



PATIENT, RESIDENT & FAMILY NEWSLETTER

January 2024 / A Note from Kathleen Klaasen, CEO

Whether you embrace the crisp sunshine and snowy weather, snuggle inside with a hot beverage to watch a movie or read a book, or vacation someplace with hot sun and beaches, we all have strategies to get through the Manitoba winter. Whichever you choose, take time to enjoy these opening days of the new year.

It may be cold outside, but inside Riverview Health Centre, things are heating up! We have been researching, learning, and talking about Person Directed Living for almost a year, and are eager to embrace the next stage of the work.

The CD1 team - staff and residents alike - are the first community at RHC to begin their **Person Directed Living Education**. There are learning modules, a team of influencers, safety huddle questions, opportunities to apply Person Directed Living concepts to service, and much more.

You can read about it in the Person Directed Living section of this newsletter. You'll also find the QR code that will link you to a survey to provide feedback on the Person Directed Living Commitments (see the December issue of this newsletter). If you haven't yet done so, please take a few minutes to provide your perspective. We sincerely appreciate your insights.

Changes to Protection for Persons in Care Act: What you need to know

The definitions of abuse and neglect within The Protection in Persons in Care Act (PPCA) have been updated. The Vulnerable Persons Living with a Mental Disability Amendment Act (Bill 23) received Royal Assent on May 30, 2023, and its provisions relating to the definition of abuse and neglect came into force on January 1, 2024.

It amends the definitions of abuse and neglect in both The Adults Living with an

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If you have any questions or concerns, please contact the Protection for Person's in Care Office (PPCO) at Protection@gov.mb.ca.

Intellectual Disability Act (ALIDA) (formerly The Vulnerable Persons Living with a Mental Disability Act) and the PPCA and applies to all new referrals of abuse and neglect received on or after this date.

The **new definition of “abuse”** identifies conduct that is physical, emotional, psychological, sexual or property abuse, but removes the requirement that the conduct must cause serious physical or psychological harm to be considered abuse. The **new definition of “neglect”** identifies acts or omissions that cause physical or psychological harm, even if the harm is not serious.

The changes align the definitions of abuse and neglect with leading practice in other jurisdictions and remove any ambiguity and room for interpretation, making it clear that actions alone may be deemed abuse or neglect, regardless of whether the patient experienced any serious harm as the result of those actions.

With the **removal of “serious harm” from the definitions of abuse and neglect**, there was a need to amend the regulation to provide clarity for reporting abuse/neglect to the Adult Abuse Registry Committee (AARC). This amendment describes the criteria and extenuating circumstances that must exist for the act or omission not to be considered reportable.

Campus News

Why was this change required?

In its July 2023 investigation report into the Protection for Persons in Care Office, the Office of the Auditor General recommended the PPCO update the definition of abuse and neglect in the Act and/or ensure its interpretation of the definition, is in line with the objective of protecting vulnerable Manitobans in care.

How does this change impact health care staff?

The Protection for Persons in Care (Adult Abuse Registry) Regulation has been amended to define the criteria and extenuating circumstances that must exist for the act or omission not to be considered reportable to the Adult Abuse Registry.

How does this change impact health facilities?

There is no change in the reporting process. Facilities should continue to report, as defined in the Act, when there is a reasonable basis to believe that a patient is, or is likely to be, abused or neglected.

Where can I get more information?

The PPCO website has been updated to include information on the changes. The PPCO will update and distribute its education materials soon.

January is Alzheimer's Awareness Month in Canada.

We are very proud of the dementia care we provide at Riverview. The state-of-the-art Alzheimer's Centre of Excellence and our specially trained team provide a safe, nurturing environment where each person can enjoy a meaningful and purposeful life.

Still, there is always more we can do to support caregivers, more we can learn, opportunities to enhance care, and research that can help create new treatments, and hope for the future. To learn more, please [click here](#) to visit the Alzheimer's Society of Manitoba website.



Resident Council and Family Information Meetings

RESIDENT COUNCIL

Friday, January 19, 2024
2pm - 3pm / Thomas Sill
Auditorium

Our Resident Council is eager to get 2024 off to a great start! Watch for highlights of the meeting in the February issue of this newsletter.

FAMILY INFORMATION SESSION

Friday, February 9, 2024
2pm - 3pm / Online

Please join us for the first Family Information meeting of 2024. We look forward to sharing great information and lively discussion. [Click here for the meeting link.](#)

If you have questions or are unable to connect, please contact Eva Carrasco at ecarrasco@rhc.mb.ca.

This colourful Christmas tree decorated with ornaments hand made by our residents graced our main entrance through the holiday season.



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.

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

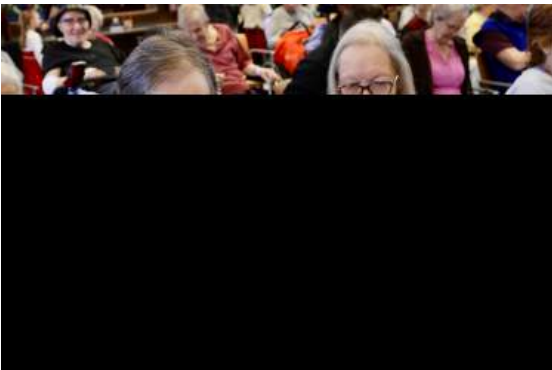
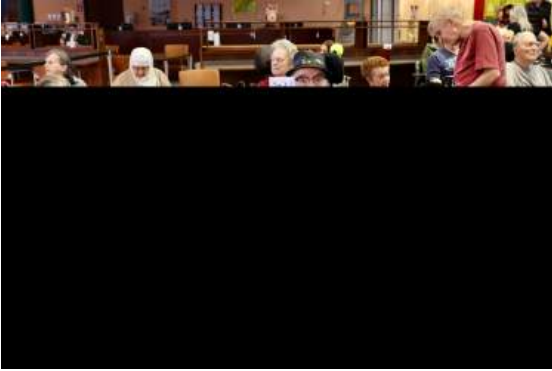
Game time at Riverview! Whether it's Battleship or Wheel of Fortune, these friendly competitions mean fun for all.



The holiday season may be over, but the warmth and joy it brought to Riverview will be felt in our hearts for a long time to come. Our halls rang with music and laughter from guests young and old. Some of our most special visitors were children from our local community and beyond who shared songs, handmade cards, and little gifts that brought smiles to

everyone. Special thanks to the children and youth from **Riverview Ashland Daycare, Ecole Riverview School, Churchill High School, and Grosvenor School.** We are so grateful for our community!







New Year's celebrations are bold and bright at Riverview! Thanks to the support of some very special donors, the Riverview Health Centre Foundation hosted the **4th Annual Fireworks at Riverview** event, bringing together patients, residents, families, staff, and hundreds of community members for an incredible night of fun and fireworks. (See the RHC Foundation section below for pictures!)

Then, on January 2, 2024, Riverview played host to Elvis, who joined us to help bring in 2024 with music and memories. It's going to be a great year!



Therapeutic Recreation activities are **100% funded through charitable gifts to [Riverview Health Centre Foundation](#)**. Thank you for your generous, ongoing support!

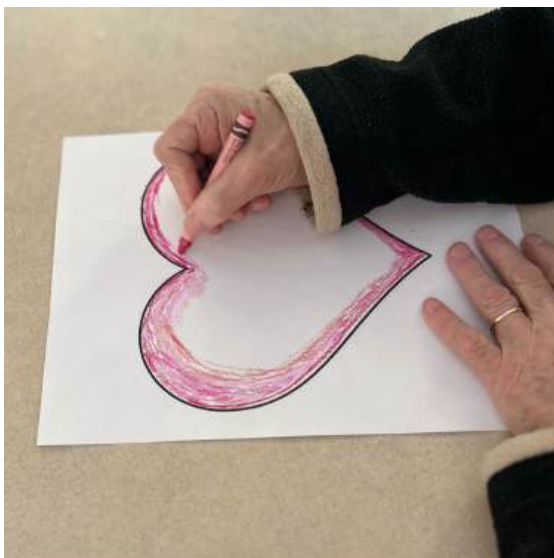
UPCOMING EVENTS

Tribute to Patsy Cline

February 13, 2024

6pm / Thomas Sill Auditorium

Families and caregivers are most welcome to join us for this musical treat!



Valentine's Day is Wednesday, February 14, 2024. Consider spending some time celebrating this special day with someone you love at Riverview.

Person Directed Living at Riverview

For questions and comments about Person Directed Living, please contact Laurie Romanica lromanica@rhc.mb.ca and Deanne O'Rourke dorourke@rhc.mb.ca, Person Directed Living Coordinators.

Happy New Year to all! We hope you had a wonderful holiday season filled with joy and laughter and many memories made with family and friends! As we look to the new year ahead, we would like to provide some updates on current activities and future plans for Person Directed Living in the coming months.

1. Person Directed Living icon: To help people quickly identify information relating to Person Directed Living, an icon has been created and will be included in all future Person Directed Living communications. The circular icon in orange and green tones is pictured at the beginning of this column. It was designed to represent some of the foundational concepts of Person Directed Living: the person(s) we serve as the central focus, strengthening partnerships to support living and care, and ongoing growth and development for all.



2. Person Directed Living education trial: The team on the CD1 community has graciously accepted the opportunity to trial the proposed Person Directed Living education

program for staff and team members working in the long term care/living communities. A 'Warming the Soil' team comprised of staff, resident and family representatives has been meeting regularly over the past few months to prepare for the education trial which will occur between January and March. Stay tuned for updates and information on plans for Person Directed Living education for residents and family members in 2024.

3. Person Directed Living Commitments: We are still gathering feedback on the draft Person Directed Living Commitments. If you haven't had a chance to provide feedback, there is still time! Scan this QR code with your phone camera which will take you to a short, confidential online feedback form.

We will continue to provide updates and information through the newsletter and we look forward to an exciting year ahead!



Riverview Health Centre Foundation

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

We want to extend a huge thank you to Cushman & Wakefield Stevenson and everyone who participated in the New Year's Eve celebration at RHC!

The patients, residents and staff had a great evening with hot chocolate, cookies, and a beautiful fireworks show, and we were thrilled to welcome so many people from our community to enjoy the spectacle!

Celebrating with patients, residents, staff, and the community was an excellent way to kickoff the new year. Thank you for helping to make this New Year's Eve special for so many.





Last photo: 2023 Fireworks over Riverview Health Centre. Photo courtesy of Clint Ballie (Drone pilot) and Maureen Smith (HCA 2W).

Comfort and Care with New Broda Chairs - Thank You Donors!

You may never have heard of a Broda Chair before, but they are a valuable resource in

Generous donors allowed Riverview Health Centre Foundation to fund the purchase of

the Palliative Care Unit here at Riverview Health Centre.

A Canadian company designed Broda Chairs to provide safety, mobility, and essential comfort. A cross between a lounge chair and a wheelchair, they have wheels, can move easily, can recline and are very comfortable. The chairs offer postural alignment, pressure relief and secure seating, which makes them an excellent addition to the 3E Palliative Care Unit.

The chairs allow for adjustment to find that “sweet spot” where people can get comfortable. Cally Say, Health Care Aide, explains that patients can sit or lie comfortably in the Broda Chair and stay close to the nursing station to be monitored, which is excellent for both the resident and the care givers.

Broda Chairs have been available on 3E before, but over time the well-used chairs became irreparable.

three new chairs in 2023, which were warmly welcomed by all.

“The new chairs are a lot lighter and are easier to steer,” says Kayla Vanderwees, Registered Nurse. Mobility is essential, as the staff must navigate the rooms and hallways with patients.

Isabel Shuttleworth, Health Care Aide, agrees that the new chairs are an excellent addition to the unit. Isabel has noticed how comfortable the new chairs are for patients and appreciates how they help patients feel safe and secure. This comfort and security can mean a peaceful rest or the ability to have a meaningful visit with friends and family.

Donor-funded supports like this have a meaningful impact that enhances the quality of life for Riverview patients and residents.

A Year of Therapeutic Recreation

This year has truly been remarkable for the Therapeutic Recreation program at Riverview, made possible by the incredible support of the Foundation's generous donors and RHC's excellent Therapeutic Recreation Facilitators. Residents and patients have enjoyed diverse experiences, including a captivating car show, an exciting motorcycle exhibition, a vibrant summer carnival, and uplifting music therapy sessions.

Residents have had the opportunity to explore the beauty of Winnipeg, cheer on the Bombers at games, and enjoy visits to local coffee shops and nail salons, among other engaging activities. These initiatives promote physical well-being, nurture a sense of community and camaraderie, and help alleviate feelings of loneliness, helplessness, and boredom.

Most importantly, they have sparked laughter, smiles, and joy among our residents and patients. Thanks to the continued support of Foundation donors, the Therapeutic



Recreation program continues to make a positive impact on the lives of those at RHC. We are excited to see what events and activities are in store for 2024.



Foundation Events in 2024

This year, the RHC Foundation is looking forward to hosting three iconic events that the community loves, with a few twists to make them even more exciting!

Cycle on Life: June 9, 2024

Cycle on Life is a fun-filled day for cyclists of all ages and experience levels. Participants can join a 65km Ride, 20km Ride, 5km Family Ride, and the 0km No Ride, Ride. There are activities for families and riders at RHC before and after the race.

Bocce Ball Tournament: August 24, 2024

There will be more fun in the sun at the Bocce Ball Tournament! Enjoy a unique afternoon with friends and community members, with the chance to win great prizes while you raise money to enhance the everyday lives of residents and patients at RHC.



Laughs + Libations: October 17, 2024

Join us for an evening of comedy, friends, and small bites at the Laughs + Libations event. This year's event will be a little more relaxed, with the same great gala vibes,

fresh and funny comedians, and the auctions you love.



Mark your calendars, and visit www.rhcf.mb.ca for the most current information. Look forward to seeing you in 2024!

Looking Ahead

Next Issue: Tuesday, February 20

If you have questions or comments about this newsletter, please contact Carol at cdynkavitch@rhc.mb.ca.

Editor's Note: The highlight on RHC volunteers has been postponed until a later edition. Your patience will be rewarded.

Know anyone who might want to learn more about Riverview Health Centre, or stay up to date on what's happening on campus?

Kindly forward this newsletter and invite them to subscribe:
<https://rhc.mb.ca/patients-residents/rhc-resident-and-family-newsletter/>

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