



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

SEPTEMBER 2010

# Life @ MIZ

A NEWSLETTER FOR MHC STAFF, PHYSICIANS & VOLUNTEERS

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## 2010 CHARITIES CAMPAIGN

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>2010 Charities Campaign Sept/Oct</b>				23 Charities BBQ	24	25
26	27	28 Eyeglass Cleaning Event	29	30	1	2
3	4	5 Paystub attachment 50/50 Ticket sales	6	7 Cookie Event	8	9
10	11	12 Early Bird Prize Draws Oct. 12-22	13	14 50/50 Ticket sales	15 Casual Day	16
17	18	19 50/50 Ticket sales	20	21	22 Casual Day	23
24	25 Baskets	26	27	28	29 50/50 Draw Casual Day	30

casual days are back! Most importantly, I encourage you to support our 2010 Charities Campaign by considering a payroll deduction. As low as \$2 per paycheque makes such a difference to those in need. By all means - give what you can. It's not about how much you contribute, but that you participate. Our early bird prizes for payroll deductions sound superb this year –

everything from Canadian Tire, department store and fine restaurant gift certificates to Manitoba Theatre Centre tickets to *One Flew Over the Cuckoo's Nest*. MHC has a reputation of being one of the most generous health facilities in the city. I'm proud of this honour and look forward to living up to it once again in 2010.  
*Rosie Jacuzzi*  
President & COO



back to school and we gear up for another busy year in health care. And autumn is synonymous with our MHC Charities Campaign, where our MHC Foundation teams up with the United Way of Winnipeg! I know our chairs - Allison Kesler, Director, Major and Planned Gifts, MHC Foundation; Maria Knaus, Manager, Clinical Nutrition; and Erin Hudson, Human Resources Coordinator – have a busy campaign planned this year. Save the date! First up is the Plant Services barbecue on September 23, featuring tasty morsels from Bo's Big Dogs. Take a look at the events calendar – most favourites like cookies for a cause and

I don't know why, but every year I am surprised that summer seems to have disappeared so quickly. That said, autumn is my favourite season – the crunchy leaves underfoot and the crisp days before it gets too cold. There is a sense of renewal and new beginnings as kids head



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## 1916-2010 Join us in a FINAL MASS in St. Luke's Chapel

10 A.M. • SUNDAY, SEPTEMBER 12, 2010  
MISERICORDIA HEALTH CENTRE  
ALL ARE WELCOME

St. Luke's is relocating in anticipation of the building of Misericordia Health Centre's new health complex  
For more information, please call: 204-788-8283



## UNDERPASS RENOVATIONS

Looking down to the river in the green space between the Maryland and Sherbrook sides of the bridge, you might not notice all of the changes that were made when the walking underpass was renovated.

Moving further along the path, both east and west, your eye will start to catch on the visual changes that were made, although they are not nearly as thorough and involved as all of the structural underground changes required.

The sidewalks, for example, are now entirely reinforced with steel, as one worker put it “there’s more steel in those sidewalks than under the bridge!” The steel is used to keep the soil’s annual freeze/thaw expansion from moving and breaking up the concrete. “City of Winnipeg sidewalks don’t even have steel enforcement,” one friendly construction lead stated. He also explained how, in addition to the bike walk, which looks almost like a gutter along side the staircases, is used in Italy and Holland to allow cyclists to wheel their bikes down stairs and steep hills rather than riding or lugging them down. Between the eastern

staircase and the Cornish Library you may also notice an updated retaining wall, now, rather than having the stones crumble due to poor foundation, they’ve been added to the retaining wall. Drainage too has been improved with several small holes coming directly out of the limestone where they previously stopped behind the decorative stone which caused damage to the stones over winter when the trapped water froze and expanded. After all of that hard work you would think workers would be worn out but they had one more element to add – the decorative fences underneath the bridges. These fences not only look nice, but are designed to enhance the safety of pedestrians coming through the underpass after dark. Their design is meant to deter hangers about from crouching in the sloped shadows of the shallow part of the bridge.

So next time you’re enjoying a snack or a book by the river, take a look over all of the improvements that have been made. It’s still a beautiful view, but now it’s a safer, more accessible one too.



## CIRCUIT TRAINING

With Laura McArthur in the Mulvey School Yard  
Monday/ Wednesday and Friday from 4-5 p.m.

September 13 to November 5, 2010

Don’t let falling temperatures cool you down!  
Join Circuit Training for only \$10 per drop-in class.

For more information contact Bronwyn Penner at x 8362

## SAFETY TIP

Did you know at 60 mph your car will travel the length of a football field in the 4.6 seconds you take your eyes off the road to send or receive a text message?

In the car? Off the phone!

Keep our roads safe.



## RE- INTRODUCING

Barbara Ginter-Boyce. Barb has been back at MHC since 2008. She graduated from the School of Nursing in 1988 but, like many nurses, was reshuffled to a different facility in 1998 when the facility became a Health Care Centre. In spite of the temporary displacement from her Misericordia family, Barb always loved MHC so upon graduating from her BN in 2008, Barb came home and



has settled back in quickly. You may know Barb from the Education department, offering BLS recertification

or Ambu Res-Cue mask sessions but soon, she will take on a whole new role as Patient Care Manager for Cornish 3 North, PACU, Day Surgery and Preoperative Assessment Clinic. The title is quite a mouthful, but Barb is up for the challenge.

“I enjoy all of the different facets of health care,” she says, “I’m looking forward to being a part of the ophthalmology team and to contributing to the

development and growth of that team.” Barb says she’s also excited to return to a more clinical position, although she has held administrative positions for the last five or more years, her first love is hands-on nursing. She is very much looking forward to being closer to that, especially in working with our renowned Eye Care Centre of Excellence. “It’s such a great opportunity! I can’t wait.”

## RIDING THE BUS By Teresa Peterson, Occupational Therapist

For many people, taking the bus is a relatively simple task, but for people who rely on a power wheelchair to get around, this simple activity is much more challenging.

Last month, Winnipeg Transit

visited Misericordia with one of their kneeling buses. The occupational therapists at Easy Street, in collaboration with Winnipeg Transit's educator, showed some of their clients how to use



Transit's technology and successfully take public transit themselves.

For people still adjusting to power wheelchairs, attempting something like taking a transit bus on an everyday route without assistance can be extremely intimidating. Drivers have time constraints and other passengers

can be very impatient so many people won't even consider trying it. Having the bus in a non-threatening environment at Misericordia, our clients can practice in a more relaxed manner, maneuvering around ridiculously tight corners, lifting seats out of the way and re-positioning a large chair in a very small space.

By learning this skill people gain the independence required to access their community and avoid the isolation that often accompanies mobility impairment. They regain the freedom to come and go as they please.

Many of us take this freedom for granted. It is very fulfilling to help those with difficulties to also take this for granted again.



## Interfaith Calendar September 2010

**10 - Eid al Fitr - 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.

**11 - Ganesha Chaturthi - Hindu:** A Hindu festival honoring the god of prosperity, prudence and success. Images of Ganesha are worshipped.

**18 - Yom Kippur - Jewish:** Day of Atonement. This holiest day of the Jewish year is observed with strict fasting and ceremonial repentance.

## YOUTH SCHOLARSHIP WINNER Susan Shortil, Manager, Volunteer Services

The 2010 Misericordia Volunteer Services Youth Scholarship of \$500 was recently awarded to Rachel Fainstein who has been volunteering with recreation programs at Misericordia Place since 2004. Rachel was accepted into Medicine at the University of Manitoba, and started classes August 24th. Her goal is to remain in Winnipeg as a family physician specializing in geriatrics. Rachel says her volunteer experience at Misericordia has been tremendously valuable in strengthening



**Rachel Fainstein, this year's scholarship winner, poses with Susan Shortill, Manager, Volunteer Services.**

her interest in this area of work. We wish her well, and trust we will continue to see more of her here, either as a volunteer or a physician! The Misericordia Volunteer Services Youth Scholarship is open by application to all present and past student volunteers who are 25 years of age or younger who are continuing or pursuing their education in the health care field and have completed a minimum of 100 hours of volunteer service with a record of outstanding performance.

# DID YOU KNOW?

The women's shower room in the basement pool area is being repaired this fall? To get the work done quickly and to avoid possible injury, the pool will be closed to swimmers for approximately one month as of September 13, 2010.



Diagnostic Imaging has new Fluoroscopy equipment? The old machines were removed in August and the new ones will be moving in Monday, September 13, 2010. Please refrain from using Elevator 4 after 4 p.m. that day to allow movers to complete the transfer quickly.

MTC has donated one of the Early Bird prizes to the Charities Campaign? You could win two tickets to see *One Flew Over the Cuckoo's Nest* this season. Thanks MTC!



Our parkade has been renewed? Groundstar construction spent the last two weeks of August working on one section of the parkade at a time striving to even out the pavement and fill in potential pot-holes and hazardous dips to keep us safe this winter. Thanks guys!



The 2010/ 2011 Orientation schedule is out? If you've missed anything from your general orientation or simply wish to have a refresher on

lifts, bed mobility or fire safety, please call Carrie at x 8283 to arrange to attend.

Reported injuries are down this year? The year leading up to August 2008 we had 54 injuries but the following year, to August 2009, had 46. Let's keep those rates down for 2010/ 2011 and work safe!

The Government of Canada has agreed to match any contributions made to help flood victims in Pakistan? The Canadian Catholic

Organization for Development and Peace, part of Caritas International, is a government accredited agency. If you would like to make a donation

through Development and Peace you may do so by telephone (1 888 664-3387), online at [www.devp.org](http://www.devp.org) or by sending a cheque to: Development and Peace 1425 René-Lévesque Blvd. West 3rd Floor Montreal QC H3G

1T7. Please make the cheque payable to Development and Peace regarding "Pakistan Floods."

On September 17, staff, volunteers, and family are invited to participate in the transfer of the Chapel which will begin in St. Luke's Chapel at 10:15 a.m. followed by a procession to the new location? The dedication will be celebrated with a Mass led by Archbishop Weisgerber, and will be followed by an open house in the new Chapel, as well as in the St. Luke's Chapel. Remember you can add your memories of the chapel on the scroll located in St. Luke's Chapel.

Everyone is invited to visit the new Chapel location on C2? Please join us in worship but remember to avoid coming through the C2 hallway. Staff and volunteers are requested to take the stairs (pass code is required) at the west end of the hallway, down from C3, to access the Chapel. Residents of Crocus Trail thank you for your cooperation.

## MISERICORDIA TAKES TO THE SEAS

Have you seen my schooner?" Not a typical question you'd expect to hear at a Health Care Centre, but for Ron Belanger, Director of Plant Services and Redevelopment, the answer

was yes. Over 33 years ago, Lance Stark was hospitalized here after a severe snowmobiling accident that crushed one of his kidneys. His son, Thane Stark,

remembers visiting him at Misericordia as a small child and remembers that although his ever-adventurous father was laid up for quite a while, he healed well and sustained no other lasting injuries.

Since the hard-working Lance Stark was not accustomed to sitting around in a hospital bed all day, he began building a model schooner to occupy his hands and mind. After his stay, he decided to donate his project to Misericordia. The family physician, Thane recalls, built a cabinet to house the model for display. It stood proudly in several different spots throughout the facility including the

waiting area on Wolseley 3 before renovations. When the Sleep Lab was being built there, the schooner wound up in storage. Timing worked out for the Stark family as Thane noticed its absence in a recent visit and began his search for his father's project.

After a few phone calls, he reached Ron Belanger who was able to locate the schooner and arrange a meeting to have it returned to the family to surprise Lance at a family event. "I know it will bring a smile to his face and hopefully, some good memories as well," says Thane. Thanks to the Stark family for sharing it with us all of these years.

