Five Portraits

STORIES
From Riverview Health Centre

www.rhc.mb.ca
Stories from Riverview: Why Are You Telling Me?

The Riverview Health Centre Foundation believes that the best way to tell the Riverview story is to inform our readers about those who use our services – our residents, our patients and, at times, our staff.

All Manitobans pay for health care, and a fortunate life is one that requires little or no attention from the healthcare system. However, many of us do require assistance, and in this Health Views publication we are highlighting stories about those individuals.

But let’s get back to the question in the title: Why Are You Telling Me? Let me explain.

Good health care costs money (no surprise). Riverview is funded by Manitoba taxpayers, and our funding is at a level that allows us to provide good health care.

But we want to provide great health care, and to do that, we require more money. That is why we are thankful to our generous supporters, who allow us the means to turn good health care into something that is truly great.

The Foundation believes that if you understand what we do, how well we do it and how Manitobans benefit from our actions, then you will more likely donate to us – that is Why We Are Telling You the personal stories of people who use our services.

Further on in this publication, there will be an opportunity to mail in a donation or go online and make a donation; either way, we appreciate your support.

I want to mention “planned giving.” It sounds formal and complicated, but I’ll keep it simple. Although planned giving is available in many forms, most planned gifts occur at the end of a person’s life. Generally, it is a line in a person’s will stating that they want to leave money to Riverview ... that’s it!

No need for more explanation now – if you are interested, simply call me at 204-478-6197 or check the “I/We would like to learn more about: a) Monthly Giving b) Planned Giving” option on the donation form on the last page of this publication, and I will be in touch.

A healthy planned giving program assures that Riverview Health Centre has the resources to move good health care to great health care.

Now you know Why We Are Telling You.

P.S. Many thanks to the people whose stories grace these pages. Their willingness to share and the courage they have shown in the face of their challenges are an inspiration to all.

Sheldon Mindell, Executive Director
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Jeff Hershfield wanted to hold up a mirror to the staff of Riverview’s Palliative Care Unit so they could see themselves through the eyes of someone who has experienced the care they provide.

The figurative mirror he used was a letter of commendation, and the image it portrays is one of great beauty.

“I want to give something back to all of you who took such great care of my brother and were so good to my family,” Jeff writes. “This letter is an expression of gratitude and appreciation for your excellent work.”

Jeff’s brother, Bryan, passed away on April 10, 2018, after spending three months on the unit. During that time, Jeff and his parents spent many hours at his side. “Our emotions ran deep – it was very difficult,” says Betty Anne, Jeff’s mum. “But we knew Bryan was loved on that unit. We were observing patient care at a premium.”

Bryan was the youngest of three sons in the family, and his mother describes him as a bright, thoughtful, introspective person who was full of curiosity. It was devastating when, in late 2017, doctors discovered he had an untreatable brain tumor.

Earlier that same year, Jeff’s dad, Dr. Earl Hershfield, had experienced a serious stroke. Adding to the family’s tragedies was the death of middle son, David, in 2007.

“The staff on the unit were aware of our losses, but they did not pity us,” says Jeff. “Instead, they simply gave us their empathy, and it was delivered with the absolute perfect mix of compassion and professionalism.”

In his letter, Jeff speaks of the unwavering commitment of the staff as they treated Bryan with dignity and ensured his comfort. He is wonderstruck by the fact that no one ever made him feel like he was a nuisance, despite his requests for information and his efforts to be an advocate for his brother.

In particular, when Jeff was out of town and couldn’t see Bryan in person, he’d call to have a chat. For the staff on the unit, that meant wheeling Bryan’s bed out to the front desk. “They were never too busy to do this – it was never a bother for them.”

Betty Anne will be forever grateful for the genuine connections that were made with everyone who cared for Bryan and her family at such a difficult time. “This was the hardest experience I’ve ever been through, and I couldn’t have done it without them.”
Their story lives on, however, and Joe knows that Louise would want it to be told.

She would be eager to proclaim her happiness at being able to live in the same facility as Joe during their later years, despite their complex health needs. Louise, who was born with spina bifida, had been a resident on the Centre’s Ventilator Unit (2 East) since August 2014. Joe has cerebral palsy; he came to live on CD2, a personal care unit, in December of the same year.

“We had a great life together,” says Joe. “We met at a school for kids with disabilities when we were young. During our married life, we lived in housing situations where we had attendants on site, and for a long time we were quite self-sufficient.”

The pair was active in their community, working at different jobs and doing volunteer work. One of their favorite pastimes of their younger years was playing power wheelchair floor hockey in a league.

But the effects of growing older took a toll on the couple, especially Louise. She started using a ventilator when she was in her forties, and over the years became progressively more frail.

Finally, it was time for Louise to move to Riverview where she could receive the specialized care she needed.

“I was really lonely without her in our apartment,” says Joe. “We had never been apart during our whole marriage. It was really hard.”

The couple thought they’d won the lottery when, a few months later, Joe was accepted for a room on CD2. The move came at the right time: the “daily grind” of taking care of everyday tasks, such as grocery shopping, had become too much to manage with his disability.

Although on different units, Joe could roll his wheelchair over to Louise’s unit anytime he wanted. For the next four years, the pair visited back and forth regularly, watching movies in the TV room or just sitting and talking.

“We both knew we were in a good place, that we had everything we needed,” says Joe. “With a better diet, I’m healthier now than when I first arrived. And Louise could get sick at a moment’s notice – the staff were always right on top of it.”

When Louise’s time finally came, it was fitting that Joe was able to say his last goodbyes at her bedside in the place they had come to call home.
Val Johnson’s husband of 49 years has Alzheimer’s disease. She has come to accept the situation because she can’t change it. “You either get on the bus for the journey, or you get off,” she says. Val stayed on.

The bus analogy is apt. Before being diagnosed 13 years ago, Al was a professional long haul bus driver. At the time, early signs of memory loss meant that he had to give up his license, but together, the couple continued to “go the distance” on their journey with the disease.

At first, Val was able to care for Al at home, but when he started to wander, it became more difficult. One day when she was working in the garden, Al left the house. “We lived near a busy street – it was scary,” she says. “When I found him, he said he was going to meet his friends downtown.”

Worry about his safety, as well as the need for increased personal care, prompted Al’s admission to Riverview Health Centre in June 2015. At the time, he was showing a lot of frustration and anger, and he was placed on a unit that specializes in dementia care. There, staff members are trained to work with residents who may show reactive behaviour – as Al did.

“Those staff are just great,” says Val. “It was hard to get Al to sit and eat his meals, so they would walk beside him and give him his breakfast while they walked.”

Val is quick to point out that, as well as caring for Al, the staff supported her in her emotional turmoil, sharing knowledge about the disease and helping her to understand its progression.

Al’s need for this specialized care diminished as his dementia progressed. In December 2017, he was offered a room on 3 West, a personal care unit. Val was not happy about this at the time and was afraid the change would have a negative effect on Al.

“As it turns out, Al transitioned to the new unit better than I did!” Val says. “They brought his bed and his chair, so he had something familiar.”

For her part, Val was concerned that the staff on 3 West didn’t know Al, but that fear has faded. “It was a learning process for everyone, and I now know Al is content and well cared for.”

Staff on 3 West welcome Val on the unit and see her as part of the care team. She is there almost every day to help Al with meals and to assist him with exercising on a special bike.

While she once felt guilty about not being able to have Al stay at home, Val now realizes that Riverview is a place where her husband is safe and happy. “I don’t want regrets,” she says. “I’m not concerned about what is lost but about what still is.”

WARM AND COMFORTABLE
To help give Al a feeling of comfort and security, Val knit a “twiddle muff” from colourful wool. The muff has a crocheted ball on the inside for Al to handle. “It gives him something to concentrate on, which helps him be calm.”
The couple’s journey began in January 2018 when a seizure led to his diagnosis. It was devastating news for Mike, then 66, who lived life to the fullest. He’d taught Tae Kwan Do, showed miniature horses, did crossword puzzles, read religiously and worked part-time as a bartender following a 30-year career with Winnipeg Hydro. But his greatest love was motorcycle riding with Kim.

“Having his motorcycle licence taken away in mid-April was a horribly jagged pill for him to swallow. It took away his last bit of independence,” says Kim.

Mike just wanted “one last summer,” and so with him in a friend’s sidecar and Kim in the lead, seven motorcyclists spent the warm weeks doing day trips into rural Manitoba. “Sidecar trips gave him a bit of riding even though he’d rather be driving. We gave him the summer he wanted,” says Kim.

By mid-October, Mike was gravely ill. It was time to put a palliative care plan in place. It was decided that Kim, who had put her job as an educational assistant on hold, would look after Mike in their East Kildonan home for as long as she was able. However, just a few days before Christmas, the time came for Mike to be admitted to the Palliative Care Unit at Riverview.

True to her word, Kim stayed with Mike every day, all day, for the next nine and a half weeks until he passed away on February 21, 2019. “I needed to help Mike as much as possible because I promised him he would not be left alone. He would be safe and he would know he was loved…and I would do my best to do that for him.”

Those weeks at Riverview were made easier by the compassion shown by the staff, says Kim.

“Their care made my job so much easier. They were so accommodating and so unbelievably compassionate. I became quite attached to them because they were so giving. They know how to care for the patients, but they also know how to care for the family who is hurting as much as the patient.”
When Maria Scerbo talks about spending time with nice friends she can talk and joke with, she’s not referring to hanging out at a social club.

The 79-year-old grandmother of three is actually talking enthusiastically about her time in the Geriatric Rehabilitation Program at Riverview Health Centre’s Day Hospital.

“I really enjoyed it there. I miss the people there – and they miss me too!” she says.

Maria’s doctor referred her to the Program after she had a bad fall in her back yard in December 2016. The fall resulted in cracked ribs that caused a lot of pain and balance issues. As she lives just a few blocks from Riverview, it was convenient to become an outpatient there.

“I did exercises with other people in the gym, and I had time with a therapist who helped me a lot,” she recalls. Mario, Maria’s husband of 63 years, drove his wife to the Day Hospital three times a week for eight months so she could participate in the Program. She attended from 9 a.m. to 2:30 p.m., exercising, receiving therapy and enjoying lunch with fellow participants.

Maria was diligent about exercising at home to improve her balance, but last summer she returned to the Day Hospital for a further four months, going twice a week for rehab. “It was still painful,” she says, citing the reason she needed to go back. “I needed someone to help me and they helped me very much.”

She’s home now, but is facing other unrelated health problems. “I’ve been through so much, but that’s life,” Maria says.

However, she adds that, without the rehab she received at the Day Hospital, she would be afraid of falling again. She’s thankful she feels safe at home now.

Stacie Karlowsky, Manager of Allied Health and Day Hospital at Riverview, says Maria’s story is a great example of how the services and therapies provided at the Day Hospital can help people maintain their independence in the community.

That’s a goal that makes Maria smile.

INDEPENDENCE: THE OVERARCHING GOAL

When clients first arrive at Riverview’s outpatient Geriatric Rehabilitation Program, their needs are assessed by a multidisciplinary team of health professionals. Initially, the team reviews the client’s strength, balance and daily functions issues. Following this, they look at specialized geriatric medical situations and psycho-social issues. Then a comprehensive care plan is developed and put into action.

“Sometimes they get referred for one thing and, after our team makes its assessment, we discover that we need to touch on a few different things with a care plan that is very client-centred,” says Stacie Karlowsky, Manager of Allied Health and Day Hospital.

The overarching goal is to provide programming that builds up each client’s capacity to maintain their independence and live at home rather than in a care home or hospital.
At the end of July, Leona Irwin will retire – for the second time in her life.

The first time, she was only 52 and had completed a 30-year career working in critical care in a large hospital. She thought she might continue to work casually just to keep busy. “I figured I’d work a few shifts here and there, but only when I felt like it,” she recalls.

That was before she was encouraged to apply and be hired for a position at Riverview Health Centre as Patient Care Manager on 2 East. When Irwin retires – again! – in July, she will have spent eight and a half years working full-time in this second career.

“I thought I’d be at Riverview for a couple of years,” she says. “But it was such a positive experience to be working with a great team that I couldn’t help but stay a lot longer than I initially planned.”

When Irwin started at the Centre in 2011, 2 East was transitioning from a respiratory unit to a long-term ventilator unit that could accommodate and care for residents on ventilators who are unable to live in the community without assistance.

Under Irwin’s leadership, the unit has seen many successes, from the initiation of “Cases and Issues” (a weekly meeting where care team members discuss issues above and beyond medical concerns) to enhancing the role of the unit’s health care aides.

“The aides are in a unique position to give input about how things can be changed to provide better care,” explains Irwin. “It only makes sense to provide education and training to enable them to do out-of-scope work with ventilator patients.”

All in all, it was the cohesive health care team on 2 East that kept Irwin coming back, year after year. “I’m blown away by how well everyone works together to create the best possible environment for the residents,” she says. “I’ll always be grateful for the opportunity to work here.”

Leona Irwin (left) and Heli Dedi.

Heli Dedi eats yogurt for lunch, thinks the Jet’s goalie is a sieve and knows exactly how many lakes are in Finland.

How do we know these tidbits of information about this recently retired Patient Care Manager? Because before her last day of work on March 27, Heli’s colleagues held trivia contests to test their knowledge about their well-loved co-worker.

It seems that, after 19 years at Riverview Health Centre, Heli let some of the finer details of her life slip out. What she didn’t let slip, though, was her dedication to her work at the Centre.

Heli’s tenure at Riverview began on 3 West, which was a geriatric rehabilitation unit at the time. A couple of years ago, the focus on the unit changed to personal care.

Taking on the new role was a challenge as she found herself working, for the first time in her career, with residents who would not be going home. But as is her nature, Heli jumped in with both feet to make sure everything would run smoothly.

“I get great pleasure hearing families say they can go home knowing that their loved one is well cared for,” she says. “Families tell me they have no worries because of the great team that works on the unit.”

During her career at Riverview, Heli spent a few years splitting her time between 3 West and the Day Hospital. At the time of her retirement, she also managed the Clinical Relief Team, which is made up of 34 nurses who are available to cover vacation and sick leaves.

Heli and her retired husband, Rick, plan to spend time with their grandchildren, attend a few Jets games (Rick thinks the team’s goalie is sensational!) and travel – maybe to Dedi’s home country of Finland, where they can check out the lakes.

Hopefully, Finland has yogurt on the menu.

LEONA IRWIN: “I’m blown away by how well everyone works together to create the best possible environment for the residents.”

HELI DEDI: “I get great pleasure hearing families say they can go home knowing that their loved one is safe and well cared for.”
Riverview honoured its 2018 long service and retiring employees in November with an awards ceremony. Among them is Catherine Williams-Stewart, shown above with Francis LaBossiere (left), Director of Human Resources, and Norman Kasián, CEO. Hats off to Catherine, who has been a devoted employee for 45 years! Thanks to all others listed here for your steadfast service to Riverview.

### 45 YEARS OF SERVICE
- Catherine Williams-Stewart

### 35 YEARS OF SERVICE
- Antonella Vacchio

### 30 YEARS OF SERVICE
- Armando Cruz
- Paul Ferrier
- Anita Jacques
- Mervyn Kitt
- Maureen Koley
- Brad Penner
- Liana Spratt
- Teresita Tweten

### 25 YEARS OF SERVICE
- Malia Duque
- Marsha Dwyer
- Leanne Johnson
- Rhonda Kowalik
- Catalina Soriano
- Cheri Voth

### 20 YEARS OF SERVICE
- Gemma Dabu
- Teresita Dizon
- Leonida Garcia
- Rob Glennie
- Roberta Grant
- Giselle Hadaller
- Therese Hendrick
- Sung-Ae Hwang
- Mervyn Kitt
- Shirley Kostur
- Maria Leszczyńska
- Diana Lewis
- Aniceta Liagano
- Marie Louise
- Linda Nobiss
- Rosemary Pocantos
- Debbie Robb
- Nancy Shell

### 15 YEARS OF SERVICE
- Raynauld Argulla
- Christine Buckle
- Rosemarie Bushuk
- Mariama Carboh
- Lourdes Chua
- Romeo De Castro
- Remedios Dimaya
- Theresa Dybka
- Catherine Fierce
- Arsema Fisshaye
- Ruby Gabriel
- Sung-Ae Hwang
- Christine Lewis
- Aniceta Liagano
- Dora Nti
- Marietta Ocampo
- Ruth Ventura
- Corinne Woodmass
- Cheryl Yurchuk

### 10 YEARS OF SERVICE
- Michele Amy
- Imelda Barrientos
- Tito Botardo
- Veralyn Castro
- Sheena Cruz
- Eden De Francia
- Jamelyn De La Rosa
- Teresa Dominguez
- Kelly Dutiaume
- Craig Frederickson
- Rosanna Gonzales
- Rizalina Jeroso
- Marissa Lijauco
- Rolando Luna
- Loni Mendoza
- Gloria Metzger
- Ricardo Pangilinan
- Christa Probert
- Gerri Robert
- Bileyi Rojas
- Anika Southam
- Almaz Tesfaye
- Jenna Vanderme
- Charlotte Waugh
- Dehab Weldemariam
- Ariel Yamzon

### RETIREES
- Melecio Acosta
- Merna Biedler
- Bob Casey
- Clarinda Closas
- Armando Cruz
- Gemma Dabu
- Teresita Dizon
- Leonida Garcia
- Rob Glennie
- Roberta Grant
- Giselle Hadaller
- Therese Hendrick
- Sung-Ae Hwang
- Mervyn Kitt
- Shirley Kostur
- Maria Leszczyńska
- Diana Lewis
- Aniceta Liagano
- Marie Louise
- Linda Nobiss
- Rosemary Pocantos
- Debbie Robb
- Nancy Shell
- Lidia Silva
- Wanda Steiss
- Tim Wyenberg
- Cheryl Yurchuk

### WHY...CYCLE ON LIFE?

The 21st Annual Cycle on Life is a fundraiser for Riverview Health Centre Foundation, with all proceeds going towards bettering the everyday lives of patients and residents at the Centre.

- **65 km**
  - Olympia Cycle (on St. Mary’s) Ride
- **20 km**
  - HUB International Insurance Ride
- **5 km**
  - Family Ride
- **0 km**
  - No Ride, Ride

**Sunday, June 2, 2019**

**REGISTER TODAY!**

Visit [rhc.mb.ca](http://rhc.mb.ca) to register.
In Honour of
Michelle Bacon
Eugene Bacon

Linda Brown
Sheldon & Tannis Mindell
Morris Silver

Dave Dzogan
Sandy Dzogan

Nancy Leckay
Anna & Robert Allan

Dr. Zahra Moussavi
Eugene Bacon

Lorne Smyth
Glen & Cindy Smyth

Staff of 4 West
Leslie Sarchuk

Staff of 4 East
Gordon McDermid

Harv & Helene Thiessen
WBS Construction

Cuc A. Tu
My Chi Cung

Joanne & Greg Ward
Bob & Ginny Fluk
Lorna Wenger & Rob Willmer

In Memory of
Ruth Adshead
Joanne Hampson

Julia Andrusiak
John Andrusiak

Jean & Peter Anema
Stephen Anema

Therese Arbez
Cashmoney
DoubleDigit Sales
Donna Goodell
Gail Kulyk

Olga Balzer
Michael Balzer

Geraldine Bannatyne
Joan Lannoo

Verna Bartlett
Alene Bartlett-Burns

Margaret Barton
Arthur & Beverly Bryant

Gertrude Berg
Cheryl & Adolph Staeger

Dorothy Bergman
Susan & Harvey Franklin

Robert Bernardin
Maureen & Les Griffin
Lorraine Hilderman
Cindy & Brian Moodie

Kenneth Betcher
Olwyn Betcher

Joseph Blanchard
Florence Blanchard

Bernadette (Bernice) & Rudy Blanchet
Peter Attwood

Helen Blashko
Paul Blashko

Janet Boonov
Sheldon & Tannis Mindell

Harold Bristow
Roger & Barb Bristow

Frances Brusegard
Mary & Leo Blankstein
Marni Brownell
Anne Mahon

Dawn H. Bukata
Cheryl Walker-Esbaugh

Pauline Chester
Angela Ladyshewsky

Bernice & Mike Chomy
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Doris Derbitsky
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Rose D’errico
Doris Herbst
Esther Herbst

Mary-Ann Dickson
Barrie & Joanne Brooks
Alan Forbes
Gordon Hobson

Jay Downey
The Great-West Life Assurance Company

Elise Duder
Patricia LeBlanc

Yvonne Dupuis
Rene E. Gauthier
Jeanne Ross
Florence Tardiff

Louise Enns
Michelle Brady

Brian Erhart
Judy Erhart

Lisa A. Fabig
Manfred Fabig
Patricia Panekwycz

Eileen Farrell
Marie Isaacson

John Foley
Douglas & Janice Foley

Ray Frey
Susan Tanner

Kristine Friesen
Adelaide Fransen
Joan Fransen
Mary Friesen

Wendy Frye
Roger & Barb Bristow
Bob & Barb Sokalski

Russell Garant
United Steel Workers Local 1-830

Arlene Gladstone
Sheldon & Tannis Mindell

Maria Gordo
John & Paula Marques

Edna Guenther
Shirley Guenther

Betty Gunther
Rhoda & Joe Eadie

Valerie Hacko
Mary Ann Doucette

Richard J. Hall
Kevin Hall & Robert Scott
Patricia Hall

Ken Halprin
Sheldon & Tannis Mindell

James Hannah
William & Sylvia Sanderson

Jack S. Hicks
Beverlee Hicks
Shelley Watt

Shirley Hobson
Jannice Adkins
Fran Cernks
Lynda Dyck
Ev Malyon
Gwen Miguez

Wilfrid Holbrow
Edith Stanley
Eldoon A. Stark

Siegfried (Sig) Jakisch
Laureene & Fred Wonnick

Henry Janzen
Frieda Janzen

J. Laurie Johnston
Janine & John Pennington
Susan Rusk

John Junson
Bob & Maureen Corkal

David Zinger

Janine & John Pennington
J. Laurie Johnston

Shelley Watt

Shelley Watt

Diane Lepage
Ryan Davies

Jack Lipsey
Helen Lipsey

Charlotte Looisible
Robert Looisible
Jacqueline Roy

Eva Lubig
Alfred Lubig

Ernest (Glen) Manning
Barbara Manning

Doreen Marshall
Harold Marshall

Violet Martens
Courtney Klapwijk

MURDOCH KIRTON
Phyllis Kirton

DONNA KUCHARSKY
Anonymous

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Ladies Auxiliary R.C.L. #43

CECILE L’ARRIVEE
Joyce Peters

GABRIEL L’ARRIVEE
Denise Klassen
Joyce Peters

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Robert Looisible

EVA LUBIG
Alfred Lubig

ERNST (GLEN) MANNING
Barbara Manning

DOREEN MARSHALL
Harold Marshall

VIOLET MARTENS
Courtney Klapwijk
The Three Steps to Becoming a Circle of Life Donor

STEP 1: Complete the Letter of Intent below.

With my signature I am committing to leave a legacy gift from my estate to the Riverview Health Centre Foundation. I am now proud to be a member of the Foundation’s "Circle of Life" Planned Giving Program.

By leaving this gift I am able to build on Riverview Health Centre’s legacy of care and tradition of excellence and assist Riverview in maintaining itself as a leader in providing innovative programs, services, research and education that promote the health and well-being of Manitobans.

Generosity is a learned trait. By making this gift I am hoping that others will follow so that the "Circle of Life" will always grow, resulting in life altering gifts for future generations.

Dated at ________________________ this _______ of __________________, 20___

Name (please print): ______________________________________________________

Signature: __________________________________________________________________

Email: ______________________ Phone: ______________________

My designated contact for this planned gift is: _____________________________

Address: __________________________ City: __________________________

Phone: ______________________ Email: __________________________

STEP 2: Mail the Letter of Intent using the enclosed envelope.

STEP 3: Wait for the Foundation’s “Thank You” response.

"We make a living by what we get, but we make a life by what we give."
-Winston Churchill

This is the sentiment behind Riverview’s planned giving program, The Circle of Life.

For more information, call Sheldon Mindell, Executive Director, Riverview Health Centre Foundation: 204-478-6197.

I/WE ARE PROUD TO SUPPORT RIVERVIEW HEALTH CENTRE!

DONATE ONLINE: give2rhcf.ca

I/We would like to learn more about:
A) Monthly Giving
B) Planned Giving

Tax receipts will be issued.

Charitable Registration
# 11893 7853 RR0001

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I/We would like to learn more about:
A) Monthly Giving
B) Planned Giving

Tax receipts will be issued.

Charitable Registration
# 11893 7853 RR0001

My/Our gift to the Foundation is: $200 $100 $50 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: ______________________

Signature: __________________________________________________________________

Mr. □ Mrs. □ Ms □ Dr. Name(s): __________________________________________

Address: __________________________ City: __________________________

Phone: ______________________ Email: __________________________