



Victoria General Hospital
FOUNDATION
HEALTHIER FUTURES

ADVANCING HEALTHCARE

Voice Winter 2022 newsletter

New Research Aims To Improve Bariatric Care In Manitoba For Indigenous Peoples

According to The Canadian Community Health Survey, Indigenous Peoples experience higher levels of obesity than non-Indigenous Canadians.

While bariatric surgery is the most effective treatment for obesity, literature suggests Indigenous Peoples have poorer access to bariatric care and that little research has been done.

The Vic Foundation has invested in a new research study at Victoria Hospital's Centre for Metabolic and Bariatric Surgery designed to incorporate traditional Indigenous healing into Manitoba's bariatric program to improve patient care.

"There are a lot of requirements to be approved for bariatric surgery and a lot of them are lifestyle modifications and healthy behaviours that are required for success," said Dr. Krista Hardy, Research Lead at The Vic's Centre for Metabolic and Bariatric Surgery. "We want to understand the Indigenous

experience of obesity and how we can help our patients have success with surgery."

This research will explore the current Indigenous experience of bariatric care in Manitoba. An Indigenous Bariatric Health Working Group with Indigenous Elders, healers, and bariatric surgery patients will provide guidance on the incorporation of traditional ways of healing into the program. Elder Geraldine Shingoose will guide sharing circles and help facilitate knowledge sharing. Dr. Melinda Fowler and Amanda Fowler-Woods, Indigenous health experts, have informed the development of this project.

"The importance of this research is teamwork and acknowledging the contributions of Indigenous research members," said Dr. Hardy. "We see this as a partnership and their guidance is essential for success."

A Legacy of Helping Others: The Story of Elizabeth Chan



Elizabeth Chan was someone who believed in the importance of helping others. It is a philosophy that her entire family lived by, and it's the way that Elizabeth wanted to be remembered.

Born in England in January 1951, Elizabeth immigrated to Canada in 1957 along with her parents, Keith and Irene Beard, and her sister. Both Keith and Irene became teachers with The Winnipeg School Division #1, and in their spare time they dedicated themselves to helping others. Irene began volunteering at The Vic in 1971, followed by Keith in 1994.

As an adult, Elizabeth followed the example set by her parents and looked for ways to give back to her community. She volunteered with the Society for the Prevention of Cruelty to Animals and was an avid supporter of her local senior centre.

Her friend Vaughan New recalls that her philanthropic spirit

began at a young age. "When she was younger, she didn't have much," said Vaughan. "When she did get cash, she wanted to help out as much as possible. She held on to her money and let the interest grow."

Sadly, Irene passed away in June 2006. Shortly thereafter, Keith and his daughters created The Keith & Irene Beard Endowment Fund with Victoria General Hospital Foundation in Irene's memory to express their gratitude for the exemplary care provided to Keith and the added years of memories given to their family. This endowment provides funds for Urgent Care staff to obtain specialized training. Keith passed away just a few years later in March 2009.

In 2013, Elizabeth's husband Don was diagnosed with brain cancer and passed away the following year. "It was hard to see her go through that," said Vaughan. "You could tell he was her whole world. She missed him every single day."

Elizabeth wanted to ensure that any funds she had remaining would go to help others. She decided to leave her estate to The Vic Foundation, specifically to The Keith & Irene Beard Endowment Fund she helped to create a decade earlier.

Elizabeth passed away in May 2020. Her gift continues the important work her parents began at The Vic Foundation and ensures her legacy of helping others carries on for generations to come.

To learn more, contact Ron Hogue, Director of Development at 204-477-3126.

Support Our Healthcare Workers Staff Story: Karen Retha

This year marks the 50th anniversary of The Vic Foundation and 50 years since the Victoria Hospital moved to its Pembina Highway location. To coincide with 50-years of impact, we are celebrating our incredible healthcare teams at the Victoria Hospital and ACCESS Fort Garry.

Karen Retha RN, BN from the Infection Control department recently shared her story with us and we wanted to share it with you...

The global pandemic of COVID-19 challenged even the most seasoned Infection Control Professional. A new emerging pathogen where information about its transmission and prevention was being released at what seemed like a moment's notice and changing at an immense speed. The sheer volume of information was very overwhelming. Just when you felt you had a good handle on what was what... another change.

Infection Prevention and Control (IPC) was looked at for answers. Sometimes, finding that answer felt next to impossible as there wasn't any guidance on that subject at that point in time. So, you drew upon your training about the basics of disease transmission and prevention.

The amount of pressure that all of us in IPC felt to provide the best direction to keep everyone safe and ensure optimum care for our patients was immense. Many hours of added work. Reading and rereading documents. Reviewing scenarios in your head.

Ensuring the direction provided was evidence based. Staying calm and reassuring others all the while dealing with your own personal worries. Juggling numerous tasks and needing to decide which would be done first when all needed immediate attention.

But with challenges comes successes. My experience here was no different. New relationships were built. Innovative ideas and actions emerged. Teamwork was at its finest. Everyone on site pulled together. A strong work family helps you weather any storm.

For more staff stories or to learn how you can make a difference, go to TheVicFoundation.ca



Fall Prevention: How to Stay Safe



Exercise really is a prescription for good health, and it's never too late to start an exercise program in consultation with a healthcare provider. The benefit of exercise is that it holds the key to avoiding falls.

As we age, the fear of falling often translates into a loss of confidence while doing everyday activities, especially anything physical. Consequently, older adults tend to cut back on physical activities. But, as activity decreases, gait and balance deteriorates, which in turn increases the risk of falling.

So, how do we break that cycle of increasing risk? The first step is having a conversation with your healthcare provider on how to safely begin an exercise program. And remember, you don't need a gym to exercise!

Ultimately, not only does exercise improve your balance, strength, and endurance, it also helps you feel mentally strong and promotes an overall sense of well-being.

For more information and resources go to VictoriaLifeline.ca

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. SAVE LIVES.

TheVicFoundation.ca

   @SupportTheVic

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