



Victoria Hospital
FOUNDATION
HEALTHIER FUTURES

ADVANCING HEALTHCARE

Voice FALL/WINTER
2024
newsletter

Sharing Circles Research Paves the Way for Improved Indigenous Bariatric Care

Your generosity paved the way for the future inclusion of Indigenous healing practices in bariatric recovery across Canada. **The research funded by your support is the first of its kind in Canada with a qualitative focus on Indigenous bariatric care.**



The Sharing Circles were led by an Indigenous Elder in an effort to ensure respectful collaboration and perspectives.

“We’re hoping to build community programs for accessing cultural supports, such as access to an Elder and Knowledge Keeper for patients.”
- Dr. Krista Hardy, Bariatric Surgeon & Principal Investigator

Each Sharing Circle incorporated sacred items, traditional medicines, feasting and smudging.

Thanks to your support, the results of this research are being developed into a program that will incorporate Indigenous wellness and teaching materials for future bariatric programs across Canada.

This research will continue in the future, with plans to expand the study to include more pre- and post-operative Indigenous patients, and explore Indigenous

bariatric care and access in rural communities. Thanks to you, the Sharing Circles research has grown into the multi-phase project that it is today.

By embracing traditional Indigenous ways of healing, patients in bariatric surgery programs will have the opportunity to receive better, more culturally sensitive care, helping to improve the health and wellness outcomes of Indigenous bariatric patients across the province.

WE'D LOVE YOUR FEEDBACK

Let us know what has inspired your past support and how you would like to hear from us. **Please scan the QR code or visit TheVicFoundation.ca/survey** to tell us how we are doing!

The survey only take 5 minutes and you will be entered to win a \$200 gift-card if you complete it before November 30th! Please call us at 204-477-3513 if you would prefer a paper copy. **Your opinion matters!**



SCAN ME

Providing Warmth, Comfort, and Access to Invaluable Care 24/7

Thanks to your generosity, two very important equipment purchases have been made for the Manitoba Blue Cross Mental Health Assessment Unit at Victoria Hospital: **a medical blanket warmer and a state-of-the-art portable telehealth unit.**

While a blanket warmer may seem like an unusual piece of equipment to celebrate, the impact it can have is tremendous, for both patients and staff.

Generally, any time spent in a healthcare facility involves some level of worry and stress. Add in uncomfortable environmental factors like being cold and frustration levels often rise. **Having easy access to a blanket warmer provides a quick, non-invasive way to offer comfort, distract from negative feelings and even de-escalate anger.** A staff member on the unit says "It is a good alternative to a hug."

The other much needed piece of equipment recently funded with your support is the new portable telehealth unit. **This equipment provides access to remote psychiatry consultations during night shifts when there is no psychiatrist on-site.**

Before this mobile unit was obtained, patients had to be taken to another area of the hospital to access an older unit that was in dire need of repair.

"It is very simple, no issues with connection. We just wheel it into the patient's room, they have their consult and then we wheel it out when they're done. Very easy compared to having to use the other unit in the conference room. 10/10!"

- Manitoba Blue Cross Mental Health Assessment Unit Nurse



Staff on the Manitoba Blue Cross Mental Health Assessment Unit are excited about using the new telehealth unit.

Empowering Friendships and Connection: Your Generosity is Impacting Lives

Your generosity has been instrumental in funding a bi-weekly activity group for individuals facing mental health challenges over the past year and the impact has been tremendous.

This group, hosted at ACCESS Fort Garry, offers a diverse range of activities to appeal to participants of all ages, interests, and abilities. From creative crafts and friendly games to group outings, each event fosters an invaluable sense of community. BINGO is always popular, and a visit to The Leaf at Assiniboine Park was a highlight for many.



Roland, Gloria and Zikra pose during their visit with coffee during one of the Mental Health Activity Group gatherings.

These gatherings are about more than just activities; they provide a profound sense of belonging and an opportunity to both give and receive support and understanding from peers. This kind of connection, which is not always available from friends or family unfamiliar with mental health challenges, can be priceless.

Overall, this group provides a supportive environment where those who attend learn, grow, and connect with others who understand their experience in a way other people in their lives may not. **It helps to reduce stigma and reinforces the idea that they are not alone in their journey towards mental wellness.** This can be incredibly empowering and comforting, and we have you to thank!

“...knowing that I have friends here who will worry if I don’t show up – it gets me out of the house. I wish it was every week.”

- Zikra, a dedicated group participant

What you're Supporting in our Community



Quality Care



Innovative Care



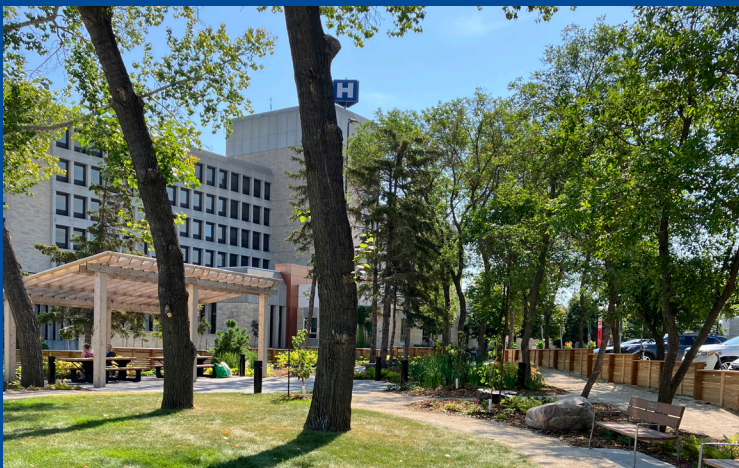
Accessible Care

This art installation in Will & Mavis Tishinski Tranquility Trail was inspired by the late Susan Scott, who supported Indigenous communities during her lifetime. Her friend Paul Wright knew this would be a great fit for Susan's philanthropy.

Artbeat Studio's Avena "Raven" Starr is a self-taught artist who began painting at the age of 16. She takes inspiration from animals and landscapes, which often results in totemic representations of fauna and semi-surreal landscapes.



Let's Take Mental Health Care Outside



These updates improve usage of the trail, and allow for even more visitors to benefit from time spent outdoors.

We are excited to share that updates have been completed in Will & Mavis Tishinski Tranquility Trail, thanks to a generous gift from Will & Mavis Tishinski. **Patients, family and staff can now enjoy improved access to the space, a new roof on the pergola, updated fencing and new shrubs that add even more greenery.** The community can also admire another art installation that was recently completed in partnership with Artbeat Studio!

We are also pleased to share that the **ACCESS Fort Garry Therapeutic Garden is in the process of becoming a completely transformed outdoor area for staff to provide treatment** that will lead to more open conversations, facilitate wellness and build comfort in accessing formal supports.

Phase 1 of this project includes the creation of a sensory pathway, basketball half-court, a wellness retreat area, fencing and a greenspace. The space has been designed to include seven separate areas, based off of the values of the Indigenous Seven Sacred Teachings.



The sensory pathway and basketball half-court are taking shape, featuring the iconic blue and green striped pattern of the ACCESS Fort Garry building.

GIVE. INVEST. CHANGE LIVES.

TheVicFoundation.ca

Ph:204-477-3513

2340 Pembina Highway,
Winnipeg, MB, R3T 2E8, Canada

