

February 2025 |

A Note from Victoria Marek, Director of Resident Care and Allied Health

Hello Residents and Care Partners,

My name is **Victoria Marek** and I am the Director of Resident Care and Allied Health here at Riverview. I am heading towards my one year Anniversary here and I have to say this past year has been such an amazing time!

I was welcomed by all the staff, residents, and their care partners with such warmth and friendship; I knew right away that I was going to fit in here perfectly. The beginning of a new year is a time of reflection, planning and excitement for things to come. I look back on this past year and the first thing I do is SMILE as I remember...

- Seeing the impact that Person Directed Living is having on our campus, from research and international recognition to enhanced relationship-building and shifts in the words we choose to use
- MASH safe work certification, and achieving 100% in Accreditation and Manitoba Health Standards reviews
- Innovative programs and research shared with leaders from the Provincial government who took time to visit and learn at Riverview
- Leadership visits all year long to every RHC community
- Enjoying new Courtyard furniture - handpicked by our Residents and generously supported by RHC Foundation - and a brilliant 'home-grown' documentary, featuring some of our Residents and their families.

So many more things; I could be here all day! Here is what I am excited for in the year ahead:

- Completing the education and community engagement for our Person Directed Living residential communities
- The opening of our newly updated Riverview Spas where we will enjoy new and beautiful spa like spaces for bathing, with a person directed approach that will enhance the bathing experience for our residents
- Waiting to hear if we won a place on the Top Employers list again for 2025 (looking for a 3-peat!)
- Hosting the Internationally recognized Eden training at Riverview
- All of the fun staff appreciation events
- Resident community events that will bring us together having fun

Life at Riverview is so alive and such a pleasure to be a part of. I feel blessed to be part of the team that is so passionate and dedicated to those they serve. Thank you to everyone who has made my first year so wonderful.



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CAMPUS CALENDAR

Add these dates to your February and March calendars. Plan to join us!

February 19	Karaoke with Therapeutic Rec 11:30am - 1pm Thomas Sill Aud.
February 20	Churchill High School - Life Stories 11:30am Cafeteria
February 26	Music by Pop Vegas 5:30pm - 7pm Cafeteria + Thomas Sill Aud.

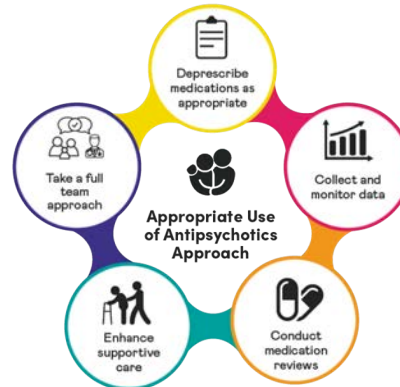
March 7	Music by ELVIS 2pm Cafeteria + Thomas Sill Auditorium
March 8	Music by Howling Coyotes 2pm Cafeteria + Thomas Sill Aud.
March 11	Music by Dust Rhinos 6pm Cafeteria + Thomas Sill Auditorium
March 22	Entertainment with Michelle 2pm

Campus News

NEW APPROPRIATE USE OF ANTIPSYCHOTIC MEDICATIONS AWARDS PROGRAM

On February 4, the CD3 community kicked off an exciting new initiative aimed at improving long term care healthcare practices: participation in [Healthcare Excellence Sparking Change in the Appropriate Use of Antipsychotics \(AUA\) Awards Program](#).

This program aims to improve resident outcomes and have a positive community impact by ensuring that antipsychotic medications are used only when truly necessary and in the safest manner possible, benefiting residents and staff.



Source: Healthcare Excellence Canada

By participating in this program, CD3 is demonstrating their commitment to excellence in care and will have a chance to win up to \$32,000 for their community! We look forward to sharing what CD3 accomplishes over the next year.

ON-SITE: EXPANDING OUR INFLUENCE

We are always proud to show people around our campus, highlighting the staff, programs and initiatives that make Riverview Health Centre so special. While we have never been shy to talk about Riverview's impactful programs and unique initiatives, it is gratifying to see that our reach is expanding. We are eager to step forward and seize opportunities to positively influence the future of health care in Manitoba, Canada, and around the world.

In January, we welcomed the **Honourable Renéé Cable, Minister of Advanced Education and Training**, to learn about our research capacity, the specialized care we provide for people living with dementia, and the vital role RHC plays in nursing education.

This was Minister Cable's second visit to Riverview. Her first was last fall, when she toured our research facilities with a delegation from Mitacs (a funding partner for several of our research initiatives). She asked to return to learn more about RHC's work in dementia care.

On February 5, nine team members from the **Protection for Persons in Care Office (PPCO)** came to Riverview for a tour and to continue discussions of where we are in our journey of Person Directed Living.

This relationship began back in October when the PPCO group attended the 2-day Re-imagining Long Term Care sessions. We were so happy to have them visit us to learn about the research, education, and projects underway to support Person Directed Living at Riverview. During our meeting, we focused on how we can collaborate to honor our commitment of Dignity of Risk.

Andre, President of our Resident Advisory Council, took time to meet the team, share his work and experiences, and promote Riverview as a leader in Person Directed Living.

This connection is essential for the success of our culture change and supports the growth and leadership we are known for. We are excited for our future together.

Below: The PPCO delegation, our staff representatives, and Andre Hall, President, Resident Advisory Council.



FEBRUARY IS THERAPEUTIC RECREATION MONTH

“Recreation’s purpose...is not to kill time but to make **Life**. Not to keep the person occupied, but to keep them **Refreshed**. Not to offer an escape from life, but to **Provide life**.” - *Canadian Therapeutic Recreation Association*

It’s Therapeutic Recreation Month - let’s celebrate the incredible work of our Therapeutic Recreation Therapists and Facilitators! These dedicated professionals play a vital role in our care teams, helping to support and care for residents and other people we serve.

Therapeutic Recreation uses activity-based interventions to address the needs of a person’s psychological and physical health, aiding in their recovery and overall wellbeing. It helps increase independence, quality of life, and promote well-being, inclusion, and community connection.

Some examples include reducing and assisting with responsive behaviours related to dementia, and quality of life initiatives within Long Term Care.

Recreation therapy...

- Gives a sense of purpose and contribution
- Provides a safe environment to experience challenge and success
- Focuses on what you CAN do and WHO you are
- Gives opportunities for a sense of normalcy
- Is inclusive and supportive
- Is evidence and strength-based
- Provides opportunities to create connection and chances for self-discovery

Riverview’s Therapeutic Recreation team creates a space in which people participate (however this may look) in leisure and recreation which encourages a positive, fulfilled and meaningful life. *Thank you all for your creativity, enthusiasm, and encouragement!*



Celebrate Therapeutic Recreation Month with Karaoke!

Wednesday, February 19
11:30am - 1:30pm | Thomas Sill Auditorium

EVERYONE WELCOME!

Join members of RHC’s Therapeutic Rec Team as they do what they do best: create space for people to try new things (and enjoy old favourites), have fun together, and encourage positive experiences.
It’s karaoke time at RHC!

Didn't the unannounced visit to review personal care home standards happen way back in November? Why are we still talking about this? *Great question!* Here's why:

Riverview boasted a 100% pass for all areas - amazing! Still, by going beyond the summary of results we can see possibilities for improvement, growth, and recognition. It is often these harder-to-spot, harder-to-achieve opportunities for refinement that make the most difference for people we are for, care partners, and staff.

RESIDENT FEEDBACK - 10 residents interviewed

Highest: 100% of respondents said they get the care they need when they need it, and feel they are treated respectfully.

100% of respondents know who to talk with if they have a concern, are satisfied with the outcome (if they had a complaint), and would recommend RHC to others.

Lowest: 60% are interested in the activities they can choose to participate in; only 70% like the food.

What they would change about living here:

- Food choices could be better
- Too noisy
- When calling for staff it sometimes takes a while for them to respond
- More variety of activities; some are too simple. Bonfire is a favourite! Also, more music activities (and maybe fishing!).

CARE PARTNER FEEDBACK - 14 family members provided feedback

Highest: 100% said they felt that staff respect their loved one's preferences, and are friendly and approachable.

100% feel that Riverview is kept clean, they have opportunities to participate in decisions about care, and would recommend Riverview to others.

Lowest: 64% said that their loved one has opportunities to participate in activities that interest them; only 57% were aware of the formal complaint process.

NOTABLE RECOMMENDATIONS

- Increase Resident voices in planning activities

Action: Adding 'Recreation Activities' as a standing item at Resident Council; Reviewing audit/evaluation process; Consider regular Therapeutic Recreation planning meetings to share ideas and support programming

- Continue efforts to enhance meal experience.

Action: The Meal Experience Working Group is continuing to test ideas and seek options.



Pop Vegas

Wednesday, February 26
5:30pm - 7pm

This four-piece cover band features guitar, base, drums, and vocals. They'll perform a wide variety of pop music covers from the 90's, 80's, and Current era as well as Top 40, Disco and some rock/country. Plan to join the fun!

Resident Council

Resident Council - 2025 Meeting Schedule

All Resident Council meetings will be held in the Thomas Sill Auditorium. Mark your calendars with the following dates, so that you don't miss a meeting. Look forward to seeing you there!

- Friday, March 14, 2pm - 3pm **NEW DATE**
- Friday, April 11, 2pm - 3pm
- Friday, June 13, 2pm - 3pm
- Friday, September 12, 2pm - 3pm
- Friday, November 28, 2pm - 3pm

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.

Hand Hygiene Tips for Visitors

Are you helping your loved one with a meal? Remember to help them wash their hands before AND after eating, if they need assistance.

Hand sanitizer, disposable hand hygiene wipes, or washing in the sink with soap and water are all great options!



Learning About Dementia Care

Pain

People with dementia may not be able to express that they have pain, and it can be the cause of responsive behaviours. Because they cannot tell us, we need to look closely for signs, and tell care providers if we think there might be pain that needs treatment. Scan the QR code below for more information.



Substitute Don't Subtract

When 'correcting' something that a person is doing - like taking away something they shouldn't have - make sure to always start with a CONNECTION - say hi, some chit chat, a compliment, a "can you help me?" - and then SUBSTITUTE the behaviour with something else - a trade, meet a need, some purpose or connection. Scan the QR code below for details.



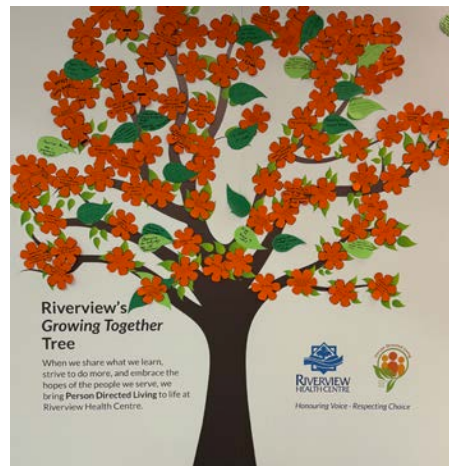
Videos by Dr. Natali Edmonds, Dementia Careblazers |
Courtesy of WRHA Continuing Care Program 2023

Person Directed Living at Riverview: Community Counts!

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

Community Counts! - a celebration of Person Directed Living at Riverview, January 20 - 24, 2025 - was a huge success! Thank you to everyone who supported and participated in events throughout the week.

Thank you to everyone who helped our **Growing Together Tree** 'bloom' throughout the week by talking about/writing their wishes on the orange flowers so they could be added to the Tree. We are in the process of reviewing and summarizing all of the ideas and wishes on the flowers, so they can be brought forward to the best venues, communities, and teams to discuss and support.



Monday was **Movie Day**, featuring RHC's own 'A New Beginning' documentary, as well as 'Human Forever', a film that explores how dementia is managed in various countries, and what we can learn to make the future more beautiful and inclusive. Popcorn (or popcorn twists) made it extra fun!



Tuesday evening's **Resident Bingo** was packed with players ready to win!

Community Counts! provided extra prizes and treats for everyone to make the event extra special. In between games, many residents took time to write on a flower for the Growing Together Tree.







The Thursday morning **Coffee Bar** was so busy that no one had much time to take photos!

Folks who preferred their morning hot beverage in their communities enjoyed the option of a flavoured creamer to add a bit of fun!



Friday's fabulous **Community Counts! Celebration** brought everyone together - staff, residents and other people we serve, families, volunteers, and students. There was cake, balloon animals, a Spin-to-Win Wheel, prize draws, a photo booth, and lots of laughter.



(The photo booth was VERY popular. Watch for those unforgettable pictures in the next issue of this newsletter - coming Thursday, March 6, 2025.)



Check Your Tickets!

The following Community Counts! prize packages have not yet been claimed:

- 'All Riverview' - #196219 (green ticket)
- 'Fun with the Kids' - #218476 (green ticket)

Contact Denise if you have a Winning Ticket:
dbondarenko@rhc.mb.ca

We are already planning for next year's **Community Counts! Week**.

If you have comments or feedback on what you enjoyed this year or what you would like to see next year, please click [HERE](#) or scan the QR Code (right) to answer a few questions. We value your input!



Research: RHC Alzheimer's Researcher in the News

LONGITUDINAL AND PERSONALIZED ALZHEIMER'S TREATMENT AT RHC

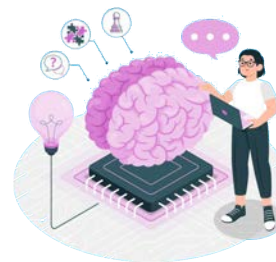
Earlier this month **Dr. Zahra Moussavi's** research into an Alzheimer's treatment was featured on CTV News. Click [HERE](#) to watch the CTV News story on Dr. Moussavi's research, underway right here at Riverview Health Centre.

Her ongoing clinical trial of Alzheimer's treatment includes **Transcranial Alternating Current Stimulation (tACS)** at personalized frequencies, paired with cognitive exercises. tACS is a non-invasive brain stimulation technique which uses electrical current to boost brain activity.

The study is longitudinal, being repeated in 1-month blocks every 3-4 months. In each block, a person in her study will receive one of the four current stimulations: DC, sham, individualized gamma frequencies, and individualized theta frequencies.

In each case, the brain stimulation is paired with simultaneous cognitive exercises using the MindTriggers app, also developed by Dr. Moussavi. Her goal: to stabilize the condition in order to postpone or avoid the level of deterioration that would require the person affected to move from their home into full time care.

For more information or to volunteer to be part of the study, please contact Zahra.Moussavi@umanitoba.ca.



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.](#)

Recently, some of our residents brought a little of the Winnipeg winter inside - not the cold, just the 'snow'! It's not just kids who enjoy building snow people, and these will last right through the spring!





A group visit to a Winnipeg Casino paid dividends for one lucky Riverview resident! While not everyone added money to their pockets, the trip was great fun for all.

Riverview Health Centre Foundation

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

Attention Cyclists! Cycle on Life is back on Sunday, June 8, 2025! Mark your calendars and get ready to ride for a great cause. Stay tuned for registration details coming soon!



Editor's Note

NEW Publication Schedule

Thank you to everyone who took time to complete the brief reader survey we included in the January issue. Your comments and feedback are important to us, and contribute to making this newsletter better for all our readers.

A number of our readers commented that because this newsletter was delivered later in the month, you sometimes missed out on campus activities.

So, to help ensure you receive the information you need in a more timely way, we are moving the publication of this newsletter to the FIRST THURSDAY of the month. Hopefully, this will give you and your loved ones time to plan visits that will allow you to enjoy even more activities and events at Riverview.

Please note that we will publish one issue to cover July and August; publication date will be announced in the June issue. Also, while we will work hard to maintain this schedule, circumstances beyond our control may from time to time require a modest delay in publication.

As always, please email Carol, our Editor, at cdynkavitch@rhc.mb.ca if you have any questions or comments about this newsletter. Thank you for reading!



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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