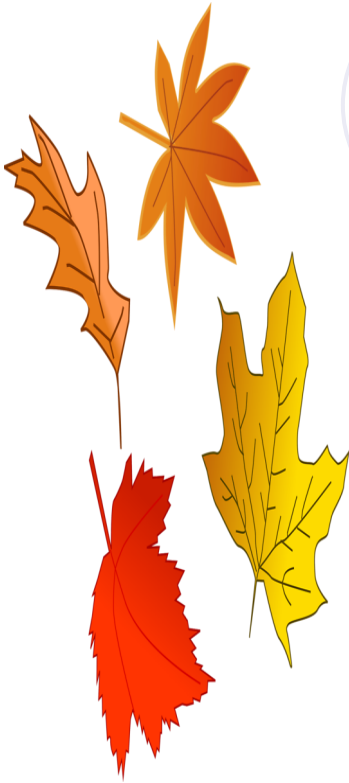


The Middlechurch Minute

Fall 2019



Volunteers Share Their Talents at MCH

Middlechurch Home is fortunate to have a wonderful group of volunteers. One of these wonderful volunteers is Denny. Denny volunteers here time three times a week in our Village Pump, where she entertains residents and visitors alike with her musical talents. On Mondays, Wednesdays and Fridays you will find a packed house of residents and family in MCH's very own pub. Residents flock to the pub to socialize, have a beverage and/or snack and sing their hearts out during sing a long led by Denny! Denny has spearheaded the music programming in the pub, has developed the

playlists, and even composed an original song about Middlechurch Home. The residents have learned and perform this Middlechurch song, as well as other special songs and music that residents and families bring to her. She has helped us expand the music programming at MCH through her knowledge and contacts in the industry. We would like to take this opportunity to formally thank her for her time and efforts to improve the music programming at MCH. We are also happy to announce that we will soon be putting the lyrics on the T.V. screen in the pub to make the print larger and

easier to follow and join in. MCH and Denny would like to invite those friends and families of MCH that have musical talents and a bit of time to spare to approach the Manager of Recreation to discuss how your musical talents can be shared in the home. We are always looking for musical volunteers to bring the gift of music into the home. Volunteer applications are located at the front entrance of the home for anyone who is interested.



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Message from the Corner Office

Greetings. I hope you enjoy our first newsletter. The Middlechurch Minute newsletter will be available quarterly on our website. In the spirit of going green and trying to use less paper we encourage everyone to access the newsletter via the link on our website. However for the first edition we will have a limited number of copies located at the front desk.

This spring our longtime Executive Director Lynda Braccio retired. Lynda was a fixture at Middlechurch Home for 24 years. She began her career at Middlechurch Home working as a Nurse on the units. From there she moved on to different roles such as Charge Nurse, Director of Nursing Services and ended her career here as the Executive Director. Many improve-

ments to the home were made under Lynda's leadership. You could often find Lynda smiling as she enjoyed spending time visiting with the residents. The residents were always her priority, and she always wanted the best for them. We want to take this opportunity to thank her for all of her years of dedication to the home. Congratulations Lynda!

Resident and Family Events

Current List of Concerts and Events for Residents and their Families:

October 10th at 2pm
Resident Birthday Party in the Activity Centre

October 16th at 2 pm
Concert—Don Amero in the Activity Centre

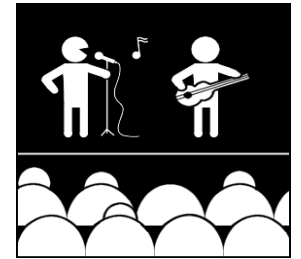
October 29th at 2pm
Magician Guy Berard in the Activity Centre

November 13th at 2pm
Resident Birthday Party In the Activity Centre

December 4th 1:30-3:00 pm
Resident Christmas Parties in the Activity Centre and on the Units.

December 12th at 2pm
Resident Birthday Party in the Activity Centre

Further events will be added for November and December. Watch for these on the upcoming Resident Recreation Calendars that are delivered to Resident rooms and posted on the Recreation Boards on the Nursing units at the beginning of each month.



“You are never too old to set another goal or to dream a new dream.”

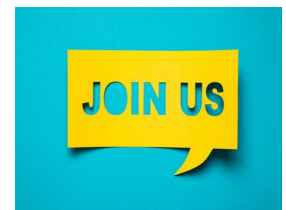
C.S. Lewis

Resident Council News

Resident Family Council meets on the second day of every month at 10:00 am in the Village Pump. We are looking for family members to participate on the Council. The purpose of the Council is to provide a forum where issues, that concern residents, can be discussed including the services provided to residents in the

personal care home. The goals of the Council are to promote interest, support and friendship amongst the Residents and to encourage a sense of belonging and community among residents, families, and staff. Our next meeting is on October 9, 2019 at 10:00 am in the Village Pump.

If you have any questions, please contact the Social Worker at (204) 336-4125.



How to Become a Volunteer at MCH

Becoming a Volunteer is quite simple at MCH. The first step is to complete a volunteer application. The applications are located at the front entrance. Once the application is complete, hand it in to the Receptionist. The Volunteer Coordinator will review the application and see if the volunteers availability and interests match a volunteer opportunity in the home. The Volunteer Coordinator will call the potential volunteer and arrange a brief interview meeting. Opportunities for volunteering will be dis-

cussed and agreed upon. Depending on the position chosen, we may require one or more of the following: Criminal Record check, Adult Abuse Registry check, a Child Abuse Registry check. However we also have positions that simply require 2-3 reference checks. Once the screening process is complete, a orientation session will be scheduled. After orientation the new volunteer will have a buddy shift and/or be set up with a contact person.

Then the new volunteer is ready to start volunteering!

We have openings in the following areas: Rehab, Pub, Recreation Programs and Events, Outings, Dining Rooms, Entertainment and Hair Salon.

Volunteers help to Brighten the Day of our Residents, while gaining New Skills, New Friendships and a sense of Accomplishment.



Resident's Story Corner

Residents if you are interested in posting "YOUR STORY HERE" please drop it off at the Reception Desk. In our First Edition of the Middlechurch Minute we would like to share "Our Story" with you.

Our Middlechurch Home Story

In 1890 the St. Paul's Church opened a Residential School on the Middlechurch Home site. It was gutted by fire in 1906 and purchased by the MCH Corporation, then called the Christian Women's Union. It was renovated and opened as the Middlechurch Old Folks Home in 1909. The current Peguis First Nation was at that time the St. Peters Reserve; and many of their children were placed in the St. Paul's

Residential School between 1890 and 1906. The whole reserve was later relocated to its present site in Peguis. Currently the Reserve at Peguis has been settling with the Federal Government for damages and Land Claims as a result of this. Peguis First Nation is the largest First Nations community in Manitoba, Canada, with a population of approximately 10,300 people. The reserve is located approximately 190 kilometers north of Winnipeg. The members of Peguis are of Saultaux and Cree descent. The reserve is named after *Chief Peguis who was considered a*

Great Chief of the people at that time and was also known as a friend to early settlers. If you are interested in the history, there is a good book out called "A Place Out Of Time" by Alfred Silver that tells a lot about those early years. It is a Docu-Fiction but is quite accurate in its portrayal of early Fort Garry life; and Middlechurch is mentioned in it. Pictures of our history are located in the upper Mezzanine Hallway of the Home.

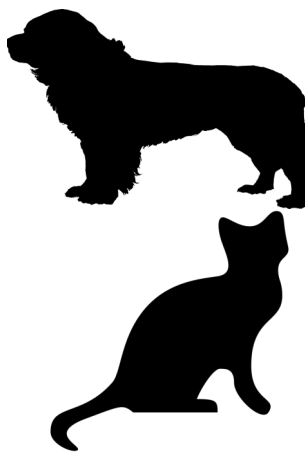
On the 125th Anniversary of Middlechurch, the Home presented a copy of the Residential School photo to

the *Canadian Museum for Human Rights in Winnipeg*. This story is an opportunity to keep the conversation going with all aspects of residential schools and anti-racism in Canada; and to expand our understanding around the historical events that have impacted and continue to influence interactions between Indigenous peoples and non-Indigenous peoples; and to recognize the experience of residential school survivor's, to honour them, and to show a collective commitment to ensure that every child matters in the spirit of healing and reconciliation.

Visiting Pets at MCH

Did you know that MCH has a visiting pets program? We love when pets visit at MCH, as we know what a vital role they play in many Residents lives. However, we are also responsible for ensuring the comfort and safety of all our Residents. If you are planning or are currently visiting MCH with your pet, please see the Front Receptionist to pick up your Visiting Pet Program brochure to ensure

you understand and have met the criteria, and that we have copies of the current documents required for bringing your pet into MCH. All visiting pets must be registered and all visiting pet owners must submit up to date vaccinations on a regular basis once their pet is registered. We appreciate your cooperation and look forward to future pet visits!



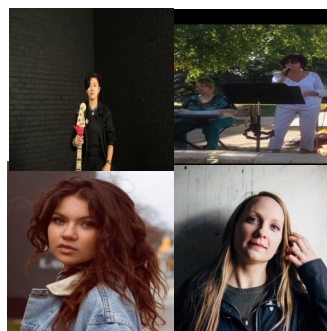
"An animals eyes have the power to speak a great language."

Martin Buber

MCH Summer Concert Series

MCH has now completed its first Summer Concert Series. MCH would like to thank all of its performers, staff, volunteers, residents and families who contributed to making it a huge success. We were fortunate to have good weather for most of the concerts and were able to utilize our stage outside in the courtyard. We worked through a few growing pains this year but seeing the Residents smiling and outside in

our very short summer courtyard season made the effort worthwhile. We plan on bringing this programming back next summer. If you have any special requests for performers, or styles of music please see the Manager of Recreation or drop a comment form in the box at the front entrance.



Some of the entertainers who performed during the summer concert series.



Middlechurch Home of Winnipeg

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Middlechurch Home of Winnipeg is an operating division of the WRHA



Upcoming Dates to Remember



⇒ Resident Flu Vaccinations

Flu vaccinations for Residents will commence in **October**. Consent forms are typically completed during the initial and annual Resident Care Conferences. If you were unable to attend the care conference please see the Unit Nurse to complete the consent form as soon as possible.

Middlechurch Home of Winnipeg is a 197 bed Long Term Care Facility. It is located in the Northwest area of Winnipeg on the south side of Balderstone and on the west side of the Red River at 280 Balderstone Road In West St. Paul.

All the rooms and our entire facility is a smoke-free environment.

We believe that all residents of Middlechurch Home of Winnipeg deserve respect, high quality care and service, open communication, privacy and much more. We believe that Middlechurch Home of Winnipeg is each Resident's Home and will be a community of belonging and hope, built on caring and nurturing relationships.

Middlechurch Home of Winnipeg is committed to coordinate and deliver safe and caring services that promote health and well-being.



HELP us to bring **JOY** this **HOLIDAY SEASON** to our **RESIDENT'S** at Middlechurch Home

We are celebrating the 12th year of bringing Christmas cheer to our residents through the **"Be A Santa To A Senior"** program at Middlechurch Home. This program is designed to bring gifts and a Christmas time visit to residents who would not be receiving gifts or visitors during the holiday season. Every year from generous donations, we are able to purchase gifts and toiletries for everyone on our list, helping to make their Christmas a little more special. During the past eleven years, we have delivered gifts to over 390 very grateful and appreciative Residents.

Every November a special tree for the **"Be A Santa to a Senior"** program is set up at the front reception at Middlechurch Home. Each decoration on the tree have name tags that represent a Resident who is in need of a gift. As donations come in through fundraising the decorations and name tags are removed and a tiny wrapped gift box, along with all the donors name are placed back on the tree.

We continue this process until we have received enough funds to purchase gifts for all the Residents on the list and any donations received beyond the required amount are used directly to benefit all Residents at Middlechurch Home.

Your donations makes a huge difference for those seniors living in our home during the Christmas season and we are extremely appreciative and grateful for your participation.

Please feel free to contact myself anytime if you require any additional information.

Yours truly,

Bev McCallum
Coordinator
Community Services Program
Middlechurch Home of Winnipeg

Phone: 204-336-4126

Email:

bmccallum@middlechurchhome.mb.ca