

River Park Gardens Newsletter

Dear Residents and Families,

June was a very busy month here at River Park Gardens. We celebrated our Fathers, had our first ever PRIDE walk, supported Elder Abuse Day, and thanks to the support of our DOC Shannon Chartrand. We celebrated National Indigenous History Month. Shannon's commitment to Truth and Reconciliation through teaching and celebration of Indigenous culture makes us all so proud to work here. The month of June we had the following events to support our learning and celebration of Indigenous Culture:

- Tee Pee set up by a past family member in honor of his late wife (he does this every year for the month of June)
- Norman Chief Memorial Dancers
- Indigenous stories and Bannock making/eating
- Walking Wolf Singer
- Summer Bear Dance Troupe with Elder Barbara Nepinak
- Brian Clyne hoop dancer with drummer
- Educational display set up for all to read the month of June.

Our residents, families and staff all participated in these teachings and events. We all look forward to it each year.

I have attached a picture of Shannon taken in her ribbon skirt which was handmade by a member of our HCA staff as a thank you to her for all she does.

Last but certainly not least we welcomed our new Social Worker Anna Goertzen Thomas. She is featured in this month's newsletter.

Sincerely,

Victoria Marek RN BN GNC(C)

Clinical Services Coordinator



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Shannon Chartrand our Director of Care had the honor of being the Alumni Guest Speaker for Red River Polytechnic ceremony celebrating graduates from Health Sciences and Community Services programs, which took place on Wednesday, June 14.

Way to go Shannon!!! You made us **PROUD!**



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Hello Residents, Friends, and Family of River Park Gardens,

My name is Anna and I am the new Social Worker here at River Park Gardens! I started in this position on June 12th and have had a wonderful first few weeks getting to know residents, family members, and the staff team. I have felt very welcomed and supported by everyone I have met so far, I am excited to be a part of the River Park Gardens Community.

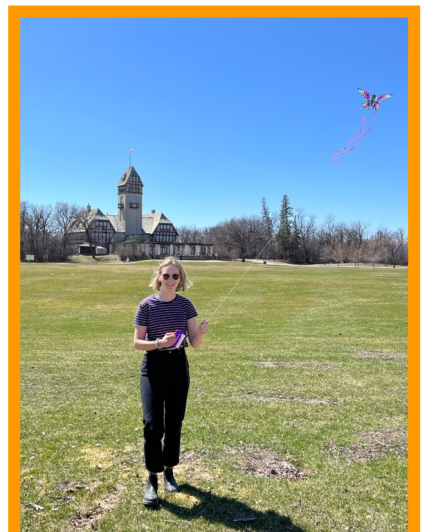
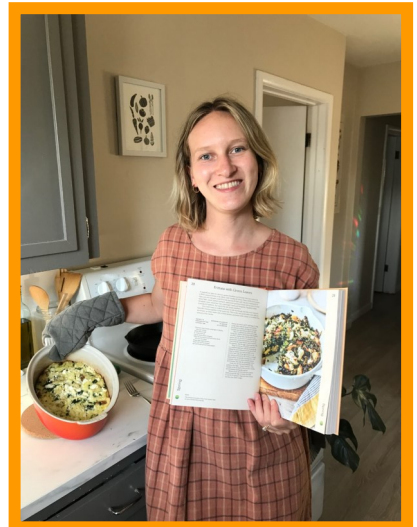
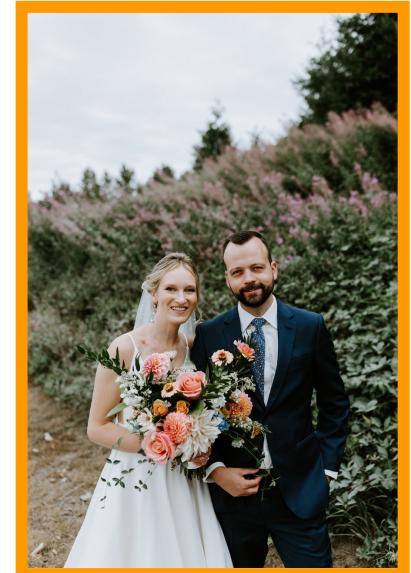
Here is a little about me! In April 2023, I graduated from Booth University College with my Bachelor of Social Work. I did my practicums in health care at Misericordia Health Centre and at Concordia Hospital. It is important to me to work in a way that is person-centered, I want to know what is important to you, what you need, and what you value.

This past year I got married. My husband Dave and I love to go on outdoor adventures together, you can find us out on hiking trails in the Whiteshell Provincial Park or fishing in our little boat. My other interests include cooking, biking, pottery and anything crafty. I love to create things, lately in the pottery studio I have been making serving bowls, mugs, and candle stick holders. I find working with clay on the wheel to be meditative and calming. Oh, and I can not forget to tell you about my pet bunny, his name is Basil and his favourite treat is bananas.

I am looking forward to getting to know those of you who I have not met yet. Please feel free to reach out to me if you would like to connect. My email is agoertzentomas@wrha.mb.ca and my phone number is 204-255-9073 extension 2225. Wishing you all a wonderful summer!

Take Care,

Anna Goertzen Thomas (she/her)



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NATIONAL INDIGENOUS
HISTORY MONTH
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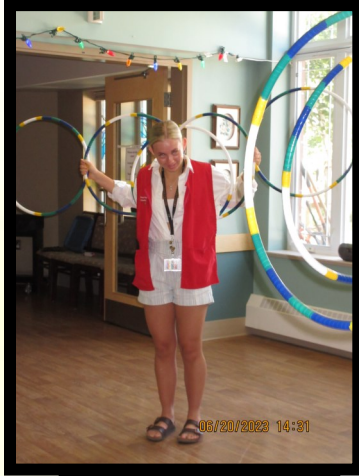
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NATIONAL INDIGENOUS HISTORY MONTH

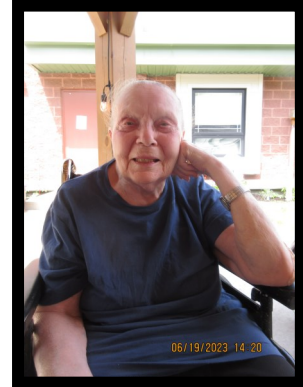
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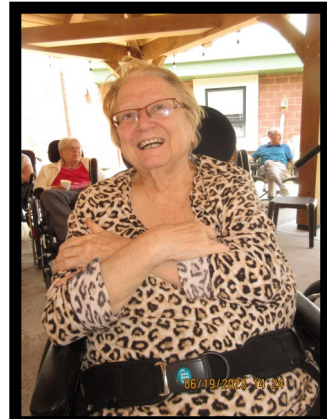
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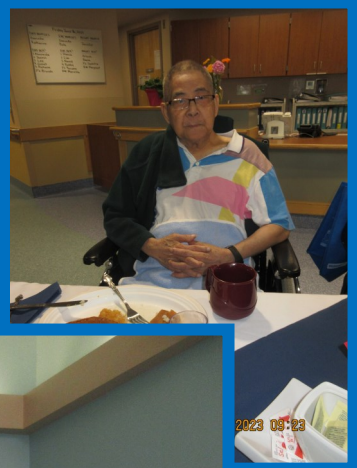
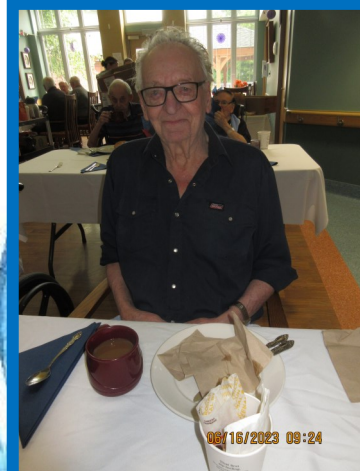
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The bulletin board is decorated with a border featuring the text: "North Caring, Winter Elderly, Bear" and "South Relationships, Summer Addressed, Eagle". It contains several informational cards and photos:

- Turtle Island:** "Turtle Island might sound like some far away island in the sea, but it's actually what some Indigenous people call the continent of North America, while others, such as the Ojibwa, use it to refer to the whole world." (Accompanied by a photo of a turtle and a map of Turtle Island).
- 21st Anniversary:** "An eagle representing First Nations, a raven representing Inuit, and a wolverine representing Métis. These illustrations are placed around the date 'June 21' and surrounded by multicultural symbols that represent Indigenous traditions, spirituality, inclusion and diversity." (Accompanied by a graphic with the number 21).
- ...Dream Catcher...** "Some people believe that a dream catcher is a talisman that trap bad dreams or bad thoughts, and let good thoughts and feelings pass through. The web of the dream catcher is made of spider webs. The web is made of spider webs. The web is made of spider webs. The web is made of spider webs." (Accompanied by a photo of a dream catcher).
- Legend of the Muskrat:** "The muskrat came forward and offered to give them his shell. They could put the earth that the Muskrat had brought on his back and he would carry it for them. The winds blew and spread the earth around. That little bit of earth that the Muskrat had brought back became Turtle Island." (Accompanied by a photo of a muskrat).
- Other cards:** "National Indigenous History Month", "National Indigenous Peoples Day", "Shareg Stick", and "Turtle Island" (with a photo of a turtle).

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Fathers Day Breakfast



Recreation put on an amazing Father's Day Breakfast. Members of the Faith Lutheran Advisory Committee attended and so did our own staff members! Jorge from Maintenance shared his talents for guitar and singing with us all.

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WORLD
ELDER ABUSE
AWARENESS DAY
— JUNE 15 —



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