jacuzzi, MHC President & CEO, Archbishop V. James Weisgerber, Kaye Dunlop, MHC Board Chair at the 2011 Angel Ball