

SPRING 2025

CONNECT



Victoria Hospital
FOUNDATION
 HEALTHIER FUTURES

GIVE. INVEST. CHANGE LIVES.
 TheVicFoundation.ca

Patient Finds Hope and Healing at Victoria Hospital Thanks to You

Katie's trip to Winnipeg last summer took an unexpected turn when she ended up at Victoria Hospital – a visit she says saved her life.

It all started last January, when 64-year-old Katie was still at home in Crofton, British Columbia. She found herself experiencing symptoms related to bipolar disorder that she had not experienced since 2018.

Her daughter repeatedly expressed concern and asked Katie to come stay with her in Winnipeg, which she did last summer.



Katie loved spending time in Will & Mavis Tishinski Tranquility Trail, and considered it a 'healing garden' for herself.

When she arrived in Winnipeg, Katie experienced a delay in receiving her medication which prompted her to visit Victoria Hospital. She learned her existing prescriptions were not ideal for managing her symptoms.

"My doctors are unbelievable," said Katie. "Coming here saved my life."

"Just to be in nature and around the trees, the greenery, the gardens, and the flowers...that heals you. That beauty heals you."
 - Katie

Katie spent time each day outside in Will & Mavis Tishinski Tranquility Trail, a unique greenspace on the grounds of Victoria Hospital designed to support mental wellness, which opened in 2023 thanks to the generosity of supporters like you.

Katie's experience has inspired her to help others by writing a book about her journey with the hopes of better preparing those experiencing bipolar disorder for what to expect from a hospital stay.

"This is a beautiful hospital," said Katie. "To have people say to you, 'You are allowed to have input in your care. You are allowed to be treated with dignity' means so much."

Mental Health Outpatient Waiting Room Refresh

Visitors to the mental health outpatient unit now have a newly renovated waiting room to spend time in, all thanks to you!

The updated area received a fresh coat of paint to brighten up the space, new couches and tables, charging ports for mobile devices, and a water cooler.



Home Care Staff and Clients Benefit from Innovative Technology

With your support, Victoria Hospital Foundation recently partnered with the Winnipeg Regional Health Authority (WRHA) on a groundbreaking initiative to enhance care for home care clients and create greater efficiencies for staff.

Over the past year, all 2,100 community direct service staff in the WRHA received smart phones. These phones were outfitted with Procura Mobile, an innovative app designed to support scheduling and documentation.

“Timely communication between the office and staff has always been our problem,” said Luba Bereza, Director of Centralized Home Care Operations for the WRHA. “We were playing phone tag back and forth. **Now, we just update it on a computer and it’s instantly on their phone. Those simple details make a huge difference in how we deliver service.**”

Your donations have made a positive impact throughout the entire healthcare system, including here at Victoria Hospital.

Many Victoria Hospital patients rely on home care services and, thanks to your support, the length of hospital stays have decreased. **Discharges are now happening about a half day or a full day earlier because of you.**

This project’s success is being evaluated as the new standard across Manitoba. This is all possible thanks to donors like you!



Luba Bereza shows how easy it is for home care staff to check updates on their new smartphones.



GIVE. INVEST. CHANGE LIVES.

TheVicFoundation.ca

Ph: 204-477-3513

2340 Pembina Highway

Winnipeg, MB Canada R3T 2E8

Healthy Community Partnership Grants

Many older Manitobans encounter unique challenges that make it difficult to maintain a healthy and active lifestyle. Factors such as social isolation, limited mobility, and financial insecurity can greatly affect their well-being.

As the population continues to age, these challenges are becoming more prevalent. Many seniors are struggling to make their retirement savings, pensions, and government support stretch far enough to meet their needs.



Participants from the Good Food Club had a blast picking strawberries and learning more about local farming.

The Healthy Community Partnership Grant is just one way you are helping Manitoba's seniors access invaluable recreation activities. Reducing isolation and improving health and independence strengthens our healthcare system and hospitals like Victoria Hospital.

The West Broadway Community Organization's Good Food Club was one of the 2024 recipients of this grant and your generosity allowed them to create a program called "Good Food Club Farm Trips".

Thanks to you, 88 seniors and older adults were able to participate in this program, with eight farm trips throughout the summer. The participants were happy to take part in fun activities at the farm and learn about local farming.

"This has been so educational and I'm so appreciative. It's truly wonderful. I don't have a car so I don't drive. So the opportunity to hop on the bus and come out and see this, it's overwhelming, it's wonderful. Thanks for the opportunity!"

- Farm Trip Participant

What you're Supporting in our Community



Quality Care



Innovative Care



Accessible Care

Meet the CEO - Jessica Miller

I can't begin to tell you how excited I am to be here. While this role marks a new beginning for me, I feel like we are on the cusp of an exciting new beginning for all of us.

I've seen how your compassion has transformed Victoria Hospital into the incredible place it is today and has paved the way for where we can go together in the future. I'm excited to meet you in person over the next few months to thank you for all that you have made possible over the years, and would love to know what Victoria Hospital means to you.



You are Helping New Families Get Off to the Best

Public health nurses in the River Heights and Fort Garry neighbourhoods visit well over 100 new mothers each month after their discharge from hospital. Thanks to your generosity, these new parents **now have access to three hospital grade electric breast pumps**. The nursing team previously had two pumps, but the need was frequently much higher and the waitlist was long.

During these visits, nurses address a wide range of wellness topics, but one significant focus is infant feeding. For some parents, the infant feeding relationship is straightforward, but for others, extra support is critical.

“Borrowing the breast pump was extremely helpful. I was so exhausted recovering after my C-section and visiting my premature baby in the NICU. Using the hospital grade electric breast pump from public health allowed me to pump frequently and bring expressed breast milk to my baby.”
- Lia, ACCESS Fort Garry client



Lia, her husband, and baby Lawrence are happy to be home together as a family!

Take Lia, for example. Lia's baby Lawrence was born several weeks early and spent the first few weeks of his life in the neo-natal intensive care unit (NICU). Access to the breast pump allowed Lia to provide her baby with the nourishment he needed without the added stress of purchasing or renting expensive equipment.

You are making a real difference in the lives of new families like Lia's. Thanks to you, more families are now able to provide the best start for their babies! Your support of projects like this is helping to build a healthier community, which in turn makes a positive impact on Victoria Hospital.