

# How your Generosity Supports Staff

Learn more about the impact that your support makes for the health and wellness of our community



Victoria Hospital  
FOUNDATION  
HEALTHIER FUTURES

ADVANCING HEALTHCARE

**Voice** SPRING/SUMMER  
2024  
newsletter

If the last several years have taught us anything, it is the invaluable role that healthcare workers play in our community.

Thanks to your generous support, **all staff at Victoria Hospital will soon be able to purchase healthy convenient meals and snacks 24/7 from a new self-serve market.** This is especially valuable for the evening and night staff that currently don't have any fresh food options onsite during their shifts.



The Canteen will provide staff with access to a wide selection of fresh and frozen meals, snacks and beverages.

Another project made possible by your donations is a newly renovated team room for the staff on the 5th floor. This space provides a dedicated area for staff to rest and recharge during their designated break times, yet keeps them nearby in case

of an emergency.

Before this renovation, staff either had to use the microwave in the nutrition area on the unit, which meant that their breaks were interrupted by patients or family members, or they had to leave the unit to go to the staff meal area on the ground floor. This made it difficult to get even a short respite during their demanding shifts.

**The staff deserved a dedicated area designed specifically for them and your thoughtful support has made it a reality!** These projects will improve the quality of care for people accessing care at Victoria Hospital.

Thank you so much for your generosity!

The new Unit 5 Team Room includes new cabinets, appliances, a sink and comfortable furniture for staff to use in their down time.



**GIVE. INVEST. CHANGE LIVES.**  
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## Newspaper Subscription Connects Patients with the Outside World

We may not realize that something as small as a newspaper can impact someone's life, but for patients at the hospital, it can become an important connection to the outside world.

Thanks to your support, Victoria Hospital receives 60 copies of the Winnipeg Free Press each day, making a positive impact for at least 100 patients. Many of these patients don't have the means to connect with the world digitally, so **the newspaper becomes a window to life outside of the hospital.**

**"I don't know how to describe it with enough passion, that this brings comfort to patients and is something that they can rely on that throughout their day."**  
- Susan Charach,  
Recreation Coordinator

The impact that the newspaper subscription has made at Victoria Hospital is easily recognized by staff every day. "We know that they really appreciate it," says Cathy Ngo, Recreation Coordinator, noting that they often receive a lot of gratitude when delivering the papers.

For some folks in the hospital, the newspaper provides them with something that they have the freedom to do on their own and have control over. For others, it helps to orientate their day. Thank you for providing access to an important aspect of their morning routine.

Staff say that it is easy to recognize that the newspaper subscription makes a tremendous impact on patient wellness and mental health.

**Your generosity is helping to lift patients' spirits, is a bright light in their day, and gives them a sense of hope.**

Recreation Therapists Cathy Ngo and Susan Charach pose with copies of the Winnipeg Free Press before handing out the papers to patients.



@SupportTheVic

## Better Care is Just a Hop, Skip, and a Jump Away Thanks to You!

These days at ACCESS Fort Garry (AFG), the halls are filled with the sound of children’s laughter – and it’s all because of you. **Thanks to your ongoing generosity, new sensory features are now in place.** These are helping children focus and learn during therapy activities. Children can now be seen jumping on hopscotch floor decals, playing with activity panels mounted on the walls, and rocking in a rocking chair.

**The new equipment is already benefitting approximately 1,700 children who visit AFG each year,** particularly those who experience difficulty regulating their emotions and may require more movement breaks.

“You have to be in the right frame of mind to learn.” said speech pathologist, Sandy

**“My son and I love the sensory path floor and wall decals in the clinic! They keep him entertained while we wait and it puts him in a good mood. Thank you for creating such a great space that feels less like a clinic.”**  
- AFG Parent



*Sandy shows the sensory features at AFG that are making a huge difference, not only for children, but adults too!*

Knudson. “We wanted to make it a more welcoming environment for the kids and use different techniques to get them in the right frame of mind for treatment that day.”

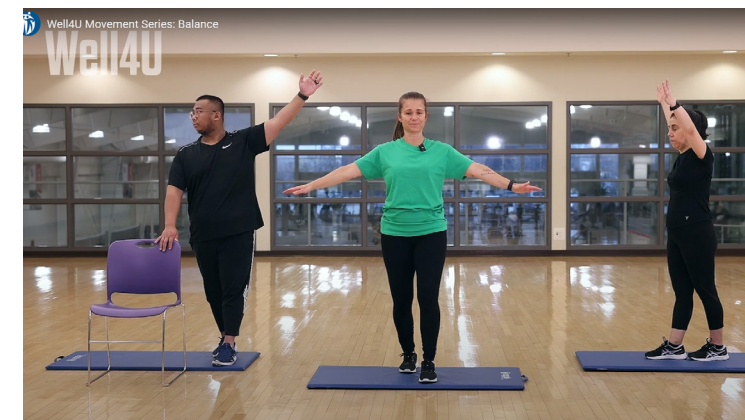
“When people are observing this happiness – that in itself creates such a positive energy in the waiting room that you actually just enjoy with them,” says Ujala Nagpal, Manager of Facility & Support Services.

**Your support is touching the lives of hundreds of people in our community through these new sensory features.**

## Well4U Program Increases Access to Support for our Community

Your generosity recently funded the creation of a video movement series for individuals seeking care for lifestyle referrals through the Well4U program. **This online program increases access to wellness support for individuals who may not be able to see a clinician right away.**

The idea of Well4U surfaced in 2016 after MyHealth Teams in Winnipeg recognized that the majority of referrals that they received were for lifestyle questions such as sleep problems, stress management, nutrition, physical activity, smoking and substance use. With your support, the



*Trainers from the Reh-Fit Centre were involved in filming the series, and demonstrated exercises at different levels that allows for anyone accessing the program to pick the exercise that best fits their abilities.*

Well4U team had the opportunity to develop a movement series, that turned into a group exercise class for individuals seeking guidance.

**Your thoughtful donation made it possible for the Well4U program to create a series of online videos,** when the COVID-19 pandemic started and the classes could no longer be offered in person. The program is available online to anyone, and can be done anywhere; including at home, or in a healthcare setting.

**The video movement series you made possible is now accessible throughout the province. This innovative program is removing barriers to care and providing access while people wait for clinical support, and it’s all thanks to you!**

**“Without the grant, we would not have been able to complete the series the way it was intended to be.”**  
- Aimee Bowcott, Well4U Program Clinician

Join us in support of Mental Health

# EARLY BIRD TICKETS ON SALE NOW!

**Thursday, September 12th, 2024 | 6 PM**

[TheVicFoundation.ca](http://TheVicFoundation.ca)

The 9th Annual

# Miracle Garden Party

An Event of Transformation & Joy!

ADVANCING MENTAL HEALTHCARE

## Thank You to Our Donors

We recently installed a new donor wall located by the Manitoba Blue Cross Mental Health Assessment Unit to recognize the donors who helped to make this innovative unit a reality. Your kindness helps to increase access to quality mental health care for our community, thank you!