



PATIENT, RESIDENT & FAMILY NEWSLETTER

July 2024 / A Note from Kathleen Klaasen, CEO

Manitoba summers may be (relatively) brief, but they are wonderful. A look at the patient and resident Recreation Calendars gives us ideas for moments we can all savour this summer - BBQs, ice cream and fruity popsicles, time spent outdoors in courtyards and on decks, shady walks, music and concerts, and outings with friends.

If you are visiting Riverview, we encourage you to spend time outside - use one of our many pathways or sit in the shade of our beautiful trees. You can also try the cafeteria's summer menu, and enjoy the colourful new Courtyard furniture.

At the same time, much good work is going on! We are proud to share that all of the suggestions resulting from the May 2024 inspection by Workplace Health and Safety have been implemented. Planning is underway for Person Directed Living education and training this fall. Our clients, patients, and residents continue to receive the exemplary care they have come to expect at Riverview Health Centre.

We wish you a wonderful and safe summer with friends and family.

RHC Strategic Plan: Our Team

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

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- RHC Foundation: Bocce Ball, Evening of Comedy

Following the introduction of Riverview Health Centre's 5-Year Strategic Plan (May newsletter), we are taking a deeper dive into the Priorities and Goals outlined in the plan. This month's focus: Our Team.



Intention

We will prioritize Our Team as we develop and sustain a safe, healthy, enriching work life for all.

Key Words

Our Team includes employees, physicians, volunteers, students, and community partners.

A *Safe and Healthy Workplace* encompasses all factors that impact the safety, health, and well-being of employees; includes physical, cultural, and psychological safety.

Work refers to all contributions to the creation and sustaining of our community; the efforts of all those who work, volunteer and learn at Riverview, in any capacity.

Making it Real

Take part in opportunities to *share your feedback*, opinion, perspective, and ideas. Complete the surveys, attend the spring and fall Town Hall events, and ask questions.

Plan to participate in at least one campus activity each month - the Recreation Calendars highlight many great options.

Introduce yourself to new employees, patients, and residents, and welcome them to the Riverview!



Campus News



Sweet Summer Songs: Meet Musician Patrick Coyston

Patrick Coyston is Riverview Health Centre's Artist in Health Care for Summer 2024. You will see him and his keyboard throughout the Centre, sharing the gift of music with people in communities and in the courtyard.

Patrick is a graduate of the University of Manitoba jazz studies (piano) program, and plans to further his studies in education or music therapy, and complete a Masters of Jazz Piano.

A multi-instrumentalist, Patrick plays the piano, French horn, clarinet, saxophone, bassoon, flute, and drum kit. This is his second summer at Riverview - time to get to know him a little better!

How long has music been part of your life?

Music has been a part of my life for as long as I can remember. My parents depict a story where I heard Pachelbel's Canon for the first time, in which I was in a trance-like state. Still to this day music does that to me.

How is music part of your life outside of work and school?

Music is a healing tool, a method of focus, and a way to boost my mood outside of work or school, and is my pure passion. Outside of work and school I am probably still playing!

Tell us about your experience being part of the Artists in Health Care program at Riverview Health Centre.

My experience here at Riverview has truly been a blessing. Seeing what a difference a little song can do for people's lives makes me feel truly fulfilled, especially in a place where it can be hard to fully staffed, with little time for visitation.

Is your second year here different than the first?

My second year is different than the first, I've been trying my best to try to learn everyone's name this year and add more inclusivity in my music repertoire.

What do you like best about the Artists in Health Care program at Riverview?

My favorite part about working here is hearing people - who otherwise may not communicate easily - sing along with my music. Song lyrics are stored in a different place in the brain than speech, and this became evident as I play for the units more and more, and is truly a blessing.

- Submitted by Terrie Leppky, Volunteer Coordinator

2W Walked the World!

2W Residents, family, and staff walked the 52 million steps that it takes to walk the circumference of the world. We walked and wheeled ourselves and kept track for over 6 months.

We reached the goal at the beginning of July. Every square on the graph (the orange page in the photo below) represented a 1,000 steps. It was good to harness our collective energy and accomplish a goal!

SAMPLE STEPS	
2W Desk to 2E Desk =	60 "steps"
2W Desk to Elevator =	40 "steps"
Donald's room to elevator 1 way =	75 "steps"
Donald's room to dining room =	50 "steps"
Linda's room to Flower bed in front =	250 "steps", one way
Linda's room to 2W Desk =	25 "steps"
Donald's Wheelchair Loop of RHC Rounds =	1000 "steps"
Typical HCA Day Shift =	10,000
Typical Nurse Day Shift =	10,000
Typical HCA EVE Shift =	10,000
Typical Nurse EVE Shift =	10,000
Typical HCA Night Shift =	10,000
Typical Nurse Night Shift =	5,000
Typical Sp Day Shift =	10,000
Typical Sp Evening Shift =	5,000
Typical SN Day shift =	5,000



Resident Council and Family Information Meetings



Resident Council Meetings 2024

Friday, September 13

Friday, November 8

Thomas Sill Auditorium | 2pm - 3pm

All Residents are welcome! For details please speak with the Social Work team.

Family Information Meeting

Wednesday, September 18

2pm - 3pm

This virtual forum is a terrific opportunity to share your feedback, opinion, and ideas. **Your voice is valued.**

Click [HERE](#) to join the meeting.

Meeting ID: 265 603 341 302

Passcode: xxWSAq



Getting to Know You: Tenise Nolet



We are pleased to introduce **Tenise Nolet**, Riverview's new Manager, Health Services for CD2 and CD3. Tenise is a graduate of the University of Manitoba Faculty of Nursing. She has also completed a Bachelor of Recreation Studies Degree with an Interfaculty Option in Aging, and a Mid Management Certificate Program.

Tenise brings with her a passion for holistic care and partnerships with the older adult community. She has a strong compassionate leadership style that we know will fit perfectly with the values we have at Riverview.

Tenise brings more than 23 years of healthcare experience from her various roles at Deer Lodge Centre. For the last 13 years she has worked as a Case Manager at PRIME, working directly with clients and their families. This background of delivering interdisciplinary and collaborative care will greatly benefit our residents, families, and care teams. Welcome Tenise!

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.

How to Wear a Gown and Gloves When Visiting

To enter the room:	
	1. Clean your hands with hand sanitizer.
	2. Put on a isolation gown. Ties to the back.
	3. Put on gloves. Gloves cover the cuffs of the gown. Change gloves between doing things with the person on contact precautions (example: after toileting, remove gloves and clean hands. Put on new clean gloves before providing further care, touching the patient or their environment).

Learning About Dementia Care: Enjoyable Visits

Here are a couple of ways you can **make visits more enjoyable for you and your loved one.**

You can access a short video for each topic by scanning the QR codes below with your mobile phone.

If you ever have any questions about what you or your loved one are experiencing, please reach out to the manager in your Riverview community.

WHY VISIT?

People with dementia live in the here and now, and may not remember that you visited, but they will retain the way that the visit makes them feel. Time well spent is quality of life. It's better to have short positive visits than long visits that are full of frustration and bad feelings.



CONNECT, DON'T CORRECT

Making sure that time together is quality time means focusing on connection. Sometimes a person with dementia will do things an unusual way, or tell stories that aren't quite right. Remember, most of the time, it doesn't matter how things are done or if the details are right.



Videos by Dr. Natali Edmonds at Dementia Careblazers / Courtesy of WRHA Continuing Care Program 2023

Person Directed Living at Riverview: Education Plans

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

Greetings and Happy Summer to all! Thank you to those who responded to the Person Directed Living learning survey and shared your feedback on the best ways to support learning about Person Directed Living for Residents/Patients and Family/Care Partners.

Regarding Person Directed Living learning material and information, the following formats were most highly rated:

- Brief 1-page summaries/flyers in an electronic (most popular) or hard copy format
- Information in Resident and Family Welcome / Move-in packages
- Information in the monthly newsletter.



As the Person Directed Living education plan is developed and rolled out over the coming months, we will keep this feedback in mind to help support Resident / Patient and Family / Care Partner learning. A few specific questions were asked by respondents through the online learning survey; we will address them in the next newsletter.

Please feel free to reach out through the email above if you have any additional questions or feedback about Person Directed Living at Riverview. Stay tuned to the newsletter for future updates and information!

- With gratitude, Deanne & Kelly

Research: Study Participants Needed

RESEARCH STUDY

Share today.
Shape tomorrow.

This research is funded by the Riverview Health Centre Foundation.

Trouble opening your hand fully?



We are studying the use of functional electrical stimulation (FES) to improve hand strength and use for people living with multiple sclerosis (MS).

The FES unit uses electrodes to stimulate arm muscles to open the hand and extend fingers. It helps to open the hand and will be used to complete a series of grasp-and-release activities.

Are you eligible?

- 18+ years old
- Diagnosed with MS
- Experiencing difficulty opening at least one hand related to MS

Sign up for our MS hand study



Scan the QR code to send an email or contact:

e: arobinson5@hsc.mb.ca
p: (204) 787-4536

Participants will be asked to

- Attend an orientation session at the Health Sciences Centre
- Take home a free functional electrical stimulation (FES) kit
- Use the FES kit on one hand at home for six weeks
- Attend a follow-up session

Participants will receive

- Free FES kit rental, including instructions for use
- A \$100 honorarium
- In-person or virtual check-in and troubleshooting visits, if needed

Ali Robinson, OT Reg. (MB), Team Lead
p: 204-787-4536 • e: arobinson5@hsc.mb.ca



RESEARCH STUDY

Share today.
Shape tomorrow.

The Canadian Centre for Agri-Food Research in Health and Medicine (CCARM) is looking for volunteers for a research study.

Volunteers are needed for a study looking at the effects of age and omega-3 fats on blood vessel health in women and men.

We are looking for participants:

- pre-menopausal women aged ≥ 18 ,
- post-menopausal women aged ≥ 40 and within 5 years of menopause, and
- males aged 18-65,

- who have above normal body weight, and
- have not been diagnosed with a chronic disease.

Some screening questions will be used to determine eligibility.

You will be asked to attend a Study Visit (~2.5 hours) at the Asper Clinical Research Institute to assess your blood vessel health and body composition, answer questions about your health and diet, and provide a blood sample. You will receive an assessment of your blood vessel health, body composition and other related health parameters.

If you are interested or would like more information please call 204-258-1207 or email studyinfo@sbrca.ca.

Therapeutic Recreation

Therapeutic Recreation is a health care profession that utilizes a therapeutic process, involving leisure, recreation and play as primary tools for each individual to achieve their highest level of independence and quality of life.

These activities are made possible at RHC through the generous support of donors to the Riverview Health Centre Foundation.

Click here for
the latest
recreation
calendars.

We are savouring the summer at Riverview! Relaxing in the Courtyard with family and friends, enjoying the annual Car Show (*thank you Manitoba Classic & Antique Auto Club!*), an Ice Cream Social, walks and bicycle rides and so many wonderful activities.



Watch for photos from our annual Carnival, coming next issue!













Upcoming Events

**Popsicles in the
Courtyard**

**Saturday, July 20
2pm**

Summer BBQ

*Wednesday, July 24
11:30am
Courtyard*





Riverview Health Centre Foundation

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

2024 Bocce Ball Tournament

Now that the weather is warmer, we can enjoy the beautiful outdoors more easily, especially here at Riverview Health Centre where the grounds are stunning. If you want a reason to spend an afternoon at Riverview Health Centre, complete with drinks, music, and great company, join us on August 21 for the **2024 Bocce Ball Tournament presented by Birchwood Automotive Group!**

Register a team of friends, co-workers (this is such a great team-bonding activity!), family, or as an individual. No experience is necessary, and fun, beachy outfits are encouraged (prize for best dressed, anyone?).



Visit our website for more information and to register: [BocceBall Tournament | Riverview Health Centre Foundation \(rhcf.mb.ca\)](https://www.rhcf.mb.ca/BocceBallTournament)

Laughs + Libations, an Evening of Comedy

You are invited to the funniest night of the year! Join us on October 16 at 7pm, for a re-imagined fall fundraiser. This year, Laughs + Libations will move from a Gala to an Evening of Comedy.



What does this mean? It means hors d'oeuvres instead of dinner, even more comedians, lower ticket costs, and the same fun-filled event!

It will be a delightful evening filled to the brim with good times, laughs, and company, and you will help to raise funds for the people who count on Riverview Health Centre. It doesn't sound like a night could get any better! Tickets are available now on our website here: [Laughs and Libations | Riverview Health Centre Foundation \(rhcf.mb.ca\)](https://www.rhcf.mb.ca/laughs-and-libations).

Editor's Note



There will be no August issue of the Patient Resident Family newsletter.

The next issue will be published on **Tuesday, September 17, 2024.**

As always, if you have comments or suggestions for this newsletter, please email Carol at cdynkavitch@rhc.mb.ca.

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