



National Philanthropy Day

is the special day set aside to recognize and pay tribute to the great contributions that philanthropy – and those people active in the philanthropic community – have made to our lives, our communities and our world.

In 2022-2023, the power of philanthropy contributed the following to Misericordia Health Centre (MHC):

More than \$1.5M raised More than 1,100 donors

Today we honour YOU for your support of MHC!

Thank You!





There is truly more to MHC than meets the eye – and you help make this possible!

It was 40 years ago that MHC Foundation was established to support the Misericordia sisters' vision – giving our philanthropic community the opportunity to invest in the unique and specialized care that all Manitobans deserve – and that only MHC can offer them. The generosity we've seen from so many of you over these years is truly remarkable – thank you.

The incredible support you continue to show MHC has truly been inspiring and very much appreciated. Your generosity has brought innovative technology, comforting supports, and much-needed hope to patients, residents, and all those who walk through Misericordia's doors.

From Pediatric Dentistry to Long-Term Care to the Eye Care Centre of Excellence – you have strengthened MHC's ability to provide innovative and compassionate care for all Manitobans.

As you take your time and read through this report, you will see first hand how this past year has been a powerful reminder of the incredible impact our community can have on the future of health care. You will discover inspiring stories and words of gratitude from our patients and we truly thank you for making these stories possible through your support.

Thank you for being a part of the MHC Foundation family and entrusting us with your donations as we work alongside MHC as they continue to forge the path to the *Future of Care*.

With sincere gratitude,

Stadaell

Kris Gladwell, CFRE

President & CEO

Angelic donors

Our flock was overflowing with generosity at the 27th anniversary of our cherished Angel Squad, a community favourite!

A host of volunteer Angels donned halos and wings and hit the streets to kick-off the holiday season of giving. Angels, including some special Winnipeg dignitaries, spent the morning merrily waving to smiling passersby and collecting donations!

Together we brought tidings of comfort and joy to MHC patients and residents by raising more than \$30,000 to help Misericordia Health Centre continuously provide innovative and compassionate care for Manitobans of all walks of life!



Angels are truly making a tremendous impact on all of Misericordia's programs. *Thank you!*

INVISION was incredible

We had an unforgettable evening with a sold-out crowd celebrating and supporting MHC's Eye Care Centre of Excellence.

Together we raised more than \$200,000 and – thanks to an incredibly generous matching gift opportunity from Bonnie & John Buhler – we are so excited to be adding a crucial new piece of retinal imaging equipment to our ophthalmologists' diagnostic toolkit!

Dr. John van der Zweep, head of Ophthalmology, says the whole team is so grateful for the latest and most advanced technology.

"The Optos camera is truly innovative," says Dr. van der Zweep. "We're now able to take crystal-clear 200-degree pictures of the eye in less than half a second and email it to ophthalmologists for instant review – we've never been able to do this before!"

We truly appreciate all of you who dined, donated – and even danced – the night away with us! You are making a tremendous impact on the lives of all who walk through Misericordia's doors for innovative and compassionate eye care.





Thank you 'Fore' your support!

18 holes of fun, food, and friends on a beautiful June day is not a bad way to support the people and programs of Misericordia Health Centre!

Incredible sponsors and participants hit the links and ensured that proceeds from the tournament were able to support innovative and compassionate care at Misericordia Health Centre. Last year we were able to help purchase equipment for program areas, fund research studies, and support staff with education opportunities – just to name a few things.

One of the key pieces of equipment purchased with proceeds from this tournament was the Zoll monitor — a critical piece of equipment for our Clinical Resources Team (CRT). CRT is the group that responds to code blues, which are medical emergencies, throughout the whole of MHC. The Zoll monitor is a portable machine that allows our nurses to check a patient's vital signs, like blood pressure, but it also allows the team to put a person on cardiac monitoring to see if there is possibly a heart issue. In a worst-case scenario, the Zoll monitor can also deliver defibrillation to a patient should they be in a condition that requires it

It can also function as a pacemaker, allowing it to stimulate the heart to beat at an appropriate rate when the patient has irregular heart rates.

"As we never know what medical care may be needed for patients walking through the doors each day, it is invaluable to have this capability in one device. This Zoll monitor is very similar to the same kind EMS/Paramedics use and what is used in Emergency Rooms, so that our CRT Doctors and Nurses can provide this important care if needed," says Ivan Lubiano, Interim Patient Care Manager.

We are so grateful for friends like you who make this possible. Thank you!



Easy Street supporting Manitobans with Long COVID

The worst of the pandemic may be over, but for many long COVID patients seeking care at MHC, the struggles seem endless. Occupational therapist Tessa Bruce says 50 per cent of the patients at Easy Street rehabilitation are now dealing with severe anxiety, brain fog, and fatigue.

"It is quite debilitating," says Tessa. "From not being able to get dressed in the morning to not being able to shower – it is impacting their daily life activities like going outside for a walk, doing things they enjoy, or going to work."

Many of Tessa's patients are forced to take a leave of absence from work as they learn how to cope with their new reality.

"It's very anxiety provoking because they lose their sense of identity," says Tessa. "For many it's a complete overhaul of your life." Easy Street, which specializes in cognitive rehabilitation, launched six-week group sessions this year to help those on their long COVID journey, specifically those who are combatting brain fog and anxiety.

To assist with this new reality, the Winnipeg Foundation provided invaluable support to the Easy Street Program this year – allowing them to expand their programming and purchase vital new equipment.

Tessa says the whole team at Easy Street takes great pride in knowing they are helping so many people get their lives back.

"Everyone we see has different goals and milestones they want to reach, so this is very much a goal-based program, and the focus is all about our patients. Thank you for helping us make this all possible!"



Home is Truly Where the Heart Is!

February's Around the World: Home Is Where the Heart Is campaign was full of amazing adventures highlighting spaces at Misericordia Place where our incredible residents and staff live and work!

We can't thank Canadian Tire enough for their generous support of this campaign, for the third year in a row! This year, for every dollar donated, Canadian Tire matched it with two more, tripling the impact.

Thanks to Canadian Tire, generous donors and community members — as well as all the MP residents and health-care heroes involved — we were able to raise more than \$60,000 to renew, refurbish and refresh Misericordia Place!

Some of the metaphorical travel adventures that took place were:

- Ralph walked along the Great Wall of China and wished for an even larger multi-purpose room
- Hugh visited a pub in his homeland, Northern Ireland and would like to see a pub at MP
- Bill cruised the continents and suggested updated furniture in residents' rooms reflect both the comfort and clever design cruise ships have for smaller spaces
- Ann and Olga visited a Parisian café enjoying scrumptious raspberry tarts. They hoped for brighter kitchens with more uplifting colours!
- Simone dreamed of updated travel books (especially about Holland!) and a new computer and printer for her beloved MP library

With appreciation to Canadian Tire and all those who supported this unique campaign, we are thrilled to report some residents' wishes have already been fulfilled – the refurbishing project has already begun!

But stay tuned – the Around the World campaign was just the first step in a larger campaign to entirely refresh Misericordia Place! It's been a long 23 years since MP opened in 2000 and, understandably, critical improvements to enhance and modernize are definitely needed!

The adventures will continue all year long as recreation programming and equipment is supported all thanks to you and Canadian Tire's phenomenal matching gift program. Thank you for joining us on this journey!









The Power of Music

It was never going to be an easy decision, but it was one that had to be made. And so the Martiniuk family set out with the ultimate care and consideration to find their Mom a long-term care facility.

Daughters Andrea, Jan, and Carol found what they were looking for in Misericordia Place – a faith-based facility, private rooms, and close proximity to their family. They found even more than that though – they found their Mom a home.

For seven years, Doris Martiniuk called Misericordia Place her home. Even with an advanced dementia diagnosis, her life was full and many more loving memories were made during this time with her family. Together, they loved going outside into the gardens, listening to the songbirds and admiring all of the beautiful flowers. Doris also loved going to the inhouse hair salon, getting all dolled up and feeling so good about herself.



However, on more than a few occasions, when the family showed up to visit with their Mom, she wouldn't be in her room... more often than not, she was out and about partaking in all of the activities organized by Misericordia Place's recreation team! Her social calendar was full with painting, exercising, baking, flower-making, and enjoying pet visitors, to name only a few things. The family marveled at the sight of residents, some of whom had tendencies to be withdrawn, coming out of their shells with these activities that were so central to their wellbeing.

But it was music – always the music – that drew their Mom out. From fantastic concerts held in the multipurpose room, to Sunday evening jazz hours, to the Christmas parties with all the requisite caroling, it was all right up her alley – Doris was a true songbird.

"Any facility can feed the body, can care for the person, can even engage the mind – but what recreation and music programming does is feed their soul. The correlation between music at an organization like Misericordia Place, that leans into its' faith-based values, and feeding the soul was just so synergistic. We felt it – she felt it," says Jan.

Ironically, one of the family's most special set of memories was during the COVID-19 pandemic. "While we couldn't have physical access to our Mom, the staff were so incredible at ensuring we connected virtually as often as possible. We were amazed to see her glowing – and literally singing – during our regular Facetimes! She truly connected with the staff and they took such good care of her. They went out of their way to make everyone comfortable," Carol reminisced. "When restrictions lifted, we were so happy to see how great our Mom looked – everyone at Misericordia Place looked great!"

That time period, and their mother's wellbeing, was especially important to the family as they sadly lost her in December 2021. In their grief, they turned their attention to her legacy and the Doris Martiniuk Music Endowment Fund was created.

This endowment fund – the first of its kind at Misericordia Health Centre – is solely designated to support musical programming through Misericordia's recreation team, ensuring a sustainable source of revenue for this program in perpetuity.

"The recreation programs truly meant so much to our Mom and the other residents. Connecting through music and sounds is one of the last things that people may have in their lives – it can be especially difficult when you're trapped in a disease like dementia, and you have less and less of an ability to communicate. But music is one of the last things that people relate to – and so strongly – so we want to be able to give this gift to others, like it had been given to our Mom," shared Jan and Carol.

Jennifer Klos, manager of spiritual health and therapeutic recreation services couldn't agree more. "Having access to music is important to the overall wellbeing of our residents, as it has been called a universal language. There is a lot of research that shows the benefits of music, particularly in long term care settings like Misericordia Place. Music is something that all residents can enjoy."

The family, along with many other friends and colleagues, have contributed to the creation of this fund and encourage everyone who recognizes the value of music and recreation programs to consider supporting it, as well. Donations to the Doris Martiniuk Music Endowment Fund can be made online at misericordiafoundation.com.

Nourishing our caregivers with education

Our strength is our people and we are ever so grateful to be able to provide our staff with unique educational opportunities with the support of our generous donors.

An Aging and Spirituality conference was the perfect inspiring hybrid!

Spiritual Health Lead Miriam Stobbe-Wiebe and Chief Nursing Office Nina Labun are back at MHC, brimming with enthusiasm, from the 10th International Conference on Aging and Spirituality in Toronto.

"I'm so grateful to have had this exceptional opportunity," says Miriam. "It was the perfect hybrid of the work I do here at MHC."

"I've returned with so many great ideas to implement – like creating a reflection room. Really, I can't express enough how nourishing it was to be with people from all around the world who truly value spiritual health."

Nina, who presented her study at the conference – The View Inside and Outside the Window exploring residents' experiences living in a Personal Care Home (PCH) during COVID-19 – echoed Miriam.



"We had very good conversations about how fundamental spiritual well-being is to older adults," said Nina. "And by spiritual, I mean 'spiritual health' not only 'religious.'

"I learned so much. The best experience I had was a multi-faith service designed for an audience with dementia. These are takeaways to bring back to Misericordia – not to mention the new research opportunities we now have to collaborate internationally."

Cumulative Donor Wall Listing

From the Eye Care Centre of Excellence to the Sleep Disorder Centre to Health Links-Info Santé to Long-Term Care, you have made a tremendous impact on the lives of residents, patients, and all those who walk through Misericordia's doors. Together we're shaping the Future of Care, and we are so grateful for your support.



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"This is long overdue, but I would like to say thank you! In 2021, I called Health Links - Info Santé thinking I was suffering an anxiety attack. However, the nurse I spoke to recognized what was happening and recommended I immediately call an ambulance. Because we acted quickly, there was no irreparable damage as a blood clot passed through my heart and into my lungs. Thank you for saving me!"

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"While I had a positive experience at the Sleep Disorder Centre (where the staff were so positive and patient!) – I specifically wanted to shout out the Security team! They were so professional, approachable, helpful, and made us feel at ease in the facility. Thank you!"



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"Please extend my thanks to the technicians in Diagnostic Imaging, as well as the receptionist! Excellent service and they made me feel very comfortable. You're all a credit to the health care system – thank you again!"



