



# health

V • I • E • W • S

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CD 4 resident Dorothy enjoys some virtual bowling thanks to one of the Centre's new Wii systems.

## Riverview Major Sponsor of Stroke Conference

For the second year in a row, Riverview Health Centre partnered with the Heart and Stroke Foundation of Manitoba to be a major sponsor of a national conference focused on stroke rehabilitation.

The 2nd National Stroke Rehabilitation Conference took place at the Winnipeg Convention Centre on September 18-19 and featured 27 national and international speakers who shared their knowledge around the conference theme: *What's new in stroke rehabilitation?*

Over 300 health professionals working in the area of stroke rehabilitation learned more about the latest in such areas as technology-assisted stroke rehabilitation, nutrition in stroke and post-stroke management of such issues as depression, driving and community reintegration.

Norman Kasian, Riverview's president and CEO, says it was a natural fit to sponsor the conference. "We have a renowned stroke rehabilitation unit. Since 2006, when stroke in-patient beds were moved to Riverview from the

Health Sciences Centre, we have been developing our expertise and have been working closely with the Heart and Stroke Foundation to enhance our services," he said.

Riverview has a solid reputation for the care it provides on its 30-bed Neurology Rehabilitation Stroke Program unit, where the health care team provides intensive, active rehabilitation strategies, typically for six to eight weeks, readying patients for discharge back to the community.

At the conference, allied health staff from Riverview (clinicians other than nursing staff, such as physiotherapists, speech-language pathologists and occupational therapists) hosted a display intended to showcase both the facility and its programs, particularly the stroke rehabilitation program. Brochures were also available giving more information about the program, and staff answered questions and networked with clinicians from other provinces and facilities, says Shirley Ladd, Manager of Corporate Allied Health Services at Riverview.

Ladd said the calibre of speakers at the conference was a good indication Winnipeg is a centre of excellence for stroke rehabilitation, and that Riverview is front and centre with its programs.

Debbie Brown, CEO of the Heart and Stroke Foundation of Manitoba, and Dr. Robert Teasell, a professor and Chair-Chief, Department of Physical Medicine and Rehabilitation at the University of Western Ontario, co-chaired the conference. In their welcome, they noted that every 10 minutes someone in Canada has a stroke, and over 300,000 people are living with its effects. By bringing together experts in the field of stroke rehabilitation and front line workers, health institutions and agencies will be able to provide an optimal continuum of stroke care to people in Canada.

## Wii Can Do It!

Dorothy can go bowling again. From her wheelchair, the resident of Riverview Health Centre's CD4 can launch a virtual ball and hit a virtual strike thanks to the new Wii gaming system on the Personal Care Unit.

Earlier this year, Recreational Facilitator Caroline Wiebe and Patient Care Manager Pat Yamada submitted a proposal to the Riverview Health Centre Foundation. "We have a few men on the unit who are hesitant to partake in most activities," explains Wiebe. "We were hoping that the Wii would be something that might interest them."

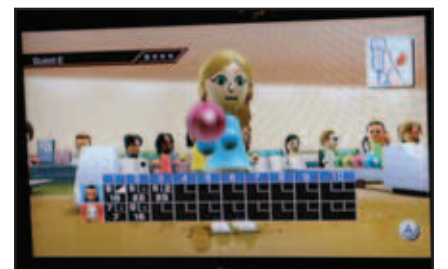
She adds that the virtual sports games that come with the system encourage and maintain movement, concentration and range of motion. Using a controller secured by a strap, players must perform similar movements to those they would make if they were really bowling, golfing or playing baseball and tennis. At the same time, the activity is an excellent form of sensory stimulation, even for spectators.

"The first time we set it up on the unit, those who weren't playing were giving advice and cheering," says Wiebe, adding that residents usually gather around the unit six at a time and take turns playing.

"It has been very popular. It's fun and everyone enjoys it." Recently, the unit obtained additional controllers for the system, thanks to funding from the Foundation.

In fact, the Foundation responded to the original proposal by providing a Wii not only to CD4, but to every unit in Centre, including the Day Hospital and the Rendezvous Club. The Manitoba Hydro Employees' Charitable Donations Committee also contributed to the project.

In total, 14 Wii gaming systems were purchased, along with a selection of games, including Wii Sports, Wii Play and Carnival. "We're on the buddy system," explains Wiebe. "We share and exchange games between units. As long as they keep coming out with new games, the possibilities are endless."



Virtual bowling is only one of the activities available on the new Wii systems.

## Research "Meet & Greet" Lets Participants Share Information

The spotlight was on research at Riverview when a Research Meet and Greet reception was held at the Centre on June 18.

The event brought together research affiliates – people from academic settings and other health care institutions – and members of Riverview Health Centre's Manager's Forum, as well as professional leads from the various health care sectors at the Centre. About 40 folks mingled and talked "research" during the reception,

held in the Thomas Sill Auditorium.

It was the first time in over 10 years that researchers and Riverview staff came together for an event of this nature, says Dr. John Bond, Riverview's Manager of Research.

"Typically, research affiliates don't get together with clinical people. They live in two separate worlds, so this was a chance for them to come together and find

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### ...Meet and Greet Continued

areas of mutual interest," Bond explains.

Seventeen research projects are underway at Riverview. The Meet and Greet provided an opportunity for both groups to talk about these studies, as well as a chance to network and exchange ideas about potential future research subjects that could be investigated at Riverview.

Andrea Meakin, Professional Lead, Speech-language Pathology at Riverview, attended the event and liked what she saw. "It was great to put the front line clinical staff and the researchers together. The researchers may have ideas for studies and need to talk to us about them, and some of us may have ideas for research but don't have the capacity to carry it out, so we need to talk to someone who can."

Bond says Riverview is an attractive place to conduct research because of the diversity of its patients, residents and programs, the Centre's dedicated research space, and the willingness of its staff to collaborate with researchers.

"Staff really does look to research as a way to keep up to date on the best ways to work with their clients. They always want to be at the front end of any new idea or approach, so it's a nice relationship that develops between staff and researchers."

Riverview recognizes the important role research has in enhancing the quality of life for its patients, residents and staff, and it has a long history of supporting research projects conducted within its facilities. Current research projects cover a wide range of areas, such as: planning for patient safety; spiritual care in a long term residential setting; end-of-life care; food service satisfaction; textiles and pressure ulcers; using computer games to perform therapeutic exercise; and face recognition and Alzheimer's.

The Research Meet and Greet was a chance to acknowledge the start of two new research projects at Riverview. Letters of access, which give researchers the green light to begin their investigations, were presented to Carole Hamel and Genevieve Thompson.



Andrea Meakin, Professional Lead, Speech-language Pathology at Riverview, attended the Research Meet and Greet and found it a valuable event that helped her to share information with the Centre's research affiliates.

Hamel, a clinical nurse specialist at Riverview, is conducting a study to evaluate a pain assessment tool she was instrumental in developing. Thompson, a registered nurse doing a post doctorate fellowship with the Manitoba Palliative Care Research Unit, is studying family perceptions and satisfaction with end-of-life care in long term care facilities.

The *Directory of Stars* was distributed to those in attendance at the Meet and Greet. Published by Sandra Stewart, Riverview's Public Relations Manager, with the assistance of Dr. John Bond, this publication lists the contact information and research interests of research affiliates and members of Manager's Forum. Copies are available by calling 478-6271.

## Collaborative Patient-Centred Practice Focus of Study

A study that brought students from different health care disciplines together so they could learn about collaborative patient-centred practice has concluded at Riverview Health Centre.

For nearly three years, Riverview, in partnership with the University of Manitoba, participated in a national Health Canada-funded initiative called *Interprofessional Education for Collaborative Patient-Centred Practice*. In total, Health Canada invested \$23 million in 20 projects across the country designed to advance this concept.

Collaborative patient-centred practice promotes the active participation of multiple health care disciplines and professions in clinical decision-making. It also fosters respect for the contributions of all providers. The approach can bring improvements in a number of areas, such as patient care and safety, patient satisfaction, access to health care, recruitment and retention of health care providers and communication.

The Riverview study is now complete, reports lead investigator Dr. Ruby Grymonpre, a professor in the Faculty of Pharmacy at the University of Manitoba. Playing a role in the overall project were: 48 clinical team members; 32 students from medicine, nursing, pharmacy, occupational therapy and physical therapy; seven academics; and one PhD student.

### Learning to Work Effectively as a Team

Students from the five disciplines participating in the study didn't just focus on their clinical skills when they came to Riverview for their practicums. They also spent time in groups learning with, from and about

each other so that when they become licenced practitioners, they will have the necessary knowledge and training to work effectively as a team in a collaborative patient-centred practice.

Riverview, along with Deer Lodge and St. Boniface day hospitals, were selected as sites for the study in Winnipeg because they are considered to be good role models for collaborative patient-centred practice, says Grymonpre.

"Our day hospital teams were really good, but they found they had a lot to learn, too," she says. For example, if they are going to teach about collaborative patient-centred practice, they need to be able to identify and be explicit about what they do that demonstrates the concept. They concluded that teams conducting this type of practice focus on seven core competencies (see sidebar).

"When the students went to their clinical placements, whatever they were taught always revolved around these core competencies," Grymonpre explains.

In addition to measuring changes in educational outcomes, the study had two objectives: building capacity, and changing culture through knowledge translation.

### Building Capacity

Grymonpre says the level of interest in the study – both by students and clinicians – speaks to building capacity. "Students were opting for this opportunity because they wanted to participate in the teaming experience and as a result, they became interested in geriatrics. So we believe this really does entice health care professionals to an under served area and

leads to recruitment and retention."

She adds: "The reaction to the experience was very positive, and students particularly enjoyed learning about what everyone else does."

### Knowledge Translation

Changing culture through knowledge translation means sharing project research results with key stakeholders in a way that is meaningful to them. Grymonpre says that, traditionally, academics participate in knowledge dissemination with other academics through presenting at conferences or perhaps publishing a paper, without involving decision makers.

While she did share her findings by the traditional methods, knowledge translation also happened in other ways. "We went out on a frequent basis and talked to the university administration, the Winnipeg Regional Health Authorities, Manitoba Health and the CEOs and management of participating institutions."

She says Norman Kasian, President and CEO of Riverview, was especially supportive. "He bought into this concept the first day I knocked on his door and he was there until the end. He was the most supportive administrator of anybody."

In all, her team made over 60 presentations and had over 31,000 hits on their project website. "We got out there and told everybody: 'This isn't a trend; this is the future for health care professional education.'"

A significant culture change took place at the University of Manitoba as a result of two major

### Seven Core Competencies of Collaborative Patient-Centred Practice

- conflict resolution
- communication
- flexibility
- understanding the roles and responsibilities of different health professions
- team dynamics
- leadership
- shared goal-setting

studies in collaborative patient-centred practice, Grymonpre says. As of October 1, she was appointed to a brand new position: Co-ordinator for the University of Manitoba Interprofessional Education Initiative. Consequently, the University is looking at expanding this type of training along a continuum of learning and to include a larger number of health care professional students from social work, human ecology, dentistry, kinesiology and dental hygiene.

As well, as a result of the project, Riverview, St. Boniface and Deer Lodge day hospitals are well positioned as three emerging collaborative learning environments. "These are sites that are already teaming and have the readiness and skill sets to take on teams of student learners."

The long range goal of Health Canada, Grymonpre says, is to provide this type of training to an increasing number of clinical teams.



## Knowledge is the Best Medicine

As part of National Patient Safety Week, Riverview Health Centre hosted its first Knowledge Fair in the Thomas Sill Auditorium on Thursday, October 2. Even before the official start of the noon to six event, visitors were already gravitating to displays set up by more than a dozen advocacy and support groups participating in the fair.

In keeping with the week's theme, *Knowledge Is the Best Medicine: Ask, Talk, Listen*, the fair aimed at providing information to patients, family, staff and visitors on a variety of health related topics.

"No matter what the medical condition, knowledge equals increased safety," says Shirley Ladd, Manager, Corporate Allied Health and one of the organizers of the event. "We were trying to connect family members with places other than the Centre where they can obtain reliable information related to caring for their loved one."

She points out that, although the media and the Internet are popular resources these days, information from these sources is not always credible or reliable. On the other hand, sometimes family members are more comfortable asking certain questions to an advocacy or support group than to the health care team.

"The people who came with their displays were very knowledgeable about their topic areas and were able to be very helpful," notes



The Hovermatt and HoverJack were demonstrated at the Knowledge Fair.

Ladd, adding that groups were selected based on their applicability to the patient population at the Centre.

During the fair, staff at Riverview took the opportunity to demonstrate the HoverMatt and the HoverJack, a patient lifting system that helps people off the floor after a fall. "It's safe for patient and residents," says Ladd, "and it's safe for staff."

The Knowledge Fair was also the perfect opportunity to promote infection control and kick off the Centre's Influenza Prevention Campaign. "We want to sensitize visitors to the role they play in patient safety," explains Ladd. "Infection control is a big part of that."

Response to the displays and presentations was overwhelmingly positive, with many people expressing interest in attending future fairs. "It was very successful," confirms Ladd. "We hope it will become an annual event."

### Organizations Represented at the Knowledge Fair

- South Winnipeg Seniors Resource Centre
- Rupert's Land Caregivers Services
- Independent Living Resource Centre
- Dean Campbell, Safety Officer, Riverview Health Centre
- Betty Scott, Infection Control Nurse, Riverview Health Centre
- Alzheimer Society of Manitoba
- ALS Society of Manitoba
- Canadian Diabetes Association
- Canadian Celiac Association
- Stroke Recovery Association of Manitoba
- Manitoba Lung Association
- M.S. Society
- Canadian Mental Health Association

## Riverview Participates in Hospice & Palliative Care Conference

Riverview Health Centre always plays an active role in Manitoba's annual Hospice and Palliative Care Conference. This year was no exception. Besides acting as a silver sponsor for the September event, the Centre was well represented by staff who attended both as presenters and participants.

Clinical Nurse Specialist Carole Hamel delivered a presentation on the Pain Assessment in the Cognitively/Communicatively Impaired (PACCI) Tool that Riverview is currently developing. Meanwhile, Pharmacist Rehana Durocher spoke about Opioids in End of Life Care.

The Centre also had a booth at the Conference. "Every year, we take the opportunity to share what we do with those in attendance," says Laurie Cerqueti, Patient Care Manager on Riverview's Palliative Care Unit.

She explains that, above all, the Conference is an education event that brings forward topics of interest to people who work in hospice and palliative care. Many attendees also work in nursing homes where end-of-life care is an important issue. "It brings

people from across the province together to share ideas," Cerqueti elaborates.

Topics covered included the latest developments in pain control strategies and the results of customer and feedback surveys, research that was partly conducted at Riverview. Other sessions dealt with such issues as supporting staff involved in end-of-life care.

"You take something away from every session," says Cerqueti. "Because we have so many staff members attending and we don't go to the same sessions, we have a lot of information to share among each other when we come back to the Centre."

She looks forward to being exposed to an even broader array of viewpoints and information when the Manitoba Association joins with the Canadian Hospice and Palliative Care Association to hold a joint national and provincial conference in Winnipeg next year.

## Sharing Circle a Successful Service

Five years ago, when Ina Baas-Penner began her job as a Spiritual Care Provider for Riverview Health Centre, she saw the need for a better way to support Aboriginal patients. Baas-Penner researched the possibilities and made contacts in the Aboriginal community. That same fall, in September of 2003, the first of what would become regularly scheduled Sharing Circles was held at Riverview.

Today, the Sharing Circle has grown from a monthly ceremony to a weekly one that is regularly facilitated by the Rev. Canon Murray Still – an Anglican Church Minister and Executive Director of Rupert's Land Wechetowin Inc. He explains that "...sharing from your heart is the sacred rule of the Circle. Therefore, what is said in the Circle stays in the Circle." This

simple imperative has enabled an environment of support, wisdom and honesty to be fostered and has created that sense of community so often elusive to patients in a hospital setting.

The Sharing Circle has indeed become a vital outlet for the patients it serves. In fact, some of the six to 10 participants who regularly attend the Tuesday afternoon Sharing Circle have been attending since 2003 – a sure sign of just how important this outlet has become.

Eventually, says the Rev. Canon Still, the Sharing Circle will be facilitated by trained Aboriginal volunteers. But until then, the Sharing Circle will continue as it is, creating a community of support for the Aboriginal men and women who live at Riverview Health Centre.



A group of patients and residents participate in the Sharing Circle, led by Rev. Canon Murray Still.



# Riverview Health Centre Foundation News

## Working With You . . . For You!

On September 18 at 2:15 p.m., a Tea was held in the Centre's Atrium to celebrate the synergistic relationship between Centre staff and the Foundation.

The Tea was hosted by the Riverview Health Centre Foundation, which seized the opportunity to recognize staff's central role in Foundation activities. The theme, *Working with You... For You*, acknowledged that staff members are an important part of fundraising efforts.

To illustrate this point, Val Paulley, Patient Care Manager on 2 West, spoke about the Snoezelen Cart, a therapeutic tool for clients with severe cognitive impairments that was purchased thanks to a grant from the Foundation. Paulley was joined by Chief Nursing Officer/Director of Patient Care Berit Hack, who described in more general terms the significant role the Foundation plays in allowing the Centre to purchase items above and beyond what are the essential operating funds provided by the Winnipeg Regional Health Authority.

A few of the many ways the Foundation supports the Centre include paying for: specialized equipment; upgrades in technology; education programs for staff; educational and support services for patients, residents and family members; research; and major facility upgrades. It is only through the Foundation's financial assistance that the vision of the highest possible quality of life for Riverview Health Centre patients, residents, their families and staff can be realized.

Development Officer Sheldon Mindell then took to the podium,



**Social Worker Mardi Baydak enjoys the selection of treats served at the staff event.**

emphasizing the importance of staff to the Foundation's ability to raise funds.

"I spend my day out in the community or on the telephone talking about Riverview Health Centre, trying to raise awareness and/or money," he explained. "Regardless of their personal health experience, people speak about the staff; it seems that there is always someone on staff who has done something out of the ordinary to make their Riverview experience more satisfying. This makes my job of raising funds for Riverview that much easier and, to the staff, I say thank you."

In appreciation of each staff member's dedication and hard work, the administration, led by Director of Human Resources Lynda Juskow, distributed Riverview Health Centre blankets.

## Honouring Donors and Circle of Life Members

On October 16, the Riverview Health Centre Foundation held an evening of appreciation to honour its distinguished donors and its Circle of Life members. Guests enjoyed a dinner catered by Canad Inns and were serenaded by pianist Michelle Gregoire, who played throughout the evening. The event was emceed by Sandra Stewart, the Foundation's Executive Director.



**Guenter Bormann and Christiane Laengin view the donor wall during a break in the festivities at the donor appreciation event.**

During the formal part of the event, Sheldon Mindell, Development Officer at the Foundation, spoke about planned giving and thanked people for thinking about Riverview Health Centre when making their donation decisions.

As well, changes on the donor wall were unveiled, including the addition of donors' names who have reached \$1000 in cumulative giving, as well as donors who have moved to a new category of giving. This year, a new panel was added to the donor wall to honour Circle of Life members. These are donors who have made the decision to make a planned gift to the Foundation.

## RRC Honours Bob Brennan

Riverview Health Centre Foundation Chair Bob Brennan has once again been recognized for his outstanding service to the community and province. On May 21, 2008, Red River College (RRC) awarded him an honorary degree at its spring convocation.

As the President and Chief Executive Officer of Manitoba Hydro, Brennan recently spearheaded the construction of the Crown corporation's new building on Portage Avenue, a move seen as key to the revitalization of downtown Winnipeg. At the same time, Manitoba Hydro continues to nurture an enduring relationship with Red River College through everything from providing scholarships to hiring RRC graduates to contracting the college to provide training for Hydro employees.

Along with his professional achievements, Brennan has an impressive record of community service. He has served as the past Chair of the Riverview Health



**Bob Brennan, FCA, Chair of the Riverview Health Centre Foundation**

Centre and is currently a Director of the YMCA/YWCA, the Canadian Institute for the Blind, Hospice and Palliative Care Manitoba and the Canadian Electricity Association.

As inaugural Chair of the Riverview Health Centre Foundation, Brennan has provided passionate and dedicated leadership that has enabled the Foundation to deliver its mission of supporting the Centre through various successful fundraising initiatives.

## 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.

### 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 June 1/08 to Nov. 15/08:

Isabel Amos	Tonia Hirsch	Joe & Rose Mindell
Allan Anderson	Conrad Hoddinott	Donald Morrow
Mary Anderson	Lorne Hudson	Evelyn Mosscrop
Shirley Antoniuk	Penny Hudson	Michael Murray
Constance (Connie) Appleby	Gary Hunter	Andras Nagy
Florence Asselin	Fran Ivey	Mildred Norquay
Norah Bailey	Edward Jackson	Victoria Osborne
Margaret Beggs	Henry Janzen	Joan Owen
Viola Bingham	Sigrun Eleanor Johannson	Ed Ozunko
Louis Boulanger	Patricia Jones	Marvin Penn
Marcien Bourgouin	Mary Judd	Wes Piche
Bobby Brown	Valeria Kasmerski	Desmond Pitts
Warren Brown	Stan Keen	Raymond Poiras
William (Bill) Brownscombe	Gwen Kerley	Sophie Pomarenski
Georgette Bruneteau	Henry Klassen	Gail Pound
Pamela Butchard	Bruce Knowles	Carolynne Presser
Edna Christie	Joyce Kurceba	Dorothy Eleanor Randall
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Judy Anne Coughlan	Bernard (Bernd) Laengin	Marie Rawn
Sybe de Jong	Ky Lai	Henry G. Rempel
Irene Dehod	Alfred Landry	Adam Ruff
Matthew Demeule	Anna Lang	H. Leonard Sawatzky
Gordon Drewe	Irene Lionberg	Martha Shaw
Joan Ellis	Jack Lipsey	Margaret Shiells
Jacqueline Epp	Erwin (Erv) Lobson	Edward R. (Ted) Siddall
Harvey Fiebelkorn	Arlene Lovie	Morris & Doris Silver
Sigridur Firth	Ernest Marcischuk	Everett Smallwood
Larry Fosty	Donald Martin	Adelene Isidor Smith
Ella Foxon	Dorothy McAuley	Isabella Rae Smith
John Bernhard Friesen	Beverly McKay	Kathryn Sothern
Mike Goodman	Beryl McMillan	Leonne Valois
Richard (Ricky) Graves	Shirley McNaughton	Joe Vielgut
Kamini Grover	Ila Meabry	Winnifred Volkart
Marie Haglund	Alfred (Alf) Michaud	Frances Walley
Collin Hicks	Donalda Miller	Leslie Way
Jack Hicks	Edward Miller	Anneliese Weiss
Edith Hirsch	William Roy Miller	William Weselake
		Sheila Whyte
		Debbie Zack



# Riverview Health Centre Foundation News

## A Garden Grows at Riverview Health Centre

Riverview Health Centre's newly created garden is a parterre, created exclusively for the patients who reside in Units AB1 and AB2.

Parterre is a French term that translates as "on the ground" and describes a level area containing patterned ornamental beds with low-growing plants enclosed in dwarf hedges and paths between the beds.

Historic parterres can be found at the Chateau of Versailles in France and at Kensington Palace in London, England. Revival of the parterre can be seen in the restoration of historic gardens in Williamsburg, Virginia, and at the Annapolis Royal Historic Gardens in Nova Scotia, visited annually by hundreds of visitors.

*The private garden basks in a sheltered, sunlit space that is in harmony with the surrounding landscape.*

The parterre has a long tradition in the eastern regions of Canada and the United States, where it was introduced (albeit on a smaller and more practical scale) by early settlers who imitated the garden style that was common in England and France in the late 17th and early 18th century. Settlers brought seed, bulbs and roots from the Old World and planted them in combination with native plants and herbs, as well as vegetables such as tomatoes and potatoes supplied by traders returning from excursions to Central and South America.

Although more formal in design than the urban gardens we are familiar with, the modern version of the parterre need not be complicated. A parterre today can encompass simplicity of design or complex geometry. Balance, proportion and symmetry, however, characterize the parterre. Other essential considerations when plotting a parterre garden include:

- a level surface
- precise planning in creating a fine design of lasting quality
- enclosure within a fence or neatly trimmed hedge
- selection of plants based on their growth habit, colors and textures
- a focal point such as a fountain
- symmetry or asymmetry in the overall plan so as to create a sense of rhythm and order

Riverview's well-designed parterre incorporates all of these elements and permits easy access for both viewing the plants as well as maintaining them.

Entering through cedar arbors, the private garden basks in a sheltered, sunlit space that is in harmony with the surrounding landscape, effectively creating a peaceful place. Symmetrical use of dwarf hedges that enclose each of the four quadrants provides the framework of the garden, and patterned plantings within the hedges create eye-catching designs. The garden's gently curving year-round structure and broad, paved pathways allow it to be enjoyed even in winter when the garden is "asleep."

A very pleasing and satisfying garden design that is steeped in history and one that can be appreciated as a whole when viewed from the windows of Units AB1 and AB2, Riverview's parterre will delight the senses of residents, their families and staff.

Before (left) and after (below) views of one section of the renovated wanderways.



Below: Panoramic view of a parterre garden in the wanderways.



## Charity Golf Classic Raises Funds for Wanderway Upgrade

A ribbon-cutting ceremony held on October 7th recognized all those involved with the Frank Wade and Vince Boschman Annual Charity Golf Classic.

At the ceremony, golfers, sponsors and staff of Riverview Health Centre and its Foundation celebrated the re-opening of the renovated wanderways near the Centre's Special Needs Unit. The renovations were made possible by funds raised through past Charity Golf Classic events.

The wanderways are very important in the lives of patients with Alzheimer disease, dementia and special needs. These scenic paths allow patients to safely enjoy the outdoors in the company of family members and staff.

The design of the renovated wanderways was completed by landscape architects Scatliff + Miller + Murray, led by Cheryl Dixon. Included in the design are gardens called parterres (see article at left), which add a peaceful, natural element to the wanderway for all users to enjoy.

### The 2008 Charity Classic

This year, the Charity Golf Classic was held on August 28 at the St. Boniface Golf Club and raised over \$40,000 for rehabilitation programs at Riverview.

In its 6th year, the event started with lunch, followed by an enjoyable afternoon of golf in a Texas scramble format. The dinner was emceed by long time supporter Laurie Mustard, who called up the Foundation's Executive Director, Sandra Stewart, to introduce Dr. Daryl Perry. He gave a presentation on his work and the recently opened Neuromuscular Electrodiagnostic Clinic located in Riverview's Day Hospital.

"Dr. Perry's presentation was well-received," says Sheldon



Mindell, Development Officer at the Foundation. "Golfers and sponsors were able to see how their generosity benefits rehabilitation projects at the Centre."

A fun part of this year's Golf Classic was the auctioning off of a special prize: "Dinner with the Minister of Healthy Living." The lucky winner, Lorelle Perry, will invite a friend to have dinner with the Honourable Kerri Irvin-Ross at WOW Hospitality's premier facility, 529 Wellington.

Thanks to this year's major sponsors:

- Manitoba Hydro
- Franklin Templeton Investments
- Canad Inns
- RBC Asset Management
- 400 Management Group
- Weiss & Weiss Real Estate Consultants
- Point Be
- Shelter Canadian Properties Ltd
- Saper Agencies Ltd

For information about next year's event, contact Melissa Lysak at 982-4069 or check the website at [www.thecharityclassic.com](http://www.thecharityclassic.com).



Frank Wade (L) and Vince Boschman (R) of RBC Dominion Securities with Sandra Stewart, Executive Director of the Foundation, and Norman Kasian, President & CEO of Riverview Health Centre.



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# Riverview Health Centre Foundation News



## Manitoba Hydro Presents: Tree of Lights Festival

For the past nine years, patients, residents, their families and people throughout the city have enjoyed the joyful atmosphere inspired by Riverview Health Centre Foundation's Tree of Lights Festival, and this year was no exception. As always, the Lighting Ceremony held on November 26 drew a large crowd of spectators to view the initial illumination of the big tree and the many sculptures on the grounds. These seasonal decorations warm up Riverview's grounds for its residents and patients from December through to February. As well, the Centre is a regular stop on the City of Winnipeg Seasonal Lights Bus Tours.

Funds raised through the Tree of Lights Festival support many of the activities undertaken by the

recreational facilitators to enhance the programming and therefore the quality of life for Riverview residents and patients.

The Foundation thanks the following sponsors for their generous support of this event:

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## Marigold Makes a Difference

The name "Marigold Restaurant" took its rightful place on Riverview Health Centre's donor wall on October 16 during the annual Donor Recognition Event. This tribute marks a milestone in a tradition of giving that started seven years ago at one of the company's golf tournaments.

Marigold's owners, the Woo family, launched the tournament in the 1990s as a fun event for staff. Then in 2001, a sponsor donated a high end golf bag and the family organized a last minute putting contest to give it away. "We decided any money raised would be donated to charity," recalls David Woo, Director of Operations. "At that time, my grandma was at Riverview so we chose to donate the proceeds to the Centre. It wasn't much, but as my dad says, 'Every little bit helps.'"

After the success of the putting contest, the Woos decided to include other small fundraising

events at their annual tournament. The family also established some basic guidelines to determine where to direct the proceeds.

"First, the charity had to help people," explains Woo. "Second, we believe in supporting our community. The Riverview area is a great neighbourhood in which to live and do business."

He points out that although Marigold has six locations in the city, the majority of participants in the tournament have been either friends of the family or customers that frequent the Osborne restaurant. "It was an easy decision for us to choose Riverview Health Centre," says Woo. In fact, the Centre has been the company's recipient of choice since 2004.

The Centre's donor wall recognizes those who have contributed \$1000 or more to the Riverview Health Centre. "We are honoured to be recognized," says Woo.

## Yes! I/We want to support Riverview Health Centre

My/Our gift to the Foundation is:

\$125  \$100  \$50  \$35  \$\_\_\_\_\_ (other)

I/We enclosed a cheque payable to:

Riverview Health Centre Foundation  
1 Morley Avenue, Winnipeg, MB R3L 2P4



I/We prefer to use a credit card:

Visa  Mastercard



Card No. \_\_\_\_\_

Expiry Date \_\_\_\_\_

Signature \_\_\_\_\_

Mr. \_\_\_\_\_ Names(s)

Mrs. \_\_\_\_\_

Miss \_\_\_\_\_ Address

Ms \_\_\_\_\_ Postal Code \_\_\_\_\_ Telephone \_\_\_\_\_

I/We would like to learn more about Memorial & Tribute giving or making a Planned Gift.

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

Thanks for your generous support of the  
Riverview Health Centre Foundation!

## Poppy Trust Fund Donation



Bill Arron (L) and Diane Arron (R) of the Royal Canadian Legion, Fort Garry Branch (No. 90), present Sandra Stewart, Executive Director of the Riverview Health Centre Foundation, with a donation raised from the Poppy Trust Fund. The donation will go towards Foundation projects.

## RHC Foundation Board of Directors



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## Please Join Us

as the Riverview Health Centre Foundation serves a second helping of **the Event** – a Designer Competition, Auction & Dinner on:

Tuesday, April 28th, 2009  
Winnipeg Convention Centre

Time 5:30 p.m.

We've set a place for you

2nd Annual

Riverview Health Centre Foundation  
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## Book Proceeds Go To Riverview

When 86-year-old Ed Taylor's health began to catch up with him and he could no longer pursue his interests regularly, his son suggested he record his memoirs. Taylor heeded the advice and began to record his life story onto tape. Surprisingly, what began as a fun project quickly flourished into a popular book and a successful fundraiser for Riverview Health Centre.

Ed Taylor was born and raised in the Riverview area and has witnessed its many changes over the years. From the beginning of the neighbourhood to the war years and the 1950s flood, Ed has seen it all. His 17 page memoir, *Riverview: A Glimpse of the last 85 Years*, details his memories and comes complete with photos of what the community once looked like, including images of Morley Street under water.

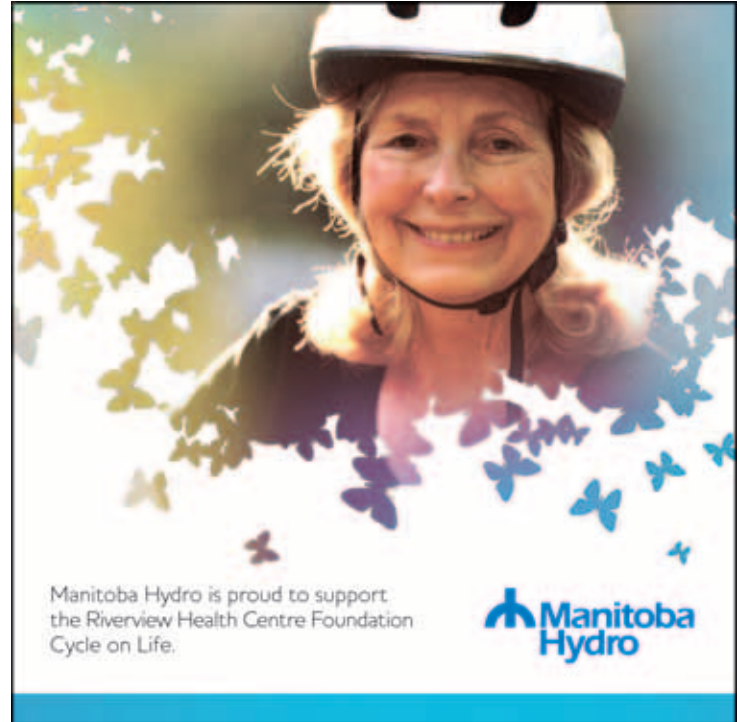
The response to Ed's book has been positive from the start, so much so that he decided to take a copy to the Oakwood Café. Peter Paley, long-time owner of the neighbourhood restaurant, was impressed. He offered to sell Ed's

book on his behalf, with all proceeds going to Riverview Health Centre. Ed had expected to sell the book for \$5 each – enough to break even when covering printing costs. But Peter suggested \$15 per book so that \$10 of each sale could be donated to the Centre.

As more and more people are finding out about the book in this tightly knit community, it is becoming difficult to keep it in stock. Many area residents are even buying multiple copies to share with family who have moved away. Says Taylor, "My wife and I can't believe the number of people who have enjoyed the book, but more than that, we are impressed with and want to thank Peter Paley for his incredible kindness and generosity."

To date, Ed Taylor's book has raised some \$200 for Riverview Health Centre, all of it through Peter Paley's Oakwood Café.

Those interested in buying a copy of *Riverview: A Glimpse of the last 85 Years* can visit the Oakwood Café at 4-660 Osborne Street South.



## Neurology Staff Compete in Kenora Triathlon

On a rainy July 20, 2008, three members of Riverview's Neurology Department participated in the triathlon in Kenora. Kristyn Hadder and Susanne Boyd, both Physiotherapists, ran the Sprint Triathlon, and Andrea Bellamy, an Occupational Therapist, competed in the Try-a-Tri.

All three Riverview Staff fared well in their respective events. Bellamy came in 17th in the Try-a-Tri. Hadder came in 12th in her category in the Sprint Triathlon, while Boyd placed 4th in her's.

This was Bellamy's second time doing the Kenora triathlon. "The weather was the worst you can imagine," says Bellamy, "My runners were soaked just riding on the bike, the puddles were so huge!" Despite the heavy rains and ongoing thunderstorms, a total of 198 athletes participated in the various events, an increase of 15 from the year previous.

Triathlon training can be as formal and stringent as desired.

Because the races involve some combination of running, cycling, and swimming, some participants follow a rigorous exercise guideline of the same. Others, particularly those in the Try-a-Tri (which is just as it sounds – a shorter version of some of the other races), tend to adopt a more laid back approach to race preparation.

For all three Riverview participants, most of the training occurred outside of work and, in the case of Bellamy, was fairly informal. But for Kristyn Hadder and Susanne Boyd, race preparation was a bit more regulated, including consistent swim, bike and running practice, with Bird's Hill Park often being used as a training ground.

Currently, there are no plans to start a formal triathlon training club at Riverview Health Centre. "But," says Bellamy, "...the interest is out there to stay involved in events, and there are enough people to do training together if they want to!"



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## Employee Recognition Event Celebrates Long Service Milestones



Celebrating 30 YEARS OF SERVICE to Riverview Health Centre are (L-R): Joanne Procyshyn, Dorothy McBride, Vincentia Ashton and Melinda Barr. Missing from the photo is Catherine Hill.

Seventy-six Riverview employees were applauded for achieving long service milestones on November 6 at an event held in their honour. Congratulations to the following individuals:

### 35 Years

Catherine Williams-Stewart

### 25 Years

Richard Dabrowski  
Margaret Katzeley  
Leonora Malik  
Philip Malzensky  
Lourdes Mary  
Linda Nobiss  
Antonella Vacchio  
Karin Weiss

### 20 Years

Elizabeth Budney  
Judith Burr Cavenagh  
Armando Cruz  
Gemma Dabu  
Corona Foronda  
Barbara Hooper  
Anita Jacques  
Mervyn Kitt  
Robin Orteza  
Brad Penner  
Epitacio Ramos  
Juanita Rubiano

Liana Spratt  
Gabriella Szilvasi  
Marlyn Tailor  
Teresita Tweten  
Tina Whittom  
Pat Zaborniak

### 15 Years

Maila Duque  
Marsha Dwyer  
Marie Feldschun  
Rhonda Kowalyk  
Eleanor Parent  
Roberta Popoff  
Michelle Priestley  
Catalina Soriano  
Bogumila Szczepaniak  
Cheri-Lyn Voth

### 10 Years

Margarita Agner  
Keri Arthur  
Maureen Bellows  
Merna Biedler  
Askale Bihon  
Carol Bjornson  
Carlos Carrillo

Felomina Cruz  
Melba De Leon  
Vicenta Ferrer  
Chris Gagne  
Oscar Gajes  
Leilanie Giordmaina  
Geraldine Gordon  
Bobby Hasenpflug  
Eugenia Kaltcheva  
Cecilia Limon  
Teresita Malicdem  
Stefica Margits  
Miriam Martin  
Steven O'Gorman  
Rob Plastina  
Erlinda Quintana  
Marilyn Reyes  
Frances Rosenberg  
Hardayal Rukhra  
Elizabeth Salonga  
Julita Soria  
Haregu Tedla  
Peggy Thompson  
Angela Torchia  
Michelle Vien  
Wendy Yorke  
Izabella Zadarnowska



## Staff Appreciation Day the Setting for Award Presentations

### Robert (Bob) B. Brennan Bursary

**Awarded to: Jody Reaburn**



Jody is currently working as a Support Services Supervisor at Riverview Health Centre and has been accepted into the Master of Arts in Integrated Studies program at Athabasca University, which includes courses in leadership in health care, labour studies, organizational change and workplace education. She began her program of study in September and anticipates graduating in 2012.

### Princess Elizabeth Guild Bursary

**Awarded to: Yolanda Kimhai**



Yolanda has worked at Riverview as a Health Care Aide on CD3 for almost three years. This fall, she began the Baccalaureate of Nursing program at the University of Manitoba and plans to graduate in September 2010. She will continue to assist on the unit on a casual basis as time allows. It was while working as an Aide that Yolanda realized that she wanted to pursue a nursing career.

### The Honourable Israel Nitikman Fund

**Awarded to: Careen Henderson**



Careen has worked as an RN at Riverview for over nine years and is pursuing her Bachelor of Nursing degree part time from the University of Manitoba. Always seeking new knowledge, Careen aims to better her practice through both formal and informal education. She expects to graduate in 2010.

### The Jean Cummings Bursary

**Awarded to: Theresa Dybka**

Theresa has worked at Riverview as a float nurse since September 2003. She received her CNA certification in gerontology in April 2007 and chose to return to school in December 2007 to obtain her Bachelor of Nursing degree as a way of keeping current. She hopes to graduate within five years. By strengthening her leadership and communication skills with further education, Theresa feels she will be better prepared to mentor others.

## Riverview Health Centre Foundation Family Education Bursaries



These awards are given to assist children of long standing employees with the advancement of their post-secondary education in health care or support services work.

*Family pairs, from left to right:*

### **Ross Caisley and Heather Caisley**

Heather is a Respiratory Therapist with 31 years of service. Her son, Ross, is currently working towards his Education degree at the University of Winnipeg.

### **Vanessa Tweten and Tessie Tweten**

Tessie is a Clerical Partner on 3 West with over 19 years of service. Her daughter, Vanessa, is currently working towards obtaining a degree at the Asper School of Business at the University of Manitoba. Vanessa is interested in Human Resources and Management of Organizations.

### **Dale Hamel and Carole Hamel**

Carole is a Clinical Nurse Specialist with 17 years of service. Her son, Dale, started University 1 at the University of Manitoba in September and hopes to become a university professor one day.

### **Tammy Trinh and Long Thi Dang**

Long Thi is a Health Care Aide currently working on AB1 with 18 years of service. Her daughter, Tammy, is currently working towards obtaining a degree at the Asper School of Business at the University of Manitoba with a focus on Human Resources and Marketing.

## E-Greetings Coming to Riverview

Riverview Health Centre is adding an exciting communications option to its website just in time for the holidays. As of early December, patients and residents at the Centre will be able to receive email greetings from family and friends anywhere worldwide.

The program, much like its counterparts on other hospital websites, will allow users to write an email to their loved one and send it to Riverview. The confidential email (sans attachments and pictures) will be printed off

by Volunteer Services and will be hand-delivered to the patient usually by the following business day.

Kim Wark, Coordinator of Volunteer Services, explains that this new free service is intended to help families to keep in touch, even from afar. And, while patients themselves will not be able to email back, they will hopefully feel supported by their remote loved ones in a more concrete way. Explains Wark, "This is just one more thing to help families stay connected."

## Riverview Hosts Iceland's Minister of Health



Iceland's Minister of Health, Gudlaugur Thor Thordarson

Riverview Health Centre was delighted to have the opportunity in June to host Iceland's Minister of Health, Gudlaugur Thor Thordarson, and Atli Asmundsson, the Consul General of Iceland stationed in Manitoba.

Welcoming these dignitaries to the Centre were Greg Arason, Chair of the Centre's Board, Neil Bardal, Foundation Board Member, and Dr. John Bond, Manager of Research and Advisor: Research and Applied Learning. The Minister's tour was arranged and led by Sandra Stewart, Riverview's

Public Relations Manager and Executive Director of the Foundation.

The Minister was impressed with the facility and staff expertise. He also took a special interest in the Centre's Museum, as heritage and culture are very important to Icelanders.

It was a pleasure to be able to show Riverview's world-class programs and facilities to this new friend.

## Canine Visitors



Bow wow, trick or treat! These three lovely pet therapy visitors (Roxy, Sydney and Willow) were welcomed by patients, residents & visitors on Halloween at Riverview Health Centre.



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

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