



PATIENT, RESIDENT & FAMILY NEWSLETTER

September 2024 / A Note from Kathleen Klaasen, CEO

Research is flourishing at Riverview.

Riverview Health Centre has long been a research leader in the areas of **dementia, long term care, and palliative care.**

Today, we very pleased to announce our partnership with the College of Rehabilitation Sciences (University of Manitoba, Rady Faculty of Health Sciences) in creating a new **Research Chair focused on rehabilitation and new telerehabilitation technology.**

Dr. Ruth Barclay, Professor with the College of Rehabilitation Sciences, will serve as Riverview's new **Research Chair in Telerehabilitation**, providing leadership in the creation of a rehabilitation research program with a strong emphasis on new technologies. We will introduce Dr. Barclay and her future plans in the October issue of this newsletter.

In 2023, we proudly added **person directed living** to our research specialities, when **Dr. Genevieve Thompson** joined our team as Research Chair, Person Directed Living.

Our community already benefits from the efforts of Genevieve and her team, as we work together to find ways to support purposeful and meaningful living at Riverview. Thanks to a significant grant of **\$750,000 from the Canadian Institutes of Health Research**, Genevieve's work will continue to be of enormous value to Riverview and the world-wide care community. *(See the Research section below for details!)*

Riverview's top flight research team also includes **Dr. Zahra Moussavi** and **Dr. Brian Lithgow**, innovators in the field of dementia research. You can learn more about their work and latest advancements tomorrow evening, as they take part in a *Spotlight on Local Research: Connecting the Dots*, an event hosted by the Alzheimer's Society of Manitoba. *(See Upcoming Events below for details on how to register.)*

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As you can see from this month's Strategic Plan highlight - **Excellence and Innovation** (see story below), the pursuit of excellence in research, knowledge, service, and innovation will continue to be a fundamental part of life at Riverview Health Centre for years to come. We are excited to benefit from this work today, even as we invest in the future.

CAMPUS CALENDAR

Add these dates to your September and October calendars. You'll find details under *Upcoming Events* and in other stories below.

TODAY - Sept 18	Family Information Meeting
September 19	Spotlight on Local Research: Connecting the Dots
September 21	3rd Annual Riverview Dog Parade
September 30	Orange Shirt Day; National Day for Truth and Reconciliation
October 16	RHC Foundation's Laughs + Libations

RHC Strategic Plan: Excellence and Innovation

Purpose

Creating a vibrant, innovative, and inclusive community that enables each person to live a purposeful and meaningful life.

Priorities

- Each Person We Serve
- Our Team
- **Excellence and Innovation**
- Growth and Sustainability

Following the introduction of Riverview Health Centre's 5-Year Strategic Plan last May, we are exploring the Priorities and Goals outlined in the plan. This month's focus: **Excellence and Innovation.**



Intention

Advance the pursuit of excellence in research, knowledge, service, and innovation.

Key Words

Excellence - Evidenced by learning from past experiences, staying informed to increase knowledge, being adaptable, cultivating a solution-focused mindset, and leaving a legacy that positively impacts the world.

Innovation - Making changes in established practices, and knowledge, especially by introducing new methods, ideas, or products.

Thought Leadership - The expression of ideas that demonstrate expertise in a specific field, area, or topic. Requires

Continuous Quality Improvement - Progressive, incremental improvement of processes, safety, and patient care.

Making it Real

Welcome the chance to participate in RHC research projects and assist where you can in recruiting others to get involved.

Strong internal support is vital to successful research at Riverview and can make a difference for people around the world.

Everyone can contribute to innovation. If you see an opportunity, or have a question or idea that might warrant investigation,

unique depth of knowledge, passion, and innovative thinking full of insight and information.

connect with Brian, RHC Research Manager (blithgow@rhc.mb.ca).

Campus News

NEW BIKE RACKS

Cycling to and from Riverview is affordable, green, and great exercise. Once you get to Riverview, you can park your bicycle quickly and safely. To make it easier to lock your bicycle to a bike rack by its frame, we have made some changes to our bike rack systems:

- Two wave-style bike racks have been installed by the main front entrance.
- The two existing loop-style bike racks have been moved from the visitor parking lot to the back of the Princess Elizabeth building, replacing the racks that were in that location. Happy cycling!



This year's theme is *Improving diagnosis for patient safety*, highlighting the critical importance of correct and timely diagnosis in ensuring patient safety and improving health outcomes.

For more information, visit HealthCareExcellence.ca.

TUESDAYS at the CAMPFIRE

Our new fire pit has become a warm and friendly place to enjoy the peaceful RHC grounds. People gather to relax, chat, and watch the flickering flames. Join us on **Tuesdays at 6:15pm** (weather permitting). Talk with your community manager for additional information.





Resident Council and Family Information Meetings

Family Information Meeting

Wednesday, September 18 | 2pm - 3pm

Guest Speaker: Joanne Beauchemin,
Registered Dietician

This virtual forum is a terrific opportunity to share your feedback, opinion, and ideas. **Your voice is valued.**

Click [HERE](#) to join the meeting.
Meeting ID: 265 603 341 302
Passcode: xxWSAq

Next Resident Council Meeting

Friday, November 8

Thomas Sill Auditorium | 2pm - 3pm

All Residents are welcome! For details please speak with the Social Work team.

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Watch for highlights from the September meeting in the next issue of this newsletter.

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.

Antibiotics and Urinary Tract Infections

Antibiotics are strong drugs that fight infections caused by bacteria, but these drugs can cause problems if they are used too much, or for the wrong reasons.

This is called asymptomatic bacteriuria (pronounced 'bak-tir-e-yer-e-ah') or ASB for short.

If you use antibiotics when you don't need them, they may not work when you get sick; this is called antibiotic resistance.

Urinary Tract Infections (UTI)s are caused when bacteria invade any part of the urinary system including the urethra (where urine passes out of the body), the bladder, ureters (the tubes between the bladder and kidneys), and the kidneys.

It is normal for older adults living in long term care to have bacteria that live naturally in the bladder without causing any signs or symptoms, especially for people who have urinary catheters (a tube put in to drain their urine).

Did you know?

- As many as half of seniors living in long term care settings will test positive for bacteria (germs) in their urine without actually having a UTI.
- Confusion or sudden behavior changes don't necessarily mean a resident has a UTI.
- Up to 50% of antibiotics are not needed or are not prescribed properly.

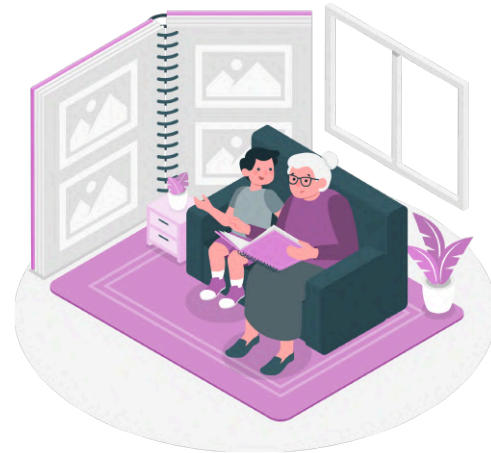


Learning About Dementia Care: Improving Communication

Here are a couple of ways you can **improve communication your loved one**.

You can access a short video for each topic by scanning the QR codes below with your mobile phone.

If you ever have any questions about what you or your loved one are experiencing, please reach out to the manager in your Riverview community.



BODY LANGUAGE

We learn to read body language and tone of voice right from birth, and these skills do not go away, even if words are not understood.

We can use our tone, facial expressions and gestures to make people feel cared for and important. These can also convey impatience and disrespect, so we must be very careful.

GO WITH THE FLOW

Sometimes we have to get into the world of the person with dementia rather than trying to pull them back into our world. This may mean listening to their (not quite correct) stories, in order to meet their need for connection. It also means that sometimes reminding them of what's "real" is not the kindest response.





Videos by Dr. Natali Edmonds at Dementia Careblazers / Courtesy of WRHA Continuing Care Program 2023

Person Directed Living at Riverview: Learning the Language

For questions and comments about Person Directed Living, please contact Deanne O'Rourke, Person Directed Living Coordinator at dorourke@rhc.mb.ca or or Kelly Dutiaume, Clinical Educator at kdutiaume@rhc.mb.ca.

September Greetings to all! As the seasons begin to shift outside, within the Riverview community we continue our shift from institutional approaches to a Person Directed Living culture that enables each person to live a purposeful and meaningful life.

“Words make Worlds.” An important part of this shift is to be aware of the language that is used in day-to-day conversation and communication with others. To support and communicate Riverview’s Person Directed Living Commitments, it important to use words that recognize and respect all people as individuals, and shift away from an institutional focus to one of life and living.



You may start to hear different terms used by staff and see different language used in Riverview communications. Here are a few examples:

Instead of hearing and seeing this...	You will hear and see this...
Facility, Institution	Riverview Health Centre, Riverview, RHC, Organization
Unit	Community (referring to a long term care area) Care Areas (referring to a hospital or program area) Or by unique Community/Care Area name (pending)
Patients	Residents (long term care communities) Individuals or People (all care areas and communities)
Family or Primary Contact or POA	Care Partner or Family Care Partner
Care conference	Care Team Meeting
Care plan	Living and Care Approach

Changing our language is a collective work in progress and will take time as we support each other to use language and words that support Person Directed Living values. We welcome comments and feedback from all, and can be reached at our emails above.

~ With thanks, Deanne & Kelly

Research: \$750,000 for Dementia Care Study

Dr. Genevieve Thompson, Riverview's own **Research Chair in Person Directed Living** and College of Nursing professor recently received \$750,000 in funding from the Canadian Institutes of Health Research for a three-year study to support decision-making and communication for family caregivers of people living with dementia.

The study, *Moving upstream: Integrating a palliative approach into dementia care*, will involve up to eight long-term care homes in New Brunswick, Ontario, Manitoba and Saskatchewan, as well as Alzheimer's Society members in those provinces and Alberta.

The study will ensure early conversations about the nature and progression of dementia, defining essential decision-making points and discussions about changing care needs as the disease progresses.

Dr. Thompson says that within the long-term care environment, these discussions often occur late, both in terms of the stage of illness and proximity to death.



Components of the project will include the development of “champions” in each of the settings – people who are already seen as go-to contacts and who are comfortable talking about palliative approaches – education, family meetings and the distribution of illness-specific pamphlets and other materials.

“We’re also developing a comfort care booklet with options for a person living with advanced dementia. It will provide care options and opportunities to actively participate in decision-making,” she says.

Congratulations Genevieve!!

Adapted from an article by Alan MacKenzie, University of Manitoba. Read the original story [here](#).

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 the Riverview Health Centre Foundation.

Click here for
the latest
recreation
calendars.

The annual
Summer Carnival
is an August
highlight for
everyone at
Riverview. We are
grateful to RHC

staff and volunteers for the time, energy, and creativity they invest to make this community event possible. The relationships that flourish amid the laughter and fun last long after it is over for another year.







The warm summer months have meant motorcycle shows, pipers on the patio, visits to local coffee and ice cream shops, bicycle rides, wheeling and walking throughout our community, and so much more. Thanks to all our guests and visitors!





Upcoming Events

Spotlight on Local Research: Connecting the Dots

Thursday, September 19 | 6pm - 7:30pm
Centre Culturel Franco-Manitobain
340 Provencher Blvd, Winnipeg, MB

Discover some of the latest advancements in dementia research from three local researchers, including Riverview's very own **Dr. Zahra Moussavi** and **Dr. Brian Lithgow**!

Join us this *World Alzheimer's Month* to learn how cardiovascular disease, the vestibular system, and virtual reality are linked to dementia and brain health research. You may be surprised at how the dots connect!

This event is FREE; registration is required. Please click [HERE](#) to register or contact the Alzheimer Society: alzmb@alzheimer.mb.ca or 204-943-6622.



3rd Annual Riverview Dog Parade

Saturday, September 21
Arrive at 9:30am | Walk starts at 10am

Meet in front of the
Princess Elizabeth Building

Please join us for the year's Riverview Dog Parade - you won't want to miss it. Last year was a barking-sniffing-woofing good time! (And the dogs had fun too!)

The parade walk will be 2 laps around the facility (approx. 2 km). Treats, refreshments, and fresh air provided!



Orange Shirt Day

National Day for Truth and Reconciliation

Monday, September 30

Orange Shirt Day - September 30 - was established as a statutory holiday in Manitoba last year and is intended as a day to reflect on the history and legacy of residential schools.

Consider wearing an orange shirt on this day to honour the lives of survivors and those who never made it home.



Riverview Health Centre Foundation

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



It's One Great Lottery!

We are excited to partner with **One Great Lottery**, which launched its 2024 event on Tuesday, September 10. You can win cash prizes while supporting Riverview Health Centre and other worthy Manitoba causes.

The first Early Bird deadline is TODAY - September 17! Don't miss this chance to win thousands in cash prizes and support Riverview Health Centre Foundation. It's a win-win!

One Great Lottery is a percentage raffle that will distribute 50% of the jackpot among an impressive 13 Grand Prize Winners!

- 1 winner will take home 60% of the prize payout



Laughs + Libations: An Evening of Comedy

You are invited to the funniest night of the year! Join us at the Fort Garry Hotel, October 16 at 7pm for this re-imagined fundraiser. Tickets have been lowered this year to \$175 each, but more laughter is expected with **Jared Story, Matt Falk and Big Daddy Tazz** all performing at this year's event.

Join us for good times, lots of laughs, and great company because your night out will be making a difference for residents and patients of Riverview Health Centre. Tickets can be purchased online at rhcf.mb.ca/laughs-libations-tickets.

- 2 winners will equally share 20% of the prize payout
- 10 winners will equally share 20% of the prize payout



Support RHC today by buying your tickets online (www.onegreatlottery.ca) or by calling 1-833-642-4035. Good luck!

Editor's Note



Next time you visit, head out to the Courtyard to enjoy more new furniture and the beautiful fall weather.

Watch for the next issue of this newsletter during the week of October 14, 2024. If you have comments or suggestions for this newsletter, please email Carol at cdynkavitch@rhc.mb.ca.



*Honouring Voice
Respecting Choice*

PURPOSE: Creating a vibrant, innovative, and inclusive community that enables each person to live a purposeful and meaningful life.

PRIORITIES: Each Person We Serve | Our Team | Excellence and Innovation | Growth and Sustainability

PERSON DIRECTED LIVING COMMITMENTS:
Respect | Relationships | Knowing Each Person | Individualized Living and Care | Autonomy | Dignity of Risk

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