

# PATIENT, RESIDENT & FAMILY NEWSLETTER

August 2023

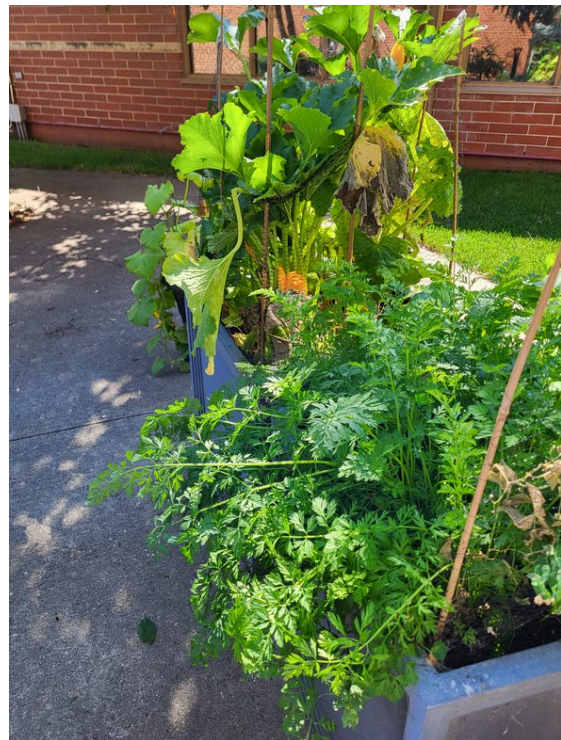
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## A note from Kathleen Klaasen, CEO

One of the many privileges we have at Riverview Health Centre is the opportunity to foster *authentic connections* between patients, residents, families, staff and community. These interactions are what build relationships, support our humanity, and help us thrive.

Caring for plants, honouring residential school survivors, playing games and having fun at a carnival, and even going for coffee or Slurpees in the neighbourhood, contribute to making Riverview a place of gratitude, hope, and home.

We've had a wonderful summer so far, and hope you enjoy this look at what's happening at Riverview.



*Mini vegetable garden planted by members of the Rendezvous Club, RHC's day program.*

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## IMPORTANT OPPORTUNITY: Safe Long-Term Care Act

The COVID-19 pandemic highlighted long-standing systemic challenges in long-term homes across Canada which have a profound impact on the older adults and persons with disabilities who live in these facilities.

In response, Health Canada has launched a national online consultation that will inform the development of a **Safe Long-Term Care Act** to ensure all long-term care residents live in an environment of dignity, comfort, and respect. It's intent is to:

- focus on results and accountability to people in Canada
- reflect shared responsibility for the well-being of seniors and persons with disabilities
- address the quality and safety of care provided in long-term care homes, among other key issues

The consultation is open to the public. *We encourage you to take the time to complete this important survey.* You can participate by clicking the button below.

[Click here to participate in the Safe Long-Term Care Act consultation.](#)

## CAMPUS NEWS

### ORANGE SHIRT DAY

September 30 is the **National Day for Truth and Reconciliation**, and **Orange Shirt Day**. Consider wearing orange that day to honour the thousands of survivors of residential schools.

RHC will be placing a bulk order for orange 'Every Child Matters' t-shirts through *Dreamcatcher Promotions*, a local, 100% Indigenous-owned business. Cost is \$20 - \$22 each, plus taxes.

Order forms are available in the Riverview Health Centre gift shop. Pre-paid orders will be taken until Thursday, August 17. Pickup is September 18 to 22. Questions? Contact Terrie at [tleppky@rhc.mb.ca](mailto:tleppky@rhc.mb.ca).

### JUMU'AH PRAYERS

Starting this fall, RHC Spiritual Health Services will be organizing Muslim Friday (Jumu'ah) Prayers for residents and staff.

If this program is of interest to you, please email Spiritual Health Services at [rhcspiritualcare@rhc.mb.ca](mailto:rhcspiritualcare@rhc.mb.ca) so that we can plan accordingly and stay in touch!



### SCENT-FREE CENTRE

Did you know RHC is a scent-free facility? *That means no perfumes, sprays, or scented products should be used while on the RHC Campus.*

This is one more way we can help patients, residents, visitors, and staff stay comfortable and healthy. Thank you for doing your part!

### SIDEWALK CONSTRUCTION

City of Winnipeg sidewalk construction is underway on Eccles St (east side, between Arnold and Morley), and Darling St (east side, between Oakwood and Baltimore)

Work is expected to wrap up in the third week of August (weather permitting). During construction all entrances to our site will be accessible, with one lane of traffic and no on-street parking.

## COMING UP...

### FAMILY INFORMATION MEETING

Thursday, September 21  
2pm - 3pm

### RESIDENT COUNCIL MEETING

Thursday, September 14, 2023  
2pm - 3pm / Thomas Sill Auditorium

## Therapeutic Recreation: Sowing Seeds of Wellness

*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.*

One of the therapeutic recreation activities our residents enjoy is **horticulture - growing and nurturing seeds and plants.**

Ricky, one of our residents, has taken a leadership role in our gardening programs on 2East. At the beginning, Ricky wasn't sure how to get started or manage the tasks that needed to be done. Now, he explains intricate details of our hydroponic garden tower to staff, residents and visitors. Both he, and the plants, are flourishing!

Gardening provides residents like Ricky with the opportunity to take care of something from its beginning, to learn when to intervene based on what the plant needs - more light, water perhaps - and when to use a hands-off approach. There are moments of joy when we witness the plant development, and pride in evident success when - after a weekend away - we come back and check the plants' progress. (especially when some staff have had their doubts and Ricky has proven them wrong).



Barbara Fredrickson's *broaden and build theory* states that positive emotions broaden the scope of attention and cognition. This, in turn, helps build personal resources and initiates increased emotional well-being.

Gardening brings out the innate ability of each and every one of us to care for and nurture something; to appreciate beauty, have patience, and embrace life's challenges. When we see the seeds germinate, we feel like we've accomplished something, a positive moment. This makes us want to do more, check back tomorrow, maybe plant different seeds. When we harvest, we bask in the beauty and joy and share this with others.





The results: pride, ownership, responsibility, personhood. This can be contagious, impacting the culture of the whole unit. One seed at a time, we can impact the lives of our residents, helping them become more than a receiver of care - a provider of life.

[Click here for the latest recreation calendars.](#)

Our Therapeutic Recreational Facilitators have made this summer extra-special, organizing a variety of events for residents and patients at RHC. *All of these activities and more are made possible through your charitable gifts to Riverview Health Centre Foundation.* Thank you for your generous, ongoing support!





The **Carnival** was one of the most anticipated events of the summer! Balloons and carnival-striped banners, games and treats, live music and a clown - the atrium and courtyard were filled with all the smiles and excitement you'd expect at a carnival. Residents, patients, family, volunteers, and staff alike had a wonderful time together!







## Person Directed Living at RHC

For questions and comments about Person Directed Living, please contact Laurie Romanica [lromanica@rhc.mb.ca](mailto:lromanica@rhc.mb.ca) and Deanne O'Rourke [dorourke@rhc.mb.ca](mailto:dorourke@rhc.mb.ca), Person Directed Living Coordinators.

### What is Person Directed Living?

Person Directed Living focuses on care of the human spirit as well as caring for the human body. Person Directed Living is about living a joy-filled, meaningful life in a way that aligns with a person's own values, beliefs and ideals.

Person Directed Living is connecting with others (care partners, family and friends, organizations), feeling engaged and involved in community, and maintaining one's capacity to live life as desired even though circumstances may have changed. Valuing dignity, respect and autonomy are foundational principles of Person Directed Living.

We are listening to residents/patients, families and staff/teams; what they say, think and feel will help shape our Person Directed Living Principles. Some of you may attend the Resident Council and Family Information Night meetings. These meetings attempt to engage our residents and families by collaborating with care partners and staff to promote and support a positive living experience. Seeking resident and family insight and guidance will support our focus on home, relationships, and living a meaningful life for all who live, stay, visit, and work at Riverview.

### Why now, at Riverview?

Riverview Health Centre has long valued collaboration with residents/patients, families, partners, and staff to ensure that lives are meaningful and enriched.

Building on this foundation, and led by the RHC Board's Quality of Life Committee, we are in the process of defining what Person Directed Living will look like at Riverview.



Stay tuned to this newsletter for updates. We look forward to the Person Directed Living journey with Riverview residents, patients, families and staff, and supporting meaningful living.

## Riverview Health Centre Foundation

### Adopt-A-Bench at Riverview

Individuals, groups or families are invited to adopt a bench in honour of a loved one, to celebrate a special occasion or simply to show support and appreciation.

Help enhance the park like grounds at Riverview Health Centre by adopting-a-bench. A donation of \$7,500 will fund a personalized dedication for 10 years.



For more information, please visit <https://rhc.mb.ca/rhc-foundation/adopt-a-bench/> or call the Riverview Health Centre Foundation at 204-478-6271.

### Laughs + Libations Gala

Thursday, October 19, 2023  
Cocktails: 5:45 pm • Dinner: 6:45 pm  
RBC Winnipeg Convention Centre  
York Ballroom

Enjoy an evening full of cocktails, mocktails, food stations, comedians, desserts and exciting live and silent auctions, all for a great cause! Your support will help better the everyday lives of short-term and long-term patients and residents at Riverview Health Centre.

Buy Tickets today! [Laughs + Libations 2023](https://www.rhc.mb.ca/laughs-libations-2023) | [RiverviewHealth Centre Inc. \(rhc.mb.ca\)](https://www.rhc.mb.ca) or consider donating a item for our live or silent auctions.



[Click here for Gala tickets!](#)

### Donor Impact: Accessible Picnic Tables



Looking for a spot to play games as a family or catch up with friends? Late last fall, Riverview received delivery of two wheelchair accessible picnic tables, thanks to the support of donors to Riverview Health Centre Foundation. As the warm afternoons of August continue, residents, patients and their families and friends can enjoy these gathering spaces to enjoy a picnic, play a game and share stories. Quality time together is a priceless gift. Thank you to donors who make Riverview an amazing place to live!

You can find these benches in the greenspace in front of the Main Entrance along the walking path.



## COMING IN SEPTEMBER

### What is a Tovertafel?

Did you know that we have Tovertafels available for patients, residents and families to use together?

In the September issue, we'll share more about them, and why you might just want to use one on your next visit.



Know anyone who might want to learn more about Riverview Health Centre, or stay up to date on what's happening on campus? Kindly forward this newsletter and invite them to subscribe!

If you have questions or comments about this newsletter, please contact Carol at [cdynkavitch@rhc.mb.ca](mailto:cdynkavitch@rhc.mb.ca).

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