

Fall 2025

CONNECT



Victoria Hospital
FOUNDATION
HEALTHIER FUTURES

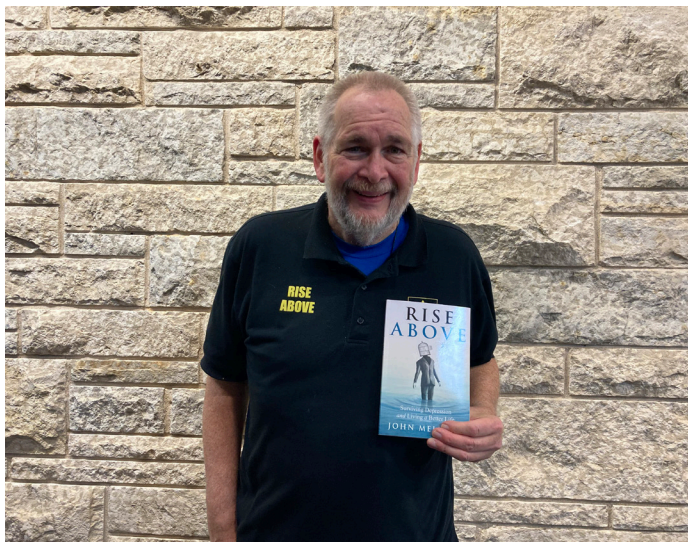
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Life-Saving Mental Health Care Made Possible Thanks to You

When 73-year-old John looks back on his experience at Victoria Hospital, he could not have predicted that this chapter of his life would one day form the basis for a book — one that outlines his fall into deep depression and the resources he used to get out of depression and maintain his mental health.

It all began in 1976, when John found himself experiencing bouts of anxiety for no apparent reason.

Over time, John began to feel like himself again. But by the early 2000s, the same



John is the author of Rise Above: Surviving Depression and Living a Better Life.

symptoms he experienced in the 70s had started to resurface. John was diagnosed with clinical depression.

He was feeling increasingly anxious and frequently sought assistance from a helpline for his dark thoughts – **until one day, it all became too much.**

“Donor support is vital to keep what’s going going, and to be able to expand services and educate people.”

- John

“A lot of people don’t understand the pain that comes with depression. I really thought there was no way out of this.”

John’s wife brought him to Victoria Hospital. His conversations with a psychologist led him to important self-discoveries about his childhood and family. His psychiatrist started him on a new medication, which finally helped him manage the symptoms he was experiencing.

“**This hospital saved my life,**” said John emphatically.

To help people like John obtain the care they need, donate today at TheVicFoundation.ca or by calling us at 204-477-3513.

Your Generosity Creates New Pathways

When Courtney reflects on her childhood growing up Métis in Inuvik, she remembers the closeness of community and the importance of tradition. Now a mother of three and a second-year nursing student at the University of Manitoba, she carries those same values on her journey to become a healthcare professional.

“I want my kids to grow up proud of who they are,” she says. “And I want Indigenous patients to feel like they belong. That starts with seeing people who look like them, people who understand their culture.”

This summer, thanks to your generosity, Courtney took part in the Indigenous Health Summer Student Program at Victoria Hospital. This program gives Indigenous students hands-on experience in healthcare while celebrating culture and community.

What began as “just an office job” became a transformative experience for Courtney. She supported hospital operations, improved communication and accessibility of resources,

“There’s no one way to be Indigenous. And there’s no one path into healthcare. This program makes room for both.”

- Courtney, nursing student

and helped lead the Indigenous Signage Initiative, ensuring Inuit and Métis perspectives were represented alongside First Nations.

“For me, it’s about visibility, respect, and belonging,” she says. Representation matters. According to Statistics Canada, Indigenous people make up more than 18% of Manitoba’s population but are underrepresented in the healthcare workforce. **Programs like this help close that gap and create welcoming, inclusive care environments for everyone.**

Courtney’s summer placement was just the beginning. She left the program feeling proud, and is determined to return to Victoria Hospital as a nurse.

The Indigenous Health Summer Student Program is reconciliation in action, and it’s all possible because of your wonderful support.

“This isn’t just a program,” Courtney says. “It’s change. It’s hope. And it’s proof that reconciliation isn’t just words.”

Thank you!



Courtney hopes to return to Victoria Hospital as a nurse upon her graduation.

You're Bringing Comfort, Connection, and Companionship to Patients Living With Dementia

Thanks to you, 28 new interactive therapy cats and dogs are bringing comfort to patients at Victoria Hospital living with dementia.

If you've ever experienced the unconditional love of a pet, you'll know that something special happens when they purr, nuzzle, or bark.

The same is true for these lifelike companion pets. They help patients feel calm, safe, and comforted by sparking core memories of a



Generous donors like Zach & April Derksen (Derksen Plumbing & Heating) are putting interactive pets in the arms of patients living with dementia.

previous pet, bringing a sense of purpose, and providing connection; something many of us take for granted.

“It’s this newfound sense of purpose — maybe they felt like they didn’t have purpose, but now their purpose is to take care of the pet,” said Alison Kokocinski, Clinical Nurse Specialist.

Your philanthropic spirit raised over \$10,000 to put these pets into the arms of patients.

A few pets have already been given to patients and have helped to **reduce agitation, anxiety, and confusion; encourage conversations; bring joy; and ease boredom** — all thanks to you!

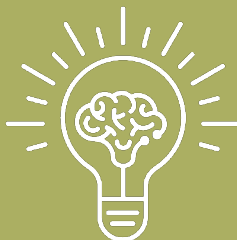
“Patients might not remember today or yesterday, but they remember their pet. They remember the dog they had when they were eight. **Those are some of the best memories.**”

- Alison Kokocinski,
Clinical Nurse Specialist

What You're Supporting in Our Community



Quality Care



Innovative Care



Accessible Care

Increased Sense of Community and Reduced Boredom, Because of You!

Time spent in any hospital is rarely fun.

Whether you are sitting in an Urgent Care waiting room, or healing in a hospital room on a unit, time tends to S L O W down without distractions. **Thanks to your generosity, several patient areas at Victoria Hospital have been equipped with new Smart TVs.** This investment provides a welcome distraction in places where time can otherwise seem to stand still.

Victoria Hospital's Urgent Care received two new TVs for the main waiting area. One showcases a slideshow of art created by local artists, and the other shows regular television programming. The Minor Injury Clinic also received a new Smart TV, providing a welcome upgrade from the aging system.

Additionally, patient lounge areas on all three mental health inpatient units received Smart TVs with customized enclosures. These enhancements ensure improved safety for staff and patients, while still providing entertainment.

Monica Carranza, Manager of the Geriatric Mental Health Unit says: "I've heard positive reports from our staff about the TV enclosures. They feel it is safer now that patients cannot touch it. **Having TV access is very important for our patients, and knowing they are less likely to be damaged or broken gives peace of mind for the staff.**"

Adult Mental Health Unit Manager Lorriann Ludwig recalls the distress of a patient unable to watch the football game when the TVs on the unit were broken. These games were an important part in his life and the lack of access was very disturbing for him.

Thankfully, the new TVs were installed during his stay and the difference it made was amazing. Lorriann explains: "**These TVs provide an opportunity for patients with common interests to gather.** The football games brought all the sports fans out of their rooms to watch, and the sense of community it created was priceless."

Thank you for improving patient care at Victoria Hospital! To support patient care initiatives like this one, donate online at TheVicFoundation.ca or call 204-477-3513.



A new Smart TV displaying artwork in the Urgent Care department.



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