

HEALTH VIEWS

Fall 2012 • Edition 2

A Publication of Riverview Health Centre

Take a Deep Breath

Designated Long-Term Ventilator Unit leads the way to excellence.

3

Inside This Issue

- | | |
|----------------------------|-------------------------------|
| 2 Farewell to Harry Burdon | 6 Rev. Horst Wins Award |
| 2 Fire Safety | 6 The Circle of Life |
| 4 Flu Shots | 7 Teeing Up for Riverview |
| 4 Marathoners Succeed! | 8 Win Lunch: Answer Our Quiz! |
| 5 Faces at Riverview | 8 Riverview's Generous Donors |

Riverview's Wish List

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8

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New Vice-Chair Longtime Riverview Supporter and He Likes His Hockey Too

Bob Sokalski - recipient of the 2013 Friends of Riverview Award, incoming Vice-Chair of the Riverview Health Centre Foundation and player on the "world famous" Winnipeg Steelers hockey team - has a future goal for Riverview Health Centre.

"Someday, I'd like to see the development of 'The Steelers Wing' at the Centre," he says, referring to the team on which he has proudly played forward for almost 15 years. "I'm working on convincing Sheldon Mindell (the Foundation's Executive Director) that it's a good idea."

This may sound tongue-in-cheek, but it's clear that Sokalski is completely serious. "The Steelers are made up of captains of industry in Winnipeg - from real estate professionals to business owners to lawyers," he says. "We're age 40 to 88, and we all understand that as we age, we may some day need the services provided at the Centre."

A practicing lawyer himself for over three decades, Sokalski is quick to point out that this 30-member team does more than just play hockey; it also raises money to support worthy causes. And that fact ties into Sokalski's vision for Riverview: to continue to count on past and current supporters and to seek out new ones so the Centre can achieve levels of excellence that can't be provided through regular funding alone.

Long History

Sokalski's future dream of a Steelers Wing has its roots in his long and committed history with Riverview Health Centre. He has been a volunteer member of the Foundation Board since its inception in 1998, and he has worked tirelessly to promote the facility.

But his history with the Centre dates back even further. Both he and his wife, Barb, grew up in the neighbourhood and volunteered as teenagers at the

➔ Continued on P2



Bob Sokalski: Vice-Chair of the Riverview Health Centre Foundation and recipient of the Friends of Riverview Award.

Centre. Barb's grandmother was a resident at Riverview during the last year of her century-long life. Sokalski also has personal experience with the care provided: his father was a patient on the Stroke Rehabilitation Unit in 2000, and later his mother spent several happy years on the Special Needs Unit, where she passed away in 2005.

Sokalski claims that there is "a theme going on here" regarding his connection with Riverview. "I have a great long history in the area - Riverview

Health Centre has been part of my life since my childhood."

He is pleased to continue his association with Riverview into the future by accepting the Vice-Chair position, working alongside veteran Chair Bob Brennan and being part of a hard-working Board. "I look forward to assisting with the demands and challenges we face, with a goal to keep Riverview at the forefront as a centre of excellence." ●

BOB SOKALSKI: 2013 RECIPIENT OF FRIENDS OF RIVERVIEW AWARD

Longtime Riverview supporter, Foundation Board member and incoming Vice-Chair Bob Sokalski is the 2013 recipient of the Friends of Riverview Award, which honours an individual who has demonstrated outstanding commitment to the Centre. Sokalski will receive the award at the Centre Stage Gala in April 2013.

A worthy recipient, Sokalski views the Centre as a "hidden jewel nestled on a bend in the river" and a "health centre of excellence." Developing from its communicable disease and long-term care heritage, Sokalski sees the Riverview of today as a multi-faceted facility that provides Manitobans with many vital programs and services.

He wants to stress, however, that the Centre's high level of excellence cannot be maintained without financial support from the community.

Bob Sokalski's Message:

"If people know about Riverview and have had positive experiences, please remember us with your donations, whether it be through planned giving, special events or the many other ways that you can contribute."



Riverview Bids Farewell to Harry Burdon

Harry Burdon passed away on April 22, 2012. He will be greatly missed by his "extended family" at Riverview Health Centre.

It would be an understatement to say that Burdon was a longtime volunteer at Riverview. For 57 years, he dedicated himself to the job of transporting patients and residents in their wheelchairs from their units to Sunday worship services held in the Centre. That was not his only contribution; since 1976, as a member of the United Church AOTS (As One That Serves), he coordinated volunteers from different churches in the area. He only recently turned over that task to the Centre's Volunteer Services staff.

"Harry had a wonderful way of connecting with people," says Tim Frymire, Riverview's Coordinator of Spiritual Care. "He not only worked with the patients and residents, but also with countless volunteers over the years."

Burdon taught the spirit of giving to his five now adult children. Daughter Jan remembers coming to Riverview when she was only 12 years old to assist in her father's work. "I could see how much he enjoyed volunteering by the way he talked to people and got to know them," she says.

Burdon shared his longevity with his good friend and partner in AOTS, Ernie Orpin, who enjoyed 58 years of volunteering at Riverview.

The faithfulness and generous spirit of Harry Burdon will long be remembered. ●

Keeping Safe From Fire at Home and at Work



Under the supervision of Plant and Property's Ed Lameg, Riverview staff member Jawab Barlas practices dowsing a fire in a controlled situation using specialized equipment.

There is an unspoken assumption shared by all employees, patients, residents, volunteers and visitors about Riverview Health Centre. It is this: everyone is safe from the danger of fire when under the roof of any of the Centre's buildings.

There is a certain amount of truth to that assumption, but this general feeling of safety does not come out of thin air. In fact, there are people at Riverview who work hard to ensure that a safe and fire-free environment will prevail.

One of those people is Neil Armer, the Centre's Safety Coordinator and Fire Marshall. It is his job to study the fire procedures that are in place to make sure they will actually work in an emergency situation. As well, he initiates and runs fire safety programs for all staff in the facility.

"Every employee - even if they only work one shift a year - must go through annual formal fire safety training," he explains. "This is hands-on training in a controlled environment where we use a simulator with flames, and people have to put the fire out."

The fire simulation equipment used for this training is much safer and more environmentally friendly than the old method of lighting diesel oil in a pan. Today, a barbecue-like device with a sensor signals participants if their actions with the fire extinguisher were successful.

With the help of Ed Lameg of the Plant and Property Department, Armer runs this fire safety course in two sessions twice a year - in spring and fall. Participants emerge from the 20-minute course equipped to respond appropriately to a fire situation, whether they be refreshing their skills or taking the course for the first time. Both Armer and Lameg took special training themselves to obtain the credentials to conduct the course.

Transcending to Home Life

Another aspect of Armer's job as Fire Marshall involves ensuring that life safety systems in the Centre, such as sprinklers, fire panels and alarms, are regularly inspected. "We talk about alarms in the sessions," he says. "This is an area that we want people to transfer to their home lives. We want people to be aware of the importance of smoke alarms at home and to ensure batteries are changed every year, and that a fire procedure is in place."

He stresses that in an emergency situation, adrenalin kicks in and people need a practiced plan that they can fall back on. It is the same kind of thing as an experienced driver who instinctively hits the brakes to avoid a collision. Fire procedures must be "drilled in" so they can be acted upon when necessary, preventing injury or tragedy from occurring. ●

Fire Drills

Neil Armer, Riverview's Fire Marshall, is responsible for ensuring that monthly fire drills take place in the Centre. The drills are done on a rotating basis by unit and department. After the drill, a meeting is held with staff to discuss how things went and what could be done to improve the response to the alarm.

"In a facility like Riverview, a monthly fire drill on all units would be too disruptive to the lives of patients and residents, so we adapt the schedule in a way that will meet our needs for safety, but will ensure quality of life on the unit," explains Armer.



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HEALTH VIEWS is published regularly by Riverview Health Centre to provide information about the Centre's programs, initiatives and activities to both the broader community and to its staff and patients.

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Taking a Deep Breath with New Focus for Long-Term Ventilator Residents



A resident on the Long-Term Ventilator Unit pursues his interests with the help of the interdisciplinary team, including the Recreation Facilitator and the Art Therapist. Residents are encouraged to participate in recreational and leisure activities as part of their day-to-day lives.

WE'VE COME A LONG WAY, BABY!

Respiratory care has a long history at Riverview, beginning in the 1950s with the polio epidemic. Back then, the only way to ventilate patients was through the use of rocking beds and iron lungs, and thousands of the latter were flown in during the height of the outbreak.

Things got easier by the 1970s, when a portable ventilator was invented, giving patients much more freedom. "These ventilators fit on the back of wheelchairs, and they looked like Samsonite suitcases," says Heather Caisley, Professional Lead, Respiratory Therapy at Riverview.

By the 1970s, the health care community started to look for ways to support people with respiratory problems caused by conditions other than polio. The King George Hospital building, which once stood on Riverview's grounds, was the only facility that could handle the needs of this population group. In the ensuing years, the Centre continued to build on its expertise in this area, leading the way to today's position of excellence in long-term ventilator care.

The newly named Long-Term Ventilator Unit at Riverview Health Centre is embarking upon an unprecedented opportunity right now: it is in the midst of redefining itself to become the most elite and leading-edge program of its kind in Manitoba and one of the best in all of Canada.

For the past 25 years, this unit has served the needs of those requiring respiratory rehabilitation as well as long-term ventilator patients. However, recent research indicates that respiratory rehabilitation patients are best served in an outpatient setting. In addition to this, the number of people who are dependent on ventilators is increasing, and these individuals often require inpatient care.

"The time was right to enhance the unit to suit this growing population of ventilator-dependent individuals," says Leanne Johnson, the Centre's Chief Nursing Officer. "We already offered expertise in this area, so it only made sense to expand the program to meet the needs of this group."

The Centre has been working with the Winnipeg Regional Health Authority to relocate Riverview's respiratory rehabilitation patients to outpatient care provided at various facilities in the city, including Deer Lodge, Misericordia Health Centre and Seven Oaks General Hospital. Individuals requiring respiratory rehab can now be referred to the alternate centres.

This plan has cleared the way for Riverview to ramp up its offerings on its newly named Long-Term Ventilator Unit. The number of residents with long-term ventilators on the unit has risen from 17 to 21, and there are facilities to care for 27. There is also some respite capacity so that family members who live with a ventilator-dependent relative can take a break from providing care.

"The interdisciplinary team are specialists in providing care for this unique population group," explains Leona Irwin, Patient Care Manager on the unit. She gives a long list of a diverse group of team members who are involved in the treatment process.

Irwin also comments that the environment is home-like: residents can personalize their private rooms and are encouraged to attend a wide range of facility-wide recreation and leisure events, such as concerts provided by visiting Winnipeg Symphony Orchestra members. They also go out to movies, games and other community events with family members or companions.

"The quality of life on the unit is really great," says Irwin. "Our residents use their own computers and many use assistive technology. We try to learn their likes and dislikes and we encourage them to be as independent as possible. In some cases, our program will be a stepping stone to more independent living." ●

"Riverview Health Centre is becoming an integral part of the enhanced continuum of care for people requiring long-term ventilation support as they transition between the community, acute care and long-term care. Our team has the privilege of contributing to maximizing, and in some cases re-establishing, as much independence as possible for our residents, and we are well-positioned to create a residence where quality of life is of primary importance."

- Leanne Johnson, Chief Nursing Officer



DON'T SPREAD THE FLU!

- Wash your hands, especially before working with food.
- Cough and sneeze into your arm or into a tissue, NOT into your hands or into the air.
- If you are sick, stay home.
- Don't share food or drinks.
- Try to keep your hands away from your face, especially your mouth, eyes and nose.
- Practice good environmental hygiene (i.e. keep up with the house cleaning!).

FLU SYMPTOMS

- cough
- fever
- body aches
- sore throat
- extreme tiredness

POSSIBLE VACCINE SIDE EFFECTS

A small percentage of vaccinated people will get mild side effects:

- redness, swelling and/or pain at the site of the vaccination
- mild fever, chills or fatigue that may last for one or two days ●

Get the Shot, Not the Flu!

Like everyone else, health care workers don't like catching the flu. But these individuals, whether they be staff members or volunteers, have another compelling reason to avoid getting sick with influenza: they could spread the illness to the vulnerable people they work with – patients and residents whose health may already be compromised.

The most important way to prevent contracting influenza is by getting a flu shot once a year. Riverview Health Centre offers an annual staff and volunteer vaccination program, which ran this fall from October 15 to November 2. However, because the flu season lasts from late fall until spring, those who missed the program are encouraged to make an appointment with the Centre's Occupational Health Nurse, Sheree Meyer.

"Just give me a call or come to my office – it only takes a minute," promises Meyer. "By getting your shot, you are helping to prevent the spread of this illness, which can cause older people to get really sick or even die."

Meyer explains that the vaccination is specific to three flu viruses, which scientists have predicted will be the most prevalent during this flu season. She emphasizes that it is important to get this shot, citing Manitoba Health's fact sheet on the seasonal influenza vaccine. It states: "Immunization has saved more lives in Canada in the last 50 years than any other medical intervention. Vaccines help your immune system to recognize and fight bacteria and viruses that cause diseases."

Staff and volunteers who missed getting their flu shot during the Centre's immunization program can set up an appointment by calling Sheree Meyer at 204-478-6860 or by dropping in to Room 243 in the Princess Elizabeth Building.

It's important to note that not everyone who gets the flu will suffer symptoms (see sidebar), so a person can unknowingly spread the virus. Therefore, it is recommended that health care workers in particular take a proactive approach by getting their flu shots.

Patients and residents at Riverview are also offered the flu shot on their units during the immunization program.

"We take a preventative approach," says Meyer. "The more people who get their shots, the less chance there will be of a flu epidemic occurring in the Centre." ●



Running with the Pack at the Manitoba Marathon

On a hazy summer morning in June, five Riverview Health Centre staff members arose bright and early to join throngs of runners for what would be a successful and invigorating relay race in the 2012 Manitoba Marathon.

"We asked for volunteers to participate on a relay team because we thought it would be a good opportunity to get into shape and to incorporate running into our lifestyle," explains Carrie Fruehm, Riverview's Manager of Allied Health and newly appointed Patient Care Manager of the Day Hospital and Clinics, who ran the second of five legs of the 42 kilometre (26 mile) race.

The Riverview Rapids trained for months so they would be well prepared for the rigours of the Manitoba Marathon.

The team dubbed itself "The Riverview Rapids," and members (see photo) brought a mix of running experience to the event: two were novice runners, while others had trained for and participated in races in the past.

Dr. Daryl Perry, the Centre's Chief Medical Officer, ran the first leg, passed the timing chip to Fruehm at the first relay exchange zone, then went on to run the half marathon. All team members trained for months so they would be well prepared for the rigours of event day.

The team can be proud of their strong finish. Coming in at 3:48:16, they placed 120 overall out of 724 teams. In their category of "Mixed Team," they placed 53 out of 430.

Fruehm is already looking towards the 2013 Manitoba Marathon, to take place on Sunday, June 16, in the hopes that a few more intrepid



Congratulations to the Riverview Rapids! Team members are (left to right): Tim Zurbruggen, Physiotherapist; Carrie Fruehm, Manager of Allied Health/PCM at the Day Hospital and Clinics; Neil Armer, Safety Coordinator; Jill Petrillo, Rehabilitation Assistant; Dr. Daryl Perry, Chief Medical Officer.

Riverview staff members will consider training for the event. "The Riverview Rapids would like to challenge any new teams to a little friendly rivalry," she says.

Any experienced or would-be runners who would like to get involved can call Fruehm at 204-478-6211. She'll help to connect interested

individuals. Those who would like to do a little cross-training might want to consider participating in the Riverview Cycle on Life, which takes place on Sunday, June 2, 2013. Call Sheldon Mindell, Executive Director of the Riverview Health Centre Foundation, at 204-478-6197 for details. ●



Establishing Priorities in New Role at Day Hospital

Carrie Fruehm MANAGER OF ALLIED HEALTH / PCM OF DAY HOSPITAL & CLINICS

With a recent expansion of her portfolio at Riverview Health Centre, Carrie Fruehm is excited to tackle the new challenges coming her way.

Fruehm's duties as the Manager of Allied Health have been expanded to include a new role: Patient Care Manager of the Day Hospital and Clinics. Moving in to fill the void left by Heli Dedi (see profile at right), Fruehm brings her skill and experience working with the various allied health professionals. Her expertise will enhance the management of Riverview's growing outpatient rehabilitation facility.

"I can't replace Heli or fill her shoes, but I am looking forward to providing leadership and support so we can provide the best care possible for Day Hospital clients," says Fruehm, who started in her new role on October 9. "I have a great staff team here, and I look forward to working with everyone. My goal is to be a positive, proactive leader and to support the staff so they can continue to provide the best client centered care possible with the resources we have."

Fruehm came to Riverview in 2009 to accept the position of Manager of Allied Health. Previously, she was the Regional Manager for Outpatient Physiotherapy Services at Health Sciences Centre. She has a Bachelor of Medical Rehabilitation as well as a Masters of Business Administration, both earned at the University of Manitoba. This combination of experience and education prepare her well for the clinical and managerial aspects of her new position at Riverview's Day Hospital.

"My goal is to be a positive, proactive leader and to support the staff so they can continue to provide the best client centered care possible."

As Allied Health Manager, she works with a wide variety of disciplines, including physiotherapy, occupational therapy, clinical nutrition, respiratory therapy, speech therapy, social work and x-ray. She is also the liaison with the Winnipeg Regional Hospital Authority for the lab and pharmacy.

"I oversee these disciplines as a group and provide leadership to them at a managerial level, while the patient care managers on the units look after day-to-day supervision," she explains.

Currently, Fruehm is getting to know Day Hospital staff members, familiarizing herself with Day Hospital operations and attending patient rounds. She is also keeping up with the allied professionals in the Centre. With her determination and enthusiasm, it is clear that she will find the right balance in both of these important areas of responsibility. ●



3 West PCM Concentrates on "One Thing at One Place"

Heli Dedi
PCM ON GERIATRIC REHABILITATION UNIT

Heli Dedi recently discovered what it's like to breathe a little on the job.

She is embarking upon a change from the dual role that has kept her extremely busy for over a decade - that of Patient Care Manager both at the Day Hospital and on 3 West (inpatient Geriatric Rehabilitation). As of October 9, Heli was given the opportunity to focus solely on her duties on 3 West, a change she embraces wholeheartedly.

"When I arrived at Riverview Health Centre in 2000, looking after both the Day Hospital and 3 West was a completely workable situation," she explains. "I had a full staff complement in each area, and I have always been able to spend time every day at each location."

"Being here all the time allows me greater opportunity to recognize and address the needs of the unit."

Over the years, however, the situation changed. The Day Hospital has seen fast paced growth from its original role as an outpatient geriatric rehabilitation facility. Today, it also houses three new areas of care: the Continence Clinic, the Neuro Clinic and the EMG Clinic. It's not surprising that Heli found she was spreading herself too thin.

In addition, the Day Hospital is anticipating future growth in outpatient rehabilitation for other population groups. With this in mind, it was decided that the time was right for a rearrangement in leadership; Heli would take on full time responsibility on 3 West, while Carrie Fruehm (see profile at left) would look after the Day Hospital.

Heli is pleased with the change, saying that "it's nice to be doing one thing at one place." Throughout her career, she has always had a connection with geriatric rehabilitation. Armed with a Bachelor of Nursing and a Masters of Health Administration, she spent 15 years at Health Sciences Centre as Unit Manager on the Geriatric Rehabilitation Unit and, simultaneously, the Chemical Withdrawal Unit. No doubt this dual role helped her prepare for the 12 years of dual responsibility at Riverview!

On 3 West, Heli leads the interdisciplinary team that cares for geriatric rehabilitation patients. Most of the patients are over age 85 (but can be as young as 65). They stay for about four weeks, generally due to a temporary situation that prevents them from staying in their homes, such as a fracture. The goal is to provide therapy that will enable patients to return to independent living.

Heli likely only stopped for a moment to catch her breath as she stepped into her full time role on 3 West. "Being here all the time allows me greater opportunity to recognize and address the needs of the unit," she says. No doubt it will be the patients who benefit the most from her leadership. ●



The "Face of Riverview" Gives Back in a Big Way

Guisell Suarez
COMMUNICATION CLERK

When visitors to Riverview Health Centre walk through the front door, they are warmly greeted by Guisell Suarez, possibly one of the most recognizable people in the facility.

That's because she is one of the team of communication clerks who work at the Information Desk - the first stop for Riverview's guests. Suarez is the individual who answers questions and guides visitors to their destinations - all accomplished with an uplifting demeanor and a welcoming smile.

"We are truly lucky to have Guisell on our staff," says Debbie Svaling, "She has a wonderful attitude and is the perfect person to be 'the face of Riverview.' She's only been here for a year, and already she's proven to be a very valuable employee." Svaling is the Coordinator of Communication Services, which is part of the Centre's Health Information and Communication Services.

But Suarez is not just a friendly face; she also plays a main role in emergency procedures. For example, when staff hear the announcement of a Code Red (the code for fire), it's the communication clerk who broadcasts the alert.

All emergency codes go through Suarez's capable hands. "There is a chain of command that takes place, and I'm the one who starts it," she admits with modesty. So, if there is notification of a fire, she calls 911, then directs security personnel to their appropriate locations.

"I enjoy my job because the end result is making residents and visitors happy."

Between greeting people and responding to emergency, Suarez assists with health information tasks, such as entering admissions into the computerized system. This entails communicating with all interdisciplinary areas so that everyone associated with the patient's care can prepare for the arrival.

Suarez says she "gets a kick" out of helping people during the course of her daily work. "I enjoy my job because the end result is making residents and visitors happy."

GIVING BACK

To show her gratitude for the opportunity to work at Riverview, Suarez participated in the Foundation's annual fundraiser, the Cycle on Life, raising over \$700 in the process. She wanted to support the renovations on the Palliative Care unit, as a family friend received great care there. "My friend's grandfather spent a peaceful time on the unit before he passed away in 2006," she explains. "I was happy to support Riverview by getting involved in this event - it was fun!" ●

Rev. Glen Horst is Honoured with National Award

A great tribute was recently bestowed upon a retired Riverview Health Centre staff member - a man whose gentle mentorship and caring nature will long be remembered by many patients, residents, students, volunteers and employees. Reverend Glen Horst, who spent 22 years as the Centre's Spiritual Care Coordinator before retiring in 2007, received the 2012 Canadian Association for Spiritual Care Award of Excellence for Pastoral Practice in Education.

Presented annually by the Canadian Association for Spiritual Care (CASC), this award acknowledges Rev. Horst's contributions as a spiritual care educator, with many of his accomplishments taking place at Riverview. Specifically, he initiated the Clinical Pastoral Education (CPE) Program in 1986, which eventually developed into the CPE Residency Program. Through theory and practicums, these programs train students from various educational facilities who are working towards becoming spiritual care providers.

Rev. Horst says he is "surprised but honoured" that he was chosen for this accolade, especially in light of the fact that he has been retired for five years. But

to those who have been touched by his guiding hand and thoughtful encouragement, it's no surprise. Consider this excerpt from the CASC citation describing the reasons for selecting Rev. Horst for the award: "He was...instrumental in the education and ongoing development of many of the spiritual care practitioners currently active in Manitoba." That is some endorsement!

As well as being a leader in education, Rev. Horst also demonstrated great empathy towards the patients and residents for whom he advocated. As a researcher, he studied ways to change the way long-term care facilities manage the transition surrounding the deaths of residents, always striving for humane and compassionate practices in this area of care.

Here at Riverview, we can be proud to have had Rev. Horst in our midst for so many years. We can consider his recent honour a "lifetime achievement award" for an esteemed and respected alumnus. ●



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THESE GENEROUS SUPPORTERS CONGRATULATE RIVERVIEW FOR A SUCCESSFUL 2012 CYCLE ON LIFE:

Join Our Circle and Help Take Riverview Into the Future

Riverview Health Centre Foundation would like you to join our Circle of Life Planned Giving program. Once you make the commitment you will be recognized on our donor wall as a Circle of Life member. Members will be invited to have a one page story of their life added to our website, giving friends and relatives throughout the world access to their story.

Our donors recognize the value of the services that Riverview provides. Regardless of the reason an individual is admitted, all patients and residents



are treated to a facility that is focused upon their needs. For Riverview to provide the physical surroundings and programming for which it is known requires additional financial support from our donors. A planned gift is one way of saying that you will help. Everyone is financially able to be a Circle of Life member; no minimum contribution is needed to join. Please call Sheldon Mindell, the Foundation's Executive Director, at 204-478-6197 for information about making a planned gift. ●

DID YOU KNOW?

People make donations because of their generosity, but there are also tax savings depending upon how one donates. Often, people simply donate by cheque; however, if you donate appreciated securities, there are real savings. The chart below illustrates the advantages of transferring in-kind shares to Riverview Health Centre Foundation rather than selling the shares and donating the proceeds.

Gift of Securities	Gift of Transferred Shares to RHCF	Gift of Proceeds of Sold Shares to RHCF
Market Value	\$10,000	\$10,000
Cost Base	\$2,000	\$2,000
Capital Gain	\$8,000	\$8,000
Taxable Capital Gain	\$0*	\$4,000 (50% inclusion rate)
Tax Due on Gain at 46%	\$0	\$1,840
Tax Receipt for Gift	\$10,000	\$10,000
Value of Tax Receipt at 46%	\$4,600	\$4,600
Net Tax Saving	\$4,600	(\$4,600 - \$1,840) = \$2,760
	Actual Cost of a \$10,000 Gift of Shares is \$5,400	Actual Cost of a \$10,000 Cash Gift is \$7,240

*Donated Shares = \$0 capital gain to the donor



TREE of LIGHTS

November 28, 2012

The annual Tree of Lights Festival at Riverview Health Centre creates a magical, multi-coloured atmosphere during the holiday season for the Centre's patients, residents, staff, visitors and the surrounding community.

Monies raised through this heartwarming campaign are directed towards quality of life programming for Riverview's patients and residents.

Test What You've Read . . . and Win!

Test your knowledge of the information in this issue's articles by answering the questions listed below. The first three correct responses mailed to us will receive:

A CATERED LUNCH

as the guests of Norman Kasian, Riverview's President and CEO, and Sheldon Mindell, Executive Director of the Foundation.

A GUIDED TOUR of Riverview Health Centre.

Directions:

- Write the answers to the questions on the designated space on page 8.
- Fill in the personal information on the form at right.
- Cut out the form and mail it using the included postage paid envelope.

Questions:

1. Who is the recipient of the 2013 Friends of Riverview Award?
2. How often does the Fire Safety Course take place at Riverview Health Centre?
3. What is the name of Bob Sokalski's hockey team?
4. What is the name of the Riverview team that ran in the 2012 Manitoba Marathon?
5. Who do you call at Riverview to get a flu shot?
6. What is the name of Riverview's Planned Giving Program?
7. How many people participated in the 2012 Charity Golf Classic, which raises money for Riverview?

GOOD LUCK!!



YES! I/WE WANT TO SUPPORT RIVERVIEW HEALTH CENTRE'S WISH LIST

My/Our gift to the Foundation is: \$125 \$100 \$50 \$35 \$ (other)

I/We enclose a cheque payable to: **Riverview Health Centre Foundation, 1 Morley Ave., Winnipeg, MB R3L 2P4**

I/We prefer to pay by credit card: Visa Mastercard

Card # _____ Exp. Date: _____ 3 digit security # (back of card): _____

Signature: _____

Mr. Mrs. Miss Ms Dr. Name(s): _____

Address: _____ Postal Code: _____ Telephone: _____

Email: _____ I/We would like to learn more about Planned Giving.

DONATE ONLINE: WWW.RHCF.MB.CA

Tax receipts will be issued for donations of \$10 or more. Charitable Registration # 11893 7853



Thanks for supporting our Wish List!



Teeing Up for Riverview at Glendale Golf & Country Club

The care provided at Riverview Health Centre has touched the lives of many Manitobans. In 2003, Frank Wade and Vince Boschman, both of RBC Dominion Securities, took action to show their recognition of the programs and services at Riverview by organizing a golf tournament. This event was their method of raising needed dollars for what they believe is one of the most

progressive health care facilities in the province. Every August since then, including the 10th annual Charity Golf Classic on August 21, 2012, Wade and Boschman have invited their clients to participate in a fun afternoon of Texas Scramble. The day starts with a lunch and a noon tee-off, continues with an afternoon mix and mingle, and finishes with a silent auction and dinner.



Chantal Wiebe, Bruce Lillie, Joanne Jeanson and Matthew Mutcherson from All Seniors Care Living Centres participated in a great game of Texas Scramble during the 2012 Charity Golf Classic.

This year, 144 participants, representing both Riverview Health Centre supporters and RBC clients, appreciated the event's new venue: Glendale Golf and Country Club. "This is the first year we've played at this location," says Jon Ljungberg, Riverview's Special Events Coordinator. "Glendale is a beautiful course - it was a real treat to golf there."

Funds raised this year are being directed towards the refurbishment of the Palliative Care Unit at Riverview Health Centre. Each of the 30 rooms on this unit is undergoing renovations that will heighten the comfort and quality of life of patients and their families. Funding for the refurbishment project is supported by Foundation fundraising initiatives.

For information on next year's event, contact Jon Ljungberg: 204-478-6220 or jljungberg@rhc.mb.ca.

THANKS TO ALL 2012 CHARITY GOLF CLASSIC SPONSORS

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Important Reader Information

Directions:

- Tick one (or more) of the circles below to select where you would like your donation to go based on the descriptions at right.
- Read the quiz questions on page 7 and fill in your answers in the bottom section.
- Fill in the personal information on the back of this coupon (on page 7).
- Cut out this section and mail it using the included postage paid envelope.

I would like my donation directed to :

- The Beauty of Murals*
- Plumbing Check*
- Brace For It!*
- Baths: Heavenly Experiences*
- Heart Medicine*
- Enjoy the Music!*

My answers to the quiz on page 7 are:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

THANKS FOR YOUR DONATION
AND PARTICIPATION!

Riverview's Wish List:

Let's face it: many of us will some day require the care provided by Riverview Health Centre. When that happens, wouldn't we all appreciate having the amenities of home?

The reality is that present day funding covers only the basics of good health care. Riverview strives to provide "extras" in its programs, services and surroundings. The goal is to create a relaxed atmosphere and timely care so all patients and residents can enjoy a high quality of life during their stay.

Riverview relies on the generosity of its donors. Here's our "wish list," and each project will enhance the lives of our patients and residents.

Go ahead! Choose an item on our wish list and donate to the Riverview Health Centre Foundation. Use the form at left and the enclosed postage paid envelope. Thank you!

The Beauty of Murals

Individuals with Alzheimer's disease and other forms of dementia become distracted with excessive stimulation. Riverview would like to create soothing murals as a way to calm patients and to provide visual uniformity on the special needs units. If you love art, let your donation put the paint on the creations!



For Your Consideration

Plumbing Check

It's not openly discussed, but some people retain urine in their bladders. Non-invasive, pain-free assessment requires a high tech bladder scanner. Can you help?

Brace For It!

Stroke patients work hard to gain back their mobility. Help us to assist them to regain arm function by contributing to a Saebo Kit, a special brace which can lead to independence.

Baths: Heavenly Experiences

The bath tubs at Riverview are all new. Now we'd like to create a spa-like experience for our patients and residents. Help us with the purchase of towel warmers, aromatherapy supplies and a mobile relaxation cart.



Heart Medicine

A health care facility simply can't have enough defibrillators for use in a medical emergency. Riverview only has one, and we are asking for help to purchase another.



Enjoy the Music!

Music is in the air at Riverview! Some units want to include music therapy in their offerings, while others just want to be able to listen. Help us with the costs of qualified music therapists and updated sound systems and you'll be making beautiful music for patients and residents.



In Honour of and In Memory of donations

Donations can be made to Riverview Health Centre Foundation as memorial gifts, honorariums, or to commemorate special occasions and important milestones. Gifts listed below were received between June 1, 2012 and October 15, 2012. The names of the individuals being acknowledged through a donation are in bold. Donors' names follow.

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