



# PATIENT, RESIDENT & FAMILY NEWSLETTER



## SPECIAL ANNOUNCEMENT

On March 19, 2024, Riverview Health Centre was recognized as one of **Manitoba's Top 100 Employers**, for the second year in a row.

This special designation recognizes the Manitoba employers that lead their industries in offering exceptional places to work.

Employers are evaluated by the editors of Canada's Top 100 Employers using the same eight criteria as the national competition: (1) Workplace; (2) Work Atmosphere & Social; (3) Health, Financial & Family Benefits; (4) Vacation & Time Off; (5) Employee Communications; (6) Performance Management; (7) Training & Skills Development; and (8) Community Involvement. Employers are compared to other organizations in their field to determine which offers the most progressive and forward-thinking programs.

While we will take a moment to celebrate this remarkable achievement, we are committed to the continued learning, growth, and improvement that will ensure we are a 'workplace of choice' for years to come. A strong, positive, engaged workforce is vital to our commitment to create a community that enables each person to live a purposeful and meaningful life.



Top 100 Media Release:

[www.canadastop100.com/2024/mb-release.pdf](http://www.canadastop100.com/2024/mb-release.pdf)

RHC Article in Winnipeg Free Press:

[www.winnipegfreepress.com/business/manitobas-top-employers/2024/03/19/a-safe-workplace-makes-riverview-a-thriving-community](http://www.winnipegfreepress.com/business/manitobas-top-employers/2024/03/19/a-safe-workplace-makes-riverview-a-thriving-community)

Official Announcement Magazine, in Winnipeg Free Press:

<https://bit.ly/4ci26Vj>

Learn why Riverview Health Centre was chosen as one of Manitoba's Top 100 Employers:

[www.canadastop100.com/manitoba/](http://www.canadastop100.com/manitoba/)



Proud to be one of Manitoba's Top Employers

Learn more at  
[www.rhc.mb.ca](http://www.rhc.mb.ca)



## March 2024 / A Note from Kathleen Klaasen, CEO

Welcome to spring - a time of growth and renewal, and a reminder that even after a hard season, something brighter, better, and more beautiful can bloom as a result.

Challenges - and successes! - occur year-round at RHC. For example, we work hard every day to build on Riverview's reputation as a great place to work. That's one reason we are so happy to share that, over the past year, we have seen a **significant decrease in mandatory overtime - a 92% decrease overall.**

This remarkable achievement speaks to an organization-wide effort to support each other and minimize the need for overtime, and - specifically - mandatory overtime. The result? Staff enjoy a healthier work/life balance. This helps us retain staff, which **creates opportunities for stronger relationships between patients and residents, and staff.** And THAT means a more vibrant, positive environment for everyone at Riverview.

Further evidence came in the form of a recent letter from Manitoba Health, Seniors and Long-Term Care, which advised us that, after an unannounced review visit in October, 2023, **Riverview Health Centre met the provincial personal care home standards, with no follow-up required.** This is no minor achievement. With the constantly changing healthcare environment, meeting (and in many cases, exceeding!) standards is a result of the consistent, positive efforts of each person who works at Riverview. We are proud to continue to offer the best possible care for each person at Riverview.

## Campus News

### Building Bridges: How the Service Experience Survey Sparked Community Connection at RHC

We are pleased to share that Riverview's innovative intergenerational programming was the focus of a recent WRHA video. To see the video, click [HERE](#) or visit <https://www.youtube.com/watch?v=XAUQRM7DLaQ>.



Val Severyn, Family member, and Marg Franklin, Resident, at Riverview Health Centre

### *In This Issue*

- Video Highlighting RHC
- Resident Council Update
- Health and Wellness
- Therapeutic Recreation
- Upcoming Events
- Person Directed Living
- RHC Foundation

# RESEARCH STUDY

Share today.  
Shape tomorrow.

## Virtual Reality Driving Simulator Study

The RHC Research Team - led by Professor Zahra Moussavi and Seyedsaber Mirmiran - is conducting a Virtual Reality Driving Simulator Study, aimed at enhancing the well-being of Riverview residents. We first shared this study information with you in December, and are continuing to welcome participants.

The VRDS study utilizes an innovative approach to engage participants in a simulated driving experience, providing entertainment and potential cognitive benefits. We believe that participation in this study could offer valuable insights into improving the quality of life for our residents, particularly those affected by Alzheimer's disease.

It is particularly exciting that Riverview residents can participate without leaving Riverview - the **virtual reality driving simulator has been installed in the car located in the RHC Alzheimer's Centre of Excellence**. We know that a number of our residents miss being able to drive, so this unique opportunity could be fun, as well as valuable for our research team. We anticipate that this driving simulator will have an overall positive effect on users' moods and may also result in an implicit memory improvement.

**Eligibility Criteria:** More than 50 years of age, Living in a personal care home community at Riverview Health Centre, Being mobile and able to see. *Please note: Residents who always use wheelchairs or have significant visual impairment will not be eligible.*

The study would benefit greatly by engaging more participants. If you would like more information about this study, please contact Seyedsaber Mirmiran at 431-556-8030, or via email at [mirmiras@myumanitoba.ca](mailto:mirmiras@myumanitoba.ca). Thank you!



The RHC Alzheimer's Centre of Excellence was made possible by donors to the RHC Foundation. Because of their generosity, specialized research like this can take place

right here at Riverview.

## Health and Wellness

If you have any questions about infection control, please contact the Riverview Infection Prevention and Control Team at 204-478-6172 or 204-478-5728.

### Visitors, Please Remember...

- Please do not visit if you have a fever, cough, diarrhea, nausea, vomiting, or if you are feeling unwell.
- Follow instructions on posted signs.
- Ask about any visiting restrictions that may be in place.
- Be understanding. The person you are visiting may be in good health, but others may not be. It is important that we keep ALL residents safe.



By doing this, we can help prevent the spread of illness to our residents, staff, volunteers, and visitors. *Thank you.*

## Therapeutic Recreation

*Therapeutic Recreation is a health care profession that utilizes a therapeutic process, involving leisure, recreation and play as primary tools for each individual to achieve their highest level of independence and quality of life.*

*These activities are made possible at RHC through the generous support of donors to Riverview Health Centre Foundation.*

[Click here for the latest recreation calendars.](#)

February and early March were a whirlwind of fun at Riverview! Baton twirling? *Check.* Karaoke? *Check.* Games in the Solarium? *Check.* Musical guests? *Check!*

February was also Therapeutic Recreation Month. Thank you - THANK YOU - to our incredible Therapeutic Recreation Team for bringing joy and fun and creativity to Riverview. You give of yourselves each day so wellness can flourish. We are so grateful for what you do!





Enjoy our new Games Corner in the Solarium on your next visit. Just choose a game, sign it out, and you are ready to play!

Special thanks to RHC Foundation donors for this wonderful family-friendly addition to our sunny Solarium.



## UPCOMING EVENTS

### Pop Vegas

Thursday, April 18, 2024

6pm - 7:30pm

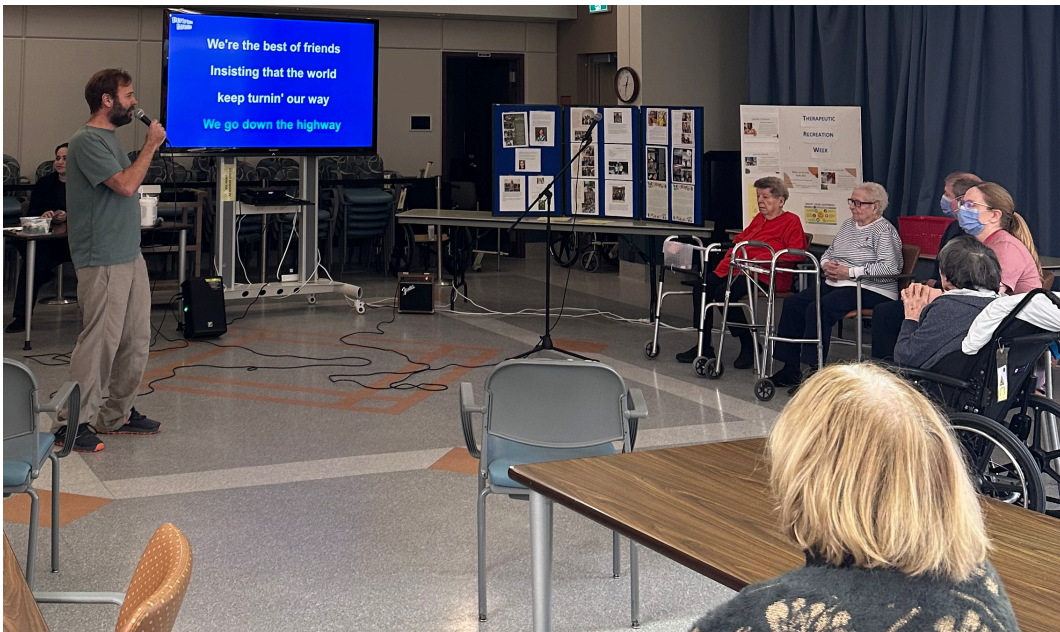
Thomas Sill Auditorium and Cafeteria

### Jan Harding

Wednesday, May 1, 2024

2pm - 3pm

Thomas Sill Auditorium







## Person Directed Living at Riverview

For questions and comments about Person Directed Living, please contact Deanne O'Rourke, Person Directed Living Coordinator at [dorourke@rhc.mb.ca](mailto:dorourke@rhc.mb.ca).

March greetings to all! The snow is almost gone, the strength of the sunshine is gaining intensity, and the days are lengthening to signal the inevitable return of spring!

After a few months of discussions and lots of great feedback from staff, teams, residents and families on the draft Person Directed Living Commitments, we are very close to having a final version to share. In the meantime, we would like to share some of the feedback we have received from the online survey that has been circulated widely to staff, families and residents as one way to collect feedback on the Person Directed Living Commitments.



**In response to the question: "Would you be able to embrace and support these Person Directed Living Commitments at Riverview?"**

% of responses



■ Yes ■ Maybe

Those who provided comments/answered 'maybe' said:

- Education on Person Directed Living for all will be needed for this to be successful
- Communication and collaboration with residents and families is very important to support Person Directed Living
- More information is needed as to how Person Directed Living applies to residents living with cognitive impairment and how it is possible within current staffing levels

Thank you to all who have provided feedback. We are still in the planning process for the Person Directed Living education and we will take these ideas and feedback into account as we finalize those plans.

Please feel free to reach out to me at my email address above if you have any additional questions or feedback about Person Directed Living at Riverview. We will continue to provide information and updates in the monthly newsletter, so please stay tuned!

- *With gratitude, Deanne*

## Riverview Health Centre Foundation

Follow us on Facebook to stay up-to-date on events and see how donors impact RHC! @RHCFoundation1

### Adding Some Colour to the Tunnels

Step into the tunnels below RHC, and you'll find yourself immersed in a vibrant tapestry of colour and creativity!

Meet Andre, a resident who often joins the morning walking group at RHC. As he strolled through these tunnels, he couldn't help but notice the lack of visual stimulation. Andre embarked on a mission, determined to inject some life into the halls. Teaming up with Bridgette, the Executive Director of the Riverview Health Centre Foundation, Andre hatched a plan to transform the tunnels into a kaleidoscope of artistry.



Andre did his research and found frames that were large enough to fill the space and that would be easily installed. He then began creating beautiful art that ignites the senses and sparks joy in those who pass by the artwork.

None of this would have been possible without the unwavering support of donors whose generosity fuels such projects, enriching the lives of RHC patients, residents, and clients. With heartfelt gratitude, the Foundation thanks every donor who makes dreams like Andre's a colourful reality.

Andre's dedication and artistic flair have truly brought these tunnels to life, and the Foundation couldn't be more thrilled. Stroll through these transformed passageways and let

the artwork speak to you—it's nothing short of fantastic!



## Cycle on Life Registration is Less Than a Month Away

With the cold weather back in the city, it's hard to believe, but summer is quickly approaching, and with that, our first event of the year—Cycle on Life! Cycle on Life is the Foundation's largest fundraiser, raising funds to help the patients, clients, residents and staff at RHC.

Registration will open in early April, so keep an eye on our social media and website for updates. We can't wait to cycle with you this summer!



## Looking Ahead

If you have questions or comments about this newsletter, please contact Carol at [cdynkavitch@rhc.mb.ca](mailto:cdynkavitch@rhc.mb.ca).

Next Issue: Tuesday, April 16

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