

River Park Gardens Newsletter

Dear Friends, Family and Residents of River Park Gardens,

March 4, 2024

In the month of February we did a lot of celebrating! Residents and staff celebrated Black History month at a wonderful recreation program. Special thank you to Health Care Aide Jazmin for the delicious food and to Pastor Calvert Layne for the educational and engaging presentation about Black History month. Check out the pictures below! Events like these would not be possible without the planning, coordination, set up, and support of our recreation team. February was Therapeutic Recreation month, we celebrated Joannalyn, Sam, and Devon for their amazing work at RPG.

Last month we mailed out the "We Care What You Think, Resident and Family Survey." Thank you to those of you who have completed the survey, we appreciate hearing your feedback. If you have not had a chance to fill out the survey and would like to provide your thoughts please do so! We are hoping to have surveys back by March 15, 2024.

Take Care,

Anna Goertzen Thomas (she/her), B.S.W., R.S.W., Social Worker

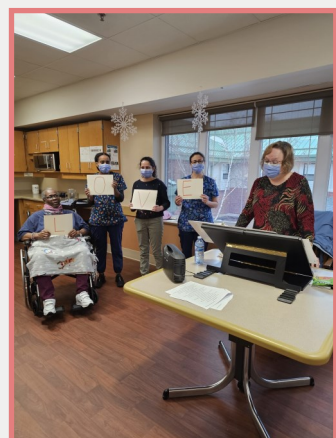


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Valentines Day Craft & Sing-A-Long



Happy Valentine's Day



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We celebrated Festival Du Voyager by doing some fishing and listening to the Prairie Joggers!



DEMENTIA CARE Education Bites

vol. 2 VISITING AND COMMUNICATION

Point your phone's camera at the QR codes, or click on them, for 5 video tips that can help you to understand dementia and how to care for someone with dementia.



<3 -minute video



03



BODY LANGUAGE

We learn to read body language and tone of voice right from birth, and these skills do not go away, even if words are not understood. We can use our tone, facial expressions and gestures to make people feel cared for and important. These can also convey impatience and disrespect, so we must be very careful.



<1-minute video



04

GO WITH THE FLOW

Sometimes we have to get into the world of the person with dementia rather than trying to pull them back into our world. This may mean listening to their (not quite correct) stories, in order to meet their need for connection. It also means that sometimes reminding them of what's "real" is not the kindest response.



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We had a Wine & Cheese Event with special entertainment from Jorge! Jorge is our Building Service Technician, he keeps our building running smoothly and in good repair, he is also a talented musician!



February is Therapeutic Recreation month, we celebrated Devon, Sam, and Joannalyn with a hot chocolate bar, cards and gifts!



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Last week we said goodbye to our beloved leader Shannon Chartrand. We wish her the very best!



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FAITH GARDENS INC.

March 2024



Kahului Maui - looking down from about 5000 ft up the flank of Haleakala

*by
Dan Ruppel 2024*

When I took this picture, the first thing that struck me was the frame that the clouds formed around the view of the town far below. It was awe inspiring to be above the clouds looking down on Kahului. A different perspective changes how we see things. How do we see River Park Gardens? I guess it depends on whether we look from *afar* or *up close*. Something to ponder.

The FGI board was informed that Shannon Chartrand, the Director of Care at RPG will be leaving as of March 1. We have enjoyed building a relationship with her and wish her well in her future endeavours. Members of FGI have been invited to be a part of the selection process for Shannon's replacement for which we are grateful.

Our Spiritual Care Provider, Marigold Peters has been a blessing at RPG and we pray that she will continue with us for a long time. She continues to avail herself of professional development opportunities the latest being Pallium Canada's palliative care course. Here in her own words is something she is working on.

"Anna (Social Worker) and I are working on an End of Life Package (not sure what to call it!) specific to River Park Gardens. What we are aiming for is to provide a way of deepening the End of Life (EOL) "experience" for the resident, the families and all the Allied Care Givers (Recreation, Maintenance, Housekeeping, Spiritual Care, Dietary, etc.) that participate in the care-giving in such a myriad of ways. A couple of ideas we are considering is introducing a "**Dignity Blanket**" as well a **symbol** we can use to indicate to staff and visitors that someone is at end-of-life in a specific room (always with family consent) to alert folks to be respectfully aware of how they are present around the doorway and also in the room."

We support her in the important work she does every day. She is seeing RPG from *up close*.

We are pleased to announce that The Winnipeg Foundation has again approved a grant in support of the Spiritual Care Position. We are also in the planning stages of having a fund raising concert featuring "REWiND" on Sat. Sept. 28, 2024. Watch for more details. Your financial support is very important, whether it be a one time donation or supporting our fund raisers.

Please consider whether you feel you could provide a longer term commitment to support the Spiritual Care Program at River Park Gardens. Donations through CanadaHelps can be set up easily to be made monthly by credit card, PayPal or Google Pay. This QR code will take you there.

