DETAILED PROJECT DESCRIPTION
for
The City of Winnipeg
COMMUNITY INCENTIVE GRANT PROGRAM

Project Name:
RIVER PARK GARDENS
THERAPEUTIC RECREATION FACILITY

The following will address the selection criteria for CIGP point by point.

As a preamble to following, we would like to note that the term "community" as used in the application and guide is not definitive. We would like to make the argument that the residents of River Park Gardens, and their families, constitute a unique community (one of many) in the larger community of the residents of Winnipeg, and St. Vital in particular. A great deal of justified effort and money is devoted to developing facilities and programs for, youth, underprivileged, and disadvantaged groups within our larger community. We would contend that the residents of RPG have traditionally not been seen as a group that requires much in the way of recreation facilities, due to their advanced age and inability to participate in traditional sport and recreation programs. There is however, voluminous research and evidence that therapeutic recreation for the frail elderly is extremely important in improving quality of life. Barriers to exercise for this community, include a lack of knowledge about the documented benefits of exercise in older populations, attitudes about the appropriateness of physical exercise for older adults, and environmental factors that don't encourage exercise. We would like to provide an adequate space to alleviate the environmental factor disadvantage at RPG and allow for the development of a therapeutic recreation program in that space.

1. Organization is a non-profit community organization.
   Faith Gardens Inc. is a non-profit organization formed to provide for the relief of the aged and/or infirm as outlined in it's articles of incorporation, which are attached.
2. Organization offers sport or recreation services or contributes to the health and well being of the community.
   FGI has been instrumental in the initiation, funding, planning, construction and ongoing support of River Park Garden's Personal Care Home. This facility is state of the art and serves a community of 80 residents in the care of the WRHA, and their families. The mandate of FGI includes provision of facilities and services which will enhance the lives of this community of residents.
3. Organization is developing a sport or recreation capital project.
   The project will consist of converting an existing outdoor patio area of approx. 500 sq. ft., into a 4 season sun-room. This patio is on the second floor of one of the resident wings. Presently, it is marginally used space due to it's outdoor nature in a Manitoba climate. By converting it to an all season area it has the potential to become the recreation facility we envision. Please see the attachment describing the recreational therapy program presently implemented at RPG.
4. Project is and must remain accessible to the community.
   The community of residents and their families, at RPG will always have access to the facility, as it will be an integral part of the structure, which is their home. As well, the community at large, through their interactions with the residents, doing volunteer services in the recreation program, reading, crafts, etc., and larger groups for special events, will have access to the space.
5. Project must provide long-term benefit to the community at large in terms of new facilities.
   Presently RPG carries out recreation programs in the dining rooms for residents on the second

floor. Use of this space is not ideal due to the fact that at any given time it is used as a TV room, or gathering area for mentally and emotionally troubled residents. The distractions created between mealtimes make this space inadequate to carry on a comprehensive therapeutic recreation program. Besides the actual recreation programs, this space will provide a space for SAD therapy (seasonal affective disorder), a place for resident groups to congregate without constant staff supervision, a place for family gatherings and parties, and community group use of appropriate nature. In the long term this new space will continue to be of great benefit. There is also the possibility of approaching Manitoba Health to request funding for an Adult Day Program at RPG when this facility becomes a reality.

6. Project must not compete with or duplicate existing facilities.
   This facility will not compete with any other project of this nature in the immediate area of South St. Vital
7. Applicant must provide confirmation of sufficient resources to maintain and operate the completed project.
   The balcony is part of RPG and the completed project will be part of the facility which is owned by WRHA and any operating costs will be part of the RPG budget. Faith Gardens Inc., has received approval to proceed with the project as long as we provide the capital costs.
8. Application must articulate plans, specifications and project requirements.
   Please see attached preliminary plans and cost estimates.
9. Project must be feasible within the project management capabilities of the applicant.
   FGI has undertaken initiation and seeing completion of RPG. As well, the present directors have been instrumental in the completion of Kirchhoff Gardens, a successful life lease project underwritten by the Manitoba Government.
10. Applicant's 50% matching funds must not include other City funds.
    Our request for $20,000.00 is well below the criteria as we already have $66,000.00 in funds earmarked for this project on hand.

Attachments:

1. Definition of Recreational Therapy and description of the present program at RPG.
2. Preliminary plans and cost estimates.
3. FGI articles of incorporation.
4. Selected articles related to the benefits of recreation therapy for the elderly.

Recreational therapy

Recreational therapy, also referred to as **recreation therapy** and **therapeutic recreation**, is a service that provides treatments and recreation activities to individuals with illnesses or disabling conditions to improve or maintain physical, mental and emotional well-being and help reduce depression, stress and anxiety.

Recreational therapies help patients recover basic motor functioning and reasoning abilities, build confidence and socialize more effectively. Treatments may incorporate arts and crafts, exercise, animals, sports, games, dance and movement, drama, music and community outings.

River Park Gardens Program

River Park Gardens is a two storey Personal Care Home. There are eighty residents. Each floor has two self contained wings (or "Homes") with twenty residents in each "Home". Each wing has Nurses and Aides attending to the medical and physical needs of residents. There is also a Manager of Recreation and two Recreation Facilitators. The Nutritionist, Speech Therapy Consultant, a Physiotherapist and other specialists are available on a regular basis.

The first and second floors each have a Recreation Facilitator and programs are run mid morning, afternoon and evening.

Each resident has a care plan and yearly the Care Conference Committee has a care conference with each resident and family.

The Care Committee includes:

- a Registered Nurse (who receives treatment orders from a facility doctor and a physiotherapist.
- the Spiritual Adviser
- a Recreation Facilitator

The Recreation Facilitators follow a Therapeutic Recreation plan for each resident and encourage them to participate in activities that will improve their physical, mental and emotional well being.

The first floor run recreation programs in the two "Home" dining rooms and programs can also be made available in the Activity Room between the two first floor homes.

On the second floor all programs have to be done in the dining rooms as no other space is available. While programs are going on, a number of the residents may be either watching TV which is in an adjacent area, or are having physical, mental or emotional problems and are causing such a fuss that continuity of the program is extremely difficult.

300 - 214 McDermot Ave.
Winnipeg MB R3B 0S8
tel. 204.956.0530
fax 204.943.5704
www.mmparchitects.com

Robert Wrublewsky
MAA
Christopher Daly MAA

November 29, 2010
Faith Gardens Inc.,
c/o 1311 Dakota Street,
Wpg., Manitoba,
R2N1V8.

Attention Jim Thomas

As per your request I am forwarding a revised class C Budget for the patio enclosure for Faith Gardens PCH. Please note that these costs do not reflect having a general contractor tendered on the project. MMP architects is prepared to coordinate the separate work items in the same manner that a General Contractor would. We will arrange for Faith Gardens to enter into individual contracts with each supplier of services coordinated by our own efforts. We feel that given the small size of the project entering into a general contract would add 20% onto the budgeted cost. For this reason we have not provided you with three separate bids at this time.

Please note that the drawings prepared to date are not suitable for a formal tender process. MMP was providing this work as a good will gesture to you and the board. Our involvement in assisting your group moving forward will also be provided as a professional courtesy. For this reason we never prepared a full set of tender documents intended for general contractor tender. Should you require this formal process our office will require 1 week to prepare contract documents with specifications and bid forms so that we are able to conduct a formal bid process. We would also have to engage the services of additional consultants.

Sincerely,

Robert Wrublowsky

Principal, MMP Architects.

4 season option.

ITEM	QTY	Cost	TOTAL $
Eldorado Durango Mountain Ledge stone (Flats)	337 sq. ft.	$9.00 per sq. ft.	$3,500.00
Eldorado Durango Mountain Ledge stone (Corners)	8 ft.	$14.00 per sq. ft.	$450.00
Remove Hardy Board Siding			$650.00
Install Stone			$7,500.00
Durabuilt Windows	7		$7,000.00
42'x14' canopy	1	$20,000	$20,000
2"x6" T&G pine boards			$8,500
Three coat Sansin stain on timbers, one coat on T&G			$2,200
Roofing			$7,200.00
SIP panels			$5,500.00
Install new Door			$1,200.00
Remove existing pavers			$1,500.00
Install new floor (Laminates on Sleepers)			$7,000.00
Flashing and water proofing			$6,500.00
Electrical Allowance			$12,000.00
Materials			$15,000.00
Permits and testing			$3,500.00
Architectural / Engineering fees			$10,000.00
Labor			$35,000.00
		GRAND TOTAL	**$154,200.00**

NO.	REVISIONS	BY	DATE

The contractor shall check all dimensions and other data from the job and report any discrepancies to the architects before proceeding.

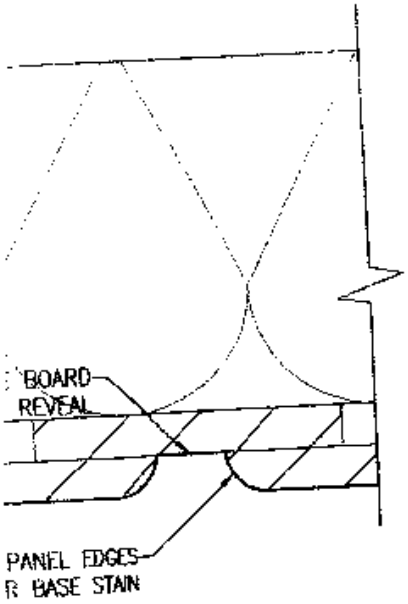
PROJECT TITLE

RIVER PARK GARDENS PERSONAL CARE HOME - TIMBER FRAME ADDITION

Winnipeg, Manitoba

DRAWING TITLE

INTERIOR ELEVATIONS AND DETAILS



PROVINCE OF MANITOBA
ROBERT A. WRUBLOWSKY
REGISTERED ARCHITECT

PROVINCE OF MANITOBA
MMP ARCHITECTS INC.
NO. 071
APPROVED ARCHITECTURAL CORPORATION

mmp architects

300 - 214 McDermot Avenue, Winnipeg Manitoba R3B 0S3
Tel (204) 956-0530 Fax (204) 943-5704 www.mmparchitects.com

APPROVED	CHECKED	DRAWN BY
RW	RW/KS	RO
SCALE	DATE	FILE NO.
AS NOTED	JULY 2009	2009-23

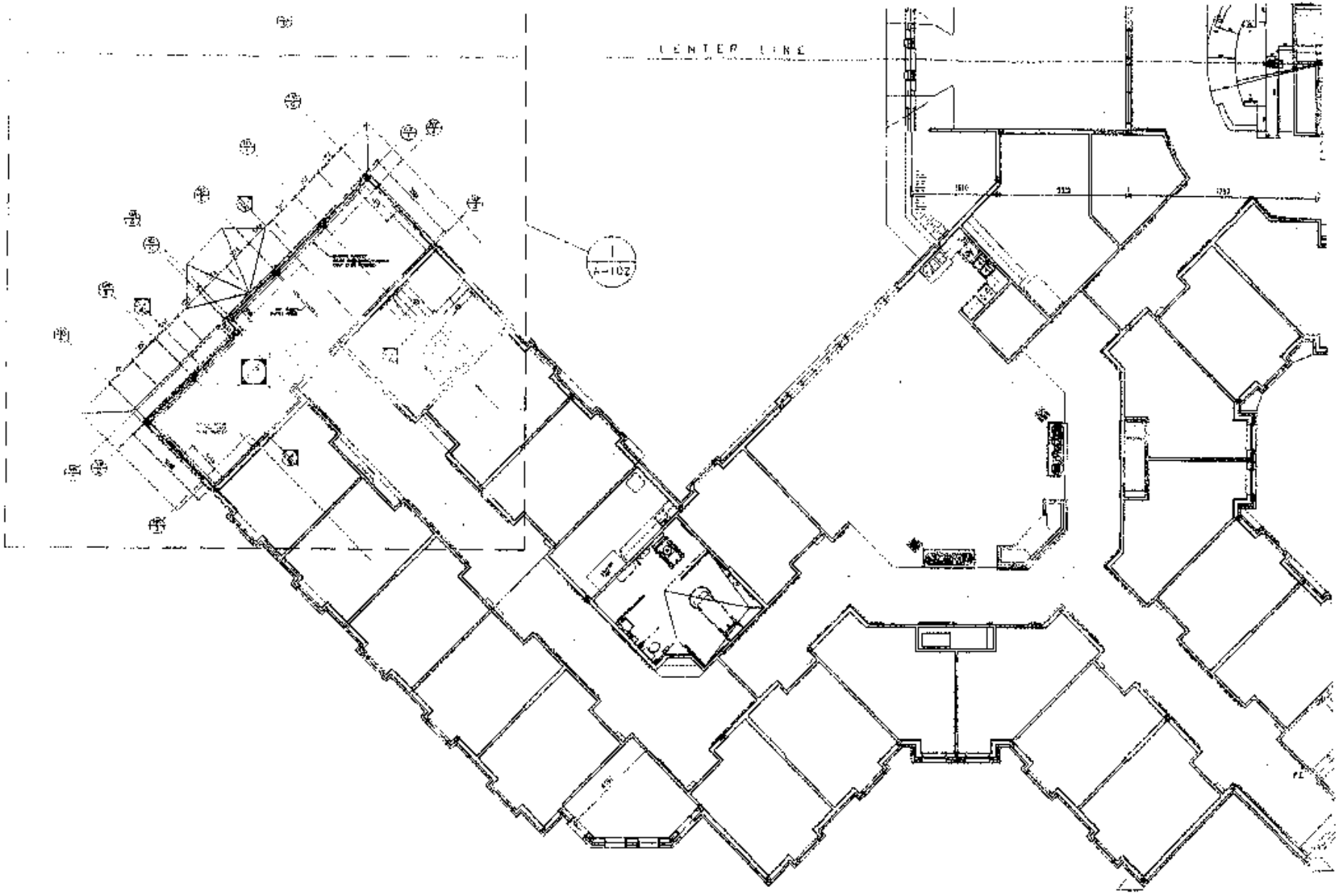
DRAWING NUMBER

A-701

REVISION NUMBER

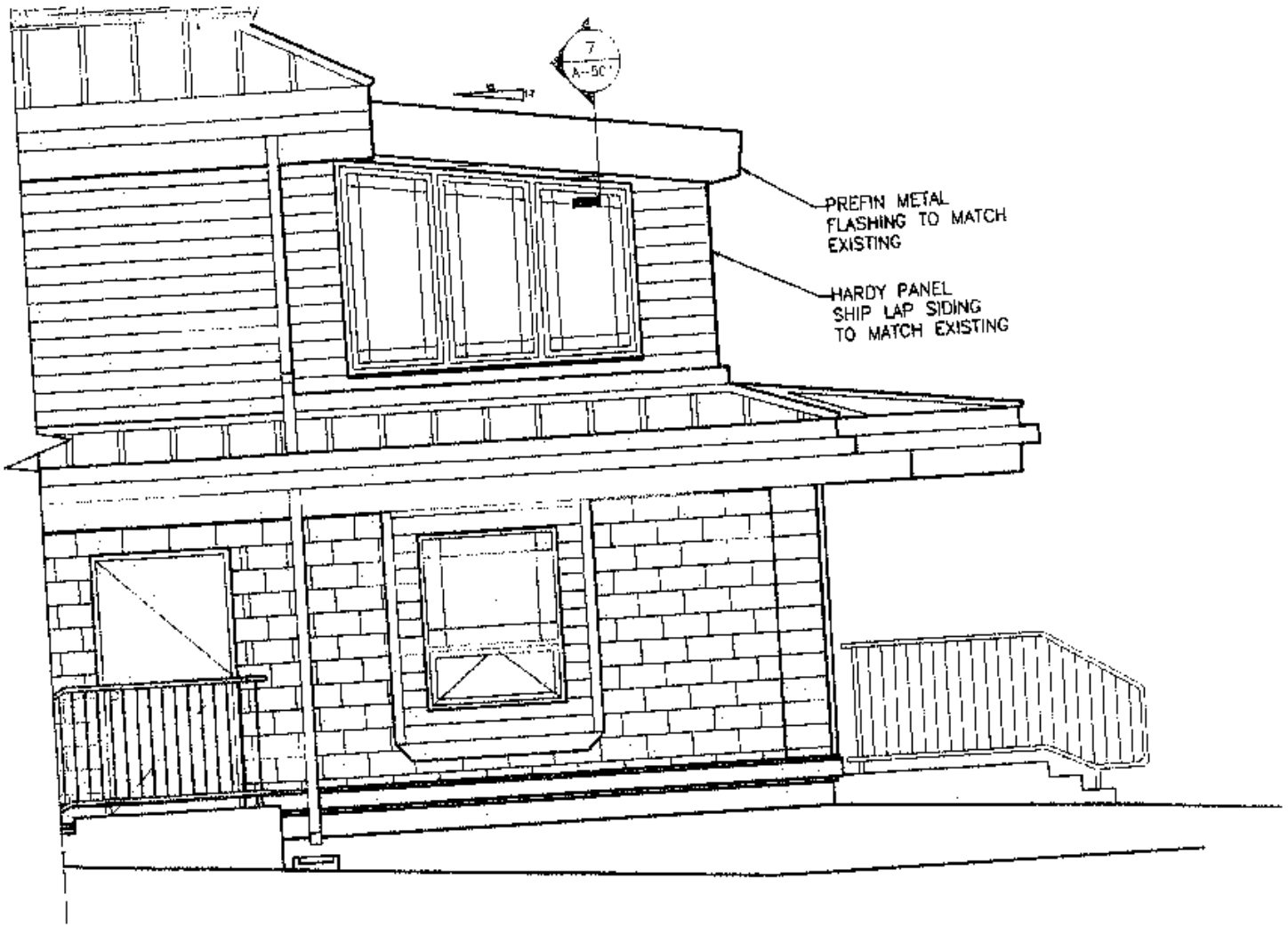
CAD FILE:

DRAWER NO:



KEY PLAN

Scale 1:150



SOUTHEAST ELEVATION

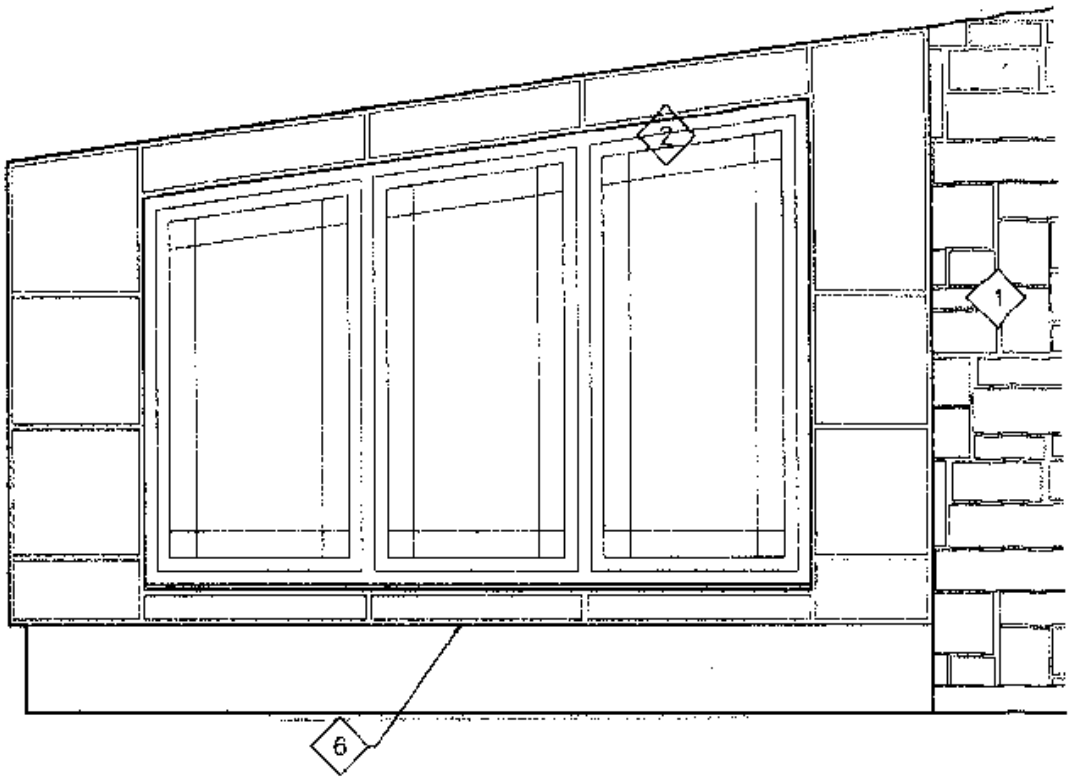
1 1:50

U/S TONGUE AND GROOVE BOARDS

105230 +/-

U/S TONGUE AND GROOVE BOARDS

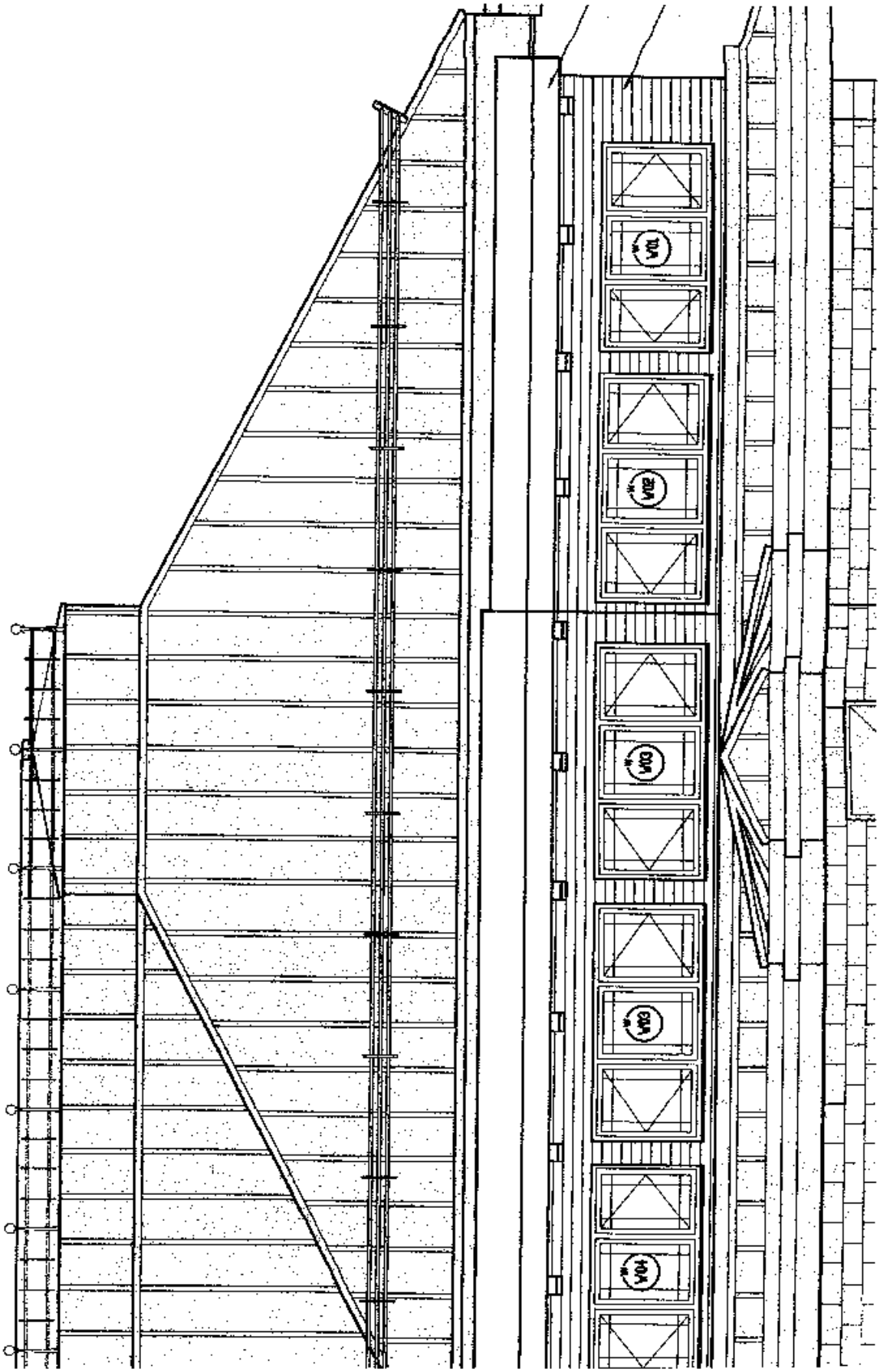
5
A-701



103 188 +/-

T/O 2ND FLOOR

4
A-701
SOUTHEAST ELEVATION
1:25


W01
W03
W03
W03
W01

Manitoba

The Corporations Act
Loi sur les corporation

ARTICLES OF INCORPORATION (without share capital)
STATUTS CONSTITUTIFS (corporations sans capital actions)

Manitoba

The Corporations Act / Loi sur les corporations

CERTIFICATE / CERTIFICAT

ARTICLES EFFECTIVE / LES STATUTS PRENNENT EFFET LE

20 APR AVR 2005

DIRECTOR, CORPORATIONS BRANCH / DIRECTEUR, DIRECTION DES CORPORATIONS

1. Name of Corporation / Dénomination sociale

FAITH GARDENS INC.

2. The address in full of the registered office (include postal code)
Adresse complete du bureau enregistré (inclure le postal code)

9th Floor, 400 St. Mary Avenue
Winnipeg, Manitoba R3C 4K5

3. Number (or minimum and maximum number) of directors
Nombre (ou nomre niminal et maximal) d'administrateurs

The Corporation shall have a minimum of three (3) directors and a maximum of twelve (12) directors.

4. First Directors / Premiers administrateurs

Name in Full/Nom complet	Address in Full (include postal code)/Adresse complète (inclure le code postal)
Douglas Tkach	139 Goldthorpe Crescent, Winnipeg, MB R2N 3E4
Ed Law	131 Royal Mint Drive, Winnipeg, MB R2J 4J9
Timothy A. Kurbis	9th Floor, 400 St. Mary Avenue, Winnipeg, MB R3C 4K5

5. The undertaking of the corporation is restricted to the following
Les activités de la corporation se limitent à ce qui suit

The attached Schedule "A" is incorporated in this form.

6. Other provisions, if any / Autres dispositions, s'il y a lieu

a) The Corporation shall devote all its resources to charitable activities carried on by it within the meaning of the *Income Tax Act* (Canada), as amended from time to time.

b) No part of the Corporation's income shall be payable to, or otherwise available for, the personal benefit of any of its members.

c) If, upon the winding up, dissolution or liquidation of the Corporation, there remains, after the satisfaction of all the debts and liabilities of the Corporation, any property whatsoever, such property shall not be paid or distributed among the members of the Corporation but shall be paid over, given or transferred to a "registered charity" or "qualified donee", as these terms are defined in the *Income Tax Act* (Canada), with objects similar to those of the Corporation, as determined by the members of the Corporation.

7. The corporation has no authorized capital and shall be carried on without pecuniary gain to its members, and any profits or other accretions to the corporation shall be used in furthering its undertaking.
La corporation n'a pas de capital autorisé et exercera ses activités sans que ses membres en tirent profit sur le plan pécuniaire; tout bénéfice réalisé par la corporation sera consacré à l'avancement de ses activités.

8. Each first director named herein becomes a member of the corporation upon incorporation.
Chacun des premiers administrateurs nommés dans les présentes devient membre de la corporation à la constitution de celle-ci.

9. Where the undertaking of the corporation is of a social nature, the address in full of the clubhouse or similar premises that the corporation will maintain
Lorsque les activités de la corporation sont à caractère social, indiquer l'adresse au complet du lieu où elle les poursuivra

N/A

10. I have satisfied myself that the proposed name of the corporation is not the same as or similar to the name of any known body corporate, association, partnership, individual or business so as to be likely to confuse or mislead.
Je me suis assuré que la dénomination sociale projetée n'est ni identique ni semblable à la dénomination d'une personne morale, d'une association, d'une société en nom collectif ou d'une entreprise connue ou au nom d'un particulier connu et qu'elle ne saurait prêter à confusion ni induire en erreur.

11. Incorporators / Fondateurs

Name in full / Nom complet	Address in full (include postal code) / Adresse complète (inclure le code postal)	Signature/Signature
Douglas Tkach	139 Goldthorpe Crescent Winnipeg, MB R2N 3E4	
Ed Law	131 Royal Mint Drive Winnipeg, MB R2J 4J9	
Timothy A. Kurbis	9th Floor, 400 St. Mary Avenue Winnipeg, MB R3C 4K5	

Note: If any First Director named in paragraph 4 is not an Incorporator, a Form 3 "Consent to Act as a First Director" must be attached. State the full civic address in paragraphs 2, 4 and 11 – a P.O. box number alone is not acceptable.

Remarque: Si l'un des premiers administrateurs nommés à la rubrique 4 n'est pas un fondateur, joindre la formule 3 intitulée "Consentement à agir en qualité de premier administrateur". Indiquer l'adresse complète dans les rubriques 2, 4 et 11; un numéro de case postale seul n'est pas suffisant.

OFFICE USE ONLY / RÉSERVÉ À L'ADMINISTRATION

Corporation Number / N° de la corporation: 5064997

Business Number / Numéro d'entreprise: 84340 2212 RC0001

THIS IS SCHEDULE "A" attached to and forming part of the Articles of Incorporation of **FAITH GARDENS INC.**

5 - The undertaking of the corporation is restricted to the following

To Provide for the relief of the aged and/or infirm as follows:

a) To relieve needs attributable to old age and/or infirmity through the construction and/or operation of one or more care facilities owned or leased by the corporation for the aged and/or infirm;

b) To provide assistance, services and programs to the aged and/or infirm residents of care facilities owned or leased by the corporation in order to assist them in dealing with and alleviating the effects associated with the condition of being aged and/or infirm;

c) To do other charitable works of benefit to the aged and/or infirm in Canada;

d) To donate funds to qualified donees (within the meaning of the *Income Tax Act* of Canada) that have objects which are the same or substantially similar to the objects of the corporation; and

e) To undertake such objects in a manner consistent with Christian principles, beliefs and philosophies.