



## A Monthly Newsletter for Residents | Families | Care Partners

### March 2025 | A Note from Kathleen Klaasen, CEO

During **Community Counts!**, our recent week-long celebration of Person Directed Living at Riverview, we asked Residents to share their ideas for activities, opportunities, and ways we could help them add greater enjoyment to their day to day lives.

We received some terrific suggestions and are in the midst of working out how we can say 'yes' to as many of these ideas as possible. One common request was for **more music**, of all different kinds. Looking at the events calendar for March and April, it is clear that many of our Residents will have their wish come true!

All Residents are invited to come and hear our musical guests perform; families and care partners are most welcome to join them!

Also, we are currently experiencing a few small, contained outbreaks of the common cold and influenza in our communities. As such, you may see signs indicating restrictions or guidelines for visits.

We have included some information below to help clarify these guidelines (*see Health and Wellness*). If you have any questions or concerns, please speak with the Manager in your community. Thank you for your help in keeping all our residents, staff, and volunteers safe.

If you are a Resident at Riverview, please plan to attend the **Resident Engagement Forum on Wednesday, March 12** (details below).  
If you are a family member or care partner, please encourage your loved one to be part of the Forum. We want to include as many Residents as possible so that each voice can be honoured and heard.

#### *In This Issue*

- Campus Calendar
- Resident Engagement Forum
- Board Directors Sought
- Upcoming Events
- Social Work Month
- Community Connection (Resident Council; Care Partner Support Network)
- Health and Wellness
- In Focus: Dr. Buchel
- Person Directed Living
- People and Places: Golf Dome Outing
- Research Day (June)
- RHC Foundation: 2W Garage Sale

### CAMPUS CALENDAR

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
<b>March 12</b>	<b>Resident Engagement Forum</b>
March 14	<b>Resident Council Meeting</b>   2pm   Thomas Sill Auditorium
March 21	Island Breeze Dance Group   2pm   Cafeteria + Thomas Sill Aud.
March 22	Music by Michelle   2pm   Thomas Sill Auditorium
April 1	Music by Static Duo   6pm   Cafeteria + Thomas Sill Auditorium
April 11	<b>Resident Council Meeting</b>   2pm   Thomas Sill Auditorium
April 24	Spring Maker's Market
April 25	Stradbrook Choir   2pm   Cafeteria + Thomas Sill Auditorium

### Campus News

## **IMPORTANT REMINDER**

### **LET'S TALK: Resident Engagement Forum**

Wednesday, March 12 | 2pm - 3pm | Thomas Sill Auditorium



We value your input. Let's get together to talk about how you would like to engage in your community.

There are new and current ways to be involved, including: Resident Council, Clubs, Volunteer Roles, and more!

*Drinks and light snacks will be served.  
We look forward to a great discussion!*

RESIDENT EVENT



**Those interested in becoming a Riverview Health Centre Board Member are encouraged to submit their cover letter and resume by April 7, 2025 via email to [lfoster3@rhc.mb.ca](mailto:lfoster3@rhc.mb.ca).**

### **Board Directors Sought for Dynamic Health Care Organization**

Riverview Health Centre provides Manitobans with access to innovative high-quality health services provided by compassionate people within a culture focused on Person Directed Living.

Riverview Health Centre provides leading-edge health care in the areas acquired brain injury, chronic illness, dementia, long term care, palliative care, respiratory disorders, and stroke care. The Centre facilitates and conducts research in these areas, and encourages projects and programs which actively foster growth and excellence.

This year the Board is seeking forward-thinking individuals from within Manitoba with strategic skills in Health Care Administration, Government Relations, Property Management, Marketing, and/or Technology. The 15-member volunteer Board of Directors sets policy for the Centre, with the intention of creating a vibrant, innovative, and inclusive community that enables each person to live a purposeful and meaningful life.


Riverview Health Centre is an advocate for equity, inclusion, and belonging, and is committed to ensuring diverse representation in its community as it strives to maintain its commitment to excellence.



*All Welcome!*


## Spring Maker's Market

**Thursday, April 24, 2025**  
 3pm - 5:30pm  
 Cafeteria/Thomas Sill Auditorium



Another great campus event, courtesy of your PEP Team!

If you make or create items to sell and would like to participate in our Spring Market, please contact Kim Koer at 204-478-6860 or [kroer@rhc.mb.ca](mailto:kroer@rhc.mb.ca) for more information or to register.




### CELEBRATING OUR SOCIAL WORKERS

Social workers work hard each day for everyone who receives care and services at Riverview Health Centre. Each social worker has a wide range of skills that we use to gather information on an individual's personal, social, and emotional situation.

We strive to incorporate each person's unique experience to critically evaluate and implement interventions that might include: crisis intervention, adjustment and supportive interventions, grief support, resource management, or referrals to other programs/supports.



#### Meet the Riverview Social Work Team!

- **Marcia Takahashi and Alison Hamilton** support the Neuro Rehab – Stroke communities.

Here's what **Cypris Campbell**, Clinical Services Lead for the Social Work team, had to say about being a Social Worker at Riverview:

*"As a social worker at Riverview you are part of a larger team. There are other social workers to lean on, ask advice, or assist with challenges. Everyone at Riverview is encouraged to work alongside other discipline team members in order to provide the best possible care.*

*As social workers we are seen as only one aspect of what can lead to successful outcomes; we are not working in isolation to achieve success."*

Thank you to each member of our dedicated and compassionate Social Work Team! We are proud to work alongside you to provide the best possible care for the people we serve.

- **Allison Lynch Deighton** supports the Palliative Care community.

- **Cypris Campbell** supports the communities for people living with dementia, and the Day Hospital. She also supports the Social Work team as Clinical Service Lead.

- **Kelly Medwick** and **Matthew Gregg** support the personal care home communities.

- **Eva Carrasco** supports the specialized personal care home communities and Day Hospital.

## Community Connection

### Care Partner Support Network: 2025 Meeting Schedule

- Wednesday, June 25; 3pm - 4pm
- Wednesday, September 17; 3pm - 4pm
- Wednesday November 26; 3pm - 4pm

All Care Partner Support Network meetings will be held in person in the Thomas Sill Auditorium and virtually. If you wish to join us online, please share your email address with the Manager in your community; an email invitation will be sent to you. We look forward to seeing you there!

### Resident Council: Next Meeting

Friday, March 14,  
2pm - 3pm  
Thomas Sill  
Auditorium

All Riverview  
Residents  
welcome!

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The **Care Partner Support Network** met for the first time this year on Wednesday, March 5, 2025. There was an update on the construction of the tub room renovations, details on the antipsychotic medication project, an announcement about a pilot project to provide residents with increased access to beverages and snacks, and more. Detailed notes from the gathering will be available in the April newsletter. Thanks to everyone who attended!

## 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.*

### Contact Precautions

- Residents are placed on Contact Precautions when they are sick and may be contagious (stomach upset, skin rashes etc.).
- Contact precautions are used to stop the spread of germs carried on hands, clothes and equipment.
- Gowns and gloves are worn when helping with care such as bathing, toileting, or changing soiled items.
- Ask staff *before* you go into the room of someone on Contact Precautions so you know how you can help stop the spread of germs.



### In Focus: Dr. Tamara Buchel

Doctors Manitoba recently announced their annual Award Winners. We are proud to share that the recipients included **Dr. Tamara Buchel**, the attending physician for Riverview's CD3 community. She received the Doctors Manitoba *Medal of Excellence*.

Dr. Tamara Buchel is an outstanding family physician and medical educator. In addition to being an attending physician at Riverview, she has led the expansion of post graduate training at the University of Manitoba through unprecedented growth, expanding training sites to rural and underserved communities.



The post graduate training expansion welcomed the largest cohort of family medicine residents last year, with a further increase to 82 new residents starting this summer. She was also instrumental in introducing physician-led team-based care options in Manitoba for family physician practices.

Clinically, Dr. Buchel practices comprehensive primary care, inpatient care, and co-leads a MyHealthTeam that is enhancing team-based care. Her dedication to mentorship, patient-centered care, and academic excellence has made her a champion in family medicine in Manitoba.

The Doctors Manitoba awards are the highest honour bestowed upon physicians in the province. Award recipients are nominated by their peers and selected after a thorough evaluation by the Awards Committee. *Congratulations Tamara!*

## 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) or Kelly Dutiaume, Clinical Educator at [kdutiaume@rhc.mb.ca](mailto:kdutiaume@rhc.mb.ca).*

As we look ahead to continued learning, changes in language, and the new perspectives driven by person directed living, it's good to take a moment to remind ourselves about the 'basics', including the six commitments that form the foundation for person directed living at Riverview.

We recognize that fostering person directed living requires an ongoing commitment to each person that involves advocacy, growth, persistence, resilience, and collective leadership by all.

We strive to say 'yes' and work together in partnership with the people we serve and their families/care partners to find ways to support a purposeful and meaningful life and living, using our commitments as a guide.

Over the coming months, we will focus in turn on each one of these commitments, exploring what they mean at Riverview and for each one of us.



### Our Commitments

- **Respect**
- **Relationships**
- **Knowing Each Person**
- **Individualized Living and Care**
- **Autonomy**
- **Dignity of Risk**

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Here are the rest of the great pictures from the **Community Counts!** photo booth (Friday, January 24, 2025), part of our celebration of person directed living at Riverview. Thanks to everyone who came out. We are already looking forward to next year's event!







## People and Places

*Therapeutic Recreation is a health care profession that utilizes leisure, recreation, and play as primary tools to support each person in achieving 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.

A recent trip to the Golf Dome gave some Riverview residents a chance to hone their golf drives and putting skills.











## Research at Riverview

The focus of this year's Research Day at Riverview is **Healthy Aging**. Presentations will include:

- Improving Motivation and Satisfaction When Playing Serious Games for People Living with Dementia - *Rashmita Chatterjee*
- Engaging Frontline Long Term Care Staff in Examining Moral Injury and Unmet Mental Health Support Needs - *Kirsten Reynolds and Courtney Grosky*
- Person Directed Living: Opening the Doors - *Genevieve Thompson*

Please RSVP to [lfoster3@rhc.mb.ca](mailto:lfoster3@rhc.mb.ca) by Friday, May 30, 2025.

## Riverview Health Centre Foundation

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

On February 12, the **2W community** held their **2nd Annual Garage Sale** to raise funds for the 2W Foundation Fund. Residents, families, and staff donated items to sell.

Residents shopped and worked at the event, and people from other communities shopped, and recruited other shoppers from across Riverview!

They raised \$475, and are very pleased with the results of their event. Well done 2W Community!



## Editor's Note

The April issue of this newsletter will be published on Thursday, April 3, 2025.

Please email Carol, our Editor, at [cdynkavitch@rhc.mb.ca](mailto:cdynkavitch@rhc.mb.ca) if you have any questions or comments about this newsletter. Thank you for reading!

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*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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