



# health

V • I • E • W • S

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Jane Van Dam, Social Worker at Riverview Health Centre, facilitates a creative writing class that helps individuals with dementia to tap into their "emotional memory."

## Recreation Facilitators Bring Sense of Community to Riverview

Riverview Health Centre's 12 recreation facilitators have a vision for the Centre: to bring patients, residents, families and staff members together for a variety of Centre-wide events that give participants a sense of community.

They accomplish this by working as a group to organize special events, which take place in the auditorium and the cafeteria. Their work is supported by the Riverview Health Centre Foundation, which helps to fund these meaningful celebrations that enhance life at the Centre.

So far in 2004, numerous events have been planned and facilitated, with about 100 people attending each one. Several more are planned for the rest of the year. January started with a bang with the Centre-wide New Year's party (funded by Administration), which featured the lively dance band, Taste of New Orleans. Hot hors d'oeuvres and party hats added to the festive atmosphere. Then, on February 11, the recreation facilitators planned a Valentine's party, with entertainment provided by a group of square dancers, followed by The Voyageurs.

During the first week in March, the recreation facilitators recognized their profession by demonstrating some of the activities that can be enjoyed by large or

small groups. "We set up several different activities and invited the units to participate," says Shawna McPhee, Recreation Facilitator on 2 East.

Included in the week were sensory stimulation activities, a mini olympics and a pet therapy session. As well, an entertainment group called Gilbert and Sullivan came by to sing for the audience.

St. Patrick's Day also falls in March, and for the recreation facilitators, that's another cause for celebration! Taste of New Orleans had been so entertaining at the New Year's event that arrangements were made to bring them back again, to everyone's enjoyment. Then, on March 22, the Assiniboine Concert Band visited the auditorium to give a concert to musical lovers, as did the Winnipeg Pops Orchestra on April 15.

On May 7, the facilitators made all the arrangements for the first ever Centre-wide Mother's Day tea, hiring a harpist to set the atmosphere. Tables were decorated and a group of mothers enjoyed fancy sandwiches and dainties.

Learning about different kinds of dancing can be an entertaining pastime. So, on May 11, the facilitators organized a demonstration by a group called "Barb's Babes." These ladies are line dance aficionados, and they put on a great show!

McPhee promises more Centre-wide events in the coming months. For example, on June 24 (just as this newsletter is hitting the stands) the Riverview Corral is coming with a variety of animals for patients and residents to view and pet. Canada Day celebrations will take place on June 29, when a four-piece band will play. The planning team has arranged for flags and pins to be handed out and cake and punch to be served. On July 21, people can look forward to a visit from the Shriners (watch for posters advertising dates and time). The rain date for this event is July 25.

## Social Workers at Riverview Put the Whole in Holistic

The social workers at Riverview Health Centre are the fabric that connect everyone – clients, families and staff – and one of their many responsibilities is encouraging people to work together as a community. Each March, the Canadian Association of Social Workers (CASW) highlights and celebrates the contributions of these professionals to society via National Social Work Week. Riverview is among many committed organizations that take time to celebrate these achievements; the social work team has established some very notable and necessary programs – only a few of which can be profiled here.

### Creative Writing Group Focuses on the Positive

"There is an emotional memory that people have," says Jane Van Dam, R.S.W. "They may not have a memory of participating in a group, but they retain an emotional memory – the positive experience that stays with people for a long time."

It's this emotional memory, as well as creative expression and fostering a sense of community, that drives Van Dam and her colleagues to continue running a creative writing group for residents of Riverview. Participants in the program have dementia, and many have expressed feelings of loneliness or anxiety. The group allows them a safe place to grieve their losses and express their creativity in a community of people with shared experiences.

In October 2003, Van Dam, along with her co-facilitator, social work student Katherine Gottzman, held a six-week trial of the program. The results were incredibly promising, so it was extended to include other allied health professionals from the Centre. "Now we have a group that we call the creative therapies group," says Van Dam.

"A creative program like this one is very helpful for people who

are impaired. Often when people have dementia, they focus on the things they can't do rather than the things they can do," says Van Dam.

**People focus on what they are able to do... it gives them a way to feel successful and accomplished.**

"I saw this as being a very positive way for people to focus on what they are able to do and to give them a way to feel successful and accomplished – that they had something to contribute."

The group now meets once a week, and the facilitators of the group rotate. Topics of discussion are determined by current events and seasons and are based on the mood of the group – a task that requires a careful, active listener.

Van Dam says that credit needs to be given where it's due: "I'd really like to credit the residents who participated in the group, because they knew it was a new group and they were willing to take a chance and share their very personal feelings. I really credit them with being willing to learn and share their wisdom."

One of the group's goals is to develop a collection of poetry that can be made available to visiting family members. The hope is to recreate the positive experience that occurs during the group sessions.

The creative writing group meets every week at Riverview Health Centre. For more information please contact Jane Van Dam at 478-6241.

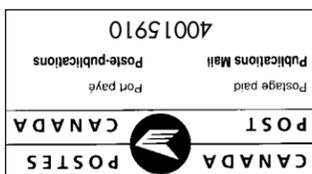
### Bereavement Support

When dealing with the loss of a loved one, people often need support for a variety of reasons: to guide them through the grieving process;

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## Social Work: continued from front

for camaraderie and friendship; for healing and coping. The social workers at Riverview Health Centre recognize this need and work to find programs and services to help guide people through these times of loss.

"I think the bereavement group format has proven to be quite successful," says Brian Robbins, R.S.W. "When the discussions

### **Riverview's bereavement support group guides people through times of loss.**

begin, the participants are given an opportunity to explore their grief; often times, participants discover that they are actually grieving multiple losses."

The Riverview Bereavement Group, which has been in operation for three years, runs a session in the spring and one in the fall – each lasting five weeks. The group typically has anywhere from 10 to 15 participants who have lost a loved one at the Centre, whether it be on the Palliative Care Unit or on other units in the facility.

"The support group is available to help people who are having problems in relation to the death of their loved ones ... to help work through the loss," says Robbins. "We have a series of five videos, and we start out each meeting with one of them. By watching it, participants

almost get permission to express their own grief."

Beyond the videos, group participants are encouraged to engage in conversation. As well, they are provided with thoughtful and insightful readings that promote insight and understanding.

"What you experience in the springtime of a year is what you experience in the springtime of your grief," says Robbins, reading from a book that makes an unlikely – yet apt – metaphor of spring and grieving. "You feel a spirit forming – a spirit you have missed."

If you'd like more information about the Riverview Health Centre's Bereavement group, please contact Brian Robbins at 478-6174.

### **The Riverview Support Group: Caregivers Need Care Too**

"It has to do with helping caregivers find positive ways to advocate for their family member," says Anne Cathcart, R.S.W. "There's a need to meet with other people who are going through the same experiences – the same losses, feelings and struggles associated with caregiving. These people are interested in providing the best support they can and want to find out what information they need to make that happen."

Every year, Cathcart supervises social work students who run a four session Caregiver Support Group. The most recent series ran this spring with students Lucille Leclerc



**Lucille Leclerc (left) and Katherine Gottzman co-facilitated the caregiver support group offered at Riverview Health Centre this winter.**

and Katherine Gottzman, who co-facilitated the group for four weeks from February 24 to March 16.

Sharing components are central to the group, Leclerc explains, as well as discussions and information in stress management and communication. Visualization and relaxation have also been used to varying degrees throughout the years. "The technique is a nice way for participants to revitalize after what can be an emotionally draining experience," says Cathcart.

The group is mainly comprised of caregivers who have a friend or family member in care in any part of the Riverview Health Centre; however, referrals are taken from other organizations and the community at large.

"There was an interest expressed in this last session by the people attending to have an on-going caregiver support group – a once a month group," says Cathcart, who would be the facilitator of a regular group of this kind. "We're planning that for September."

The first of these meetings will be held on September 14, 2004 from 1:30 p.m. to 3:30 p.m.

**Those requiring more information about an on-going caregiver support group to start in September can call Anne Cathcart at 478-6216.**

## Riverview Health Centre's Labyrinth a Sacred Place

An ancient religious symbol has found a place in the modern world, inlaid in the carpet flooring of the Worship Centre at Riverview. It is a labyrinth – a symbol dating back over 4,000 years and originally used in the medieval period as a substitute for making the pilgrimage to the Holy Land.

The labyrinth was installed at Riverview in March 2004,

### **The labyrinth helps people to be centered and to achieve clarity.**

and it has been comforting those who walk it ever since. It has also piqued the curiosity of those who aren't quite sure what it is all about, notes Rev. Glen Horst, coordinator of pastoral care services.

"There is a quiet kind of curiosity about it," says Horst. "Some are still trying to find their courage to walk it. There is a sense of mystery here, and people are not quite sure if they are ready to enter into it."

That hesitation is perfectly okay with Horst, who is confident that with time, residents, patients, family and staff will come to realize the spiritual and emotional comfort that can be felt by entering the sacred space of the labyrinth.

"We see the labyrinth's potential as a resource, especially

for families of dying patients. This is such an upsetting time for them. They need a resource to help them become centered, calm, focused. The labyrinth helps them get to that place," says Horst.

Rev. Barbara Barnett, a former chaplain at Riverview, first introduced Horst to the labyrinth. She discovered its therapeutic benefits during a health crisis in her life.

"Once Barbara was introduced to the labyrinth, she began to develop a sense of trust and courage for the process she was going through," says Horst. Horst remembers Rev. Barnett explaining that this unique resource taught her to put one foot in front of the other. "She was quite a witness to the power of the labyrinth."

Unlike a maze, which is an intellectual puzzle, a labyrinth is not meant to be confusing. In fact, it is meant to do just the opposite: help people to be centered and to achieve clarity.

There is a single path to the centre, and when people arrive there, they can stay as long as they need, then journey back out. People can walk in alone or in groups. The labyrinth is available to walk any time the Worship Centre is not in use by a group. It is designed so people in wheelchairs or those who use walkers can also journey on it.

Horst has entered the labyrinth many times. Although it's not a



**The labyrinth in the Worship Centre: A source of spiritual and emotional comfort during times of difficulty.**

requirement, he likes to take the walk in his stocking feet.

The carpet borders of the labyrinth have a different texture, which can be felt in stocking feet. "They kind of speak to me, that when you get off the path there is a subtle difference in how you experience life. They also speak of guidance. You can always trust that if you keep moving on the path, the path will become clear."

The chaplain is also surprised how, with each turn in the maze, he sees things from a different perspective. "It's a metaphor for how you can see things differently from different perspectives. In our setting, where we are dealing with very

difficult health problems, being able to look at life from different perspectives is a real spiritual strength."

Horst said part of his team's task is to help people understand that the labyrinth is an ancient symbol that has an important place in many faith traditions.

"That's one of the things I like about the labyrinth. We have always tried to make our Worship Centre an inclusive place for prayer and meditation and worship. I think the labyrinth adds to that."

The labyrinth was designed by GBR Architects and donated by the Riverview Health Centre Foundation.

## Wellness Day & Quality Awareness Day Go Hand-in-Hand

Riverview employees recently received an opportunity to pamper themselves. On Friday, April 30, the Centre held its second annual Wellness Day, during which staff members were encouraged to try out several activities designed to promote a balanced lifestyle.

Planned by the Employee Wellness Team, a subgroup of the Human Resources Committee, the day featured six activities ranging in focus from hobbies to physical fitness to spiritual well being. "People who can take the time to do things that are important to them in their spare time will be better able to manage the day-to-day challenges they face in their jobs," says Denis Vincent, Chair of the Employee Wellness Team.

### Wellness Day Activities

As Wellness Day took place in conjunction with Quality Awareness Day, an effort was made to tie the activities to quality awareness. For example, an outdoor treasure hunt encouraged people to go out for a walk while participating in a fun hunt for Easter eggs. The eggs held the answers to quality-related questions. Participants put their name in a draw for a \$100 gift certificate from Mountain Equipment Co-op.

Those wishing to work on their green thumbs took part in a session on container gardening facilitated by a representative from St. Mary's Nursery and Garden Centre. To demonstrate this hobby, the presenter brought a basket planted with flowering annuals, which was given away, along with a book, in a draw held at the end of the session.

The Pastoral Care Team addressed the spiritual needs of participants by providing a session called "Exploring the Labyrinth." (See story on page 2). A \$50 gift certificate from McNally Robinson was given away at the session's end.

### Draw Winners

- \$100 Gift Certificate from Mountain Equipment Co-op – Angela Torchia
- Flower basket from St. Mary's Nursery and Garden Centre – Deena Evans
- Container Gardening book from Riverview Health Centre Foundation – Sonia Wolfe
- One month membership at Fitness Edge – Kim Nguyen
- One year's membership to the Health Club – Joanne Burns
- Appointment with Personal Trainer – Jocelyn Morrison

Those interested in the movement exercise known as Pilates were able to give it a try in a session provided by a Pilates expert recommended by Fitness Edge, which gave away a one month free membership in a draw.

Many staff members want to find out how to use all the great equipment available at the Staff Health Club. Therefore, a personal fitness instructor was available to demonstrate the ins and outs of all the equipment.

Activities were scheduled over a time period that would include most people's lunch hours. Even so, planners were aware that some people would not be able to attend sessions at the designated times. So, a special activity was brought to people in their work areas – chair massages given by the Centre's own massage therapist.

### Quality Awareness Day

While staff members tried out the available activities, they were also able to browse around the Courtyard Café to view quality awareness displays. They could also participate in a word search, as well as identify contributions to quality that employees can make through the use of equipment and efficiency.

## Riverview Staff Appreciated for Always "Measuring Up"

The Staff Events Planning Team at Riverview has been busy these last few months.

Last November, and again in February, they organized an evening of fun curling, where the point was not always to throw the rock closest to the button. "It was a fun evening for those who had never been on the ice before. We curled for points that were scored in unusual ways. It had nothing to do with the normal way you keep score," laughs Nancy Steski, a member of the Planning Team.

A good crowd of would-be curlers came out for both nights, held at the Fort Rouge Curling Club.

Easter at Riverview saw the Easter bunny visit all of the units and leave little treats for the staff.

### Staff Appreciation Day

On June 17, the Staff Events Planning Team, in cooperation with Administration, is planning a staff

appreciation day. The theme for the day is "Riverview Health Centre staff always measure up."

This special day is held because it is difficult to individually reach each of the almost 700 employees who work at the Centre. The event is held as a token of appreciation for staff effort and dedication.

Staff will be treated to a barbeque, with afternoon, evening and night shift staff also receiving a special meal. Everyone gets a nifty appreciation gift, which at press time was secret!

Another highlight of the day will be the presentation of three busarries: The Israel Nitikman Award, the Jean Cummings Award and the Robert (Bob) B. Brennan Education Bursary. At press time, the recipients of these awards were not yet known, so watch for profiles of the three winners in the fall issue of Health Views.

## "Lunch & Learn" Offers Interesting Topics for Curious Diners

At Riverview Health Centre, some lunch hours can be used for more than just curbing appetites. Three times a year in the Thomas Sill Auditorium, staff members can attend a lunch hour seminar call "Lunch and Learn" to find out more about topics that interest them.

The Centre's Employee Wellness Team initiated this concept with the aim of providing information on a variety of health and wellness-related topics for the benefit of staff. Committee members come up with ideas for topics based on questions from staff members during their day-to-day work. Then, an expert is sourced to come to the Centre to speak.

For example, the most recent seminar, called "Herbal Medicine: Weeding Fact from Fiction," was held in March. Sheree Meyer had fielded numerous questions on this topic during her work as the Centre's Occupational Health Nurse. In response to this expressed interest, she contacted Meera Thadani from the Faculty of Pharmacy at the University of Manitoba, who came to present information the topic.



"The place was packed – over 50 people attended," says Meyer. "A lot of people were looking for accurate information about herbal remedies, but didn't know where to find it."

The next seminar, planned for June, is called "Creating Balance at Work, Rest & Play." Watch for topic information and dates for a session next fall.

Riverview Health Centre is a 388-bed extended care facility catering to the needs of the elderly and rehabilitation patients. For more information about our programs and services, please contact the President at:

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## Celebration Dinner Honours Retirees



On the night of May 5, 2004, Riverview Health Centre held a special celebration dinner for those employees who retired during 2003. Shown above from right to left are: Sharon Fenby, Ruth Smith, Riverview President Norman Kasian (who attended the event to honour the retirees), Cheryl Currie, Giuseppe Bagnulo, Ed Swiston and Philip Abang. Other retirees not in the photo are: Althea Collins, Joyce Dunn, Jackie Glowatsky, Julia Goodridge, Faye Kitt, Norma Martinez, Jeanette Vardy and Bruce Young.

Each retiree received a gift to commemorate their time at the Centre. Congratulations to all!



# Event Attracts Enthusiastic Support

At 10:00 a.m. on the warm, breezy morning of Sunday, June 6, the spinning of bicycle tires on pavement could be heard as a large pack of cyclists hit the road for Riverview Health Centre. The riders were part of the Centre's sixth annual Cycle on Life, an event which celebrates the dedicated fundraising efforts of Riverview's supporters.

Hosted by the Riverview Health Centre Foundation, the Cycle on Life invites teams of riders to raise a minimum of \$1000 per team in pledges for their 15 kilometre fun ride on a leisurely, scenic route along the Red River. This year, 70 participants enjoyed the camaraderie of the event, which attracted the friends, relatives and colleagues of loyal riders who have taken part since the first year.

After the ride, participants gathered in the Centre's atrium for a sumptuous champagne brunch catered by Denise – Personal Chef and Private Caterer. The brunch program was hosted by Jon Ljungberg and included greetings by Honourary Rider, former Blue Bomber Bob Cameron, and Gordon Miles, Cycle on Life 2004 Committee Chair. Rick Roschuk provided musical entertainment for the afternoon.

## Dedicated Projects

An exciting part of the celebration was the presentation of a cheque for \$78,400 to Sandra Stewart, Executive Director of the Foundation, by Cycle on Life Committee Chair Gordon Miles. A portion of this money will be used to pay for comfortable wicker furniture and a large aquarium for the Cycle on Life Conservatory, the construction of which was the focus of last year's ride. Since this



An addition to the Conservatory.

bright, year-round room was completed last summer, patients, residents and families have thoroughly enjoyed using it for both special events and for quiet times. The furniture and aquarium will add further to people's enjoyment of this unique room.

Some of the funds raised will be used for another special project – the addition of equipment that will modernize two of Riverview's classrooms, one located in Education Services in the Day Hospital and the other in the Princess Elizabeth Building. New equipment includes a ceiling-mounted LCD projector, a podium, a combination DVD/VCR player and speakers. The classrooms are used for educational sessions for Riverview Health Centre staff members and students, and this technologically advanced equipment greatly enhances both the quality of the sound and the quality of the projected image with PowerPoint or video presentations.

The new technology also provides another important advantage: ease of use. With the simple touch of a screen, the presenter is ready to begin the session. The new equipment opens up the possibilities for presentations, allowing for quick and easy movement between PowerPoint, video clips and projected images via a document camera.

Thanks to all the riding teams who worked so hard to make these projects a reality. And congratulations to the team who raised the most in pledges: Joanne and Greg Ward. This is the fourth time that this couple has been the top fundraising



Neil Bardal (middle) presents Greg and Joanne Ward with the grand prize for top fundraising efforts: dinner, a night out and breakfast at the Fairmont.



Congratulations to Orla Orr, grand door prize winner.

team, and their reward is dinner, a night out and breakfast at the Fairmont, sponsored by Neil Bardal Family Funeral Counsellors.

Congratulations as well to Orla Orr, who won the grand door prize.



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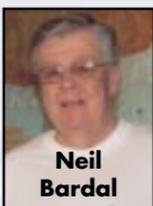
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# ers for a Great Day of Fundraising & Camaraderie

## The Cycle on Life's Founders



**Bill Brownstone**



**Neil Bardal**

Riverview Health Centre's Cycle on Life would not be what it is today without the vision of the event's two founders: Bill Brownstone and Neil Bardal.

The idea for the fundraiser came from Bill Brownstone, one of Riverview's committed Foundation volunteers. He was aware of a similar event at Baycrest Hospital in Toronto, and he brought the concept back to Winnipeg. Neil Bardal, a Foundation board member, immediately jumped on the bandwagon, and the two of them built enthusiasm for the idea among the other board members.

"We knew it would be challenging for teams to raise \$1000, but we wanted people to keep their mind's eye on the fundraising aspect – that they were raising the money for a great cause," says Brownstone.

According to Bardal, the plan worked. "The Cycle has evolved into a reunion of supporters, and all the riders bring their own group of friends and relatives, all of whom are potential future supporters of the Centre," he says. The event has grown substantially. This year, \$78,400 profit was raised – quite a jump from the first year's \$20,000 profit.

Supporters are also attracted to the event because they can see where the dollars go: to dedicated projects that can be enjoyed by patients, residents and family members at Riverview. These include the Cycle on Life Walkway, the Cycle on Life Conservatory and this year's Conservatory furnishings and classroom technology.

Brownstone and Bardal share a vision for the future of the Cycle on Life: to attract 100 riding teams that will raise \$100,000. "Everyone enjoys themselves at the champagne breakfast, and there is a sense of competition to win the grand prize for raising the most in pledges," says Bardal.

The two founders are quick to thank all the committee members and volunteers who have worked so hard to bring this fundraising event to its current successful status. There's not much doubt that Riverview Health Centre's Cycle on Life has become a day of fellowship and camaraderie for all who participate.

## Special Thanks to the Cycle on Life's Celebrity Supporters!

The Cycle on Life 2004 Committee is grateful to the two celebrity supporters who believe in Riverview and its mission. That's why they wholeheartedly stepped forward to help promote this event.

### Jon Ljungberg: Master of Ceremonies

Jon Ljungberg, the illustrious host of the A-Channel's Big Breakfast, served as the Master of Ceremonies for this year's ride. Jon has accepted this role in past years and also participated as the Honourary Rider last year. As well, he has entertained the cycling crowd with his talents as a comedian and an artist.

Jon's resume includes many high profile shows, including Just for Laughs comedy festival in Montreal and the Riviera in Las Vegas. He has also opened for such famed acts as Celine Dion and Tom Jones.

Jon explains that he is happy to support Riverview because he has stood by family members during times of illness. "My grandparents and my mother needed palliative care," explains Jon. "I know how important this type of care is, both for the patients and for the families."

This year, Jon's 13-year-old son followed in his father's footsteps. Christopher took part in the Cycle on Life using a 1973 Fastback 100 vintage bicycle.

### Bob Cameron: Honourary Rider

Bob Cameron knows several people who have had extended stays at Riverview Health Centre. After seeing this facility and the care it provides first hand, this well-known Winnipeg Blue Bomber – who is the greatest punter in the Canadian Football League's history – had no trouble saying "yes!" when asked to be the Honourary Rider for Cycle on Life 2004.

"Riverview is a phenomenal facility," says Bob, who lives in the Riverview community. "I'm happy to do whatever I can to add to an event that will support the Centre."

Cameron played his entire professional career with the Winnipeg Blue Bombers. He set almost every club punting record for a single game, a single season and a career. He also made tremendous public service contributions to the Winnipeg community during his time with the football club.

But football is not Bob's only claim to fame – his history also includes a stint as a winning cyclist. At age 11, his picture appeared in the Hamilton Spectator under the headline: "Boy Wins Bike Race." A fitting starting point for his future role with Riverview Health Centre!



### The Riverview Riders Cycle on Life Committee 2004

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## Frank Wade & Vince Boschman Golf Classic Planned for September

On September 2, 2004, the clients of Frank Wade and Vince Boschman at RBC Dominion Securities will be taking a swing for Riverview Health Centre.

On that day, the Frank Wade & Vince Boschman 2nd Annual Charity Golf Classic will take place at the St. Boniface Golf Club, with an aim to raise over \$10,000 for Riverview.

"The tournament started as a client appreciation event, but we realized it was also a perfect opportunity to raise money for a progressive facility," says Boschman who, along with Wade, is an investment advisor at RBC



charity golf classic

Dominion Securities. "Many of our clients have family members at Riverview, so we knew they would relate to this idea."

They were right. Thirty-six RBC clients participated last year, raising \$10,000. This year, the pair plans to attract double the participants. "We want to

increase the amount raised – maybe even double it," says Boschman.

If anyone would like to get involved in this tournament by donating prizes or sponsoring a hole, please contact Spencer Schellenberg at 982-2621.

## Health Club Gets New Equipment

Staff Health Club users looking to firm up their thighs or increase their aerobic fitness are in luck: two pieces of equipment purchased by the Riverview Health Centre Foundation, are now available for use.

"Both these exercise machines are of high quality and are an excellent addition to the gym," says Lucienne Blouw, a physiotherapist at the Centre. "Both have definite advantages for the users."

The new recumbent exercise bike, for example, has lots of features to control the exercise level. Users can choose from various programs that allow for different speeds and resistances, depending on their needs. Its unique design makes it available to those who may have had trouble getting comfortable on regular saddles.

The second item is a dual function machine (Inflight Fitness) designed to exercise the inner and outer thigh efficiently, comfortably and safely with 15 position adjustments. This will be a popular addition to the gym equipment, as the current equipment is not designed to work these specific muscle groups.

The Staff Health Club is located on the first level of the Princess Elizabeth building and is open 24 hours a day. It offers a variety of other types of exercise equipment, including Lifecycle machines, low impact Precor treadmills, Precor elliptical fitness crosstrainers, fixed-weight dumbbells and a four station multi-gym. Centre staff members interested in becoming a member can call 478-6271 for information.

## An Event for the Birds Silent Auction Contributors (See Story on Page 8)

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## Riverview Health Centre Foundation Contributors

Contributions to the Riverview Health Centre Foundation help the Centre to meet community needs by providing funding for new equipment, special services, updated facilities, innovative programs, research and education that are above and beyond the Centre's day-to-day operations. Donations can be made to the Foundation as memorial gifts, honorariums, or to commemorate special occasions and important milestones. These donations are listed in this newsletter on an annual basis.

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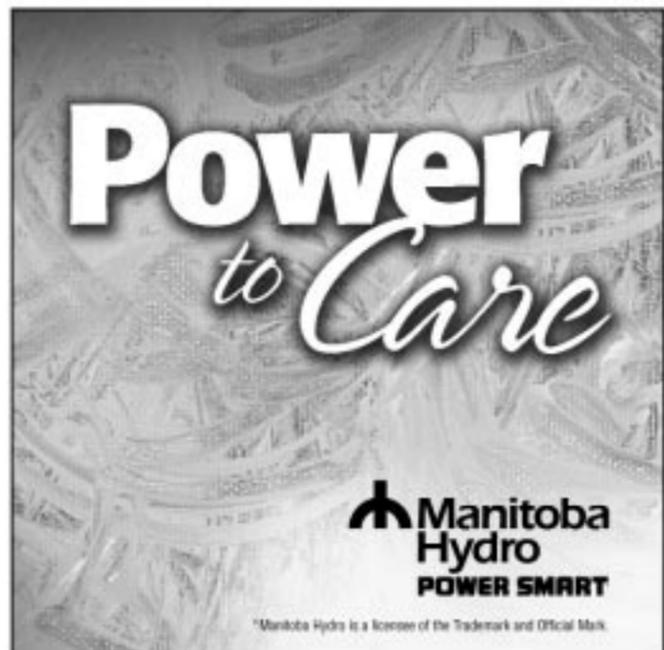
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## Riverview Health Centre Nurse Climbs Mount Kilimanjaro



**On the summit of Mount Kilimanjaro: Mike Brown (back row, third from left) poses with the Canadian climbing team members and their guides. Brown is a nurse on the Neurology Unit at Riverview.**

Last year at this time, Mike Brown's face was well-known to the staff at the Fairmont Hotel – but not because he was a paying guest. The reason the folks at the Fairmont knew this athletic nurse was because of his regular presence in the hotel's stairwell: he was using it as a training ground for a mountaineering expedition to Mount Kilimanjaro.

By the time he left for Africa on October 5, 2003, Brown clocked in at six minutes for a round trip on the 20 flights of stairs.

Brown, a nurse on Riverview's Neurology Unit, embarked on this adventure to raise money for Alzheimer disease, a difficult health condition that many Manitobans are faced with. Riverview is one of the premier health care facilities in the province that provides compassionate care for those with this disease.

Brown found out about the climb, called Assent for Alzheimers, when he answered a newspaper ad placed by the Alzheimer Society of Manitoba. A follow up interview revealed that Brown was both experienced and physically fit. "Climbing and mountaineering are my hobbies," he says.

One of the commitments Brown made was to raise \$10,000. "It was a lot of work to make that goal, but I had lots of good publicity from the Free Press, CJOB and Global, and from the people at the Alzheimer Society."

Brown was accepted as part of the seven-member climbing team in February 2003, giving him about seven months to train. As well as

running the stairs at the Fairmont, he managed a trip to Abbot Pass near Lake Louise. In Winnipeg, he stuck to a strict weight training, cycling and hiking regimen.

Mount Kilimanjaro, located on the border of Tanzania and Kenya, is the highest mountain in Africa at 5,896 meters (19,340 feet) high. The Canadian group started its climb on October 7, 2003. It took the mountaineers five and a half days to reach the top.

"It was mostly hiking, but the last stretch to reach the summit is done by scrambling," explains Brown. "It was spectacular! We got to the great crater at dawn, and when we looked out we could see the shadow of the mountain across the plains from 19,000 feet."

Mike was the only Manitoban on the team – the other six were from British Columbia. Between them, they raised several hundred thousand dollars for Alzheimers.

Assent for Alzheimers was the brainchild of the late Jim Haberl and his wife, Sue Oakey, a husband and wife climbing team. The pair organized the first climb in 1998 after having family members fall ill with Alzheimer disease. The 2004 Assent for Alzheimers will see two teams climb Mount Kilimanjaro and one team climb Mount Aconcagua in Argentina, the highest peak in South America at almost 7,000 meters (23,000 feet) high.

Brown says he'll sit out this year, but perhaps one year in the future he'll join the team for another Assent for Alzheimers.

## Quality Initiatives In Palliative Care: Keeping Patients and their Families at the Forefront

Providing quality patient-focused care is a key goal of all service areas at Riverview Health Centre. For staff on the Palliative Care unit, this goal is especially significant, considering the sensitivity that is required when working with dying patients and their families. For this reason, those who work in Palliative Care have embraced several Quality Improvement Initiatives currently underway on the unit.

### Rating Pain

One new initiative involves examining pain management within the first 24 hours after a patient's admission.

"We are working in conjunction with the Regional Palliative Care Program on this initiative," explains Donna Goodridge, Patient Care Manager on the unit. "We want to know if a patient's pain decreases in the first day after admission to see if we have taken adequate pain control measures."

To determine this, a nurse will ask patients to rate their pain on a scale of 0 to 10, with 10 being as bad as it can be. These ratings will be done at admission and 24 hours later to examine any change.

Goodridge notes that the sense is that pain is well-managed on the unit, but an audit of this sort is the only way to know for certain. The pain audit will help staff to undertake any needed changes in practice to improve pain management for patients, with the goal being to keep them as comfortable as possible.

### Symptom Management

The care team on the Palliative Care unit also places a great deal of emphasis on making the passing of a love one as positive as possible for patients and their families. While this may seem a contradiction of terms, when death is inevitable, placing the situation in a positive light becomes a cherished goal.

To accomplish this, the team conducts reviews of the management of patients' symptoms during this time. As well, the nurse who has cared for the patient during the last eight hours of life notes any issues that need to be brought forward to the team for additional discussion.

"We ask, 'Is there something we could have done better?'" says Goodridge. "The discussion provides the opportunity for the development of new strategies to manage challenging situations in the future."

For example, the team has seen patients holding on to life, waiting until a loved one can arrive from afar. Team members will do whatever they can to facilitate this process, from keeping the patient pain-free to helping family members obtain airline tickets by sending doctors letters to consulates.

"The goal is to help patients attain a peaceful, gentle death with loved ones at their side."

### Quality of Care Survey

To find out what patients and families think of the service provided on the Palliative Care

unit, a quality of care survey is completed on a random basis. Improvements can then be made based on the feedback obtained.

The survey is conducted on a random basis by Sheila Mymryk, a trained volunteer. She directly asks patients and families on 3 East about their perceptions of quality of care. Examples include questions about the environment, nursing response time, understanding of physicians' communications, and effective treatment of pain and other symptoms.

"So far, 82 interviews have been conducted, and the results are quite positive," says Goodridge. "For example, everyone surveyed agreed or strongly agreed that the environment is comfortable and that they are treated with respect and courtesy."

As well, 97% agreed or strongly agreed that visitors and family members are made to feel welcome; 93% agreed or strongly agreed that they are asked about pain and symptoms regularly; and 87% agreed that pain and other symptoms are treated effectively, and that the doctor responds to their concerns and questions.

There are areas in which the Palliative Care team is working to make improvements. For example, in the first surveys conducted, a gap in spiritual care was indicated. Since then, a second chaplain has been hired in the Centre, and scores have vastly improved as a direct result of her work.

As well, the team is working with the Winnipeg Regional Health Authority to increase the general community's understanding of the care provided on the unit. This will help to take away some of the mystery of palliative care for families who have never had to access it before, letting them know what to expect once they are admitted.

### Centre Staff Present at Alzheimer Conference

The Alzheimer Society of Manitoba held its Annual Conference at the Canad Inn, Polo Park on March 8 & 9. Several Riverview staff members shared their expertise and knowledge:

**Mike Brown**, Nurse (climbed Mt. Kilimanjaro for the Alzheimer Society of Manitoba – see above story)

**Barbara Evans**, Social Worker ("I don't want brussels sprout!" Providing Care, Service and Intervention When Resistance Becomes an Obstacle)

**Nicole Melizza**, Occupational Therapist & **Carol Hamel**, Clinical Nurse Specialist (Preventing and Managing Falls)

**Lynda Wolf**, Occupational Therapist (Enhancing Well-being Through Self-care; Enhancing the Personhood of the Person with Dementia)

**Lynda Wolf & Lynne Saunders**, (Collaborative Art: display of art by residents and accompanying video)

**Glen Horst**, Pastoral Care Services (Transforming the Transition: A Welcoming Ceremony)

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# An Event for the Birds: Soaring to Great Heights with a Successful Fundraising Idea



Spring is an inspiring time, and this year was no exception – especially during the evening of April 22, 2004. It was on that date that Riverview Health Centre attracted a sell-out crowd to An Event for the Birds, an original fundraising event that generated anticipation for warmer weather and the enjoyment the great outdoors brings to Manitobans.

The event also inspired creative minds to design and build an amazing array of custom-made birdhouses, which were the focus of the evening. Attendees had the rare opportunity

to bid on these architecturally diverse creations, with successful bidders taking home their unique roosts just in time for spring migration. Birdhouse designs ranged from high tech to humorous and from classical to conventional.

All 170 guests enjoyed a lively program led by Larry Updike, CJOB Morning Show Host, and Sandra Stewart, Executive Director of the Riverview Health Centre Foundation, which hosted the event. Dinner, prepared and served



by the Fort Garry Hotel with wine provided by Diageo Canada Inc., preceded the live auction.

After dinner, the audience was entertained by the wit and extraordinary auctioneering skills of Bill Knight, who expertly engaged the audience during the birdhouse auction.

During the evening, guests were serenaded by selections chosen by Burton Music. Everyone also appreciated the theme-enhancing decorative birdhouses made by Martin Peach, Mod Demchuk and John

Westwood and painted by Riverview's Recreation Facilitators.

The event took place in the Centre's Atrium and was a great success. Through the builder competition, the live auction of birdhouses, a silent auction of a large variety of contributed items, a raffle and ticket sales, a net profit of \$34,084 was raised. All the money goes towards enhancing the quality of life of patients and residents at the Centre.

An Event for the Birds could not have been successful without the generous and imaginative support of many participants.

## Birdhouse Builders

First, a thank-you goes out to the fifteen architectural, design and contracting firms, artists and hobbyists who created and built the one-of-a-kind birdhouses. They are:

- John Sellors
- Kerri Sexton for Manitoba Blue Cross
- Beatrice Zentner and Alex Katz for Stecheson Katz Architects
- Peter Krahn for Riverview Health Centre
- Ken Nolan
- Doug Simister and Vince Mondoux for RBC Royal Bank
- Marshall Haid Associates and Shield Construction for RealCare Inc.
- Gord Grief and Wynmar Woodworking for SMS Engineering
- Tom Powell Design staff, John Petersmeyer and Vince Cerasani for Tom Powell Design
- Joe De Simone for the Cerasani Family
- Vern Koop of Koop Creations for Palliser Furniture
- Marshall Kirton and Woodland Supply for Nejmark Architect
- The Purple Martin Society
- John Petersmeyer for GBR Architects
- Cheryl, Bob, Chantal, Renee, Cheryl, Ana and Davey for Scatliff+Mille+Murray

## Prize Winners

The winner of the Best of the Show prize for obtaining a \$650 bid on their birdhouse is the Cerasani Family for their "Home Sweet Home." The prize for this accomplishment is The Day Tripper – an adventure to Churchill for two to see the magnificent polar bears on the shores of Hudson Bay, offered with assistance from The Great Canadian Travel Company.

There were also prizes awarded for the best birdhouse in each category, judged by four well-known Winnipeggers: John Petersmeyer, Partner at GBR Architects and 2004 An Event For the Birds Committee member;

Eleanor Coopsammy, reporter at CTV Winnipeg; Dorothy Dobbie, President of Pegasus Publications; and Ida Albo, Managing Partner of The Fort Garry. The winners were:

### Open Category

Palliser Furniture for their "Cedar Hollows"

### Humourous Category

RCB Royal Bank for their "Gone Gambling"

### Contemporary Category

Nejmark Architect for their "Jetsons' Birdhouse"

### Classical Category

The Cerasani Family for their "Home Sweet Home"



## Silent Auction Contributors

Event organizers are grateful to all the generous donations of merchandise and memberships provided for the silent auction. Guests jostled each other right up to the cutoff time to get their names and bids on the items of their choice. Thanks to these donors for their generosity: their names are listed on page 6.

## Sponsors

Thank you to the generous sponsors of this event:

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## Committee Members and Volunteers

An event like this needs a committee of dedicated people, along with supporting volunteers, to be successful. Many thanks to An Event for the Birds Committee members, whose creative planning is sure to lead to future event successes: Joanne Archibald, David Baker, Shirley Burton, Norman Kasian, Gordon Miles, John Petersmeyer, Sandra Stewart, Sherrie Versluis and Guy Yerama. Thanks is extended to Susan Southern, who coordinated the silent auction, and Carol Pucknell for her assistance with the event.

Volunteers who offered their time and energy to this event are:

Miriam Ajoudia	Janice Hanton	Jim Pointin	Wilma & Robert
Maureen Anderson	Lynda Juskow	Carol Pucknell	Taylor
Taylor Archibald	Terrie Leppy	Dorothy Rudd	Denis Vincent
Chris Baumanis	Carol McGirr	Sheila Sampson	Pat Zaborniak
Leigh Gray	Valerie Olynyk	Sarah Southern	
Glyne Griffith	Alison Podwysocki	Debbie Svaling	

## Raffle

Thank you to An Event for the Birds raffle ticket sellers, Manitoba Wildlife Rehabilitation Organization, and to St. Vital Centre, where many of the ticket sales took place from April 13 to 17. The raffle prizes and winners were:

### \$500 St. Vital Shopping Spree

Valerie Popowich

### Deluxe Birdfeeder and Book

Dawn McLellan  
(donated by The Preferred Perch)

### Two Fort Garry Brunches

B. Thompson  
(donated by the Fort Garry Hotel)