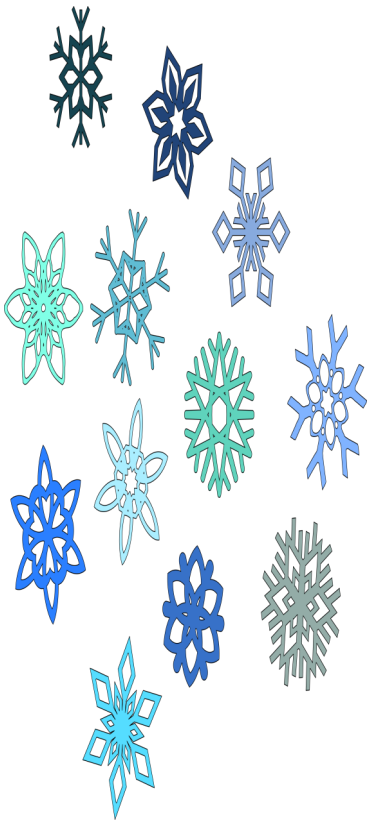


# The Middlechurch Minute

Winter 2019/2020



## Technology Advances at Middlechurch Home

Middlechurch Home is thrilled to announce that we have made some technology improvements to the home. **We now are providing full cable packages on all of our common area televisions for residents and their families to enjoy.** We now have Movie channels, Sports channels, Stingray Music channels and more! Please look for the Channel Quick Reference Guides that are located by each T.V. if you are looking for a particular channel. We ask that after you have finished watching a program and are leaving the area to please return the T.V. to a popular channel that the residents enjoy such as Love Nature—Channel 246.

We are also pleased to announce that we are now able to provide WIFI in select areas of the home. You spoke and we listened! **Shaw cable is the service provider and WIFI can now be accessed in the Seven Oaks Lounge, Solarium, Activity Centre and Village Pump.** To access the public WIFI connection please see the front receptionist and they will give you the login and password information. This information may change from time to time so if you are unable to connect please see the receptionist to ensure you have the most up to date login information. Please enjoy this complementary service!

As privacy is something we take seriously at Middlechurch Home we wanted to take this opportunity to remind everyone about some privacy basics. Please do not take photos or audio or video recording of any residents or staff, avoid discussing resident business in common areas of the home and refrain from posting any Middlechurch Home information on Social Media or the internet. Thanks for your cooperation!



## Message from the Corner Office

On **February 3<sup>rd</sup> and 4<sup>th</sup>** we had our **Manitoba Health Standards Review visit.** The Manitoba Health Standards review team visits all Personal Care Homes every 2 years. This visit we met 11 out of 12 standards. Thank you to all of the staff that work so hard every day. Our area for improvement identified was in the Pharmacy standards. A plan is in place to meet this standard and will be submitted to Manitoba Health. We do have some other areas to make improvement in such as flooring and trim pieces on some walls.

Thank you to all for your donations to the court yard. **Our 50/50 money raised also goes towards the courtyard improvements.** This year we will be replacing the lattice work and be adding more flowers. We also have plans to improve and make more use out of the west side courtyard this coming year. Our long time **Day Nursing Coordinator Melodia retired in February.** Melodia is an excellent nurse, leader and problem solver. She will be missed. Melodia always had the Resident's best interest first. We wish her well in her much deserved retirement.

Thank you to all of the families that participate in the Resident/Family Council. Your input is so very important. This year we added some lights and Christmas trees to the courtyard and hope to expand that theme next year. Before you know it we will be done with winter and we will all be out enjoying the courtyard. Until then keep warm and take care. S. Peers, RPN  
Director of Nursing Services & Acting Executive Director

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**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.**



## THANK YOU SANTAS for HELPING us to bring JOY this HOLIDAY SEASON to our RESIDENTS

On behalf of the Middlechurch Home of Winnipeg we would like to extend a heartfelt **THANK YOU** for participating in this years' **"Be a Santa to a Senior"** program. We are so thankful and grateful for your generous support which allowed us to purchase gifts for all 32 seniors who during the holiday season would not have otherwise received gifts or visitors.

This year, some of our Santas choose to individually sponsor a senior and were responsible for purchasing all of the gifts and toiletries those residents needed. Other Santas generously donated personalized gifts that were packaged and delivered to the resident's as an extra surprise. This is such a thoughtful way of giving that warms our hearts and we are so appreciative.

All monetary donations collected were used to purchase gifts of much needed items like clothing, underwear, socks, sleepwear, sweaters, and slippers. Along with these gifts resident also received a large gift bag full of toiletries and treats. Please note that all donations received beyond the amount required to fulfill

the **"Be A Santa To A Senior"** program will be used to directly benefit all residents at Middlechurch Home.

The seniors on our Santa list were so touched by the thoughtfulness and kindness of others, it filled their holiday with warmth and community. It really means the world to them to be thought of during the holiday season, we thank you for that.

We truly hope you will join the **"Be A Santa to a Senior"** program once again in 2020 as the program continues to bring holiday cheer to Middlechurch Home residents. A big **THANK YOU!** for your generous support to this years program, and we wish you a very healthy and happy 2020!

Yours truly,

**Bev McCallum**  
**Coordinator Community Services Program**  
**Middlechurch Home of Winnipeg**  
Phone: 204-336-4126

Email:  
bmccallum@middlechurch home.mb.ca



### Middlechurch Home of Winnipeg

280 Balderstone Road  
West Saint Paul, MB  
R4A 4A6

Phone: 204-339-1947  
Fax: 204-334-2503

www.middlechurchhome.mb.ca

Middlechurch Home of Winnipeg is an operating division of the WRHA



### Upcoming Dates to Remember

*Recognizing Staff and Volunteers at Middlechurch Home!*

- **February -** Therapeutic Recreation Month
- **March -** Nutrition Month
- **3rd Week of March** Social Worker's Week
- **April 19-25 -** Celebrate National Volunteers Week
- **April 22-** Administrative Professionals Day

## Resident and Family Events



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

**February 6th, 13th and 27th**  
West St Paul School  
Intergenerational Programming A/C

**February 11th**  
Resident Birthday Party—  
Robert Ivany A/C

**February 25th**  
Piano and Accordion Concert A/C

**March 10th**  
Resident Birthday Party—  
Ian Cameron A/C

**March 18th**  
St. Patrick's Day Concert

**Regularly scheduled  
programming:**  
Monday, Wednesday, Friday—  
Sing A Long in the Village Pump  
by Denny

Cal's Guitar Sing A Long—  
Moving from Thursdays to  
Mondays starting in March (unit  
to unit)

Friday Morning Music with  
Ashley Au (unit to unit)



*"Believe you  
can and you  
are halfway  
there."*

*Theodore  
Roosevelt*

## Resident Council News

Resident Family Council meets  
on the second Wednesday of  
every month at 10:00 am in the  
Village Pump. The MCH Resi-  
dent and Family Council has  
recently approved a grant of  
up to \$5000.00 in value for the  
upgrade to our audio/visual  
system in the Activity Centre.  
The proposed upgrades will  
benefit the residents at MCH.

The Resident and Family  
Council at MCH generates  
funds from interest gained  
from Resident Trust  
Accounts and Monies held  
in MCH bank accounts. If  
you would like to attend  
these meeting or have any  
questions, please contact  
the Social Worker at (204)  
336-4125.

## How to Become a Volunteer at MCH

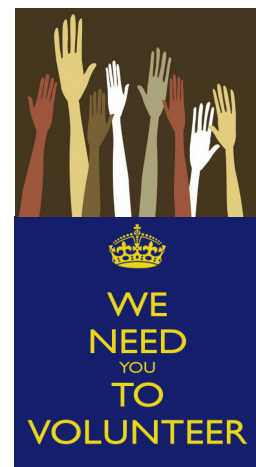
Becoming a Volunteer is quite  
simple at MCH. The first step is to  
complete a volunteer application.  
The applications are located at the  
front entrance. Once the applica-  
tion is complete, hand it in to the  
Receptionist. The Volunteer Co-  
ordinator will review the applica-  
tion and see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

cussed and agreed upon. De-  
pending on the position cho-  
sen, we may require one or  
more of the following: Crimi-  
nal 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 orien-  
tation 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—The Life of Alexander Syzek

Excerpts from a story originally  
posted in the Winnipeg Free  
Press on 2/8/2020 at 3:00 AM  
By: [Carol Sanders](#)

To passersby, he was known as  
the **"Broom Man" of Notre  
Dame Avenue**. For years, he  
could be seen in front of his  
family's Winnipeg Modern Brush  
Co. building, keeping watch over  
a tiny patch of lawn with all  
kinds of brooms and brushes, in  
all kinds of weather. The family  
business is long gone, the build-  
ing's been sold, and on Sept. 24,  
Alexander Syzek died at the  
Middlechurch Home. He was 76.  
That Syzek is remembered for  
bringing cheer to so many is  
remarkable, especially with the  
challenges he faced, says his  
younger brother, Nicholas. He

looked up to his older sibling  
when they were kids, then  
looked out for him when he  
was diagnosed with schizo-  
phrenia in his 20s. **"He was  
a nice person and very  
smart,"** said Nicholas.  
"When he was kid, he was at  
the top of his class. He was  
10 miles ahead of me. I was a  
'climb-a-tree-and-fall-out-of-  
it' kid and he was the 'read-a-  
-book' kid." Syzek attended  
the old St. Mary's School  
downtown, then St. Paul's  
College High School. When  
they were children, their  
mother would take them to  
the Selkirk Mental Health  
Centre; she'd visit with her  
husband inside, while the  
boys played outside on the  
grounds. Their dad had been

hospitalized since being violently  
attacked in Vancouver. He died  
when both his sons were very  
young. Syzek grew into a hand-  
some young man and an excellent  
student when more heartbreak  
hit: his girlfriend was killed in a  
car accident. At the University of  
Manitoba, **Alexander got an  
arts degree with honours,  
then went to law school for  
two years before the onset of  
mental illness.** "He had a break-  
down," said Nicholas. "He started  
to withdraw and became a little  
paranoid." Syzek didn't finish law  
school. He went to work at  
Eaton's and Assiniboia Downs,  
sold brushes at the dwindling  
family business, and became de-  
voted to their widowed mother.  
"My mother and him were insepa-  
rable. He was her guardian

angel," his brother said.  
When Mary died, Syzek got a  
place in the North End. When  
he couldn't live on his own any-  
more, he moved to  
Middlechurch Home, where he  
gave the staff a run for their  
money, said Nicholas.  
"Anybody who came in to see  
their parents, he'd tell them,  
'You're looking beautiful today'  
— that was kind of nice."  
Syzek never married nor had  
children, but was close to Nich-  
olas's family. One of Nicholas's  
kids gave his baby the middle  
name Alexander, and intro-  
duced him to his great uncle in  
the nursing home — to the 76-  
year-old's delight. "It was one  
day that he always talked  
about."

*If you have a resident story you would  
like to share please submit it to front  
reception at MCH.*

## Community Connections

**Middlechurch Home** would like  
to thank Carol R. from the West St  
Paul community who volunteers  
with **Floral Philanthropy**. Carol  
has connected Middlechurch Home  
with this worthwhile organization.  
We have been the lucky recipient  
of flowers courtesy of Floral Philan-  
thropy on a few occasions. You  
may have seen these flowers  
around the home. These flowers  
help to brighten the day of our  
residents and staff and we thank  
you!

**Middlechurch Home** has re-  
cently re-established its partner-  
ship with **West St Paul School**.  
We have recently started Inter-  
generational programming with  
the students at West St Paul  
School. Classes from the K-8  
school are coming to MCH a few  
times per month and are partici-  
pating in activities with the resi-  
dents. We have started to see  
friendships bloom with these in-  
teractions and can't wait to see  
what programs these partnerships  
will do next!

**Middlechurch Home** is excited  
to introduce our newest resident  
focused program: **Family &  
Friends Facetime**. To help and  
promote the close ties between  
our residents and their loved  
ones, we are proud of offer a  
community iPad that can be used  
to connect residents with their  
family and friends anywhere in the  
world – through video or audio  
via Face Time. It is with special  
thanks to the generous donations  
from the Community Services

Program **"Be A Santa To A  
Senior"** program that the funds  
have been made available for this  
initiative. This program will pro-  
vide meaningful connections for  
the residents and what is more  
meaningful than a resident seeing  
and hearing from someone they  
love! Stay tuned for more infor-  
mation and the official launch  
date!

## MCH Summer Concert Series

MCH is now gearing up for the  
upcoming **Summer Concert  
Series**. We have started to book  
entertainers for the outdoor con-  
certs. To date we have booked  
**Janelle Nadeau (Harpist), The  
Manitoba Chamber Orchestra,  
and Lois Gillespie (Local Song-  
writer, Vocalist and Recording  
Artist)**. Stay tuned for more de-  
tails and artists booked to play out-  
side (weather permitting), If you

have any special requests for per-  
formers, or styles of music please  
see the Manager of Recreation or  
drop a comment form in the box  
at the front entrance.

We had a blast last summer and  
weather permitting plan to make  
this year's Summer Concert  
Series better than ever! Hope to  
see you there!



*" Music gives a  
soul to the  
universe, wings to  
the mind,  
flight to the  
imagination and  
life to everything."  
- Plato*