

Between Us... Briefly



Newsletter For Residents, Tenants,
Family and Friends, Staff and Volunteers of Perley Rideau

Perley Rideau Community a Healthy Mix

By Akos Hoffer,
Chief Executive Officer

As I reflect on 2014, I am proud of all that has been accomplished by our Perley Rideau community, so I am writing to provide a short summary of the year and to look ahead to 2015.

A dynamic state for sure, together we have tackled the challenges head-on, took firm decisions and adapted. We can all take credit for the current success of the Perley Rideau and the solid-footing provided by our veterans that will allow us to prepare and plan for the future.

Here are just a few of the year's highlights:

- Our high-quality care was recognized when we were awarded Accreditation with Commendation;
- In less than one year, we have achieved a 95% occupancy rate for our two Seniors apartment buildings, meeting a growing need in our region; and
- By adding services and choices for our tenants, we have fostered a safe and friendly "home" environment, building towards our vision for a unique Seniors Village.

All that and we are now home for over 600 elders, each experiencing aging in their own unique way.

To accommodate this growth and change, we have had the pleasure of welcoming many new faces to Perley Rideau and those additions have helped to foster new ideas. Thank you to everyone for welcoming these new staff members, your knowledge is vital to sharing our history.

What makes Perley Rideau unique is the chemistry that can be seen when our residents and tenants mix with our staff, volunteers, families, friends, leadership team and board of directors. This chemistry was on display during the unsettling events of October 22. In spite of having limited information about the extent of the shootings that day, the Perley Rideau community responded to the crisis in a calm and resolute manner. Your dedication and support on a very difficult day stood out and we are stronger for it.

As the host of the largest Remembrance Day celebration outside the National War Memorial, your treatment of our veterans and handling of the media and other demands, struck the perfect chord. As a community, we were able to express our gratitude to the veterans and pay tribute to this rock-solid foundation that allows us to look to the future and adjust. As I am sure you are aware, with the passing

of time and the changing veteran population, our transformations are not yet complete, but please know that our board of directors and leadership team are working hard to tackle these issues.

As with the trials of 2014, we are looking ahead. I invite all of you -- the full Perley Rideau community -- to help out as we prepare for the New Year. My door is always open. My email is available (ahoffer@prvhc.com). We, the executive team, want to be available and transparent as we reach out and prepare for future success. Your participation is a key to that success.

On behalf of the Perley and Rideau Veterans' Health Centre and Foundation, our boards of directors and executive leaders, thanks to everyone for your hard work in 2014, we wish you and your families a healthy and happy 2015.



CEO Hoffer greets veterans



Paying Tribute and Remembering

On Tuesday, October 21, the Perley Rideau Veterans attended the Governor General's First Poppy Presentation at Rideau Hall. Marking the start of the 2014 National Poppy Campaign, the Perley Rideau Veterans had front row seats to watch the presentation of the first poppy of the season to His Excellency the Right Honourable David Johnston, Governor General and Commander-in-Chief of Canada. Following the ceremony, everyone enjoyed refreshments and Governor General Johnston generously provided time to speak with our Veterans and pose for pictures.



Meeting the Governor General

Did you know?

- Each year, about 18 million poppies are spread across the country
- More than 19 million poppies had been distributed as of November 6, 2014, according to the CBC.
- The money raised during the National Poppy Campaign provides “direct assistance for Veterans in financial distress, as well as funding for medical equipment, medical research, home services, long term care facilities and many other purposes”, states Veterans Affairs Canada.



Perley Rideau Veterans visit Rideau Hall



Canadian Veterans honoured in the Red Chamber

On Sunday, November 2, many of the Perley Rideau Veterans visited the Senate of Canada as part of a tribute to all those who helped to make sure that Canada remains strong, proud, and free. Beneath eight imposing paintings of scenes from the First World War, the annual ceremony in the “Red Chamber” recognizes all those who have served and sacrificed. The Honourable Julian Fantino, Minister of Veterans Affairs, was joined by Senator Joseph Day and Barry Devolin, Deputy Chair of Committees of the Whole.

Staff on the Move



Rachel Stoparczyk

Rachel Stoparczyk has been appointed to the position of Coordinator, Volunteer Services. Rachel is taking over from Elia Touesnard, who has announced her retirement. Rachel's first day in her new role will be Monday, December 8.

Rachel has been working part-time with Elia for the past year in anticipation of this change. Those of you who have worked with Rachel over the past year will be excited to know she is coming to the Perley Rideau in this fulltime role.

Rachel has many years of experience in volunteer management, including at the Ottawa Children's Treatment Centre, at VSO Canada, and at Volunteer Ottawa. In addition to her extensive paid experience, Rachel has a university degree, certification in Volunteer Administration and a certificate in Management of Volunteer Resources. She has volunteered with the following organizations: Canadian Journal of Volunteer Resource Management, HR Council for the Non-profit Sector and Canadian Administrators of Volunteer Resources, Professional Administrators of Volunteer Resources – Ontario (PAVR-O), the Distress Centre of Ottawa & Region, the Ottawa-Carleton Association for Persons with Developmental Disabilities, Citizen Advocacy and Big Sisters.

During the past year, Rachel produced a Strategic Plan for the Perley Rideau's Volunteer Program forming the basis for the future direction of the Volunteer Program within the context of a Seniors Village.



Chad Haffner

Lori Stuckless is pleased to announce the appointment of Chad Haffner to the position of Manager, Support Services effective immediately.

In his new role, Chad assumes responsibility for Property Services,

Security, the provision of services to tenants in the Seniors Village, Housekeeping, Linen/Laundry and assistance to Food and Nutrition and Materials Management.

Chad has a wealth of experience obtained working in the facility over the past ten years. A diverse knowledge of the building's infrastructure, Chad consistently provides quality services throughout the home.



Jay Innes

Jay Innes is the new Director of Communications for the Perley Rideau.

A former journalist, Jay is a communications and public relations professional known for developing citizen engagement strategies to advance

the goals of public and private organizations. In the private sector, Jay's marketing and business development skills helped guide an education training supplier and two privacy start-up companies.

After attending Dalhousie University, Jay worked as a newspaper reporter before moving to Ottawa where he graduated from Carleton University with a Master of Journalism degree and went on to work in radio and TV. In 2002, Jay helped form the premier fundraising event for an Ottawa-based charity raising awareness of the issues specific to individuals with special needs. Jay also supports an Ottawa-based art workshop for adults.

Vision Care Services at Perley Rideau



Perley Rideau has partnered with the Canadian Council of The Blind (CCB) to bring mobile vision care services to the facility in January 2015.

The Mobile Eye Clinic is operated using a CCB Vision Van that offers on-site optometry visits conducted by qualified eye care professionals.

Services include:

- Examination by an optometrist
- Frame selection provided by a licensed optician
- Referral services, as required

Appointments will be pre-booked up to a month in advance.

The CCB estimates that more than 63 % of seniors are dealing with serious eye issues, and as the population ages the need for proper eye care will continue to grow. The Mobile Eye Clinic is an easy and efficient way for seniors and veterans to monitor eye care and contribute to overall health and wellness.

For more information, please contact Samantha Diceman at ext. 2113.



New Lounge for Rideau North 1 and 2

Staff of Rideau 1 North and Rideau 2 North now have a place to call home.

During a Town Hall meeting with CEO Akos Hoffer, staff asked for a lounge of their own and this summer an office was converted to make room.

Complete with a fridge, a desk and a comfortable chair, staff can recharge in the lounge during break time.



The Giving Season:

This Christmas tree was decorated by members of 33 Service Battalion, one of the units from 33 Canadian Brigade Group. Decorations were donated by the employees from Canadian Forces Morale and Welfare Services. Thank you from the Perley Rideau community!

What to Know When Engaging Private Support Providers (*Sitters*)

The Perley and Rideau Veterans' Health Centre is committed to meeting the needs of its residents.

Perley Rideau is committed to meeting the needs of its residents. To enhance a resident's care or to provide extra companionship, some residents/families choose to engage a Private Support Provider.

If residents/families choose to get some extra help, or if any questions arise about engaging or hiring an individual, here are a few things to keep in mind:

- The Private Support Provider policy has been revised. Please ask a Unit Clerk to see the revised policy and appendices.
- There is a list of documents outlined in Appendix A of the policy (i.e. police check, proof of TB test, proof of flu vaccine, insurance, etc.) and requirements of the Private Support Provider (i.e. wearing a name tag, following the resident's care plan, abiding by applicable Perley Rideau policies, etc.) that the resident/family is responsible for taking care of.
- If you engage a Private Support Provider, it is very important that Appendix C of the policy be completed, updated as required, and filed in the resident's chart. This confirms the Private Support Provider details with staff (i.e. name, days of the week they visit, care/services they are providing to the resident).
- Staff of the Perley Rideau cannot be engaged or hired as Private Support Providers for residents/families.
- The Perley Rideau will not suggest a particular person or use of a particular agency.
- Families have a right to engage anyone that they choose – the person does not have to be from the list of agencies that we provide.

If you have any questions, please contact your Resident Care Liaison, Sarah Tellier, ext. 2352 or Carolyn Young-Steinberg, ext. 2353.



Customized Ethics Support Services Now Available

The Perley Rideau is proud to announce that Dr. Valerie Badro, a Regional Ethicist from The Champlain Centre for Health Care (CCHCE), is now available to provide customized ethics consultation services for residents/families, physicians, nurses, tenants and all other staff. The CCHCE is a collaborative initiative of Ontario's Champlain LHIN (Local Health Integration Network) offering customized ethics support services to health care organizations within the region.

Part of a highly-respected team, these are some of the services that will be offered by Dr. Badro:

- Provide and facilitate ethics consultations to help navigate complex ethical issues arising in the care of residents and help to address moral conflicts and distress within multidisciplinary teams.
- Provide tailored ethics education to front-line staff as well as leadership groups.
- Identify, track and trend emerging ethics needs within the organization.
- Support the Ethics Committee in strengthening organizational ethics processes and structures.
- Assist in accreditation support and review of policies, guidelines and practices that have significant ethical implications.

For anyone struggling with a difficult ethical decision or wondering what to do in a complex care situation, Dr. Badro invites you to contact the Ethics Consultation Service, where she will be happy to help.

For those interested about hearing/learning about a specific ethics topic, Dr. Badro welcomes your calls and emails to the Ethics Consultation Service (ECS) so that an education session can be arranged that will accommodate busy schedules.

Please note that while we await set up of Dr. Badro's extension and email address, please contact Gayla Desjardins at ext. 2105 or via email at gdesjardins@prvhc.com for Ethics Consultation Services (ECS).



Take Our Kids to Work Day November 5th



Standing - from Left to Right

Samantha Maingot, Zheela Ismael, Marcus Agamos, Jackie-Lynne Dela Cruz, Scott Thompson, Albert Tetteh and Andrew Tattersall

Sitting - from Left to Right

Paula LeFuny, Tami Sue Sharpe/Leroux, Belinda Smith, Michaela Esedebe and Sarah Monforton

This year, twelve Grade-9 students participated in our "Take Our Kids to Work" Day.

All students took part in the morning's organized program consisting of an overview of Perley Rideau, a tour, an explanation of the importance of creating a resume, and the opportunity to assist the residents in the Creative Arts Studios.

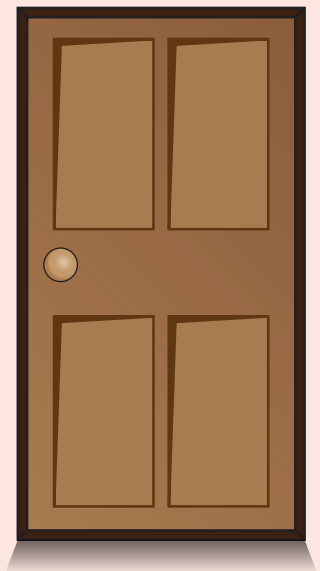
In the afternoon, the students were given the choice to shadow their parent or get involved in other activities.

Thanks to all who participated in making this a memorable day and best of luck with the remainder of the school year.

Don't Forget!

All doors **MUST** be closed in non-resident areas, if a room is unattended.

Thanks for helping to promote safety for everyone at the Perley Rideau.



Family and Friends 4th Annual General Meeting

At the 4TH Annual General Meeting of the Family and Friends Council on November 20th, the turnout represented all three Perley Rideau buildings. The Council members welcomed Perley Rideau Chief Operating Officer Mary Boutette, LGEN [Ret'd] Michael Jeffery, Chair, Perley Rideau Board, BGEN [Ret'd] Charles Lemieux, Chair and Perley Rideau Foundation Board and Executive Director Daniel Clapin. In keeping with Council By-Laws, one-third of Executive member positions open annually for election and going forward, we are pleased to report that Ray Bailey was re-elected and the members continuing their terms are: Fran Cordukes, Diana Hennessy, Brent Mersey, Heather Moxley [Secretary], Doreen Rocque [Vice Chair] and Brenda Tobin [Treasurer].

The Executive is delighted to welcome two new members, helping to ensure that residents in all three Perley Rideau Residences will be represented on Council. Those members include Mark Bowman, MBA, and James [Jim] LaPlante. Mark is a consultant in philanthropy with over 10 years' experience in fundraising. Before transitioning to fund development, he worked in the financial sector and in international trade. An active volunteer he has worked with United Way, Volunteer Ottawa and Big Brothers Big Sisters Ottawa. His special interest in the Perley Rideau stems from his mother's life here for the past 9 years.

Jim LaPlante is a retired federal public servant with over 40 years' professional and managerial experience. Jim supported his mother in her journey with Alzheimer's

from her family home to residential care until her death in hospital following hip surgery. He now supports his wife and her mother, a Veteran resident. His goal is to make a positive contribution by supporting effective communication with families.

After concluding the AGM business, we moved on to this month's topic, "*Perley's Recipe for Living Well with Dementia*". The presentation was made by Jennifer Ellis, Director of Nursing Practice, Darlene Cameron Yue, Special Approach PSW and Cassy Hopkins, Recreation Therapist — all of Perley Rideau along with RN Debbie Foster of the Royal Ottawa Hospital. In introducing her team, Jennifer Ellis described a variety of behavioural therapies and their benefits for Perley Rideau's aging resident population. We learned about custom adaptations and different tools to help calm and engage residents. The audience was particularly drawn to the busy lap quilts and the Snoozelen presentation.

Scheduling Changes

The Council meeting for Thursday, December 18, has been canceled. The first meeting of 2015 will be Thursday, January 15th at 7:00 pm and focus on how Occupational Therapy complements the overall care plans of residents.

In place of December's meeting, a summer event is being planned, so watch this space for further news.

For questions about the Council please contact Ray Bailey, Chair at 613.741.0282 or by e-mail to: familycouncil.prvhc@gmail.com

Last but not **CERTAINLY NOT** least...

Merry Christmas and a healthy, happy New Year!

The Mission of the Family and Friends Council:

The mission of the Family and Friends Council [FFC] is to improve the quality of life for all residents by promoting an atmosphere of compassionate care and support amongst family members, friends, volunteers and staff. Participation is open to family members of residents, former residents of the Perley Rideau Veterans' Health Centre, and persons of importance to residents who are committed to acting as advocates.

Council meets the third Thursday of each month at 7:00 pm, except in July and August. Meetings provide opportunities to learn more about life at Perley Rideau, to share experiences and to support one another.



The Ebola Outbreak

Risks minimized through early identification, diagnosis, and appropriate management

By Apolonia Sydor

Infection Control Coordinator

The Perley Rideau Veterans' Health Centre

As you are aware, three countries in West Africa are experiencing serious outbreaks of Ebola with widespread transmission in their communities - Guinea, Liberia and Sierra Leone. I am writing to help you answer questions you may have concerning Ebola.

There have NOT been any cases of Ebola in Canada.

Ottawa Public Health (OPH) officials are reassuring our Ottawa community that even if we do see a case of Ebola, the public health risk to Canadians will remain low. Through early identification, diagnosis, and appropriate management, our health system can offer medical care for Ebola, and minimize any risk to residents of Long-Term Care Homes (LTCH's) and Retirement Homes (RH's), healthcare workers and the public.

Ebola: Symptoms and Transmission

Ebola virus disease is a severe acute viral illness often characterized by the sudden onset of fever ($\geq 38^{\circ}\text{C}$), intense weakness, muscle pain, headache and sore throat. This is followed by vomiting, diarrhea, rash, impaired kidney and liver function.

People are NOT contagious until they have symptoms. Symptoms of Ebola infection begin within two to 21 days after exposure.

Ebola does not spread easily from person to person. Close and direct physical contact with infected bodily fluids, the most infectious being blood, feces and vomit, is the only mode of transmission.

Local Information

If anyone has any questions about Ebola, you can:

- Call Ottawa Public Health at 613-580-6744 and ask to speak to a public health nurse,
- Visit the OPH's Ebola web page in English and French.

Recommendations and Guidance for Travelers to and from Affected Areas

Canadians should avoid all non-essential travel to Ebola affected countries.

OPH is offering a confidential health risk assessment and monitoring support to anyone who has recently traveled from one of the affected countries. As such, the OPH asks all travelers arriving from affected countries to contact OPH at 613-580-6744:

- Within 12 hours of returning to Canada OR
- Immediately, if they feel that they may have been exposed to Ebola.

Steps We are Taking at the Perley Rideau

- We will continue our routine surveillance to detect the presence of communicable diseases amongst our residents, staff and visitors,
- To help identify persons in our facility who should be referred

for a health risk assessment, we will be using the Ebola screening tool infographic provided by OPH and circulated to all units in November.

- We are obliging our staff, residents and visitors to strictly adhere to our infection prevention and control practices, specifically:
 - All persons who are ill with symptoms of respiratory illness or gastroenteritis stay home while they are ill,
 - All persons adhere to strict hand hygiene and follow routine practices and additional precautions.

Thank you for your continued commitment to protecting the health and safety of our Perley Rideau community.



Latina Fiesta in support of the Perley Rideau Veterans' Health Centre Foundation

You're invited to a Latin American Evening with formal dinner in support of the Perley Rideau Veterans' Health Centre Foundation on Friday December 5th. Organized by the Department of National Defence staff, this Gala will be held at the Gatineau Congress Centre.



There will be performances by several well known Latin American dance groups from Ottawa including Churún Merú, Contigo Peru, Heritage Colombien, and Viva Mexico. The evening will feature fantastic music from the Americas performed by Los Paisanos, Conexión Latina, along with singer Melanie Gallardo.

Tickets are available

Online at <https://www.eventbrite.ca/e/encuentro-internacional-latino-2014-tickets-11661902063>.

For more information, contact Delphine Haslé at the Foundation office at 613-526-7170 ext 7177.

2015
**WALK
FOR
MEMORIES**
Alzheimer Society



On Sunday, January 25, 2015, join the Alzheimer Society at its Walk for Memories® to be held inside the Fieldhouse at Carleton University. Proceeds stay in our local community to provide support, education and resources for people with dementia, their families and caregivers.

Walk for Memories®, celebrating 20 years in Ottawa, is a great opportunity to make a difference. Dementia is difficult, but this event is something positive we can all do to reach out and help.

The event attracts 600 walkers, more than 70 teams and many valued sponsors like the Perley Rideau Veterans' Health Centre to this flagship fundraising event.

Form a team, support a walker, or make a Walk for Memories' donation. Please help the Alzheimer Society reach its Walk for Memories' goal of \$275,000.

For more information, visit www.alzheimer.ca/ottawa or phone 613-369-5627.

Surveys for Residents and Family

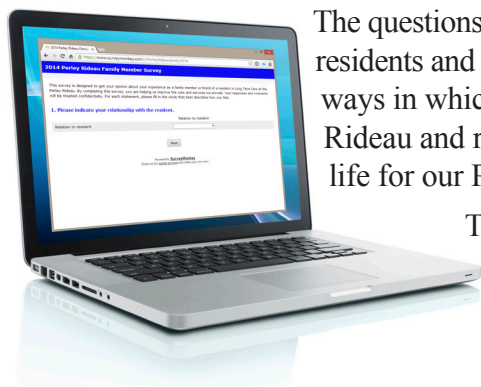
The Perley Rideau is conducting two surveys – one for residents of our Long-term Care Centre and one for family members of residents in Long-term Care.

Each survey consists of 15 questions and is easy to complete, requiring a maximum of 10 minutes of your time. This streamlined process replaces the versions of previous years.

The survey for family members of residents in the Long-term Care Centre is available online and the deadline has been extended into December.

When responding to the questions, choose from the following five responses:

Strongly agree Agree Neutral Disagree Strongly Disagree



The questions in the survey cover a wide variety of topics linked to the experiences of residents and family members interacting with the Perley Rideau. From satisfaction with the ways in which questions are answered to rating the activities and celebrations of the Perley Rideau and responding to your needs, this feedback is vital information for improving the life for our Perley Rideau community.

To fill out the survey for family members, click on the link below.

<https://www.surveymonkey.com/r/PerleyRideaufamily2014>

Thanks to all for taking the the time to help out.



Assisted-Living Services Improves Care for Seniors

Innovative Model Building Strong Foundation of Community Care

The Champlain Local Health Integration Network (LHIN) has made investments in assisted-living services for high-risk seniors, improving care at home and reducing unnecessary emergency room visits. Thanks to this program, the LHIN and its partners are supporting seniors in their wish to be independent for as long as possible. What's more, there were 155 fewer visits to emergency rooms in our region last year because these services were in place.

Assisted-living services provide support with daily living activities to help people remain in their homes. These services include:

- Bathing & Dressing
- Light Meal Preparation
- Light Housekeeping
- Grocery Shopping, and
- Accompaniment to Appointments.

Services may also include reminders to take medication, a 24-hour urgent-call response, care coordination and safety checks.

"This innovative program aligns with Champlain LHIN's strategy of building a strong foundation of integrated primary, home and community care," says Chantale LeClerc, CEO of the Champlain LHIN. "Assisted-living services are keeping seniors at home and in their communities for as long as possible."

A total of 617 clients receive assisted-living services through 13 health

service providers across the region. Total annual funding is nearly \$12.5 million. Bruyère Continuing Care (Bruyère) and **Perley Rideau Veterans' Health Centre (Perley Rideau)** are two of the larger providers. The Champlain LHIN supports 110 assisted-living spaces through Bruyère in the Orléans area: 70 clients are within Bruyère Village, 20 are in the community surrounding the Bruyère Village, and 20 are in the Vanier catchment area. There are another 90 spaces provided through **Perley Rideau**: 70 clients are within the Seniors Village and the remaining 20 are in the community.

"This innovative program aligns with Champlain LHIN's strategy of building a strong foundation of integrated primary, home and community care," says Chantale LeClerc, CEO of the Champlain LHIN.

The creation of the Village concept at Bruyère and **Perley Rideau** has proven to be a groundbreaking approach in implementing assisted-living services to a growing number of seniors.

At Bruyère Village and **Perley Rideau Seniors Village**, residents can live independently in their apartments. When it is no longer safe for them to remain at home, they can transfer to a bachelor apartment grouped around a common kitchen and living room area. These so called "pods" are a state-of-the-art model that provides the perfect balance between independent living, personal support and socialization. By grouping the apartments together, a personal support worker can respond in a timely manner to the needs of all residents at a reduced cost. This is an innovative living concept in Ontario and Canada.

Last year, only 20 per cent of clients in the assisted-living program had to visit the emergency room. Using population data as a comparison, we would expect that number to be closer to 50 per cent for those clients if they hadn't received the services.

The program is also reducing unnecessary and avoidable long-term care home placements. The Masons moved to the **Perley Rideau Seniors Village** in November 2013. Mrs. Mason was admitted to the hospital on several occasions before moving into their two-bedroom apartment in the Seniors Village and receiving additional support through assisted-living services at home and in the pods.

"After Velda went to the hospital, we were desperate that she was going to be placed elsewhere. But we stick together. The help we get is beautiful," explains her husband, Mr. Mason. "The assisted-living service is helping us to stay together. Since we came here, we both have had few health problems," says the 93-year-old veteran."



To access the full story, visit the Champlain LHINfo Minute <http://www.champlainlhin.on.ca/NewsandEvents/NewsRoom/PressReleases/LHINfo%20Min/LHINfo%20Min%20ALSHRS%2010,-d-,31,-d-,14.aspx>.

For more information on assisted-living services, call the CCAC at 1.800.538.0520, or 613.745.5525, 310.2222 (no area code needed).

Thank you, Elia!

After close to 10 years working in the volunteer office, Elia Tousenard is retiring from the Perley Rideau, presenting her successor Rachel Stoparczyk with a vibrant and well-respected volunteer program.

“Elia has been an incredible advocate for our volunteers and our residents, and she leaves a volunteer program that ranks at the very top of the 2013 Provincial Health Care Sector Volunteer Survey,” says Russ Tattersall, the Director of Human Resources at Perley Rideau. “Our volunteer program is a jewel to be cherished, and I am proud to have worked with someone who has demonstrated such devotion to the people she serves.”

In the same way that Perley Rideau has focused its energy and efforts to create a home-like environment for its residents and tenants, Elia advanced the legacy created by Joyce Burnett by involving the 300 volunteers who are such an essential part of Perley Rideau. She points out that it’s the dedication of the volunteers who help to ensure residents are able to participate in many programs and activities and provide staff with the necessary supports to improve the well-being of the people at Perley Rideau.

“Staff have been phenomenal in creating a team environment in which our volunteers are welcomed and appreciated,” says Elia.

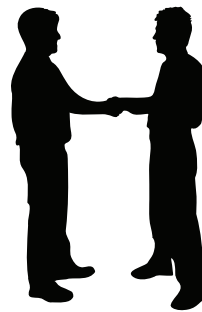
The volunteer program and the larger Perley Rideau community have benefitted -- and will continue to benefit -- from the guidance provided in *Involving Volunteers: A Staff Guide*. It offers an overview of the volunteer program, explains the many roles for volunteers and provides

advice for involving and recognizing volunteers. Only in this Guide will readers find reference to the use of light bulbs, Lucky Charms cereal, Post it Notes and rubber bands, amongst the ideas for recognizing the efforts of our outstanding volunteers.

“The challenge is for staff to read the guide and try one of the recognition ideas during National Volunteer Week (April 12 – 18, 2015) and throughout the year,” Elia adds.

Elia’s last day at Perley Rideau will be Monday, December 8th. Volunteers will have an opportunity to say thanks to Elia at the Volunteer Luncheon. Staff will have the opportunity to acknowledge Elia’s decade of dedication at 2 pm in the boardroom where cake and coffee will be provided.

Your Opinion Matters!



A reminder to staff to watch for members of the Operational Management Committee who want your feedback on Resident Safe Handling during the month of December.

Don’t worry, it’s not a test, we just want you to be part of our Health and Safety Walk and Talk Program.

Payroll Winners

Payroll Winners - \$100

November 6 Draw:

Miranda Burgess - Ottawa 1 West
Sukhwinder Kaur Sekhon - Food & Nutrition

November 20 Draw:

Marcia Brown - Gatineau 1 North
Tanya Holmes - Ottawa 2 West

Next draw:

Next draw will be December 04, 2014

From the Editor

The Between Us...Briefly (BUB) newsletter is created to provide interesting news, relevant information and gentle reminders to all connected to the Perley Rideau in support of our Vision, Mission and Values. Accountable for errors or omissions, I welcome all corrections, comments and suggestions to improve the BUB and increase its relevance to our many readers.

Please contact me at jinnes@prvhc.com or x. 2207.

Between Us Briefly, Vol. 17-12

Contributors to this issue:

Samantha Diceman, Diana Hennessy (FFC), Elia Touesnard, Debbie Seto (Alzheimer), Linda Hunter, Delphine Hasle’, Carole Ouellette, Carolyn Vollicks, Robyn Oraziotti, Akos Hoffer, Apolonia Sydor.

Kevin P. Burns - Photo

A special note of thanks to Sylvie Moncion for all her efforts in creating and advancing the Perley Rideau’s communications, you have provided a tremendous foundation for the future.

Deadline for submission of articles for next issue:

January 8, 2015

Upcoming in the BUB

- Early Christmas Gift: Elder Care Grant to deliver iPads
- Read about the December launch of Point of Care in Gatineau 1 South
- New Ethicist Dr. Badro answers your questions