



health

V • I • E • W • S

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Speech-language Pathologist, Pamela Bager, assisted in Lois Chamberlain's rehabilitation during her stay at Riverview Health Centre.

Riverview Clinical Pastoral Education Program Earns Full Accreditation

The Clinical Pastoral Education program at Riverview Health Centre has had its accreditation renewed for 10 years, the maximum allowed by the Canadian Association for Pastoral Practice and Education (CAPPE).

An external review team visited Riverview last spring to assess the program and the Centre, and made its favourable recommendation to

What it means is that we have a strong program that deserves full accreditation for the maximum length of time.

CAPPE in October. Riverview's accreditation award was presented during the CAPPE national convention in Halifax on February 12.

"It is really a strong vote of confidence on the part of the

accreditors. They're saying this is a strong program that deserves full accreditation for the maximum length of time," says Rev. Glen Horst, Coordinator of Pastoral Care Services and full-time chaplain at Riverview. Horst has also been the Clinical Pastoral Education program's teaching supervisor since its inception at Riverview in 1986.

The program could not continue without accreditation, so it was gratifying not only to get a positive recommendation, but to get it for 10 full years, says Horst. He adds that periodic "check-ins" with the association will be required, but site visits will not be necessary for the next decade.

The program, which runs full time from September to May, is designed for clergy who want to develop specialized pastoral skills and for theology students who are preparing for careers in health care chaplaincy. About 140 students from all faith groups and church denominations have completed the course since 1986.

Two unique focuses of the residency program – the only one of its kind between Toronto and Calgary – are its ability to teach students how to provide end-of-life pastoral care and how to minister to people who have communication or cognitive impairments.

Since 2002, Riverview has also partnered with Victoria General Hospital to provide its students with exposure to ministry in an acute care setting. Students – there are four in the program currently – rotate through Victoria Hospital and act as the on-call chaplain in the emergency department.

"While our focus is on long-term and end-of-life care at Riverview, we are preparing our students to be chaplains in all types of settings. Our partnership with Victoria Hospital was strongly affirmed by the accreditation team," says Horst.

Quality Initiatives Ensure Excellence in Speech-language Pathology

Much has been accomplished since two full-time speech-language pathologists joined the staff at Riverview Health Centre.

Heather Jacobson and Pamela Bager, who came on the scene in February 2001, "float" throughout the Centre, working with patients admitted to Neurology, Respiratory Care, Geriatric Rehabilitation, Palliative Care, Chronic Care and Behaviour Management. They focus on those who have problems with communication and/or swallowing. They are also consulted for patients at the Day Hospital and on the Personal Care units at Riverview.

Working independently and with interdisciplinary teams, Jacobson and Bager continually strive to initiate quality improvements that will ensure the most effective and safe care of their patients.

Among their patients are those who have experienced a stroke or head injury, have had a laryngectomy or tracheostomy, or have ALS, Parkinson's or dementia. Many suffer from dysphagia, or impaired swallowing, as a result.

Silver Spoons Club

The Silver Spoons Dysphagia Management Program was introduced at Riverview in 2002. Speech-language Pathology worked with a clinical nurse specialist, dietitian and occupational therapist (the Dysphagia Team) to develop the program, one of the elements

of which is to identify quickly and easily a patient or resident with dysphagia.

The Dysphagia Team has collaborated with staff and dysphagic patients to determine the most appropriate feeding method to prevent aspiration. It also provides training to those involved in their care. In the last year, Bager says, the speech-language pathologists have created information sheets that advise patients and family on diet modification and food preparation with the goal of safe eating, both in the hospital and after discharge.

Two years ago they developed a speech-language pathology referral form, designed to help identify patients at risk due to swallowing and communication impairments.

"The form we created lists indicators that require referral to Speech-language Pathology," explains Bager. "For example, frequent coughing or throat clearing at meals, or repeated chest infections, may indicate swallowing problems, while trouble finding the right word or slurred speech may be indicators of communication problems."

The form also includes an option for staff, patients and families to request more information about swallowing and/or communication difficulties, or to request a hearing test.

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SYSTEMS AND DEVICES AVAILABLE TO ASSIST WITH COMMUNICATION: low-tech systems include alphabet, word and phrase charts, communication books, paper and pen, and wipe-off board; medium/high-tech devices include amplifier, artificial larynges and Tech Talk.



...“Speech-language” continued from front

“The reason we created such a detailed form is to make it easy for people to determine whether a patient or resident has any of the indicators. All it takes is one indicator to get a referral to speech-language pathology services,” says Bager.

She adds that, as part of their quality initiative efforts, she and Jacobson strive to respond to all referrals within 72 hours. People with swallowing difficulties have the highest priority.

Referral forms are completed on all new admissions to Riverview, and they are included in the patient's records, even if no indicators are checked.

“We want to be sure every single patient has been checked for swallowing, communication or hearing problems. It's really important to us that patients not be missed, because that potentially puts them at risk.”

Enhancing Communication

Bager and Jacobson have also been on the front lines to assist patients who are unable to speak – often because of a tracheostomy, or breathing tube – with the use of augmentative and alternative communication or AAC.

AAC can take the form of systems as low-tech as gesturing or pencil and paper, or as high-tech as a computer that can be controlled with barely visible movements by its user. In between are computer-

generated, custom charts the duo can create for patients, who can then point to letters, words or pictures to communicate.

High-tech devices are also used to help people with voice or hearing problems, Bager says. People with very soft voices due to Parkinson's, for example, can be outfitted with a voice amplifier. For those who are hearing impaired, there's a stereo amplified listener, which requires the speaker to talk into a small unit and the listener to use headphones. This reduces the need to yell to be heard, making the unit quieter and more pleasant.

Fancy computer equipment isn't for everyone, says Bager. Some people feel intimidated by it, and prefer simpler approaches to communication. “And it doesn't matter, really. The system can be as low tech as need be, as long as it achieves communication,” she says, adding it will be interesting to see how future generations of computer-savvy patients respond to the high-tech forms of AAC.

Bager says the services she and Jacobson provide continue to evolve. “Our coverage and our ability to provide services have grown enormously by virtue of the fact we are two full-time speech-language pathologists. We're going to continue to work individually and collaboratively toward enhancing our patients' swallowing and communication capabilities.”

Extra! Extra! New News Network!

Staff, patients, family members and visitors will notice a new way to read all about it at Riverview.

Housed in the new Virtual Computer Cafe is a 42-inch plasma screen. The information relayed on this hi-tech piece of equipment, which was funded through the Riverview Health Centre Foundation, provides information about upcoming events, education, programs and news items. The plasma screen will be on from 0800 hours to 2000 hours daily.

The Canadian Paraplegic Association Celebrates 60 Years

The Canadian Paraplegic Association (CPA) was founded in 1945 by a group of spinal cord injured WWII veterans who were determined not to spend the rest of their lives in hospitals. Since then CPA has striven to open the doors of hospitals and institutions, enabling people with spinal cord injuries to return to full and independent lives in their communities.

CPA's scope has increased considerably since 1945, but it remains true to its founders' self-help philosophy. For 60 years CPA's mission has been to assist persons with spinal cord injuries (SCI) and other physical disabilities to achieve independence, self-reliance and full community participation. Through our peer support program, members continue to support each other and demonstrate to newly injured persons that a full, rich life can be experienced after SCI.

Of the CPA's 200+ employees (about 100 of whom are professional counsellors), many bring the personal experience of living with a disability, along with their formal training, to their positions.

Today, with divisions in all 10 provinces and 47 regional offices,

CPA provides a wide variety of services to a membership of more than 30,000 Canadians who have SCI or other mobility impairment.

What is Spinal Cord Injury?

- A person with paraplegia has paralysis in the lower extremities and part of the torso.
- A person with tetraplegia could have, in addition, a partial or complete paralysis of the hands and arms due to a spinal cord injury in the neck area.

There are nearly 1,000 people living with SCI in Manitoba. In Manitoba last year, new injuries spiked to a high of over 50, compared to an average of 37 new SCI over the past 10 years. Every year, 1,000 Canadians face the shattering reality of SCI.

The Canadian Paraplegic Association is more than a service agency. It is a circle of caring, committed people who are dedicated to helping others help themselves.

For more information, contact your local CPA office, or call toll-free 1-800-720-4933 or visit www.cpamanitoba.ca

Riverview's Library Goes Electronic

When people think of a library, images of shelves, books and librarians come to mind. At Riverview Health Centre, that traditional image is about to be updated.

The Centre's library, located on the basement level of the Day Hospital, is being renovated into an electronic library with a virtual reference desk. Instead of browsing the stacks of books, users will access one of two computers to search the listings of off-site libraries for the needed material. Then, an order will be placed on-line for next day delivery.

If users have difficulty finding what they need, they can phone a designated librarian, who will assist with the search.

“Renovations include removing the shelves, adding kiosks for the computers, and adding space for a comfortable reading area,” explains Helena Wall, Manager of Education and Research. “We will still have periodicals and magazines available, but books will be obtained through the virtual reference desk.”

Riverview currently has a partnership with Deer Lodge's Crane Library. Affiliations with other libraries may be negotiated in the future. Riverview has also developed partnerships with a number of research affiliates from the University of Manitoba who are available to assist with research proposals and interpretation of research results.

The new library services will be available this spring. Information sessions will be scheduled to orient people to the concept of an electronic library and to demonstrate how to access and navigate the virtual reference desk.

Wall says there is another exciting aspect of the library currently under development: the Electronic Learning Centre will introduce the concept of self-directed computer based learning which, according to Wall, is the “wave of the future.” What it means is that employees will be able to undertake a variety of job-related or educa-

tional learning sessions independently using computer learning models that can be adapted to their individual needs. Four computers will be made available for this purpose.

For more information about the Electronic Learning Centre, watch for the next issue of Health Views in June 2005.

Internet Cafe Introduces Tomorrow's Technology Today

Enhancing information technology for staff at Riverview Health Centre is an important process. Part of that on-going process is ensuring that all staff members have access to computers and training so they can use the Internet and Intranet for education, research, communication and general information.

The Internet Cafe, located in the cafeteria, is offering computer availability for staff and the public 24-7. The area consists of four computer stations in a staff only kiosk area and three computer stations for public use. The kiosks were officially opened on February 16, with all staff being invited to the celebration.

Staff members who do not currently have computer privileges and are interested in using these computers must complete an application and attend a no-cost basic skills training program. Please call 478-6204 for information or to register. Staff members who already have computer privileges can access the computers directly.

Residents, patients and families can learn how to access the public use terminals simply by reading “The Easy Ways to Get On-Line.” This information pamphlet will be available throughout the Centre.

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:

Riverview Health Centre
One Morley Avenue
Winnipeg, Manitoba, R3L 2P4
Ph: (204) 452-3411
Fx: (204) 287-8718
E-Mail: enquiries@rhc.mb.ca

Health Views is published three times a year by Riverview Health Centre to provide information about RHC's programs, initiatives and activities to both the broader community and to its staff and patients.

Editor

Lorna Wenger 654-0012

Manager, Public Relations
Sandra Stewart 478-6270

Contributing Writer
Wanda McConnell

President & CEO
N.R. Kasian

Photography
Hugh Walker



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Osteoporosis: The Silent Thief

A woman at the beauty salon leans her head back to have her hair washed and breaks her neck...A hug from a grandson breaks a grandmother's rib...A woman sneezes and breaks her spine.

These are extreme, but true, examples of what can happen when a person has osteoporosis, a disease that causes bones to deteriorate, become fragile and break easily.

Osteoporosis is often called "the silent thief" because bone loss occurs without symptoms. People only discover they have the disease after it's too late and they are seeing a health professional because of a broken hip, spine, wrist or rib.

Osteoporosis is very common in the geriatric population, says Dr. Elizabeth Boustcha, a geriatrician and Riverview Health Centre's Chief Medical Officer. "As health professionals here at Riverview, it's so common we almost take it for granted. One in four women over the age of 50 and one in eight men over the age of 50 are affected by osteoporosis."

And yet, adds Nancy Ryan-Arbez, a physiotherapist in the Day Hospital, not only are many of her patients unaware they have the disease; they haven't even heard of it before.

"There is a huge need for education for all ages of the population about the risks of osteoporosis. It's really only in the last five or 10 years that there has been a big public promotion, largely due to organizations like the Osteoporosis Society of Canada," says Ryan-Arbez, a

volunteer with the society. (Learn more about osteoporosis by visiting the society's website at www.osteoporosis.ca)

As a primary health care provider at Riverview, it's Ryan-Arbez's job to identify people at risk of the disease and to work with those who have it to treat their pain and movement problems.

If a person has several risk factors for osteoporosis, their doctor will refer them for a bone density test to confirm a diagnosis.

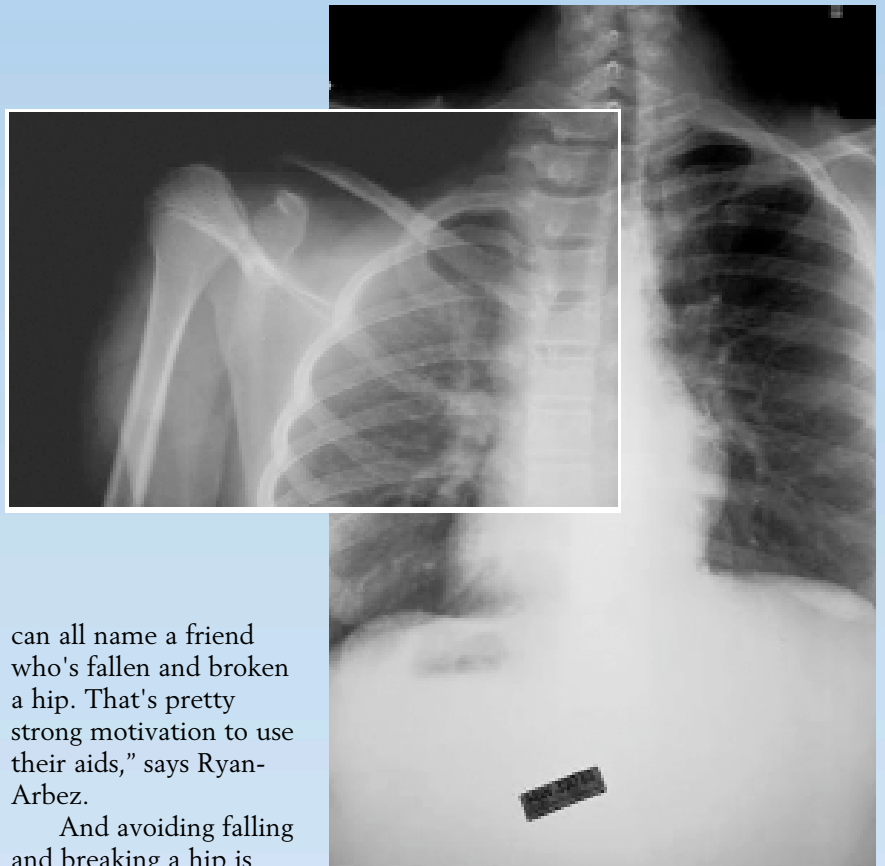
Boustcha says that treatment often begins with a doctor's prescription for a calcium and a Vitamin D supplement, both of which help to slow down bone loss. Patients over 65 may also be advised by their doctors to take medication that will build up the bone that is there.

Boustcha and Ryan-Arbez agree that other important ways to deal with the disease are diet - eat calcium and Vitamin D-rich foods - and exercise, both aerobic and weight-bearing.

"Even if you take a bag of sugar and use it as a weight, it's going to help," suggests Boustcha. Regular exercise will strengthen muscles and improve balance, reducing the chance of falling.

Boustcha says seniors who are prescribed a walking aid should use it at all times. "I don't know how many people I've seen who, the one time they didn't use their walker to go across the room, have fallen and broken a hip." In the winter, they should use an ice tip on their cane, and grips on their shoes.

"They just have to think about the consequences of a fall. They



can all name a friend who's fallen and broken a hip. That's pretty strong motivation to use their aids," says Ryan-Arbez.

And avoiding falling and breaking a hip is critical. The Canadian Osteoporosis Society reports that 70 per cent of hip fractures are osteoporosis-related and result in death in up to 20 per cent of cases and disability in 50 per cent of those who survive.

"We've got to get the word out about osteoporosis," says Ryan-Arbez. "When I talk to seniors about the disease, I tell them to share the information with their children and their grandchildren and to stress to them the importance of taking calcium and Vitamin D from a very young age."

Risk factors for osteoporosis:

- early menopause
- female with a slight build
- family history of osteoporosis
- tendency to fall
- Long term use of certain medications
- diet low in calcium
- sedentary lifestyle
- heavy smoker or drinker

Red flags:

- loss of height
- curvature of the spine
- minor fall results in fracture

Seating Assessment Clinic Offers Latest Equipment

Many patients and residents at Riverview Health Centre rely on wheelchairs for their seating and mobility needs. A properly prescribed wheelchair can make all the difference to a person's ability to move around the unit or to sit comfortably when visiting, dining or reading.

Occupational therapists at the Centre are responsible for prescribing the right chair, and their job has just become a little easier with the establishment of a Seating Assessment Clinic. Located in the Rehabilitation area near the physiotherapy gym, this clinic offers the latest equipment available to help the therapists measure patients for the chairs they depend upon.

"Postural seating assessment has become one of the most common services provided by occupational therapists," explains Lynda Wolf, Senior Occupational Therapist. "Patients come to us with a wide range of complex seating needs, and we need to be able to accurately prescribe wheelchairs so they can be used to the fullest potential."

That means being mobile and comfortable, as well as free of the skin breakdown that can occur on pressure points. It means the chair

has to fit properly so the user doesn't slide around or fall out. "Hopefully, patients will be able to mobilize their chairs with their hands or feet, and they can't do that if they are sliding out of it," says Wolf.

As well, it has been found that postural seating is a high risk, high volume, high cost activity for both the Centre and the patient. Over a six-month period, almost three-quarters of the 72 patients referred for seating met the criteria for "complex seating needs," and the equipment required is costly to patients and families.

All this adds up to the need to complete the assessments thoroughly and accurately. The equipment available in the new Clinic allows this to be done.

New Equipment

For example, an overhead suspension system was installed that allows two staff members to safely lift patients out of their wheelchairs and onto a specialized mat - called a plinth - so therapists can properly measure joint range and body size.

There is also a Force Sensing Array (FSA) available, which is a computerized system for measuring

the amount of pressure exerted by a person when sitting on a cushion. This piece of equipment identifies potential areas of skin breakdown or discomfort; adjustments in the seating are then made accordingly.

Riverview's Occupational Therapists have developed evidence based practice guidelines for postural seating. They have a representative on the regional Seating Interest Group, allowing them to obtain current information on seating practices from both

a regional and a national perspective. As well, Wolf sits on the Winnipeg Regional Health Authority's Seating Assessment Working Group.

An exciting goal for 2005 has been established for the Centre's Seating Assessment Clinic: the potential for making the service available for community consultation is being explored.



Church Honoured for 80-year Commitment to RHC

Religious services have long been a part of life at Riverview Health Centre.

That fact was celebrated on January 16 when ministry staff and members of Churchill Park United Church were honoured for their congregation's 80-year involvement in Sunday morning worship services at Riverview.

On January 19, 1925, Riverview Presbyterian Church became the first neighbourhood church to host Sunday worship at King Edward Hospital. Though the names have changed – the hospital evolved into Riverview Health Centre and the church became Churchill Park United – the relationship has remained steadfast, says Rev. Glen Horst, chaplain at Riverview.

"Other churches began participating as well, but Riverview Presbyterian was the first, and on January 16, we celebrated how faithful they have been to that original commitment."

Churchill Park's minister, Rev. Paul Peters Derry, was on hand at

Riverview to lead the worship and to accept an Advent altar cloth and a Bible marker, gifts to show Riverview's appreciation of the 80-year partnership. Horst also visited the congregation at Churchill Park to thank them personally.

Peters Derry was delighted with the gifts. "Eighty years ago, we began offering something of ourselves to the Centre. Now 80 years later, in thanks and appreciation, the Centre is offering something of themselves to us. Every Christmas when we use the gifts, we will remember our involvement with one another."

Churchill Park is one of eight churches from four denominations now leading Sunday morning worship at Riverview. Each church participates four or five times a year. Churches from four additional faith traditions lead worship services on Sunday evenings or weekdays.

AOTS Men's Group

Besides donating the services of their minister and music minister David Libby, Churchill Park also

provides about a dozen volunteers to push wheelchair-bound residents to the service.

That's where another connection between Churchill Park and Riverview comes in. Since 1953, making sure there are volunteer wheelchair pushers ready to help every Sunday morning at Riverview has been the responsibility of a United Church men's group called AOTS (As One That Serves). Since 1954, Harry Burdon has been involved in AOTS's escorting ministry, serving as coordinator since 1976. He's also a member of Churchill Park United.

As an example of how much Burdon, 80, cares about his involvement at Riverview, last December he brought his entire family, including a daughter visiting from Australia, to participate in the service and to push wheelchairs. His grandchildren even gave all of the residents and patients who attended that morning gingerbread people they had made.



Churchill Park United Church

"It was heartwarming to see that his whole family has caught the volunteering vision," Horst remarks.

Burdon, who never makes it to church at Churchill Park because he's at Riverview every Sunday, is a wonderful reflection of the whole congregation, says Peters Derry.

"Our vision statement is that we will offer our gifts in and with the wider community, and our involvement at Riverview Health Centre is a wonderfully tangible way of doing that."

Unit AB2's Trees of Love

If they looked good enough to eat, that's because they were!

Christmas trees decorated with edible ornaments graced the dining rooms on Special Needs Units A and B this holiday season.

They were fondly referred to by staff, family and residents as their Trees of Love.

Beautifully decorated sugar cookies and gingerbread men were tied to the branches with licorice laces. The trees were also adorned with licorice lace garlands of chocolate covered pretzels, lifesavers and Cheerios. Colourful gumdrops topped with icing and Smarties also decorated the railing around each room.

The 30 residents on the AB2 units, all of whom have dementia, joined staff and family members in baking and decorating the cookies and making the garlands during the units' Christmas parties.

Lynn Saunders, Recreation Facilitator on the AB2 units, says the edible ornaments may have been a fun and novel way to decorate the trees, but they also served a very practical purpose. "In the

past, Christmas decorations have presented a risk to our residents. The tree decorations were sometimes mistaken for something that could be eaten."

This year, Kim Olver, Patient Care Manager for AB2, came up with the idea of decorating with edible decorations as a way to make it safe (and tasty!) for residents who might nibble on the ornaments.

"The decorations were a big hit," says Saunders. On one tree, the edible ornaments were hardly touched but on the other, staff were replenishing them frequently.



The Tree of Love

Nurses Week

May 9 to 13, 2005

Coinciding with the birth of Florence Nightingale, Nurses Week celebrates and recognizes the contributions of nurses to health care in Canada.

Stay tuned for information on guest speakers, displays, videos and recognition events that will take place at the Centre during this week.

Occupational Therapy Open House

Friday, March 18, 2005
8:30 a.m. to 11 a.m.

The Occupational Therapy Open House event is being held to promote the Seating Assessment Clinic to staff at Riverview Health Centre. Therapists will demonstrate the overhead suspension lift, as well as other equipment in the clinic. See you there!

Wedding Show Rings in Spring!

At Riverview Health Centre, the philosophy of patient focused care includes integrating social celebrations into Centre life. In this way, special events such as birthdays, anniversaries, holiday festivities and outings with friends are maintained and enhanced, enriching the lives of patients, residents and their families.

Weddings are milestone events that are remembered fondly by many. With this in mind, Riverview Health Centre's recreation facilitators decided to host the Wedding Fashion Show in the Atrium on the afternoon of February 11.

"This show was very well received in 1998 and 2001, so we decided to put it on again," says Shawna McCrimmon, Recreation Facilitator on 4E. McCrimmon, along with fellow CD1 Recreation Facilitator Michelle Thiessen, resurrected the idea of holding the Wedding Fashion Show; both women were married in the last couple of years, so their experiences are still fresh.

McCrimmon and Thiessen, with the help of recreation facilitators from other units, rounded up staff, volunteers and their family members to model a variety of wedding outfits for the audience. Apparel modeled included bridal gowns, bridesmaid dresses, flower girl outfits and mothers of the bride and groom attire.

"We had lots of period wedding dresses, with the oldest dating back to 1893," says McCrimmon. "There were also eight antique outfits from one lady alone, complete with all the accessories."

Michael's Formal Wear generously offered to lend five tuxedos for the male escorts, and 7th Avenue Fashions graciously provided a variety of crinolines worn under the dresses. As well, Osborne Florists provided floral stands free of charge, along with



Rob Brown ushers model Sarah Elewonibi down the runway at the Wedding Fashion Show.

bouquets, boutineers and a wedding cake at very reasonable prices.

As part of its ongoing effort to enhance quality of life at the Centre, the Riverview Health Centre Foundation funded this event and generously supports other special social functions throughout the year.

Thanks to the Models!

Lisa Begg	Adam Kendrick
Andrea Bellamy	Shawna McCrimmon
Susanne Boyd	Shawna McPhee
Rob Brown	Nicole Melizza
Carmen Codilan	Maria Nosyk
Linda Cousin	Jimmy Olynyk
Sarah Elewonibi	Anna Ornostory
Lesya Fedochynska	Karla Perez
Christine Fournier	Hugh Percy
Cathy Gates	Dorene Rosmus
Kim Glowachuk	Corazon T. Tabios
Anita Goetz	Michelle Thiessen
Christina Goetz	Adrian Thompson
Yira Gomez	Natalie Van Acker
Mike Hammond	Grace Willmer
Leah Handford	

Riverview Health Centre Foundation News



Pick Your Perch for An Event for the Birds



Mark your calendar for April 21, 2005 – then pick your perch for An Event for the Birds, to take place at the Fort Garry Hotel.

This creative fund-raising event, organized by the Riverview Health Centre Foundation, is the first of its kind in Manitoba. This is the event's second year, and if it's anything like the first, you won't want to miss it.

Here's how it works: local organizations, businesses and individuals are challenged to build one-of-a-kind birdhouses or bird feeders, which are then sold at a live auction on the night of April 21. Auctioneer Bill Knight will be at the helm of the auction.

But that's not all. Guests at the event will be able to bid on many outdoor home, garden and leisure items in a silent auction. They'll also partake in a dinner provide by the Fort Garry hotel. It will be an night to remember!

For those interested in building a birdhouse or feeder for this event – there is still time! You have

until March 4, 2005 to register in one of three categories:

Contemporary, Rustic or Open. Prizes will be awarded for each category, with the Best of the Show prize going to the creation that fetches the highest bid. The lucky winner will enjoy a week's stay at the Lake Louise Inn.

For tickets to this event, or for information and registration forms for builders, please call 478-6197, or check out the website at:

www.eventforthebirds.com



Event for the Birds Early Bird's Eye View

From April 11 to 17, the Riverview Health Centre Foundation will be hosting a display to promote An Event for the Birds at St. Vital Centre. Visitors can view a display of the birdhouses and feeders that will be auctioned on April 21. As well, they will have the opportunity to buy raffle tickets (\$2 each or three for \$5) for three great prizes:

FIRST PRIZE: A one-of-a kind birdhouse constructed by last year's *Best of Show birdhouse builder*, Joe De Simone.

SECOND PRIZE: \$200 in gift certificates for St. Vital Centre.

THIRD PRIZE: Brunch for two at the Fort Garry Hotel.



The Best of the Show winner in the 2004 An Event for the Birds, built by Joe De Simone.

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.

DONOR RECOGNITION LEVELS

Founder	\$100,000+
Benefactor	\$50,000 – \$99,999
Patron	\$25,000 – \$49,999
Builder	\$10,000 – \$24,999
Partner	\$5,000 – \$9,999
Supporter	\$1,000 – \$4,999
Friend	\$100 – \$999

In Memory or in Honour Of

Gifts were received for the following people from Nov. 1 to Jan. 31, 2005:

Florence Adams	Gordon Hubka	John Schell
Jean Anema	Lois Humiski	Edmund Arthur
Raymond Ariano	Henry Janzen	Schollenberg
Anna Baydack	Mervin Johnston	Brian Seale
Rudy & Bernice Blanchet	Norman Jones	Anice Sellar
William Bogden	Leona Kaban	Robert Sharpe
Richard (Dick) Boudreau	Rae Khan	Ferelith Shiach
Charles Bremner	Mary Kindret	Stephen Slack
Sarah Brotman	Mary Klassen	Winnifred Stephens
Kathleen Calcott	Effie Kolt	Irene Storey
Barney Cohen	Robert (Bob) Koroscil	Olaf Tamre
Hazel Conrad	Florence LaRoque	Minh Tao
Daniel E.A. Crocker	Doreen McGowan	Evelyn Bernice Telford
Paul Deryck	Eva McNicholl	Adeline Thomson
Marlene Douglas	Carmela Militano	William Titz
Neale Driver	Phyllis Moore	Michael Tracey
Jim Duncan	Edwin Norton	Joe Vielgut
John Foley	Kaye Patterson	Gladys Margaret Wares
Florence Friesen	Nora Phillips	William Weselake
Helen Georgina Garneys	Bernice Pinch	Glenn Wilkinson
James Griffith	Edward Rathgeber	Emily Wilson
Betty Guntner	Shirley Rempel	Gregory Wilton
Collin Hicks	Kathy Roberts	Gertraud Zacharko
Fred Hodgkinson	Watson Robinson	
Bertha Hooper	James Ruthig	

Riverview Benefits from Canad Inns Winter Wonderland

This holiday season, Riverview Health Centre was one of the benefiting charities of a unique winter event – the Canad Inns Winter Wonderland.

This drive-through light show at the Red River Exhibition Park delighted many families with its brilliant themed and animated light displays, ranging from reindeer and Christmas trees to penguins catching fish to scenes with Old St. Nick. The 25 minute, 2.5 kilometer route shone brightly with 600,000 lights that used three million watts of power.

Riverview Health Centre receives 50 cents from the sale of each ticket sold for the event. A final proceeds cheque was presented to Riverview at a wrap-up event on February 22.

Other charities also benefit from this event: The Fire Fighters Burn Fund and the Law Enforcement Torch Run. Not counting this year's event, the Canad Inns Winter Wonderland has contributed \$74,000 to Manitoba charities since its inception.

Many thanks go to Kim Wark, Riverview's Volunteer Coordinator, who was instrumental in assisting



Young and old alike enjoyed the wide variety of light displays at Winter Wonderland.

the Foundation with scheduling volunteers for the event. Also, thanks to the following people, who volunteered on the Centre's behalf at the week-end sleigh rides, which took place during the Winter Wonderland event: Dom Di Curzio, Kim Wark, Hugh Walker, Scott Walker, Jesse Howatt, Mike Farnell, Jim Falloon, Dan Falloon and Lauren Yerama.





Wanted: Riders for the 7th Annual Cycle on Life!

Long Distance Cyclist Rides for Riverview

Yes, it's time to start planning for this year's annual Cycle on Life, which challenges participants to raise a minimum of \$1,000 per team in pledges for the Riverview Health Centre Foundation. Then, on Sunday, June 5, the cyclists meet at the starting gate to begin a pleasant 15 kilometre ride along the Red River and throughout some beautiful neighbourhoods.

After the ride, participants and sponsors gather in the Atrium at Riverview Health Centre for a sumptuous brunch and prize presentations. Lots of door prizes are available, including a new bike. The hard working team that raises the most in pledges receives the grand prize: dinner at the Velvet Glove Restaurant and an evening stay for two at the Fairmont, sponsored by Neil Bardal Inc.

Since the Cycle on Life began seven years ago, participants and sponsors have raised over \$350,000. Organizers are confident that this year's goal of \$80,000 will be met and hopefully surpassed. All of the proceeds go towards quality of life initiatives at the Centre and, so far, several exciting projects have been undertaken.

For example, money raised from previous Cycle on Life events have paid for outdoor walkways and rest areas, the new Cycle on Life Conservatory and its furnishings, and a video link between Riverview's Worship Centre and the Thomas Sill Auditorium.

Sincere appreciation is extended to confirmed sponsors (to date) of the 2005 Cycle on Life. They are: Manitoba Hydro, Thompson Dorfman Sweatman LLP, Winnipeg Free Press, A Channel, Neil Bardal Funeral Home, KPMG Chartered Accountants, KGS Group, Teshmont Consulting Inc., Vantis Credit Union and denise et jean-louis CATERING.

The Riverview Health Centre Foundation Cycle on Life is a great way for family and friends to get together for some fun while fundraising for a worthwhile cause. Each and every one of us will one day rely on the services of a long term care facility for a loved one or even for ourselves. Now is the time to take steps to ensure that Riverview has the resources to offer outstanding care and a high quality of life for all Manitobans now and in the future.

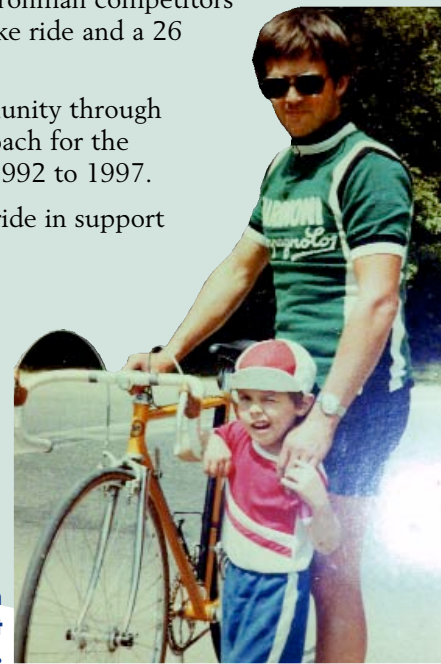
The 2005 Honourary Rider is Bob Cameron. The Committee Chair is Gordon Miles. Members are: Neil Bardal, Bill Brownstone, Gary Ross, Rudy Boivin, Andrea Martens, Greg Arason, Oksana Semotiuk and Sharon Wilms.

For more information about becoming involved, please call Guy at 478-6197 or Susan at 478-6271.



The start line at the 2004 Cycle on Life.

The Riverview Health Centre Foundation is honoured to have Eric Reid ride for Riverview in the 2005 Cycle on Life!



Eric Reid and young son Andrei, now an adult, get ready for a cycle event.

For Eric Reid, no distance is too far to ride in support of Riverview Health Centre. This former Winnipegger, whose family has been involved in the Cycle on Life since its inception, will hop on his bike in Calgary on May 24, aiming to arrive in Winnipeg nine or ten days later – just in time for the June 5th cycle event at Riverview.

He'll pull a small trailer filled with gear, including tent, sleeping bag, cooking utensils and camp stove. He and riding partner Fred Enns will cycle across the prairies, stopping to pick up food supplies in towns along the way. They'll camp out each night.

"I'm estimating that it will take nine or ten days, but it depends on the weather," says Eric. "It might rain everyday, or we might get headwinds, which would slow us down."

Why would Eric go to such lengths for Riverview Health Centre? That's an easy one to answer: his father (Gord Reid, of Gord's Ski & Bike in Winnipeg) has been a resident at the Centre for several years, and the family is very impressed with the quality of care he receives.

Initially, Mr. Reid underwent rehabilitation for a stroke and now is a resident in the Personal Care Program. "It is a tremendous facility," says Eric. "Dad is alive and well and in good spirits. Our family believes that if it weren't for Riverview, my father may not be alive today."

While Gord's Ski & Bike has offered its bicycle tune up services to the Cycle on Life event and members of the Reid family have participated as riders, Eric's participation this year expands on the family's commitment.

This 52-year-old athlete has the training to undertake this challenge. No stranger to endurance activity, he has participated in numerous triathlons, long distance cycle events and ski races across Canada and the United States for more than 30 years.

He even completed two Ironman competitions in the 1980s, an event that takes great stamina – both physically and mentally. Ironman competitors must complete a 2.4 mile lake swim, a 112 mile bike ride and a 26 mile marathon.

Eric is the type of guy to give back to the community through coaching activities. For example, he was the coach for the Province of Manitoba's Cycling Team from 1992 to 1997.

Eric is currently gathering pledges for his ride in support of Riverview.



2004 Tree of Lights Festival Successful

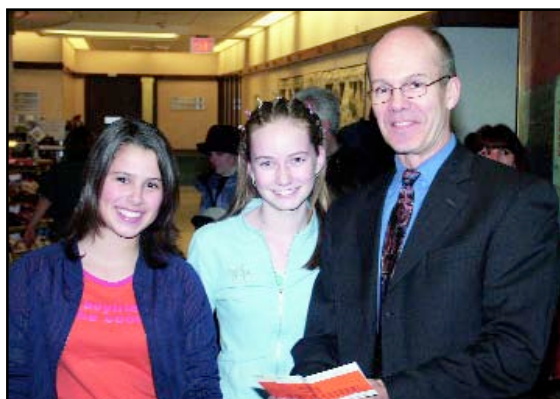
Once again, the Tree of Lights event at Riverview Health Centre was a bright holiday success. At six o'clock on the evening of December 1, patients, family members and Centre employees were on hand to view the illumination of the Centre's array of light sculptures and the towering lighted tree at the front entrance.

For the second year in a row, Riverview Health Centre was given an award for its outdoor light display. Take pride Winnipeg awarded the First Place Business Area #10 plaque to the Centre in the 2004 Winnipeg in Lights Contest.

The event delighted the residents, patients, families and friends while kicking off the holiday season at Riverview. Entertainment was provided by Shirley Burton of Burton Music and the 99th Girl Guides.

This year, the sale of light cards and a record high amount in cash sponsorship resulted in the most prosperous event in the Tree of Light's six year history. A total of \$7,400 was raised this year.

The Foundation is grateful to Churchill High School, whose students participate in the sale of lights. As well, appreciation is extended to the event's corporate sponsors. They are: Manitoba Hydro,



Gordon Miles, Foundation Board Member, receives a cheque from Maya Torres-Garner and Shauna Dickson, Churchill students.

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