

# River Park Gardens Newsletter

Dear Residents, Family and Friends of River Park Gardens,

May 2, 2024

I wanted to take this opportunity to introduce myself, my name is Melinda Homola and I have recently joined River Park Gardens as the new Manager of Health Services. Since becoming a nurse in 2009, I have had a passion for caring for our seniors, with the majority of my work being in the community. I am very excited for this new chapter at RPG.

This past month of April has flown by! I have been welcomed into a beautiful environment and have had the privilege of getting to know both the hard working and dedicated team here as well as some of our wonderful residents. I have had the chance to participate in a few care conferences, an inspiring room blessing and have experienced the vibrance of laughter and music during daily interactions throughout our building.

Recognizing that this spring has been a time of change with the transition of familiar faces in RPG leadership, I am optimistic that we will continue to grow together as a community and will continue in the good work that is happening here; as well as learn from each other and seek new opportunities to further improve our residents' experiences.

I am looking forward to meeting you and please stop in the office anytime.

Melinda Homola



## Adopt-A-Pot



In the coming weeks the Recreation Team will be preparing for another season of gardening through the Adopt-A-Pot program.

By May 20th the pots will be labeled with numbers, at this point residents can sign up for the pot they would like to adopt. A sign up sheet will be posted on the Recreation office door.

As of June 1st, family and friends are welcome to bring plants to plant with residents or drop off plants by June 1st for Recreation to plant with resident.

If you would like to donate plants or money to the Adopt-A-Pot program please give donations to the recreation facilitators. Thank you for your support.

**Happy Growing!**

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Goodbye to Victoria, our Wonderful Clinical Services Coordinator!



Cheers to Dessert Nights!



Coming Up!

 **NATIONAL NURSING WEEK**  
MAY 6-12 **2024**

**CHANGING LIVES.  
SHAPING TOMORROW.**

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## DEMENTIA CARE Education Bites

### vol. 3 CARING FOR THE CARER

Point your phone's camera at the QR codes, or click on them, for 5 video tips that can help you to understand the importance of taking care of yourself when caring for someone with dementia.



<1-minute video



01



### STRUGGLING WITH TRANSITION TO CARE

Some people struggle to accept help from others because they feel like caring for their person with dementia is their responsibility. But accepting help, helps you to take care of yourself, so that you have something left to give. This video talks about the regret that some people feel when their person moves into a care facility.



<1-minute video



<1-minute video

### HOW OTHERS CAN HELP

Being a care provider for a person with dementia can be exhausting, and it's in addition to all of your other responsibilities. People might offer to help but they don't know how. Help people to help you, by actively identifying things that you can offload. It will help you, and help others to support you.



02

03



### GRIEF

When someone we care about has dementia, the grieving process can feel like it is never ending. You may feel like you shouldn't be grieving when the person is still here, but this is a normal experience. Give yourself permission to grieve, and seek out supports. Caring for your needs is just as important. See <https://alzheimer.mb.ca/> for services to help.



<1-minute video



<1-minute video

04

### PROTECT THE MEMORIES

When you are in the throws of caring for someone and just getting through a day feels like a challenge, you might feel like these are not the memories that you want to hang on to. You might want to reconsider that approach. Preserve some audio, video and/or photos.



WRHA Continuing Care Program 2023

## Coming up in May

- ◆ May 6-12 Nursing Week
- ◆ May 16th at 2pm Honouring Our Mothers Tea First Floor (Please RSVP to Recreation)
- ◆ May 17th at 2pm Honouring Our Mothers Tea Second Floor (Please RSVP to Recreation)
- ◆ May 22nd at 2pm Afternoon at the Opera Concert

