

HEALTH VIEWS

Fall 2011 • Edition 2

A Publication of Riverview Health Centre

Inside:

- 2 Research:
Keep In Touch
- 3 Lori Yaworski Award
- 3 Education Awards
- 3 Ethics Day
- 4 Long Service
Employees
- 4 Fashion Show
Reveals Talent
- 4 Berit Hack Award
- 6 Cycle On Life
- 6 Gala Dinner
- 7 Foundation News
- 8 Foundation Donors

Enhancing Comfort in Palliative Care

Riverview's Foundation is raising funds for room renovations on the Palliative Care Unit, a move that will provide a soothing and restful environment for patients and their families.

2

New Faces

Riverview welcomes three new staff members, each with expertise in his own area of focus: medicine, finance and special events.

5

To Our Readers:

Health Views has changed! You are reading the first edition of a new and improved look for this enduring newsletter, which has told stories about Riverview Health Centre for almost 20 years. The redesigned *Health Views* goes hand-in-hand with the new look of the Centre's website. We hope you enjoy the new, contemporary appeal of our newsletter, which will continue to give you stories about the programs, services and care provided to the patients, residents and families at the Centre.



Check Out Riverview's New Look at www.rhc.mb.ca

Visitors to Riverview Health Centre's website will notice an updated look, with easy-to-access information right at their fingertips. "Vibrant" and "refreshing" are words that accurately describe the new design. → 2

"The approach we took to redesigning our site was to make it conversational," explains Debbie Svaling, Coordinator, Communication Services/Project Manager. "We honed in on things we know are relevant to our audience and made it easy to navigate so people can quickly find what they are looking for."

The audience consists mainly of patients, residents, families, staff, volunteers and potential employees, and to a lesser extent researchers and colleagues from other facilities.

The new site highlights the services available at Riverview in an easy-to-understand and engaging way. It lets people know what they can expect if they come for a stay or come here to work. It gives them an idea about the buildings and the beautiful grounds, as well as information about where Riverview came from (its extensive past) and where it is going (its bright future).

STORIES OF LIFE...

When first logging on to the site, visitors will notice a constantly running loop of photos that introduce and illustrate the Centre's programs. They will also notice *Stories of Life* - clicking on these icons will reward the viewer with first-hand vignettes from family members whose loved ones have experienced the compassionate care at Riverview.

The new site integrates information on the Riverview Health Centre Foundation so viewers can directly access Foundation material. However, the Foundation site is also accessible through its own address at www.rhcf.mb.ca

"The new website is contemporary and forward thinking," says Svaling. "We strove to address the idea that Riverview 'makes life better,' and I think we accomplished that." ●

THE NEW WEBSITE IS...

CONTEMPORARY
REFRESHING
EASY TO NAVIGATE
CONVERSATIONAL
ENGAGING
RELEVANT TO ITS AUDIENCE

Refurbishment of Palliative Care Rooms: A Riverview Foundation Project

The caring staff members on the Palliative Care Unit at Riverview Health Centre are renowned throughout Manitoba for their ability to gently ease both the physical and emotional pain of patients and families who find their final solace in the rooms there. A son who kept vigil over his terminally ill mother said, "The staff intuitively knew exactly when to come to our aid and when to leave us be - we didn't even have to ask." Another woman whose husband passed away on the unit said, "We will be forever grateful to the nurses and health care aides at Riverview. They made the most difficult time, not easy, but as easy as it possibly could be."

These kinds of sentiments are repeated over and over again by those who have faced the loss of a loved one at Riverview Health Centre. Somehow, the tragedy and sadness are made more bearable, and even acceptable, because of the attention of the unit's team of compassionate health care professionals.

Riverview has been providing this type of exemplary palliative care in its redeveloped facility for almost 15 years. The Centre has the largest complement of palliative care rooms in Western Canada - 30 in total - and a large percentage of these are required for the care of individuals suffering from cancer. While cancer patients are living longer and better today than ever before, these palliative care rooms are in constant demand by patients and by the families who stay by the sides of their loved ones during illness.

The Riverview Health Centre Foundation has launched a fundraising campaign to enhance the physical surroundings of the rooms on the Palliative Care Unit. "People who have experienced the care here understand that the physical environment is important, too," explains Sheldon Mindell, Manager of the Foundation. "The unit was originally designed to be home-like, but after 15 years of use, renovations are needed, and in doing so we will make improvements that will further heighten the comfort of both patients and their families."

The planned renovations will increase the available floor space. Additionally, improvements will include new furnishings, flooring, draperies and wall coverings, as well as corian bathroom countertops. "In choosing the new materials, we wanted to create a soothing and restful atmosphere," says Mindell. "We worked with an architect and an interior designer and decided on muted tones of coppers, rusts, beiges and creams. There is also a combination of textures and related patterns that all come together in a warm, flowing way."

Other enhancements include unique wall sconces for soft lighting and designed ceiling tiles, which make the rooms feel home-like. Television consoles and shelving in dark cherry-coloured wood will also add to the quiet, gentle ambiance.

"After 15 years of use, renovations are needed, and in doing so we will make improvements that will further heighten the comfort of both patients and their families."

- Sheldon Mindell, Foundation Manager

Funding the Refurbishment

It would be impossible to pay for the refurbishment of these 30 rooms through the Centre's internal budget, so the Foundation is seeking both corporate and individual donors and is offering "naming rights" for each room.

Work is scheduled to begin in mid-November, with two rooms being renovated at a time. Before Christmas, at least two will be ready for patient use, with the remainder being completed during 2012.

For more information on supporting this project, please contact Sheldon Mindell at 478-6197 or at smindell@rhc.mb.ca ●

Research Aims to Find Ways for Patients and Families to "Keep In Touch"

When hospitalized for a serious or life-limiting illness, one's world tends to shrink and connections to family, friends, colleagues and others often become difficult to maintain, especially those at a distance.

But does it have to be this way? Does being in hospital automatically mean isolation from daily life and relationships for both patients and the people at the bedside?

With financial support from the Riverview Health Centre and its Foundation, research is currently being conducted at the Centre to investigate ways to ease this burden of isolation. Called *Keep In Touch (KIT): Feasibility of Computer-Mediated Communication and Information Technology in Palliative Care*, the study is looking at how communication technology can be used to enhance the connectedness of patients and their families to the world outside of a hospital.

Dr. Harvey Max Chochinov, Director of the Manitoba Palliative Care Research Unit, is the principal investigator of this two-phase study. Dr. Chochinov is internationally renowned for his work in dignity-conserving care (www.dignityincare.ca).

Phase I of KIT is currently underway at Riverview, with Phase II scheduled to begin in the new year. The results will provide valuable information regarding the use of communication technology in palliative care and will impact Riverview Health Centre's current project: refurbishment of the rooms on its Palliative Care Unit.

Health Views will carry full coverage of the study results in a future issue. Stay tuned!



Ilia Murray of Health Information receives the Lori Yaworsky Quality Champion Award from Norman Kasian, President and CEO of Riverview Health Centre.

Health Information Employee is a "Quality Champion"

Many people have good things to say about Ilia Murray, the Health Information Management professional who looks after - among many duties - Bed Management at Riverview Health Centre. Murray is the recipient of the most recent Lori Yaworsky Quality Champion Award, and the raft of nominations touting her high standards and professionalism leave no doubt that she is a worthy candidate.

The Lori Yaworsky Award recognizes a staff member who has demonstrated exceptional and consistent quality customer service - someone who goes about their work with a positive attitude and an appreciation for the importance of teamwork. Candidates must receive at least three nominations from fellow staff members, as well as their manager's endorsement.

"Basically, this award recognizes staff members who go above and beyond expectations in the course of their daily work," says Pat Zaborniak of Health Information and Communication Services, who is Murray's manager. "Recipients are people who make their teams look good because of their great attitude about their work."

Murray's nominations clearly reveal her talents: "...high calibre work...friendly and professional...supportive without being asked... always keeps the customer in mind..." Zaborniak considers qualities such as these to be vitally important for someone in Murray's position - she works at a busy desk and deals with the public constantly. "Outsiders get a taste of the friendly, caring staff at Riverview when they call and get Ilia on the line!" she says.

Murray, who has worked at the Centre for four years, is flattered to receive the honour and proud of the team she works with. "It's nice to know that Health Information is being recognized," she says. "We really feel like we are part of the Riverview Health Centre community and we're proud to be making a positive difference in the facility."

The Lori Yaworsky Quality Champion Award is made in memory of Lori Yaworsky, who was the Support Services Manager for many years before she passed away in 2002. Yaworsky always celebrated the achievements of her colleagues and staff, and this award lets recipients know that individual initiatives can have a positive effect. ●



Board of Directors

Dal McCloy
CHAIR
Jeff Norton
VICE-CHAIR
Shawna Pachal
TREASURER
Gary Timlick
MEMBER-AT-LARGE
Norman R. Kasian
PRESIDENT & CEO
Bob Nyhof
Chris McDonald
Connie Sarchuk
Ian Blicq
Dr. Ian Smith
Joyce Laidler
Ken Webb
Kevin Bolt
Marilyn Kapitany
Marnie Strath
Rod Stephenson

HEALTH VIEWS is published regularly by Riverview Health Centre to provide information about the Centre's programs, initiatives and activities to both the broader community and to its staff and patients.

Lorna Wenger
EDITOR 204.654.0012
Wanda McConnell / Christine Hanlon
CONTRIBUTING WRITERS
Hugh Walker / Christine Hanlon
PHOTOGRAPHY
Norman R. Kasian
PRESIDENT & CEO

Publications Mail Agreement No. 40015910
Return Undeliverable Canadian Addresses to:
Riverview Health Centre Foundation,
One Morley Avenue, Winnipeg, MB R3L 2P4

Third Annual Ethics Education Day Provides Food for Thought

"Ethics of the Ordinary" was the theme of the Third Annual Ethics Education Day hosted by the Ethics Committee of the Riverview Health Centre Board on October 19. The event was well attended by staff, students, board members and visitors. Sessions included:

FEEDING AND HYDRATION IN THE ELDERLY

• **Dr. Christina Lengyel**, PhD.,RD, Assistant Professor, Department of Human Nutritional Sciences, Faculty of Human Ecology, University of Manitoba

• **Diane Korbaylo**, RD, Clinical Dietician, Professional Lead, Riverview Health Centre

FOOD AND ETHICS IN LONG TERM CARE

• **Leah Beuckert**, Spiritual Care Coordinator, North Eastman Health Region

WITH GRITTED TEETH: DENTURES, DUTY, AND THE ETHICS OF ORAL CARE

• **Cindy Shaw**, Patient Care Manager, CD3, Riverview Health Centre

DVD LAUNCH: ETHICS OF THE ORDINARY: FOOD FIGHT!

This interactive DVD was written and produced by Centre staff, who together with volunteers, joined in acting out the scenarios. This is the first of a proposed series of four educational DVDs that will explore how ethical issues inform all the "ordinary" aspects of our facility on a daily basis.

Staff & Family Education Awards



HONOURABLE ISRAEL NITIKMAN AWARD

ANIKA DENBROK



ROBERT (BOB) B. BRENNAN RIVERVIEW HEALTH CENTRE FOUNDATION EDUCATION AWARD

KATHERINE RUMINSKI



EDWIN NORTON RIVERVIEW HEALTH CENTRE FOUNDATION EDUCATION AWARD

ASHLEY DERESKI

FAMILY AWARDS

GEORGE NG, son of Lai-Ling Ng

KRISTIAN REGALADO, son of Helen Regalado

CYPRIS CAMPBELL, daughter of Rhonda Campbell

KAYLENE SHUMSKY, daughter of Michael Shumsky

LAURA MARRAST, daughter of Alice Mignon-Marrast

CHANGE IS AHEAD!

State-of-the-Art Electronics • Complementary Designs & Textures on Updated Drapery & Flooring • Designed Ceiling Tiles • Internet Access
New Furnishings with a Home-like Design • Unique Lighting Fixtures for Varied Ambiance • Warm and Soothing Colour Combinations

RIVERVIEW HEALTH CENTRE is a 338-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, MB R3L 2P4
tel. 204.452.3411 fax. 204.287.8718
enquiries@rhc.mb.ca www.rhc.mb.ca

HARRIS TRANSPORT LTD.

TRANSPORTATION • TRANSLOAD • WAREHOUSING



Harris Transport Ltd. specializes in open deck transportation and distribution providing service to the U.S., Canada, and the Arctic.

Harris Transport Ltd.
15-555 Hervo St.
Winnipeg, MB R3T 3L6
Toll Free: 1.800.761.1071
Phone: 204.255.2700
Fax: 204.255.2230
info@harristransport.ca



Long Service Employees Honoured

Each year, Riverview Health Centre honours its long service employees with a recognition ceremony, awards presentation and dinner. Congratulations to the following employees who have served Riverview loyally during their time at the Centre.

- | | |
|--|--|
| 35 Years of Service
Pameata Lawson | Rita Leclaire
Terrie Leppy
Cheryl Lindsay
Tehetena Messele |
| 30 Years of Service
Susan Akins
Sharon Andert
Gail Boyce
Ofelia Bredonia
Lorraine Kehler
Marlene Lynch
Grace Timmerman | Dana Orr
Armand Santos
Pauline Sharpe
Korisha Sorensen |
| 25 Years of Service
Sheila Beaudry
Connie Bergstresser
Anna Ciarelli
Jane Hyduk
Suzanne Landry
Alice Mignon-Marrast
Judy Webster
Anthony Wong | 10 Years of Service
Rebecca Barrios
Ron Birt
Helen Blonski
Jackie Borys
Emerson Brewster
Tena Cayanan-Gauthier
Laurie Cerqueti
Cheryl Christopher
Heli Dedi
Rehana Durocher
Lucie Emerson
Bonny Guilbault
Nicole Hewitt
Jacqui Hopkins
Lisa Johnson
Diane Korbaylo
Paula Kowalski
Sara Mathew
Carroll Maxwell
Patricia McDowell
Malcolm McKenzie
Nicole Melizza
Perla Mercado
Christine Overton
Kristie Peters
Helen Regalado |
| 20 Years of Service
Margaret Arnold
Arlene Bakker
Colette Dillman
Leander Falk
Charmagne Free
Carole Hamel
Dominique Landers
Ana McNally
Cecilia Oduro
Denis Vincent
Susan Wipf
Long Dang | Rachael Ryden
Clifford Ryden
Michael Shumsky
Dwight Wilson
Rahel Yimer |
| 15 Years of Service
Melecio Acosta
Perry Bulos
Sandra Campbell
Isabel Delaine
Valerie Earl
Carrie Fuehnm
Regino Labao | |

CD4 Team Recognized for Developing End of Life Comfort Tool

The members of a team of health care professionals on Riverview Health Centre's CD4 unit recently distinguished themselves for their efforts to improve the end of life process for personal care residents. The team's work was so noteworthy that the members received recognition through a new award available at the Centre: The Berit Hack Team Quality Distinction Award. "This award is given to a team at Riverview that makes a difference in improving patient and resident care or customer service," says Pat Zaborniak, Chair of the Corporate Quality Committee. "The work done by this team on CD4 most definitely fits that bill." The CD4 team accomplished something that will assist Riverview personal care staff to effectively assist patients and residents who are experiencing pain or other distressing end of life symptoms, such as delirium, difficulty breathing, excessive secretions or nausea.

Based on findings from a quality review done by team members, an algorithm was developed that clearly describes the possible symptoms and suggests medications (such as morphine for pain or difficulty breathing), as well as non-pharmaceutical methods (such as aromatherapy), that may help to alleviate the pain or other symptoms. The algorithm goes a step further by providing medication doses, as well as conditions that may need to be considered when deciding upon the dose (such as frailty). "Health care staff in personal care really needed something like this to help them make decisions about pain control and other end of life symptoms," says Clinical Nurse Specialist Carole Hamel, who contributed to the development of this tool. She explains that staff working in personal care deal with pain on an irregular basis - unlike staff on palliative care units, who see people in pain daily and have standard procedures and protocols to which to refer.

"Palliative staff know about doses, when to increase doses and how to deal with side effects, whereas personal care staff may only see patients in pain or experiencing other distressing symptoms on occasion, and that is usually in an end-of-life situation," says Hamel. Now-retired Pat Yamada, who was the Patient Care Manager on CD4, spearheaded the initiative for the pain control algorithm. Other disciplines were consulted in its development and sanctioned its use, including medicine, pharmacy and nursing. As well, regional palliative care guidelines were researched by the team and applied to the tool. The CD4 team was the first to be awarded the Berit Hack Team Quality Distinction Award, which was initiated to honour Berit Hack, who retired as Chief Nursing Officer in 2009. The award, linked to the Quality Programs at Riverview, is given to a deserving team at Riverview every two years. ●

IN HONOUR OF RESIDENT ANNE JOROWSKI: Historic Ball Gown Collection Graces Riverview Runway

During her very busy life, Anne Jorowski was a city councillor and deputy mayor of Winnipeg, an ardent supporter of her East Kildonan community, an accomplished gardener and floral arranger and a seamstress extraordinaire. Now in her early nineties, Anne is a resident on the Personal Care Unit at Riverview Health Centre. While she still keeps busy, her daily life is considerably less hectic and demanding than it once was. But earlier this year, with the help of her daughter, Jay, Anne was able to relive some of the glamour from her earlier days, and at the same time share the memories with her fellow Riverview residents. Anne was the guest of honour - and designer - at a fashion show held in the Thomas Sill Auditorium that featured 10 gorgeous gowns she had designed and sewn for the Manitoba Centennial in 1970 and the Winnipeg Centennial in 1974. At the time, Anne was an active member on the organizing committees for both celebrations



Surrounded by family and the models who wore her creations, Anne Jorowski holds flowers presented to her at a fashion show held at Riverview in her honour.

"It was a dream come true. I saw those beautiful young women in those beautiful dresses and I was reliving the moments from long ago."

- Anne Jorowski, Riverview Resident

special memories. It meant countless garments she had sewn over the years still hung in her closets and were able to be preserved when Anne moved out of her East Kildonan home. Some of the many outfits were previously donated to the Dugald Costume Museum. Jay had kept the ones that were modelled at Riverview.

"Mom is very attached to these dresses. They represent the pinnacle of her creative achievement as a seamstress. They're works of art," says Jay, who wrote the script for the fashion show and hosted the event.

Jay was very grateful for the assistance of Caroline Wiebe, the Recreation Facilitator on CD4, who helped her find Riverview employees who were the right dress size to model two of the costumes. Jay lined up the rest of the models and, together with staff and volunteers, transformed the Thomas Sill Auditorium into Riverview's fashion runway.

It was a memorable day for Anne. "I was beside myself with excitement," she says. "It was a dream come true. I saw those beautiful young women in those beautiful dresses and I was reliving the moments from long ago. They brought them to life." ●

NEW FACES *at Riverview*



New Chief Medical Officer Key Player in Expanding Riverview's Rehabilitation Role

Dr. Daryl Perry
NEW CHIEF MEDICAL OFFICER

After three and a half years as founding co-director of Riverview Health Centre's Neuromuscular and Electrodiagnostic Clinic, Dr. Daryl Perry has now added the role of Chief Medical Officer (CMO) to his responsibilities. "I became attracted to the vision and mission of Riverview, and I strongly believe in what Riverview Health Centre is trying to do," he explains.

Since July of this year, Perry has been very much involved in the Centre's move towards embracing a larger complement of rehabilitation medicine specialties. "Our goal is to expand the role of rehabilitation at Riverview, to consolidate expertise and to become a centre of excellence within the Winnipeg Regional Health Authority," he explains. "I have a vision for that and the experience to help make it succeed."

Perry studied Medicine at the University of Manitoba, followed by a five-year Royal College specialty in Physical Medicine and Rehabilitation at the Health Science Centre (HSC). In 2007, he completed a one-year fellowship in Neuromuscular Disease and Electrodiagnostic Medicine with the Department of Neurology at Harvard Medical School, then completed a Masters in Business Administration from the University of Manitoba's Asper School of Business the following year.

"I like the culture and strongly believe in what Riverview Health Centre is trying to do."

Since then, along with his duties at Riverview, he has served as attending physician and service chief of the Neuromusculoskeletal Unit at HSC. The area treats adults with neuromuscular issues, including those related to trauma. Dr. Perry hopes to eventually bring the unit and its staff to Riverview.

The continued growth of the neuromusculoskeletal component is a complementary extension to Riverview's increasing role in rehabilitation, starting with the opening of the Acquired Brain Injury Rehabilitation and Stroke Rehabilitation Units five years ago. "With good medical care people survive injury, illness and disability, but they need rehabilitation to maximize their level of functioning and reintegration into the community," notes Perry. He adds that having an out-patient program is key to meeting these goals.

Although Perry will be spending more time in administration and liaising with patients and families, he still plans to continue his practice of neuromuscular and musculoskeletal medicine. "I think that's really important for me because it takes me back to the bedside," notes Perry. "It's essential to remember that, ultimately, everything we do revolves around patient care." ●



New CFO Looking Forward to Growth and Development

Romeo Daley
NEW CHIEF FINANCIAL OFFICER

When Romeo Daley assumed the position of Riverview Health Centre's new Chief Financial Officer (CFO) on July 18, 2011, he brought with him more than 15 years of Public Practice experience in finance and accounting.

Daley explains that he started his career with two and a half years at Scotia Bank before spending nine years with PricewaterhouseCoopers. Then, after a brief stint in the manufacturing and insurance industry, he returned to Public Practice in early 2006 to continue the second phase of his finance and accounting career with KPMG, Winnipeg. Daley is a Fellow, Chartered Certified Accountant (FCCA, U.K.), as well as a Certified General Accountant (CGA), and he has a Bachelor of Arts degree in Accounting & Information Technology.

Daley was an audit manager at KPMG, Winnipeg - the auditors for Riverview. It was in this role that he first became acquainted with the Centre. When the position of CFO became available, he realized it was an opportunity to enlarge what had, to this point in his career, been mainly a financial focus. Today, he spends about 40 percent of his time on operational concerns, 20 percent on issues related to human resources and 40 percent on financial matters - "a great blend."

"I have the opportunity not only to help make a difference in the financial department, but in the organization as a whole," explains Daley. "It's very gratifying."

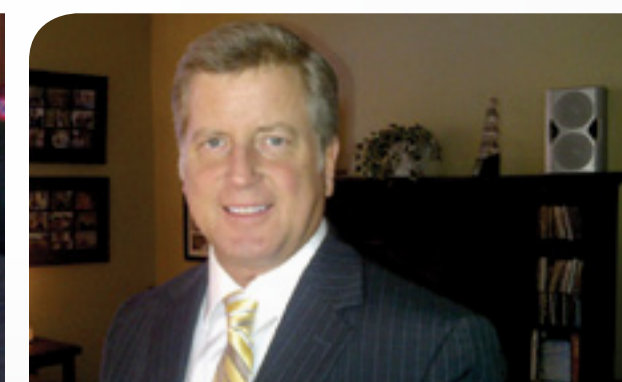
Daley is already playing an instrumental role in the growth of the organization. The Centre is eagerly awaiting final approval for a new rehabilitation centre, and the CFO and CEO have been working hard to make sure everything is in place. Explains Daley: "We're in a position where, once we get the green light, we can hit the ground running."

He recalls that, when friends and colleagues first learned he was considering the position at Riverview, they encouraged him, citing their positive perception of the Centre. Daley has found their assessment to be absolutely true.

"I have the opportunity not only to make a difference in the financial department, but in the organization as a whole. It's very gratifying."

"I love the culture," he says. "It's like a family affair. You get to see a lot of the organization and can put a name to a face."

He points to the Centre's commitment to Respect in the Workplace and work-life balance as two other reasons he enjoys his new workplace. "It's a friendly environment that encourages you to grow and to be challenged," adds Daley. "That's what I was looking for." ●



Jon Ljungberg Uses Versatile Talents in New Role at Riverview

Jon Ljungberg
NEW SPECIAL EVENTS COORDINATOR

Jon Ljungberg - comedian, artist, caricaturist, animator, children's book author and illustrator, past host of a popular morning television show - has finally found himself a "grown-up" job.

That's how the 40-something Ljungberg describes his role as Special Events Coordinator at Riverview Health Centre. But make no mistake: Ljungberg's vast experience in these unconventional activities give him the upper hand in a position that calls for congeniality, exceptional communication skills, ability to attend to detail, and an intricate knowledge of the Winnipeg community and its people.

"I've participated every year for the past 12 years, and I've got to know the people here and what the Centre has to offer. It really is a good fit."

Ljungberg's new job at Riverview, which he started on September 6, entails organizing committees and arranging details of the Centre's special events: the Gala, the Charity Golf Classic and the Tree of Lights Festival. On top of that, he is responsible for obtaining sponsorship from public and private organizations and individuals.

"Since I started at Riverview, I have developed a true appreciation for what goes into pulling a special event together," says Ljungberg, who is quick to admit that he loves the challenges and the creative process required of his new position.

It's not surprising that this local and international celebrity expressed an interest in the Special Events Coordinator position - Ljungberg has been involved in Riverview events many times in roles that include emcee, performer and honorary rider. "I've participated every year for the past 12 years, and I've come to know what the Centre has to offer," he explains. "It really is a good fit."

Ljungberg spent 11 years as the host of Breakfast Television on City TV in Winnipeg. His past also includes more than just a brush with the rich and famous: as a comedian he opened for Celine Dion in Winnipeg and for Tom Jones on his Western Canada tour. His stand-up act took him to Las Vegas, where he shared the stage with two other comedians for a 15-show run. Ljungberg also once lived in Los Angeles during a stint with Hanna-Barbera Studio animating Fruity Pebble commercials.

Jon Ljungberg's decision to come to Riverview for his first grown-up gig is a great advantage for the Centre and its Foundation. A personality with this much experience and versatility, garnered through a history of unusual and creative pursuits, is bound to bring lasting dividends. ●



Cyclists Hit the Trail for Riverview's Cycle On Life

On the first Sunday in June, 2011, for the thirteenth year in a row, a large crowd of cyclists gathered on the grounds of Riverview Health Centre for the facility's Cycle on Life event. Clad in bright yellow t-shirts, the riders embarked upon the trail of their choice: a 15-kilometer leisurely ride on a scenic route along the Red River, or an adventure ride (dubbed Gord's Ski and Bike Trail Ride) through off-road paths.

The reward for this effort? A scrumptious lunch for all held in Riverview's atrium, as well as the knowledge that their participation raised \$98,000 for the Riverview Health Centre Foundation's Palliative Care Room Refurbishment Project.



Each participant's goal is to raise a minimum of \$500. The cumulative effect of these fundraising efforts resulted in something special this year: the Riverview Health Centre Cycle on Life surpassed the \$1 million mark! Congratulations and many thanks to the riders, sponsors, supporters, committee members, volunteers and staff who have all worked together over the years to help grow this annual event. Now, let's start on the second million!

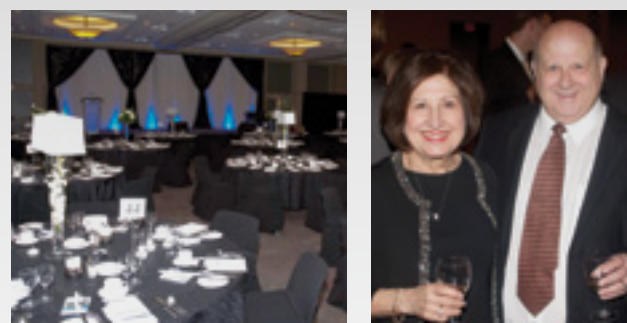
Next year's Cycle on Life will take place on Sunday, June 3, 2012. For more information, please contact the Riverview Health Centre Foundation at 478-6271 or visit our website at www.rhcf.mb.ca and click on the Cycle icon. ●



THANK YOU TO THE FOLLOWING SPONSORS:

- Title Sponsor**
Manitoba Hydro
- Helmet Sponsor**
Manitoba Public Insurance
- Tour de Friends**
Harris Transport
Horizon Insurance
KGS Group
Thompson Dorfman Sweatman LLP
- Pedal Pusher**
Caspian Construction
Gord's Ski & Bike
KPMG
Neil Bardal Funeral Centre
Stantec
Teshmont
Tom Powell Design Studio

Gala Dinner Celebrates Riverview Health Centre's 100th Birthday



One hundred is definitely a birthday worth celebrating, and Riverview Health Centre did just that on the evening of April 12, 2011. The Health Centre's Foundation hosted a Gala Dinner at the Winnipeg Convention Centre, during which the Centre's past was honoured and its future embraced. During the evening, guests heard many heartfelt stories that embody a century of caring at the Centre.

The evening included a gourmet dinner, a silent auction and a live auction lead by the always-humorous auctioneer Bill Knight, who has utilized his wit conducting auctions at many past Riverview events. Guests were addressed by two well-known speakers: Blue Bomber alumnus and CFL executive Lyle Bauer, founder of the Never Alone Foundation; and internationally renowned Dr. Harvey Chochinov, Canada Research Chair in Palliative Care, who has worked diligently to improve dignity in end of life care.

Through the generous support of sponsors and guests, the Gala raised in excess of \$122,000. Proceeds from this event are being directed to the \$750,000 Palliative Care Refurbishment Project.

In keeping with the 100th anniversary theme, guests at the Gala were able to view a number of historic medical artifacts from Riverview's museum, some dating from the early 20th century. The artifacts, including an iron lung once used for the treatment of polio, reveal how far the Centre has come over the decades to become the modern, state-of-the-art rehabilitation and long term care centre that it is today. May the next 100 years bring many more innovations in the delivery of health care at Riverview Health Centre! ●

THANK YOU TO THE FOLLOWING SUPPORTERS:

- Sponsors**
Hobbs and Associates
Manitoba Hydro
Manitoba Liquor Control Commission
Manitoba Public Insurance
North/South Consultants
The Paul Albrechtsen Foundation
Qualico
P.M. Associates
- Corporate Tables**
Aikins MacAulay & Thorvaldson LLP
Aboriginal Peoples Television Network
Bockstaal Construction
Décor Cabinets
EllisDon
Fort Garry Hotel
Henderson Kochan Wealth Advisory Group
Hill Sokalski Walsh Trippier
Johnston Group
KPMG
Manitoba Lotteries Corporation
MTS Allstream
Manshiel
Meyers Norris Penny
Never Alone Foundation
Paul Albrechtsen Foundation Inc.
PCL Constructors Canada Inc.
RBC Royal Bank
RBC Foundation
Riverview Health Centre
Siemens Canada Ltd.
SMS Engineering
Stantec
Think Shift
Thomas Sill Foundation
Tom Powell Design Studio
Winnipeg Convention Centre
Winnipeg Regional Health Authority
Wyatt Dowling Insurance

YES! I/WE WANT TO HELP RIVERVIEW HEALTH CENTRE

My/Our gift to the Foundation is: \$125 \$100 \$50 \$35 \$ (other)

I/We enclose a cheque payable to: Riverview Health Centre Foundation, 1 Morley Ave, Winnipeg, MB R3L 2P4

I/We prefer to pay by credit card:

Visa Mastercard Card #:

Exp. Date: 3 digit security # (back of card):

Signature:

Mr. Mrs. Miss Ms Dr.

Name(s):

Address:

Postal Code:

Telephone:

Donate online: www.rhcf.mb.ca I/We would like to learn more about Planned Giving.

Receipts will be issued for donations over \$10. Charitable Registration # 11893 7853 RR0001

Charity Golf Classic Supports Palliative Care Refurbishment



Frank Wade and Vince Boschman are believers in Riverview Health Centre, and they prove it each year by hosting the Riverview Charity Golf Classic. For the ninth time, these two financial advisors from RBC Dominion Securities helped to organize this event, which took place on August 25, 2011 at the St. Boniface Golf Club.

The Golf Classic was once again a great success, attracting over 144 participants. Funds from the 2011 event will assist in the Foundation's efforts to refurbish patient rooms on the Palliative Care Unit.

"We continue to be honoured that Frank and Vince work so hard for the benefit of patient care at Riverview," says Sheldon Mindell, Manager of the Foundation. "We are excited to be able to focus the funds on this important initiative in Palliative Care. The result will provide much comfort to those who find themselves in the difficult situation of facing a life-ending condition."

Wade and Boschman founded the Riverview Charity Golf Classic in 2003 as a way of showing appreciation to their clients while raising money for a progressive facility. In the course of doing business, they heard many good things about Riverview from clients whose family members and friends had received care there. They plan to continue with the event because it has proven to be such a success.

The day involves a rousing round of Texas scramble on the course, followed by a silent auction, a mix and mingle and dinner. Many thanks to the corporate sponsors, the hole sponsors and the silent auction contributors.

For more information about this event and to find out about next year's plans, please contact Jon Ljungberg at 478-6220 or jljungberg@rhcf.mb.ca ●

SPECIAL THANKS TO THE 2011 CHARITY GOLF SPONSORS

Title Sponsor:
Manitoba Hydro

Cart Sponsors:
Lorne Weiss Century 21
Bachman & Associates
400 Management Group Property Development & Management

Meal Sponsor:
Wow Hospitality Concepts

Wine Sponsors:
Amphora Imports Ltd.
G.J. Andrews Food & Wine Shoppe

Sponsors:
Brandes Investment Partners
Franklin Templeton Investments
RBC Dominion Securities Private Investment Management
RBC Foundation

Hosts:
Boschman Wealth Management
Wade Wealth Management



Board of Directors

R.B. (Bob) Brennan
FCA, CHAIR

Arthur Chipman
VICE-CHAIR

Heather Wilson
TREASURER

David Baker

Rudy Boivin

Joy Cramer

Martin Fisher

Norman R. Kasian

Garry Mattin

Jeff Norton

Bob Sokalski

Greg Thompson

Greg Ward

Ken Webb

Ron Zaporzan

DONOR PROFILE

Ray Poitras Remembered Through Annual Golf Gathering

For the past five years, in the height of summer, a group of friends, family members and business associates have gathered at Larters at St. Andrews Golf & Country Club to play a round on the links. The purpose of the outing, however, is not simply to golf; it is also to remember a well-respected and well-loved man named Ray Poitras, who passed away at Riverview Health Centre in December 2006.

The idea for the golf event came from Jerry Brown, who had known Ray since the early 1970s when the pair worked together at Versatile Industries. Later, they both moved on in their careers in the steel industry, but always kept in touch both as friends and as business acquaintances.

"We knew each other's families and friends, and we golfed and holidayed together over the years," says Jerry. "A group of us would go to Orlando for a winter vacation, and we tried out many of the golf courses in the area."

It was only fitting that a gathering in honour of Ray involve a game of golf, and even after five years, his old friends and acquaintances still make the time to attend, along with his wife, Judy, and his children and grandchildren. When Jerry initiated the tournament in July 2007, he decided to make it a fundraiser, donating the proceeds to Riverview Health Centre, where Ray spent his final days.

"I visited Ray at Riverview - I saw the great care he received, and I remember how well his family was treated," explains Jerry. "For that reason, we decided to support Riverview so we could give back and make other people's lives better when in a similar situation."

Ray Poitras is missed by many, but the generosity of spirit of his friends and loved ones help to keep his memory alive while supporting palliative care at Riverview Health Centre. ●

Riverview Health Centre acknowledges the following sponsors for providing the 2011 Cycle on Life with a level of support that will greatly benefit the programs at the Centre:



