



# health

V • I • E • W • S

Fall 2010 • Vol. 19 • No. 2

## Two Great Events!

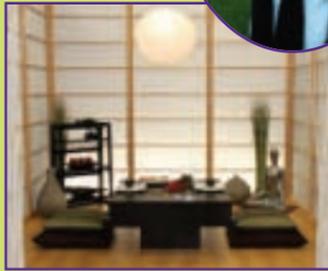
The Riverview Health Centre Foundation held two successful fundraising events in 2010. See inserts for the full stories on:



THE CYCLE ON LIFE

and

DINE BY DESIGN



## A Date to Remember

The Donor Wall, with an updated list of engraved donor names, will be available for viewing beginning Wednesday, November 10, 2010.



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### Congratulations!

The following individuals were recipients of Riverview Health Centre awards:

- Robert (Bob) B. Brennan Bursary  
Ashley Dereski
- Edwin Norton Education Award  
Robert Yerex
- Honourable Israel Nitikman Award  
Jennifer Ardiel
- Princess Elizabeth Guild Award  
Rose Kennedy
- Riverview Health Centre Fdn  
Family Education Bursaries  
Stephen Haiko  
Liezl Lourdes  
Kristen Wolfe

## Alzheimer's Research



International collaboration between a pair of researchers is set to push research on Alzheimer's disease to the next level. Above, Dr. Zahra Moussavi and Brian Lithgow are shown with a portion of the equipment that makes up EVestG technology, an invention of Lithgow's. EVestG won the prestigious 2010 Australian Invention of the Year awarded by the Australian Broadcasting Community.

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## Stories of Giving



A Foundation Board Member makes a commitment to planned giving through the Circle of Life.

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Beloved daughter Lorilyn Van Elslander is memorialized with inspiring words inscribed on a park bench on Riverview's grounds.



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## Riverview on the Radio



Turn on your radio during November. Riverview will be the on-line sponsor of

CJNU Nostalgia Radio,  
107.9 FM on your dial.

Daily interviews will tell you everything that's going on at Riverview!

## Back Behind the Wheel

The Tran-Sit Car Transfer Simulator is helping rehabilitation patients to relearn and practice manoeuvring in and out of a vehicle.



## Australian and Manitoban Biomedical Researchers Team Up at Riverview to Focus on Early Detection of Alzheimer's Disease

Early and reliable detection of Alzheimer's disease, and distinguishing it from other diseases affecting the brain, are important goals of clinicians.

Early detection allows early intervention and slowing, or perhaps stopping, the progression of the disease. Accurate distinction from other brain diseases can help ensure that the most appropriate drugs are prescribed and negative side effects are minimized. As well, earlier detection might permit the exploration of non-pharmaceutical interventions.

This is the objective of an extensive research program that will be based at Riverview Health Centre under the direction of two biomedical engineers, Dr. Zahra Moussavi, from the Department of Electrical and Computer Engineering at the University of Manitoba, and Brian Lithgow, from the Department of Electrical Systems and Computer Engineering at Monash University and the Psychiatry Department of Alfred Hospital in Melbourne, Australia.

### International Collaboration

The study is the most recent research project at Riverview involving international collaboration and the first involving biomedical engineering, says Dr. John Bond, Riverview's Manager of Research.

"There is excitement about partnering internationally. I am pleased that Dr. Moussavi has chosen Riverview as a home to develop part of her biomedical engineering research program and the clinical implications that are anticipated. Where it goes from here, who knows? There are just so many possibilities."

Moussavi is excited about the collaboration, too. She and Lithgow met professionally a number of years ago. In 2009 at a Neuro Engineering Conference in Turkey, they began comparing notes about their research into the detection of dementia, particularly Alzheimer's.

"We found a lot of overlap in our interests and realized that our research complements each other's," Moussavi explains.

Through his work at Monash University, Lithgow invented technology called EVestG, a method of recording electrical signals from the vestibular system by inserting a probe into the ear canal. The ear is a "window into the brain" and is close to the mood and emotion centre of the brain.

Lithgow says his initial research shows the technology can detect and distinguish two types of mood disorders - manic-depressive disorder and bipolar depression - in under an hour. He has done some initial research into whether the method can also be used to diagnose Alzheimer's disease.

Moussavi's research has involved studying humans' spatio-temporal perceptions - how our brain perceives time and orientation. She believes it is the orientation skill that deteriorates first by dementia and particularly in Alzheimer's disease. Her studies involve a series of computer games, played using a robotic arm, through which she objectively measures the temporal and spatial perceptions.

Lithgow asked Moussavi if she would conduct further research to validate his findings from his EVestG technology, and in a moment of inspiration, Moussavi asked Lithgow if he would like to come to Winnipeg so they could work together, as their work involves two parallel but independent approaches to the same problem.

Lithgow says he didn't hesitate to accept Moussavi's offer. She is, he said, "a very enthusiastic researcher with a well-established record" with which to conduct further research in the area of mental disorder detection.

Upon Moussavi and Lithgow's request for collaboration, Neural Diagnostics Ltd. Australia, which holds the intellectual property rights of the EVestG technology, has moved close to \$200,000 worth of equipment into the office converted to a lab at Riverview.

Lithgow is on a six-month sabbatical leave from Monash University and is an adjunct professor in the Department of Electrical and Computer



Biomedical engineers Brian Lithgow, from Monash University in Australia, and Dr. Zahra Moussavi, from the University of Manitoba, are collaborating in a research project being conducted at the Riverview Research Centre. The pair is working on using special technology for early detection of Alzheimer's disease.

Engineering at University of Manitoba until July 2013. He is working on either extending his stay to four years, or arranging to be in Winnipeg for six months of each year until 2015.

Moussavi and Lithgow have also started common projects on making the EVestG technology portable and faster. Currently they have two Ph.D. students and one M.Sc. student at the U of M who are working on projects related to EVestG.

The excitement is building around Lithgow's research, which has received a lot of media attention in Australia. If his technology is proven to accurately detect mental disorders, including Alzheimer's,

in under an hour, it will have far-reaching impact in terms of early diagnosis and proper treatment. Lithgow hopes that by using the combination of EVestG and the psychophysical experiments of Moussavi, they will be able to diagnose Alzheimer's disease and separate it from other types of dementia at early stages, as well as monitor the drug efficacy.

He says he's hoping the duo's five-year research project in Winnipeg will also be a chance to explore whether the technology can manipulate the brain so the full effects of Alzheimer's can be delayed and whether it can be used to identify hereditary links.

**Dr. Zahra Moussavi's response to an invitation from Riverview's Manager of Research, Dr. John Bond, to come to Riverview to conduct research:**

**"At the Fort Garry campus lab, we have no space and besides, we need to test people with cognitive disorders - bringing them to the Engineering building would not be that easy. We need a large, calm, quiet friendly environment like Riverview."**

**About half of the subjects in the Alzheimer's research project conducted by Moussavi and her colleague Brian Lithgow will be residents and patients from Riverview.**

**The Cycle on Life was a great success!**

Congratulations to the Riverview Health Centre Foundation and participants.



A proud sponsor of Cycle on Life



## Manitoba Hydro

Once again, we are proud to be the title sponsor of the Riverview Health Centre Foundation's Cycle on Life!



## Recycling at Riverview: Promoting a Green Environment

**R**iverview Health Centre continues to promote a green environment! Over the years the Centre has implemented several successful recycling initiatives. The following is an overview of what is recycled:

### Cardboard

Cardboard is recycled through the Waste Management Program. Cardboard is collected from all units and departments by housekeeping aides and delivered to the appropriate bin. Housekeeping Services coordinates this initiative, and there is an annual \$3,000 cost for this service.

### Confidential Paper Waste

Confidential paper waste is collected twice a month in 15 bins located in all buildings throughout the campus. It is transported to a high security location where it is shredded and then recycled. Housekeeping Services coordinates this initiative, and there is an annual \$2,500 cost for this service.

### Regular Paper Waste

Twenty blue bins are located in strategic areas in the Main Centre, Day Hospital and the Princess Elizabeth building for collection of regular and colored

paper, paper envelopes, newspaper, flyers, magazines and catalogues. Left-over newspapers at the Gift Shop are recycled through this program. A rental fee for the bins and for the collection of the recyclable items is charged to Riverview Health Centre. The program is voluntary and staff are encouraged to recycle all types of paper. Blue boxes are supplied to all departments for this purpose. Housekeeping Services coordinates this initiative, and there is an annual \$300 cost for this service.

### Batteries

Two years ago the Centre implemented a program to recycle AA, AAA, C and D cells and 9 volt batteries. The collection boxes are located beside the paper and newspaper collection bins. The Safety Coordinator looks after this initiative, and there is a removal fee charged to the Plant & Property budget.

### Printer Ink and Toner

Computer printer ink cartridges are also recycled. Staff bring the used cartridges to Material Management and they are picked up by Grand & Toy. There is no cost for recycling printer cartridges.

### Aluminum Cans

Chris Edwards, a Recreation Facilitator on AB2, had the idea for patients and residents to get involved in recycling by collecting aluminum cans. This program started in 2009 and has proven to be very successful.

### Other Environmentally Friendly Activities

- In the cafeteria, the use of disposable dishes is minimized.
- Plastic glasses are no longer used, and staff are encouraged to return china dishes and cutlery to the cafeteria.
- In the kitchen, used deep fat fryer oil is recycled.
- Material Management had an excellent idea to dispose of equipment and items that the Centre no longer uses or needs by selling them to Centre staff at very reasonable prices; hence "rBay" was created.

It is evident that Riverview Health Centre recycles all possible items, with the exception of glass bottles. The Centre has made significant strides over the years in being a "green neighbour" and has dramatically increased what is recycled. It continually looks at all opportunities to help the environment and encourages all staff to recycle at work.



## Flowers and Fish Pond Beautify Grounds During Perfect Summer

**I**t was a banner year for flower and fish-lovers at Riverview this summer.

The right mix of sun, heat and rain – and the dedicated work of the grounds keepers – helped to produce glorious flower beds that beautified the Centre and brought a smile to residents and visitors alike.

Residents, particularly those in wheelchairs, were also smiling after the old ground-level fish pond in the courtyard was replaced with an above-ground pool surrounded by patio stones. The changes make it much easier for them to get an up-close look at the two koi fish and three comet fish that make the pond their home through the summer.

"It was a good year for the flower beds. We had enough moisture and the right mix of flowers. They handled the moisture well," says Ted Bakker, who has worked in the plant and property department at RHC for the past 21 years, the last 18 as grounds supervisor. While it was a good year for the gardens, things did start to get a little water-logged by the end of the summer, he adds.

Bakker, who is joined by three part-time workers each summer, is kept busy tending the six formal flower beds and the numerous flower planters and perennial-filled landscaped areas around the Centre. In all, his crew planted about 1,500 annuals this year: a colourful mix of plants such as red and blue salvia, marigolds, dusty miller, snap dragons and impatiens, all of which bloomed profusely. Perennials such as hostas, daylilies, Russian sage, coneflowers and Joe Pye Weed also brought colour to many of the landscaped areas.

### Wheelchair Accessible Fish Pond

The fish pond is also Bakker's responsibility and he is pleased with how the revamped area turned out. Before, he says, the ground-level

pond was surrounded by grass and it was not easily accessible by wheelchair. The raised pool surrounded by patio stones allows people to bring their wheelchairs very close but without any danger of rolling right in or falling out of their chairs while straining to get a better look.

"People really like it and enjoy rolling their chairs right up to the edge," he says.

The five fish that make their home in the pond will soon be moving to the warmer climate of the maintenance building for the winter. Bakker and his crew of Kelley, Craig and Adrian will be cleaning the flower beds out for another year, and then the part-timers will leave and Bakker will be on his own for the winter.

That's when he gets out the snow clearing equipment in preparation for keeping the sidewalks, roads and parking lots free of the white stuff. At Christmas, Bakker is responsible for the lighted Christmas decorations that give the Centre its holiday glow.

"There's always lots to do," he says, smiling.



# Riverview Health Centre Foundation News



## Annual Charity Golf Classic Gets Bigger and Better Every Year

Thank you “eight times over” to Boschman Wade Wealth Management Group for its continued support of Riverview Health Centre Foundation. Their most recent Charity Golf tournament was held on August 26 at the St. Boniface Golf Course.

“We are now very close to hitting the \$300,000 mark since the inception of this tournament,” says Frank Wade, who founded the event with Vince Boschman eight years ago. “This year we had 144 golfers and we raised nearly \$35,000. It was a great day!”

Wade and Boschman are with RBC Dominion Securities. They started the tournament as a way to show appreciation for their clients and to raise money for a good cause. They chose Riverview Health Centre because of all the



**Frank Wade & Vince Boschman of RBC Dominion Securities**

good things they had heard about it over the years from clients and associates.

This year, funds raised through the Charity Golf Classic will be directed towards the Centre’s Bathtub Renewal Project. Bathing facilities need updating because the tubs in use now have seen between 12 and 19 years of service and are starting to show wear and tear.

Over the years, funds raised through the Charity Golf Classic have helped to pay for upgrades to the Centre’s Wanderway paths and enhancements to the Rehabilitation Program.

For more information about this event, please contact Ashley Kapustiak at 982-4069 or check these websites:

[www.thecharityclassic.com](http://www.thecharityclassic.com)  
[www.rhcf.mb.ca](http://www.rhcf.mb.ca)

### Thanks to the 2010 Major Sponsors

- Manitoba Hydro
- Lorne Weiss Century 21 Bachman & Associates
- 400 Management Group
- RBC Asset Management
- The Bacchus Group
- Boschman Wade Wealth Management Group
- RBC Foundation
- Brandes Investment Partners
- Franklin Templeton Investments

## The Ducharme Family Hole

This past summer when golfers at Riverview Health Centre’s annual Charity Golf Tournament arrived at the ninth hole, they were greeted by members of the Ducharme family. “We gave all the golfers t-shirts,” explains Linda Ducharme, whose husband, Glen, spent three years at the Centre. The shirts read: “Time Spent Golfing is Not Deducted from One’s Life Span.”

This was one of Glen Ducharme’s favourite sayings. Before frontotemporal dementia limited his activities, he spent innumerable hours golfing with his buddies. Linda eventually took golf lessons and joined him on the fairway. “I always wanted to hold a golf tournament in his honour, but organizing one was just too overwhelming,” she notes.

In conversations with the Riverview Health Centre Foundation, Linda found a perfect alternative. The Ducharme Family would sponsor a hole in memory of their beloved husband and father. Along with Linda, two other members of the family were on hand to give out the commemorative shirts: daughter Danielle and future son-in-law, Scott, fiancé of the Ducharme’s other daughter, Natalie, who was working in Northern Manitoba at the time. Natalie’s employer, MMM Group, was one of the tournament sponsors.

Linda’s first contact with the Foundation was through the donation of a shuffleboard for use by the patients. She wanted to give back to the facility that had been so responsive to her family’s needs during Glen’s illness. “We used to take the dogs there,” she recalls. “That was good medicine for both Glen and me. The staff was very flexible and supportive. They became almost like second family.”

She appreciated being able to take her husband on walks and rides in the car when he was still well enough to leave the Centre. “I hope somehow our participation will help others in need and support the facility and the wonderful services it provides,” notes Linda. “I think Glen would be proud that we did something positive in his name.”



**Linda and Natalie Ducharme appreciate the care their husband and father, Glen, received during his time at Riverview.**



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## Don't Miss Riverview Health Centre Foundation's Tree of Lights Festival

### When:

Tuesday, November 30, 2010, 5 to 7 p.m.

### Where:

The Atrium, Riverview Health Centre

All are welcome to come and view the annual Lighting Ceremony of Riverview’s festive light display. Visitors will witness the illumination of the many light sculptures and the gigantic tree at the front entrance.

**Refreshments Served**  
*Come out and enjoy the evening!*



**The Kelvin High School Girls Choir**  
*Directed by Kim Brown*

Thanks to the suppliers and supporters of Riverview who make this event possible through their generous corporate sponsorship.

## A Life Remembered



**Norm and Peggy Van Elslander sit on the bench on Riverview's grounds that bears a plaque in memory of their daughter, Lorilyn.**

"DANCE, LOVE, SING, LIVE" are what Lorilyn Van Elslander did best during the 38 years of her life. How fitting, then, that these words should grace the bench near the main doors of Riverview Health Centre, where she spent her last ten days.

As a tribute to their beautiful daughter, parents Peggy and Norm decided to make a donation to the Centre in her name. "When a loved one is sick you want to know that they're getting the best possible care," explains Peggy Van Elslander. "I think Riverview is committed to providing that care and they need the support to do so."

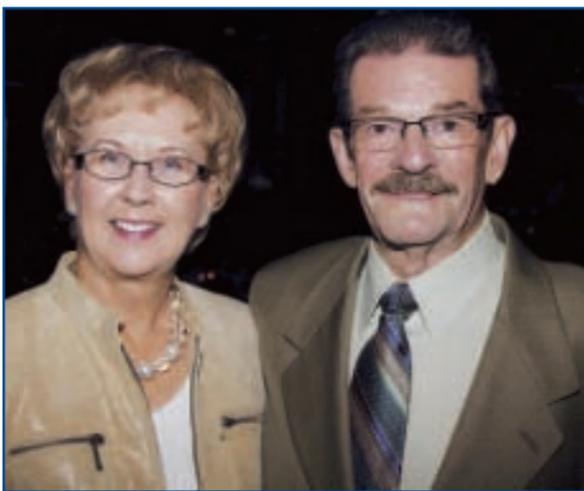
Peggy points out that such items as comfortable beds can make a significant difference. Recently, her brother-in-law Don Van Elslander also passed away on the Palliative Care unit. He made

use of a vibrating bed that provided some measure of comfort to his last day of life.

It was this kind of care Peggy and Norm appreciated having for their daughter. "She was treated extremely well," says Peggy. "The staff were wonderful to us and always greeted us by name." She believes her daughter would be pleased to see their donation used for future upgrades of the Palliative Care unit.

The inscription on the park bench came from Lorilyn's daily journal. Seeing these words immortalized there would have brought a smile to her face. That smile is still remembered by all the patrons of the Medicine Rock Café where Lorilyn worked as manager, bringing happiness to all who knew her.

## Garry and Deanna Mattin Become Circle of Life Supporters



**Garry Mattin, Riverview Health Centre Foundation Board Member, with his wife, Deanna.**

Four years ago, Garry Mattin decided to put his energy into becoming a volunteer board member of the Riverview Health Centre Foundation. He and his wife, Deanna, had recently moved to Winnipeg after Garry's retirement from a 30-year career that included several high ranking positions in health care facilities in rural Manitoba. He was quite familiar with the services and programs offered at facilities throughout the province, including those in Winnipeg.

"When I was looking around for opportunities, Riverview

became my top choice," he explains. "The level of specialization in its services are known not just here, but all over the country. And they are always expanding." Mattin is particularly impressed with the Palliative Care program at Riverview, noting that this was an area of care that he found lacking in rural Manitoba. "I was always pushing for

proper rooms for palliative care patients so that relatives could comfortably spend time there," he says. "Riverview is an example to follow in this area, and people are fortunate to have this service available to them." Because of this confidence in Riverview Health Centre's programs and leadership, Garry and Deanna decided to become members of the Circle of Life, which is the planned giving program overseen by the Foundation. The Circle of Life encourages donors to support Riverview through a variety of

planned giving methods, such as leaving a bequest in a will, naming the Foundation as the beneficiary of a life insurance policy, or setting up an endowment fund or an annuity. These are the kinds of gifts that support the Centre in the decades to come.

### Calling All Health Views Readers

For your convenience, each issue of Health Views is posted on the Centre's website at [www.riverviewhealthcentre.com](http://www.riverviewhealthcentre.com). Suggestions and feedback are welcome by contacting the editor, Lorna Wenger, at 654-0012 or [lwenger@mts.net](mailto:lwenger@mts.net).

### Donor Recognition Levels

FOUNDER	\$100,000+
BENEFACTOR	\$50,000 - \$99,999
PATRON	\$25,000 - \$49,999
BUILDER	\$10,000 - \$24,999
PARTNER	\$5,000 - \$9,999
SUPPORTER	\$1,000 - \$4,999

Circle of Life donors can request that their funds go to specific projects or to the general needs of the facility. Garry and Deanna feel strongly that their donation be directed to wherever it is needed most.

"I'd like to leave it up to the people in the Foundation to decide

where our money will go," he says. "The needs of the facility change from year to year; when our donation becomes available, we would like the Foundation to use it where it is needed most at that time."

Garry and Deanna both feel that becoming Circle of Life supporters is an appropriate way to say that they appreciate what Riverview Health Centre does and that they want to assist with the future needs of patients and residents. As Garry puts it: "We'd like to leave Riverview a 'little surprise!'"

The 5th Annual

## NEVER ALONE LUNCHEON

in support of

## RIVERVIEW HEALTH CENTRE FOUNDATION



The Never Alone Foundation was conceived by Blue Bombers Alumnus and CFL Executive Lyle Bauer. After being diagnosed with throat cancer in 2004 (which he has since successfully fought), Lyle was committed to assisting cancer sufferers and their families. His experience with the disease and the support he received from friends, family and cancer service providers inspired him to help other cancer patients to let them know that they are never alone. Lyle's vision and commitment to help others led to the creation of the *Never Alone Foundation*, which was launched in February of 2005 during the CFL Coach of the Year Award Luncheon in Winnipeg.

Every year, the Never Alone Luncheon raises money for cancer programs. This year, the Riverview Health Centre Foundation will be the recipient, and the funds will go towards the renovation of rooms on the Centre's Palliative Care unit. "When it comes to cancer care, there is an element of need when the disease can't be beaten," says Sheldon Mindell, Manager of the Riverview Health Centre Foundation. "We need to make the last days of a person's life as comfortable as possible. We know that the staff at Riverview is great, but we want to enhance surroundings."

This year's luncheon takes place at

**CANAD INNS, POLO PARK  
WEDNESDAY, NOVEMBER 17 AT 11:30 A.M.**

Featuring Guest Speaker

**SAM BRACKEN**

Sam Bracken is an inspirational speaker and author of *My Orange Duffel Bag*. Those attending will leave empowered by Sam's inspiring story and his journey to radical change.

For more information call 204-779-2441 or check the website: [www.neveralonefoundation.ca](http://www.neveralonefoundation.ca)

## Focussing on Oral Health at Riverview Health Centre

A healthier mouth means a healthier body, which is why staff at Riverview Health Centre are stepping up their efforts to address the oral health of their residents and patients.

“An interdisciplinary team of professionals is working hard to focus on oral health care because we know how important it is,” says Carole Hamel, clinical nurse specialist at Riverview.

Research shows that gum and other oral diseases are often linked to health problems such as cardiovascular disease, diabetes, osteoporosis and cancer.

### Risk Factors for the Elderly

The elderly are known to have additional risk factors to be

considered. Poorly fitting dentures, or not taking dentures out daily, increases the risk of mouth infections. Prescription medicines frequently cause dry mouth, which in turn increases the risk for tooth decay, gum disease and infections.

Seniors are living to an older age than in the past, and they are keeping their natural teeth longer, which can result in more dental problems. As well, the elderly often have to depend on others to brush their teeth, and if that isn't happening, problems can arise.

Another consideration concerns non-verbal patients or patients who become disruptive or won't eat: it may be that a toothache or other dental problem is causing them pain.

All of these factors point to the importance of maintaining good

daily mouth care, routinely assessing an individual's oral health, and seeking professional dental care when it's needed. Good dental and oral

health means residents and patients are able to eat well, speak properly, socialize and be free of oral infection that can impact their health and well being.

Hamel says Riverview is introducing a more stringent oral care assessment as part of the admission process. An oral care plan will be developed for each person based on whether they have their natural teeth, partial or full dentures, or no teeth.

Helping patients with their oral health care is already part of the daily care provided to patients and residents, Hamel says. However, staff will receive additional training so they can provide even better care. For example, staff members will be taught techniques for brushing someone's teeth. They will also be taught to recognize basic oral health care problems in those with and without teeth so they can be referred to a dentist for further treatment.

### Dental Clinic

A dental clinic in the Princess Elizabeth building at Riverview operates on an as-needed basis through the Home Dental Program at the University of Manitoba. It is staffed by a team of dental professionals from the university, often accompanied by dental and dental hygiene students who come as observers.

This team can provide regular check-ups, as well as preventative care, such as cleaning and scaling teeth, fluoride treatments, fillings and extractions, full and partial denture treatment and denture cleaning. The team can also provide oral health advice to patients and residents, and can provide daily mouth care recommendations for the nursing staff who care for them.

A visit to the dentist is on a fee-for-service basis for patients and residents of Riverview. An enrolment form for the program is available at each nursing station. Some patients may be covered for dental treatment through Veteran Affairs or other government dental insurance plans.

This service is available for all patients and residents of Riverview. Annual checkups are recommended.



Staff member Chrislyn Mansalapus is trained to provide a technique for brushing Brian Mykietowich's teeth that will help ensure daily oral care is given well and in a patient focused manner. Mansalapus, along with other Riverview care givers, was trained by an oral health promotion specialist with the University of Manitoba Faculty of Dentistry. The training program is being rolled out this fall.

### Depending on the residents' or patients' level of independence, care plans will be formalized that will:

- indicate whether they need to be reminded to brush
- indicate whether they need to be coached or assisted with brushing
- address special care needs related to inability to swallow, behaviour issues or specific disease processes



**RIVERVIEW  
HEALTH CENTRE**

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Riverview Health Centre is a 388-bed extended care facility catering to the needs of the elderly and rehabilitation patients. For more information about our programs and services, please contact the President at:

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## Riverview Community Centre Welcomes Patients & Residents

Riverview Community Centre, just a couple of blocks south of Riverview Health Centre, is now wheelchair accessible and is extending an open invitation for folks to “come on down.”

The Community Centre completed a two-year project in late August that saw paved walkways installed around the playground and wading pool, and wheelchair-accessible washrooms and doors installed in the building. The work was funded by a number of provincial and municipal grants, including an accessibility grant from the city.

Community Centre president Beverly Suek has lived in the Riverview neighbourhood since 1976. She often sees people in wheelchairs out and about in the area. The accessibility project at RVCC was done with folks at Riverview Health Centre in mind.

“We invite the residents at the Health Centre to make our club a destination for their walks,”

she says. Residents, alone or with their families, are welcome to come to the Community Centre in their wheelchairs and watch children having fun in the wading pool or in the playground during the warm months. There are benches for those who accompany them. The area is shaded and the washrooms in the building are accessible from 9 a.m. to 9 p.m.

Suek says there is always lots of activity in and around the Community Centre year-round, and residents at Riverview Health Centre are welcome to watch and even participate. Computer classes and art classes are two activities that might be of interest, she says, adding the club is always open to new ideas of how it can be a good neighbour to the Health Centre.



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One Morley Avenue  
Winnipeg, MB R3L 2P4

## Rehabilitation Gets Boost From Manitoba Public Insurance



**Occupational Therapist Sharon Mohr (left) gives instruction on the use of the Tran-Sit Car Transfer Simulator, equipment that helps rehabilitation patients at Riverview relearn how to manoeuvre themselves in and out of a vehicle.**

According to the Merriam-Webster dictionary, “to rehabilitate” means “to restore to a former capacity.” For a person who has suffered a stroke or acquired brain injury, the capacities that need to be restored are often crucial to daily living.

Now, thanks to a partnership between Manitoba Public Insurance (MPI) and the Riverview Health Centre Foundation, therapists at the Centre have two new rehabilitation tools at their disposal. In July 2010, the Centre acquired a Tran-Sit Car Transfer Simulator. “After a car accident, stroke or other types of injury, people often have difficulty safely getting in and out of a car,” says Allied Health Manager Carrie Fruehm. “Learning how to get in and out of a car, and practicing car transfers is an important part of therapy.”

The simulator resembles the front of a car and includes moveable bucket seats, adjustable seat belts, functioning doors and a rear space to store wheelchairs or walkers. A hydraulic system raises and lowers the unit to replicate the height of the actual vehicle patients may be using when going home for a weekend visit or living in the community after discharge.

In the past, to enable patients to gain the necessary transfer abilities, therapists often used their own vehicles, pulling them up to the back door. When inclement weather made practice impossible, patient progress would be delayed. Now, with the Tran-Sit Simulator, therapists can conveniently and safely enable patients to recreate

the actions necessary for car transfers regardless of weather conditions.

Vehicle passenger safety is also a concern for MPI, which is one of the many reasons this project was a good fit for the crown corporation. “Many people receiving services from Riverview Health Centre are also our clients,” notes MaryAnn Kempe. “The work that the Centre does to ensure people are safe in their vehicles is totally aligned to our mission.”

Kempe adds that car accidents are an unfortunate fact of life. “When these result in head injuries, Manitobans are fortunate to have Riverview addressing their rehabilitation needs,” says Kempe.

In fact, MPI had already supported the Centre in the past as the Helmet Sponsor for the Cycle on Life.

Supporting the work of the Neurology Rehabilitation program seemed a natural progression.

### Parrot Software

Along with the Tran-Sit Simulator, MPI’s support also enabled the Centre to purchase both a laptop and the Parrot Software Program to address communication difficulties resulting from stroke or brain injury.

“This software allows additional and independent practice of therapy goals,” explains Speech Language Pathologist Andrea Meakin. “It’s pretty much the gold standard for that patient population.”

Featuring several of the more than 60 different Parrot programs, the three software package bundles focus on

## Dinner Event Honours Riverview Retirees

President and CEO Norman Kasian invited all those employees who retired in 2009 to a special dinner in their honour. Held last spring in the Thomas Sill Auditorium, the event commemorated the contributions of 14 individuals. Thank you to the following people for their dedication to Riverview Health Centre:

Top left to right: Beverley Kleiber, Sandra Wood, Benilda Leonor, Lori Butler, Susan Southern and Corona Foronda; bottom left to right: Erlinda Ramos, Anne Williams, Shirley Ladd and Phyllis Gridley; missing from the photo are Berit Hack, Catherine Hill, Venus Labao and Christel Leland.



skills such as word retrieval and sound production. The programs include large clear graphics and live video of words being produced for visual feedback, as well as increasing levels of complexity as the patient progresses. There are also memory, reasoning and problem solving exercises for those patients who have more difficulty with the thinking part of communication.

“We are able to track the progress of patients as they work independently,” notes Meakin, adding that the software generates graphs and reports. “With the laptop, patients can use it in their rooms as well as the therapy rooms. There are lots of options.”

Another advantage is the availability of an Internet subscription to the program that patients can access for \$25 a month when they return home. The easier the access to therapy, the greater strides patients can make towards reclaiming or re-engineering some of their daily functions.

“The software program and the car simulator were the two items therapists felt would be most beneficial to the work they are doing,” says Kempe. “At MPI, we recognize their valuable work at Riverview, their accomplishments and their successes. We enjoy a long term relationship with the Centre and look forward to continuing our support.”

### WORDS OF PRAISE FOR MPI'S TRAN-SIT CAR TRANSFER SIMULATOR:

**“It’s a busy piece of equipment. Patients who have already had a chance to use it have benefited greatly. It’s making a big difference in their lives. As well, caregivers benefit because it is now easier to involve family members in learning how to help with transfers.”**

**Carrie Fruehm,  
Manager of Allied Health**

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**Thanks for your support of the Riverview Health Centre Foundation!**

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Donations can be made to the Riverview Health Centre Foundation as memorial gifts, honorariums, or to commemorate special occasions and important milestones. Gifts listed below were received between March 1, 2010 and September 1, 2010. The names of those individuals being acknowledged through a donation are bolded, and donors' names follow.

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