



Welcome to the Will & Mavis Tishinski Tranquility Trail



Our new, outdoor greenspace, the Will and Mavis Tishinski Tranquility Trail is now open!

The Will and Mavis Tishinski Tranquility Trail was built to promote mental wellness and make a real difference for the growing number of individuals in need of additional mental health support in our community. This space is designated for

innovative treatment and programming that will support patients on their journey to recovery. It is not only for patients but for anyone in our community who wants to reap the benefits of greenery, colorful flowers, and fresh air for their mental health.

Programming held in the Will and Mavis Tishinski Tranquility Trail will include arts and crafts, recreation therapy activities, yoga and exercise programs, cultural ceremonies, and gardening.

We would like to take the time to say thank you, the Will and Mavis Tishinski Tranquility Trail would not be possible without your ongoing support. This space was made possible thanks to a leadership gift of over \$216,500 from Will and Mavis Tishinski and support from various other donors. It is because of your generosity that we were able to reach and surpass the finish line and we could not be more grateful.

New Technology Investment Improves Access to Information at Siloam Mission

Community members at Siloam Mission in Winnipeg now have access to new computers and technology aids thanks to a \$20,500 grant from Victoria Hospital Foundation's Community Leveraging Technology For Innovation (CLTI) grant program.

This technology is breaking down barriers for community members by providing computer and internet access in the Progressive Services Area to assist with job seeking, communicating with family, and accessing supports at other agencies

The four existing computers have been replaced with six new desktop computers, mice, wireless keyboards, and monitors, to help meet the needs of community members who now access these workstations every day, either on a drop-in basis or by appointment. A desktop computer was

installed for volunteers to assist community members on an individualized basis. An additional three laptops are available for staff, Elders, and volunteers to work one-on-one with community members in a private space. An iPad and TV are also being used for Indigenous Art Therapy and Spiritual Care Programs.



Attitude of Gratitude: Why Hemant M. Shah is Investing in the Health of our Community After Victoria Hospital Saved His Life

It was a chilly December day, when Hemant M. Shah walked into the Foundation office to make another donation. Hemant and his family have been regular donors since 2019. And, despite having cold hands from the frosty "Winterpeg" weather, his heart was warm with appreciation—appreciation for Victoria Hospital and its Urgent Care team who brought him back to life in 2021.

It was Saturday, June 19th 2021, at the height of COVID-19 restrictions, Hemant began experiencing moderate indigestion. Unsure of whether to immediately head to the hospital, his stomach uneasiness persisted for three hours.

Hemant's wife, Hina, decided to take her husband directly to Urgent Care at their community hospital –



Victoria Hospital. Hina rushed Hemant into the family car in St. Norbert, and in three minutes, they were there. In two minutes, Hemant was admitted and seen. From there, Hemant recalls the nurse telling him his blood pressure was high, her calling for Dr. Ryan, and then the sound of Dr. Ryan addressing him, “Hello, Mr. Shah.” “And after that, the room went black, and I just passed out,” remembers Hemant.

“While I was at Victoria Hospital, the whole team took care of me. This is what Urgent Care did—it saved a life. I feel proud that we have Victoria Hospital in our community, and we have an amazing staff.”

Healthy Cooking Classes Nourish our Community’s Mental Health

Thanks to the generosity of our donors, we invested in a series of cooking classes at ACCESS Fort Garry (AFG) through our Healthy Community Grant Program. The My Health Team at AFG was granted \$1,500 to host cooking classes for mental health clients using the AFG community kitchen.

Over the course of four weeks, two mental health support workers planned and organized the classes for two of their clients. Many aspects were considered when planning the classes, such as the mental health and independence of the client, budget, nutrition, transportation, and Covid-19 restrictions.

Together, the participants learned how to prepare simple, nutritious meals. The Healthy Community Grant made these classes possible by supplying the funds to purchase all of the ingredients needed to make the meals, as well as any bus tickets needed for the clients to get to and from AFG.



Live Healthy: Physical Activity for Older Adults



Regular physical activity is extremely important in maintaining and improving your physical health. Activities like walking, gardening, or cycling promote cardiovascular health, strengthen muscles and help with flexibility. Physical activity isn’t just beneficial for the body; it also profoundly impacts mental health. Engaging in regular exercise releases endorphins, which are natural mood enhancers. Being active outdoors allows you to connect with nature, reduce stress, and improve cognitive function. Being outside helps support your mental wellness as well.

For more information and resources go to VictoriaLifeline.ca

We invite you to join us on our mission towards advancing healthcare within our hospital and community, donate today to help change lives.



Transforming Care Through Community

Your generous contributions are invested in initiatives that enhance patient care and improve the health and well-being of our community. Thank you for your support.

GIVE. INVEST. CHANGE LIVES.

TheVicFoundation.ca

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2340 Pembina Hwy.
Winnipeg, MB, R3T 2E8
204-477-3513
foundation@vgh.mb.ca