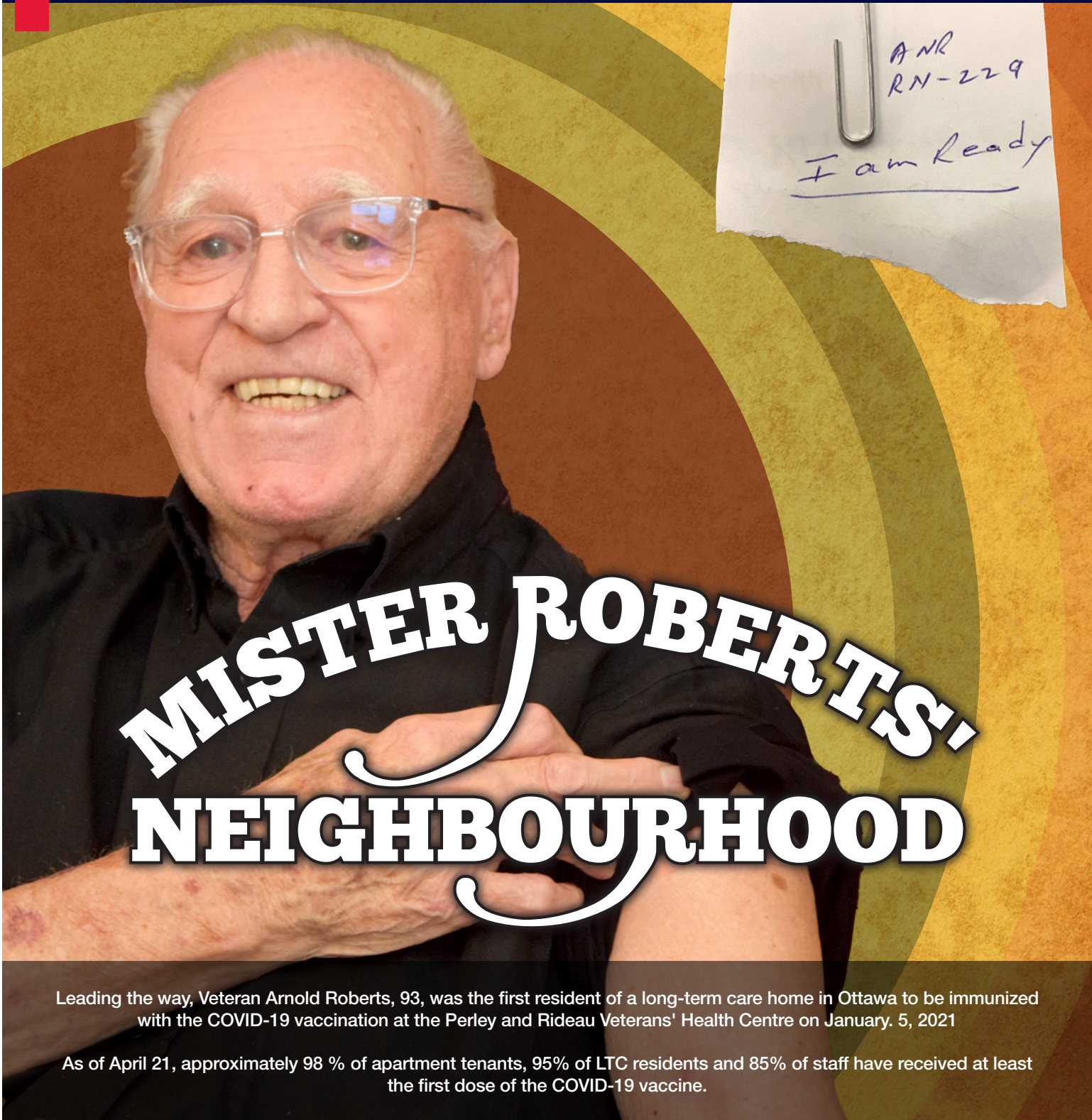


# The Perley Rideau News

Vol. 24-01

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



## MISTER ROBERTS' NEIGHBOURHOOD

Leading the way, Veteran Arnold Roberts, 93, was the first resident of a long-term care home in Ottawa to be immunized with the COVID-19 vaccination at the Perley and Rideau Veterans' Health Centre on January 5, 2021

As of April 21, approximately 98 % of apartment tenants, 95% of LTC residents and 85% of staff have received at least the first dose of the COVID-19 vaccine.



### Bobby Samson, Housekeeping Supervisor

I am pleased to announce that Bobby Samson has accepted the temporary position of Housekeeping Supervisor. In his new role, Bobby will provide supervisory support to the Housekeeping department, working under the direction of Andrea Heuvig, Manager, Food and Nutrition/Housekeeping.

Bobby's willingness to assist others and operational knowledge make him a natural fit to temporarily fill in for this role. Bobby's previous experience included working as the Evening Housekeeping Lead Hand (Temporary) position. Bobby is also a BPSO Best Practice Champion.

Please join me in congratulating Bobby on his temporary appointment of Housekeeping Supervisor.

Thanks, Lorie Stuckless NM, Director, Support Services

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### Dave O'Neill, Seniors Business Lead for the Seniors Apartments

Dave O'Neill joins the Perley Rideau team as Seniors Business lead for the seniors apartments. Dave is responsible for leasing and tenancy activities, customer service, promotional activities and for supporting as a liaison with all tenants.

Key responsibilities include developing and maintaining positive tenant relations by providing exceptional customer service and administration on a variety of landlord, business administrative and tenant activities.

After completing a degree in History and Political Science at Carleton University, Dave traveled the world before enrolling in the Recreation and Leisure program at Algonquin College. During a placement at the Perley Rideau, Dave completed 300 hours and created activities and running recreation programs. He also initiated a men's group, and a breakfast club while affirming his passion for working with older adults.

Most recently, Dave worked as Marketing Manager in the retirement home sector. Once settled in, he invites members of the Perley Rideau community to stop by his office to share your story.

Dave and his wife have two sons.

Katrin Spencer, Director, Seniors' Housing Portfolio and Community Programs

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### Lacey Sheng, Manager, Analytics and Informatics

I am happy to announce the appointment of Lacey Sheng to the position of Manager, Analytics and Informatics, reporting to the Director, Support Services.

Lacey's new role will involve developing and implementing comprehensive tools and strategies that allow raw data to be transferred into our organization insights and future opportunities. These insights will be used for decision making and strategic planning across high levels of the organization. Lacey's new role will include managing our Information Technology Dept.

Lacey is a familiar face to many at Perley Rideau, having served as Program Lead, Informatics and Quality for the past 4 years. In that time she has demonstrated strong values of compassion and commitment to quality, supporting team members to enable excellent resident care. In this new role Lacey will also continue to provide leadership in the innovative use of technology to further meet resident care needs.

Please join me in congratulating Lacey on her appointment and wishing her continued success in her new role. We are looking forward to working with Lacey in her new role and joining our Support Services team!

Thanks, Lorie Stuckless NM, Director, Support Services

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## Katrin Spencer, Director, Seniors' Housing Portfolio and Community Programs

Katrin Spencer joined Perley Rideau in 2019 as the Manager of the Seniors' Village Expansion. In 2021 her role expanded to Director of the Seniors' Housing Portfolio and Community Programs. Katrin is responsible for the operations and growth of the Seniors' Village including the Assisted Living Services Program, the Perley Rideau Day Program and Guest House.

Previously, Katrin led the Long-Term Care Redevelopment and the roll out of a co-design strategy for the Seniors' Village at Arnprior Regional Health.

Katrin holds a Master in Health Administration from the University of Ottawa and a Bachelor of Science, Neuroscience, from the University of British Columbia.

After many years abroad, Katrin now calls Ottawa her home. When Katrin is not busy raising her family and being a hockey mom of two boys, she enjoys being a violist in an Ottawa-based orchestra.

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## Paula Norton, Staffing Coordinator

I am very pleased to announce that Paula Norton will become the 'staffing coordinator', which will be in addition to her nursing administration assistant role. She is replacing Jen Gaudet, who is currently on maternity leave. Paula has come to the organization with a wealth of staffing experience (over 5 years) and has done tremendous work with teams to help develop efficient and sustainable staffing processes. I am confident her leadership and experience will be an asset to the staffing office. She is looking forward to working with the team and building upon the great work already developed.

I would like to thank Lacey Sheng for her leadership, her tireless dedication and commitment to the staffing and clinical administration office teams and wish her well in her new role.

Rachel de Kemp  
Director of Nursing

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## Rebecca Wilson, Director, Strategy and Transformation

Rebecca is joining the Perley Rideau as the Director, Strategy and Transformation. In this role, she will be supporting the leadership team and Board of Directors with strategic planning and capacity-building activities. Rebecca is a familiar face to many, given her time as the Perley Rideau's Strategy, Transition and Workplace Consultant from 2016 - 2019.

Rebecca is an experienced strategy consultant, most recently working as a Senior Director at Raymond Chabot Grant Thornton Consulting. She is also an alumna of EY Consulting.

Rebecca graduated with an Honours BSc in Biochemistry from the University of Ottawa. She later went on to obtain her MBA from Carleton University. She is a graduate of the IDEAS Advanced Quality Improvement Program and a Project Management Professional (PMP).

Rebecca was born and raised in Pembroke and now resides in Stittsville with her husband and daughter. Her passions include yoga, nature and personal development.

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### Robyn Oraziotti, Manager, Therapeutic Recreation and Creative Arts

Robyn has been working at the Perley Rideau for the last ten years. Over her time at the Perley Rideau, Robyn has held the positions of Recreation Programmer, Recreation Therapist, and Coordinator of Therapeutic Recreation and Creative Arts. Robyn graduated from the University of Waterloo with an Honours degree in Recreation and Leisure studies, majoring in Therapeutic Recreation and minoring in Psychology. Prior to working at the Perley Rideau, Robyn spent 10 years working in in-patient and community mental health as a Recreation Therapist.

Since moving to the Perley Rideau, Robyn has discovered her passion for working in long-term care and working with Veterans. She is proud to be part of such a dynamic and innovative organization.

When she's not working she is an active hockey mom to her two boys and enjoys being outside and hiking.

### Dr. Neel Chadha

Dr. Neel Chadha will be leaving as an attending staff physician at the Perley Rideau at the end of May. Dr. Chadha has been providing care for the residents at the Perley Rideau since 2015. Please join me in thanking Dr. Chadha for his compassion, dedication and excellent care to our residents over the past several years.

Thank you from the entire Perley Rideau community and best wishes!

Dr. Benoît Robert



Perley Rideau's St Patrick's Day Concert

***The Perley Rideau broadcast a homegrown concert by Trudy, Ross and Patricia for St. Patrick's Day so that our community could safely celebrate.***

***Watch the concert here: <https://bit.ly/3tVsuhg>***

### Take Note...

- In May, The Perley Rideau will announce the opening of the courtyards.
- DYK? For residents at end of life, visitors have always been permitted during the pandemic.
- When fully vaccinated (two weeks after the second dose of vaccine for two dose vaccine or two weeks after a single dose vaccine) essential caregivers can visit more than one resident/client during a visit.
- Everyone wants to continue to keep our community safe and keep the variants out. We ask that you continue to closely follow all safety protocols, as directed including: physical distancing, wearing a mask, eye protection (while on the unit and at all times) when within 6 ft./2 m. of any resident, and if indicated during the point-of-care risk assessment), and hand hygiene. Please note that these protocols must be followed in public areas including the Pub and the Cafeteria

C'est avec beaucoup de reconnaissance pour les services reçus par ma mère décédée le 2 avril 2021 et mon défunt père que je vous fait parvenir un don de \$3000.00 à la Fondation. Je tiens a remercier très chaleureusement les intervenants du personnel clinique et paraclinique qui ont grandement amélioré la qualité de vie de mes parents durant leur séjour à Perley Rideau.

Cordialement,

Pierre L

I would like to submit a note of appreciation to Geoff T in Finance.

During this pandemic, Geoff has had extra to do in his roll to ensure Employee's received the incentive and pandemic pays.

Thank You Geoff!!

Sincerely,  
Patty L.

I just wanted to drop you a note to let you know that I attended the service for William Bill W. this past Saturday. Father Paul did an excellent job as he is so often wont to do. Having worked with Bill for many years at Air Canada, I was very pleased to have been asked to do the First Reading. I did want to mention to you specifically that in my conversations with the family they expressed to me their feelings as to how well Bill was treated at The Perley Rideau. They thought everything was wonderful and are very grateful that he was able to be there.

Best wishes.

Jim B.

My parents have always been very happy at The Perley Rideau. My family and I have always been impressed by the quality of care and outmost professionalism, but most important, the respect and profound humanism.

We hold you dearly in our hearts.

Take care

Denis C.

I was very happy to hear today's story on CBC Radio. It was really, very good.

I heard strength and well-being shining through in the voices of our residents.

Their testimonies of care are very sincere, a reflection of the great care they receive from The Perley Rideau staff & volunteers.

Bernadette

**Read the story and listen to the broadcast from CBC's The Current:**

<https://www.cbc.ca/news/canada/ottawa/long-term-care-residents-one-year-pandemic-through-their-eyes-1.5940973>

Dear Ms Tubman,

I want to express my appreciation and gratitude for all the care and support that both my parents have received while residing at the Perley Rideau for the last 2 years but specifically in the last few months.

My mother, Marjorie, was living in the Gatineau section and died on March 9. Her support and my father's was extraordinary. Dad lives in the Rideau section and was able to visit my mother every day- sometimes a few times daily. I was notified by Justine as soon as my mother's condition changed to palliative so I was able to see her while she was still "awake" which I am very thankful for.

The staff at the Perley Rideau are angels. I can't say more than that. There was no request that couldn't be fulfilled, and if that staff member couldn't do it, they immediately found someone who could. Both my parents were treated with such tender care. It was clear that the duties are so much more than just a job for the PSWs, RNs, RPNs and all of the support staff including Phillip; it is their calling.

There are so many staff members that I want to thank, but I know that I can't name them all. I would like to mention specifically though, Regina, Colleen, Moniba, Naima, Amanda, Lorraine, Justine and the other Justine who tended to my mother so beautifully as her RPN ever since mom moved in. Nancy D. contacted me shortly after I arrived in Ottawa and gave me such great support as did Sarah T. who always seems to go above and beyond in every way she possibly can.

I just wanted to let you know that the end of my mother's life couldn't have been handled with more grace.

Thank you for all that you do,

Marie

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I am writing to congratulate all the staff and nurses, etc. who made the COVID inoculations work SO well, and SO SMOOTHLY today!!!

I had an excited call from my dear Mom and she was ecstatic about how everything went!!!

It gives our family such relief to have our precious Mom/Grandma protected!

Thank you all, and congratulations on an important job WELL DONE!!!

Gratefully,

Debby

(Proud daughter!!!)

# Perley Rideau News

Thanks to the professionalism, hard work and dedication of our staff and community, we continue to do remarkably well to minimize the threat that COVID-19 poses to the health and safety of residents, tenants, staff and their families.



## Highlights



**+8**

**Months**

Since a resident tested positive for COVID-19



**0**

**Active Cases**

(as of April 29, 2021)



**98%**

**of Apartment Tenants**

**95%**

**of LTC Residents**

**85%**

**of Staff**

have received at least the first dose of the COVID-19 vaccine.



**1185**

**Total Vaccines**

Administered by Perley Rideau onsite by staff to residents, caregivers and staff (as of April 23, 2021).



**100**

**New Residents**

The strong performance of our staff has enabled us to safely and successfully welcome more than 100 new residents since the start of 2021.



**43,000+**

**Tests**

During this pandemic, our team of Swab Bosses have conducted a combined total of more than 43,000 tests and screens.

## Short-Stay Update

The SAFE pilot project (Sub-Acute Care for Frail Elderly) has been discontinued. During its few years in operation, SAFE demonstrated that so-called “step-down” units can accelerate the transition of frail elderly patients from hospital to home and, in the process, free up much more expensive acute-care hospital beds and staff.

During this pandemic, as directed by the Ontario government, temporary-stay programs have been suspended, such as the respite care provided at the 12-bed Guest House, the creation of a 20-bed admissions unit and establishment of a 20-bed COVID unit that remains on standby.

# HOME SAFE & SOUND



**SAFE**  
care patient

VS



**Regular**  
care patient

A case-control study shows reduced length of hospital stay, improved function and independence, and increased likelihood of returning home.

**18%**  
fewer  
days in  
hospital

**38%**  
more likely to  
be discharged  
to home

**3 times**  
less likely to  
require home or  
community care

The SAFE Unit (Sub-Acute Care for Frail Elderly) is an innovative 20-bed program at The Perley and Rideau Veterans' Health Centre in Ottawa. Eligible acute-care hospital patients move to the SAFE Unit, where they access the individualized medical and restorative care needed to recover and return home.



## Leaders in Excellence

Our team continues to share our expertise and best practices in pandemic management with other long-term care (LTC) providers and with hospitals. CEO Akos Hoffer presented on the leadership traits you should nurture to foster psychological safety and innovation to the Canadian Conference of Health Leaders, Eastern Ontario Chapter. In recent months, Chief Medical Officer Dr. Benoît Robert, helped out with The Ottawa Hospital's vaccination strike team and hosted weekly community-of-practice sessions for LTC medical directors and administrators. We also shared the success of our staff-vaccination campaigns in a video posted both on our site and on the website of the Ontario Hospital Association. And Mary Boutette, our Chief Operating Officer, presented on the same topic to Advantage Ontario, the association of non-profit LTC homes.



CCHL - CCLS @CCHL\_CCLS · 42m

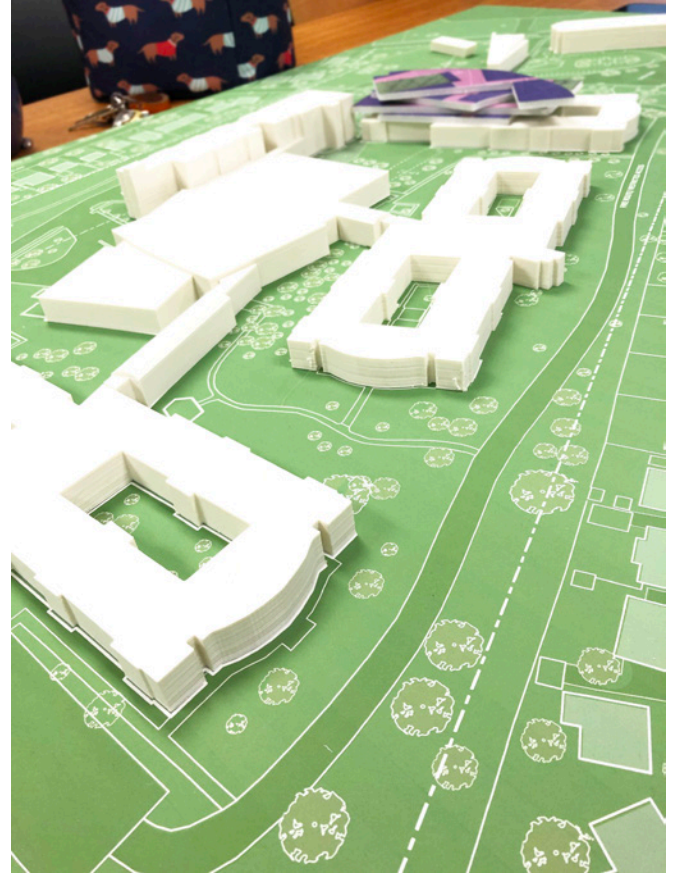
In #OHLS2021 session #3 Carol Gabanna, Certified Coach @carolgabanna joins Akos Hoffer, CHE of The Perley and Rideau Veteran's Health Centre @prvhc\_seniors to discuss "Leadership for fostering psychological safety and innovation."





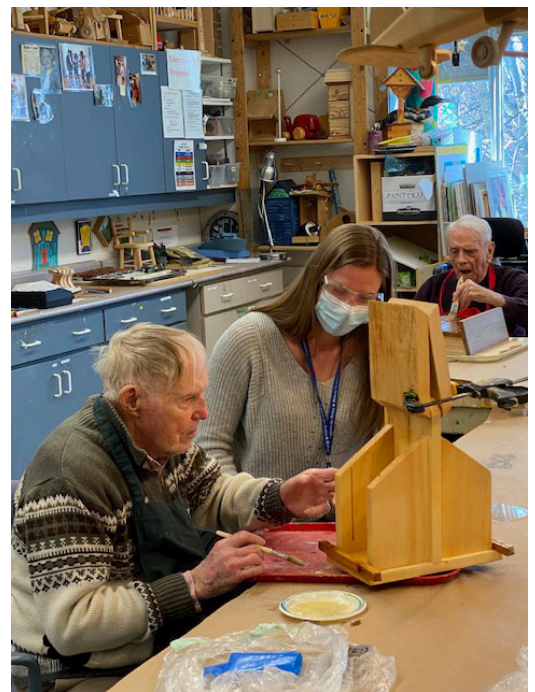
## Seniors Village Expansion

The Government of Ontario has provisionally allocated us an additional 156 long-term care beds to help respond to growing local demand. Combined with the 2018 allocation of 84 new beds, this provisional allocation, if confirmed, would result in a new 240 bed long-term care home. There are several locations being considered including the Perley Rideau campus. We continue to explore possible ways of accommodating the allocation to meet current and future needs.



## The Therapeutic Recreation and Creative Arts

The Therapeutic Recreation and Creative Arts studios have re-opened.



# ATTEND THE UPCOMING TOWN HALL FORUMS

May 27th, 2021

|          |   |
|----------|---|
| 1:30 pm  | Open to all   |
| 2:45 pm  | Food & Nutrition meeting                            |
| 3:30 pm  | Therapeutic Recreation<br>and Creative Arts meeting |
| 7:30 pm  | Food & Nutrition meeting                            |
| 8:30 pm  | Open to all   |
| 9:30 pm  | Open to all   |
| 11:00 pm | Open to all   |

May 28th, 2021

|          |             |
|----------|-------------|
| 12:15 am | Open to all |
| 10:00 am | Open to all |

Please note:  
Seating capacity 80 persons  
in accordance with IPAC guidance.

**All forums will be held in Lupton Hall**

# Centre of Excellence's Inaugural Webinar Series

Perley Rideau's Centre of Excellence in Frailty-Informed Care launched its first webinar of a monthly series on March 10th, 2021. The purpose of this virtual forum is to allow older adults, staff, students, clinicians, caregivers, families and friends, volunteers, researchers, and anyone interested to come together to learn more about frailty-related innovation and research. Presenters with varying backgrounds will present on innovative and thought-provoking topics related to research, education and care for older adults living with frailty.

The Centre of Excellence in Frailty-Informed Care partnered with the LIFE Research Institute at the University of Ottawa for the inaugural session. The webinar entitled: *"The Future Is Now: Innovative Living Environments for Older Adults with Cognitive Impairments"* was presented by Dr. Philippe Voyer a professor from Laval University and moderated by Dr. Annie Robitaille, Commissionaires Ottawa Research Chair, Centre of Excellence in Frailty-Informed Care and Assistant Professor at University of Ottawa.

With over 120 people in attendance, the first session was well-received with attendees reporting feeling inspired and motivated to make changes.

- *"Excellent work on the part of the team. Good subject matter to start the series of webinars."*
- *"Loved this presentation and it's content. Thank you!"*
- *"Very happy that the Perley has moved into this new modality of communication."*
- *"Very informative and refreshing presentation. It shows hope that we're moving slowing but surely away from traditional, depressing, and boring models of care."*

For those who missed the live session, please visit the Perley Rideau's Centre of Excellence website <https://bit.ly/38ybDbI> to view the recording.

The latest webinar was scheduled for **April 27th, 2021 at 1:00 EDT**. The title of this webinar is *"Safety, Quality of Life and COVID-19 in LTC: Finding the Balance"* and focused on balancing Infection Prevention and Control measures during the pandemic with the Quality of Life of residents. Presented by Perley Rideau's own, Dr. Benoît Robert, Chief Medical Officer; Kathy May, Nurse Practitioner TOH Nurse Led Outreach Program and Tania Paolini, Manager, Infection Prevention and Control and moderated by Jennifer Plant, Director, Clinical Practice.

Keep an eye on our social media for the next webinar in the series.

**We look forward to having you join us!**

PERLEY RIDEAU  
CENTRE OF  
**EXCELLENCE**  
IN FRAILTY-INFORMED CARE™  
WEBINAR SERIES

**FREE  
WEBINAR  
ALL ARE  
WELCOME**

**Long-Term Care:  
Safety and Quality of Life**  
during COVID-19

Co-Presented by:



Dr. Benoît Robert  
Chief Medical Officer



Kathryn May  
Nurse Practitioner



Tania Paolini  
Manager of IPAC

Join Us...  
**Tuesday, April 27, 2021**  
1:00 p.m. – 2:00 p.m. ET



**Perley Rideau**

The Perley and Rideau  
Veterans' Health Centre

# CENTRE OF EXCELLENCE

IN FRAILTY-INFORMED CARE™

## March 2021 Ongoing Research Projects

### 1. COVID-19 Immunity Study

This study involves residents and staff in long-term care homes across Ontario, Quebec and British Columbia. The aim of this project is to gain a better understanding of COVID-19 prevalence in LTC homes across Canada and to examine the level and duration of protection COVID-19 vaccines. Participants will be asked to complete an online baseline survey (15 minutes) and provide blood spot samples collected at several time points over the next 12 months. Participants can access their antibody results through a secure web-based portal. Also, participating LTC homes will be given the aggregate data which will provide valuable information about a home's overall level of immunity and potential level of risk.

### 2. Psychosocial Impacts of Reducing Non-Essential Visitors in Long-Term Care in the Context of the COVID-19 Pandemic

During the pandemic, long-term care homes have implemented a range of measures, such as reduced levels of visitation and staffing, and a ban on behaviours such as hugging and shaking hands. The study examines whether these measures impact short and anticipated long-term emotional and psychosocial well-being (e.g. distress, responsive behaviours, loneliness). The study also aims to: increase understanding of the safety, efficacy, effectiveness and ethics of the response to COVID-19 in the LTC setting; and to engage stakeholders in generating solutions and recommendations to improve the current situation and to better prepare for future outbreaks and pandemics. The project is currently seeking family members/caregivers to share their experiences.

### 3. Linking Lives Through Care

Caregivers currently providing care for persons with dementia are given the opportunity to reflect and share stories about their caring relationship. Caregivers will be asked to include sentimental objects in the conversation that will assist in their ability to recall important events in their storytelling. Participants will be asked to share their experience in two 60-minute online interviews.

#### 4. Social Inclusion of People Living with Dementia and Their Caregivers Using an Intergenerational Program

Older adults (long-term care residents and tenants) living with dementia can receive friendly one-on-one virtual visits from university student volunteers, providing them with an opportunity to engage in social and recreational activities and meaningful conversations. A staff member will be available (if needed) to facilitate virtual visits using a tablet. The caregiver of the person living with dementia will be asked to complete a 20- minute questionnaire on 4 occasions.

#### 5. Program to Accelerate Technologies of Home (PATH)

The goal of the project is to test various home-based technologies for older adults across a large number of users and share this data with researchers in order to rapidly test and validate the technology and potentially commercialize the product. These can be home-based sensors or health-related sensors and devices (blood pressure monitors, home health solutions such as pressure sensitive mats to track sleep patterns or wearable, fall detection, etc.) to keep people safe and connected. The project involves working with researchers and industry to co-create projects that help us address our own unique challenges. We will be seeking older adults (long-term care residents and tenants) to participate in various research projects in the near future.

#### 6. Health Surveillance of Community-Dwelling, Person-with-Dementia and Caregiver Dyads

The project will provide valuable information about individuals living with dementia and their caregivers over an extended period of time. This information will be used to better understand the trajectories of individuals living with dementia and caregivers throughout the dementia journey and make sure their needs are better met by the health system, policies, and programs in Canada. This will ultimately allow researchers to examine the trajectories of the dyads (from when they are diagnosed with dementia to when they move to long-term care) and better identify the needs of caregivers and persons living with dementia across the dementia journey.

#### 7. Social Enterprise

Open Collaboration for Cognitive Accessibility is looking for testers for an application called Top of Mind (TOM™) which can be used for reminders for appointments and medication usage. Testers will use the app for 2 weeks and share their experience with the technology developer. Testers will be persons who live with a cognitive disability and one of their caregivers. Both participants will be compensated \$330 each and will be asked to use the app for 2 weeks and participate in online meeting over the course of the 2 weeks.

#### 8. Comparaison des performances au Montréal Cognitive Assessment (MoCA) en anglais et en français chez les personnes bilingues ayant le français comme langue maternelle (\*Please note this project is only available to French-speaking individuals)

Nous recherchons des volontaires de 40 ans et plus, ayant le français comme langue maternelle et une connaissance de l'anglais allant de minimale à très bonne, pour participer à une étude comparant les performances à un test cognitif en anglais et en français chez les personnes bilingues. En tant que participant à cette étude, il vous serait demandé de : Répondre à un questionnaire en ligne, puis de passer

un test de bilinguisme et un test cognitif en français et en anglais par vidéoconférence. Votre participation est entièrement volontaire et prendrait environ 50 minutes de votre temps. En participant à cette étude, vous nous aiderez à aider les personnes bilingues à mieux saisir dans quelles langues elles doivent demander des services. Afin de vous remercier pour votre contribution à ce projet de recherche, vous pourrez entrer votre nom dans un tirage pour gagner une carte-cadeau d'une valeur de 50\$.

### 9. COVID-19, Precarity and the Counternarratives of PSWs: Photovoice and Change

PSWs will be asked in a group or individual virtual interview about some of their work experiences as a PSW relate to how their work feels essential but precarious and unseen and how different policies and systems shape these work experiences. The PSWs will individually create photovoice images based on their reflections about what has been discussed in the group. The images can be used to share knowledge about PSW's experiences while protecting anonymity of the image creators. A \$50 remuneration will be offered to participating PSWs.

### 10. Moral Injury in Long-Term Care Staff during COVID-19 Pandemic: Assessment & Intervention

The aim of this project is to better understand the experiences of moral injury in frontline LTC staff during the COVID-19 pandemic. Participants will be asked to complete 1) two questionnaires, 2) share their experience working in LTC during the COVID-19 pandemic in an interview with a researcher and 3) wear a heart rate monitor for a two-week period while at work. Eligible participants will receive two \$25 E-gift cards for completing the questionnaire and interview and a Fitbit watch for completing the heart rate monitoring.

### 11. Health Information Technology and Senior Care: Seniors and Nurses' Perspective of Technology Adoption

Health information technology presents opportunities for healthcare providers to support senior healthcare needs. The behavioural change, among users contributes to the success of technology adoption and the use of these technologies. For this study, the role of health information technology in supporting care that nurses use to provide to older adults will be explored. Nurses will be asked to participate in a 3-round Delphi study. The results of the Delphi study will be incorporated into a quantitative survey assessing the perspective of nurses at Perley Rideau in order to get their opinion about the role and type of technologies they believe would support their delivery of care to older adults during a pandemic such as COVID-19.

## Contact Information

If you have questions about The Centre of Excellence or a particular project, please contact:

#### **Nikita Rayne**

Research Coordinator, Centre of Excellence

The Perley and Rideau Veterans' Health Centre  
1750 Russell Road, Ottawa ON K1G 5Z6

Office: 613-526-7170 ext. 3323

[nrayne@prvhc.com](mailto:nrayne@prvhc.com)

#### **Danielle Sinden**

Director, Centre of Excellence and Research Operations

The Perley and Rideau Veterans' Health Centre  
1750 Russell Road, Ottawa ON K1G 5Z6

Office: 613-526-7170 ext. 2424

[dsinden@prvhc.com](mailto:dsinden@prvhc.com)

# Parking Updates

April 26, 2021

Thank you to all those individuals who took the time to participate in the recent information session on the parking changes and for sharing your concerns. Your feedback is welcome and valued.

While some of our stakeholders' reactions were expected, we also heard a range of other concerns that were unanticipated. Our intention is to gather all the feedback we received and thoughtfully consider and communicate our next steps.

Sincerely,  
Akos Hoffer, CEO

## Details:

### Parking on-site

- All terms and conditions continue. There are no in-and-out privileges.
- Parking infractions, such as parking in restricted areas and on the grass, will continue to be enforced and fines may be issued.

### Current parking pass holders

- No change.
- We will soon provide you with an update on payment deductions.
- If you have already turned in your parking pass please contact Chad Haffner, Manager, Property Services ([chaffner@prvhc.com](mailto:chaffner@prvhc.com)) for assistance.

### Pay-per-use cards

- These cards can continue to be reloaded at Main Reception.
- Tickets are only available in 20-use increments.
- Unused cards will be refunded when the new parking system opens.

### IPASS registrants

- For those who have registered and want to avoid re-registering in the future, a credit will be automatically applied and take effect when the new parking system opens.
- If someone would like to cancel an IPASS for the month of May and reapply at another time, please call PrecisePark Link and they can facilitate this action by waiving the 30-day notice.
- Please contact PrecisePark Link at 416-243-6990 to advise them of the change.

### HPASS reloadable cards

- HPASS cards can be held because they do not expire.
- For those wanting a refund at this time, the HPASS reloadable card must be returned along with a copy of the original receipt to PrecisePark Link.
- For all questions related to PrecisePark Link matters, please contact the company at the coordinates provided.
  - Website: <https://www.preciseparklink.com/>
  - Phone for HPASS/General site inquiries: 613-225-2640;
  - Phone for Monthly Parking registration (IPASS): 416-243-6990.
  - General site inquiry/HPASS email: [ottawacs@precisebi.com](mailto:ottawacs@precisebi.com).
  - Volunteer registration email: [corporatehelp@precisebi.com](mailto:corporatehelp@precisebi.com)



# Modified Infant Hearing Program at the Interprofessional Clinic

The Interprofessional Clinic at Perley Rideau was extremely grateful to get the opportunity to work with the Pinecrest-Queensway Community Health Centre and help with the Modified Infant Hearing Program of Eastern Ontario. Under the program, which started in October 2020 and just ended this past month, the clinic's audiologists were able to screen the hearing of close to 500 infants.

Overall, it was such a great experience. Having all of those babies visit the clinic at Perley brought smiles and joy to all. The success of the program would not have been possible without the help of the wonderful Perley volunteers.

While we are sad that the program itself is now over, we are happy to report that will still continue to offer the hearing screenings to infants and young children by appointment.



## Important Changes to Screening App

With the Province of Ontario now allowing fully vaccinated employees to work in more than one healthcare facility, the following changes will be made to the screening app, effective AFTER 3pm today.

1. On Demographic Page (first page), a new category has been added to the Role question.
  - Staff are now separate from Volunteer and Student (see image below).
  - It is imperative that employees select the STAFF category to receive the appropriate screening questions, including the updated single employer questions.
2. If an employee answers YES to the question “are you currently working in another healthcare facility?”; a follow-up screen will appear with the question “has it been more than 14 days since your 2nd COVID-19 vaccination?”
  - If the response to this question is YES, screening is PASSED.
  - If the response is NO, screening is FAILED.

8:56 AM 93%

covidscreening.perleyrideau.ca

### < Enter Your Information

First Name\*

Last Name\*

Phone\*

Email\*

you will be emailed your screening results

Role

Staff

Volunteer / Student

Designated Caregiver

Support Worker



## Interprofessional Clinic at Perley Rideau

The Interprofessional Clinic is a **bilingual** community based private practice offering services to children and adults of all ages in **Audiology, Occupational Therapy, Physiotherapy, and Speech Language Pathology**. The Interprofessional Clinic is also a **teaching clinic** for students at the University of Ottawa.

### Audiology Services

- Hearing Assessments (9 months +)
- Auditory Processing Disorder Assessments (APD)
- Sound Sensitivity (misophonia, hyperacusis)
- Tinnitus
- Traumatic Brain Injury/Concussion Auditory Assessments
- Hearing Aids, Accessories, and Assistive Listening Devices Dispensing and Consultations
- Earwax Removal

### Occupational Therapy Services

- Fine Motor Skills
- Sensory Processing
- Self Regulation
- Return to Functional Activity
- Executive Function Skills (attention, memory, planning, organisation)
- Symptom Management (anxiety, fatigue)
- Home Safety and Equipment Recommendations
- Self-Care (dressing, toileting)
- ADP authorization for mobility devices (manual and power wheelchairs, scooters)

### Speech Language Pathology Services

- Articulation
- Motor Speech
- Stuttering / Fluency
- Voice / Resonance
- Oral Language (Comprehension and Expression)
- Social Communication
- Reading and Writing
- Swallowing
- Myofunctional Orofacial Disorders

### Physiotherapy Services

- Sport-Specific Skills (i.e. bike riding, throwing and catching a ball)
- Motor Learning Strategies
- Optimizing Posture, Alignment, and Movement Patterns
- Walking Re-training
- Balance Training
- Core Strengthening
- Task-Specific Skills (i.e. transfers, stairs, return-to-sport)
- Vestibular rehabilitation

Contact us today for more information!

 (613) 526-7125  (613) 526-7126  [icadmin@prvhc.com](mailto:icadmin@prvhc.com)  
 [www.InterprofessionalClinic.com](http://www.InterprofessionalClinic.com)  1750 ch. Russell Rd., Ottawa, Ontario K1G 5Z6

# Happy Retirement to Carol Leach, Physiotherapist at the Physio and Massage Clinic

I started my career as a physiotherapist after graduating from McGill at age 23. I followed in my mother's footsteps as she also graduated from McGill immediately following WW2 and worked with returning soldiers. I began my physio career working at St, Mary's Hospital in Montreal, then moved to Ottawa 10 years later. In the beginning, I worked part time when my children were young and moved to full time once my youngest was in middle school. Physiotherapy was always an interesting, varied career that never failed to inspire me. Over the years, I have worked in both the private and public sectors as a clinician and a manager, have taught prenatal classes, and performed independent assessments for insurance companies.



I came to the Perley in 2008 and very quickly realized that I would be staying put until retirement. The wonderful physio staff, the caring management team and the residents were a joy to work with. The Perley was truly the best place to complete my 42 year career; it was the 'icing on the cake!'

I am looking forward to my new role as grandmother to my 5 grandchildren and daughter/caregiver to my 95 year old mother, along with having more time for my great loves of cycling, skating and skiing with my husband. I will certainly miss the wonderful staff: from administrative personnel, Physiotherapy Assistants, fellow Physiotherapists, Massage Therapists and all of the wonderful Perley staff who have been such a great part of my life at the Perley.

Thank you to everyone at the Perley for 13 excellent years!

Carol Leach

**PERLEY RIDEAU**

PHYSIO & MASSAGE THERAPY CLINIC

**PERLEY RIDEAU**

CLINIQUE DE PHYSIO ET MASSAGE

The Perley Rideau Physiotherapy and Massage Therapy Clinic is a private community based clinic offering a comprehensive range of services with the emphasis on improving the quality of lives of residents, colleagues and the community.

## Physiotherapy Services

- Sports and work-related injuries
- Muscle strains and other muscular conditions
- Joint sprains and ligament and cartilage tears
- Cervicogenic headaches
- Tendinosis and or tendonitis
- Temporomandibular Joint Dysfunction (TMJ) /Jaw pain
- Lower back and neck pain
- Sciatica/Degenerative Disc Disease (DDD)
- Dizziness related to Benign Paroxysmal Positional Vertigo (BPPV)
- Concussions
- Arthritic pain

## Massage Therapy Services

- Swedish massage
- Deep tissue massage
- Sports massage
- Trigger point therapy



**Please Contact us for more information!**

Direct billing for third party health insurance and WSIB available

 (613) 526-7175  (613) 526-7160  [physioadmin@perleyrideauphysio.com](mailto:physioadmin@perleyrideauphysio.com)  
 [www.PerleyRideauPhysio.com](http://www.PerleyRideauPhysio.com)  117-1750 ch. Russell Road, Ottawa, Ontario K1G 5Z6



***A big thank you to members of the Royal Naval Engineers Quart Club (RNEQC) for their generous donation of \$6,390 to support Veterans' priority needs and quality care! (An additional \$300 was donated after the photo was taken by members) L to R: Maj. Sandra Perron (Ret'd), Foundation Board of Directors; Dave McCracken, Hon. Sec. RNEQC Canada; Andy Masschelein, Fundraising Treasurer RNEQC Canada; Bill Broughton, VP RNEQC Canada; Gerry Lanigan, past VP and founding member of Canadian Branch RNEQC; Delphine Haslé, Foundation Executive Director.***

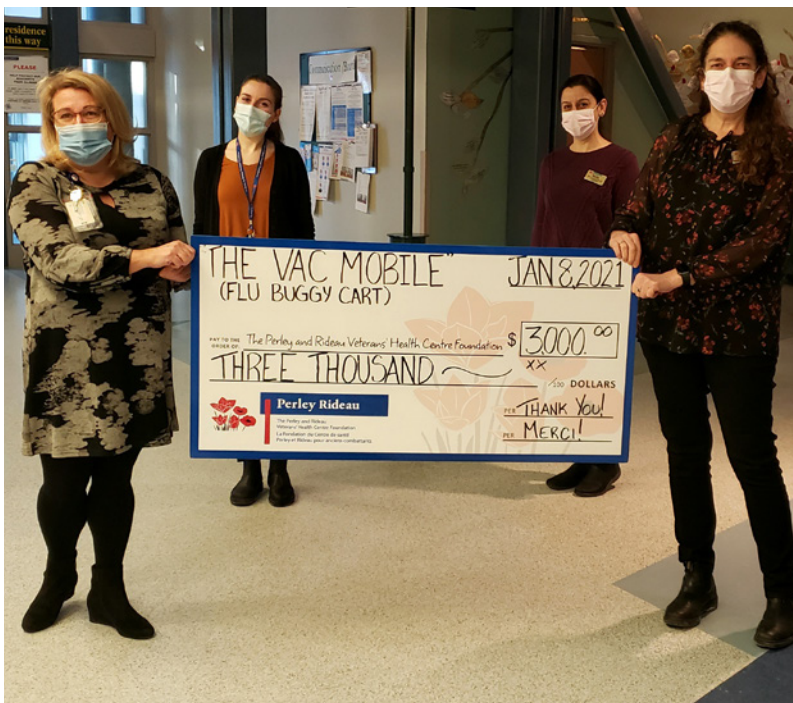


***Thank you to Veterans Benevolent Fund for donating 2000 medical masks and 350 face shields to help keep staff and residents safe during the ongoing pandemic. Pictured here: Carla Morden, former Foundation Administrative Assistant and Joshua Juneau, CEO of the VBF***

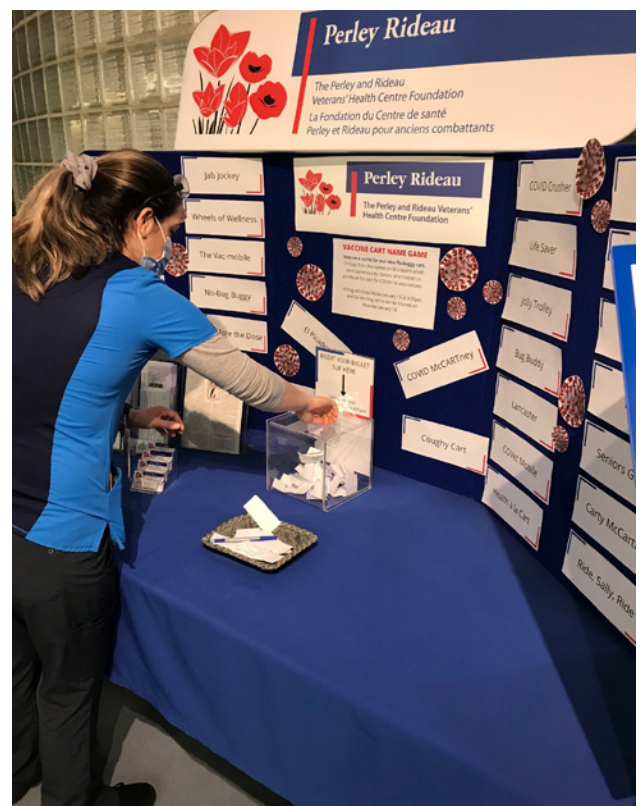


***To support residents wishing to exercise their creativity during the pandemic, employees of the Royal Canadian Mint made a generous donation of art supplies and gift certificates to DeSerres Art Supply Store. From left to right: Zoë Quigg, Communications Advisor, Royal Canadian Mint; Alison Crawford, Director of Communications and Public Affairs, Royal Canadian Mint; Delphine Haslé, Foundation Executive Director; Robyn Oraziatti, Manager, Therapeutic Recreation and Creative Arts.***

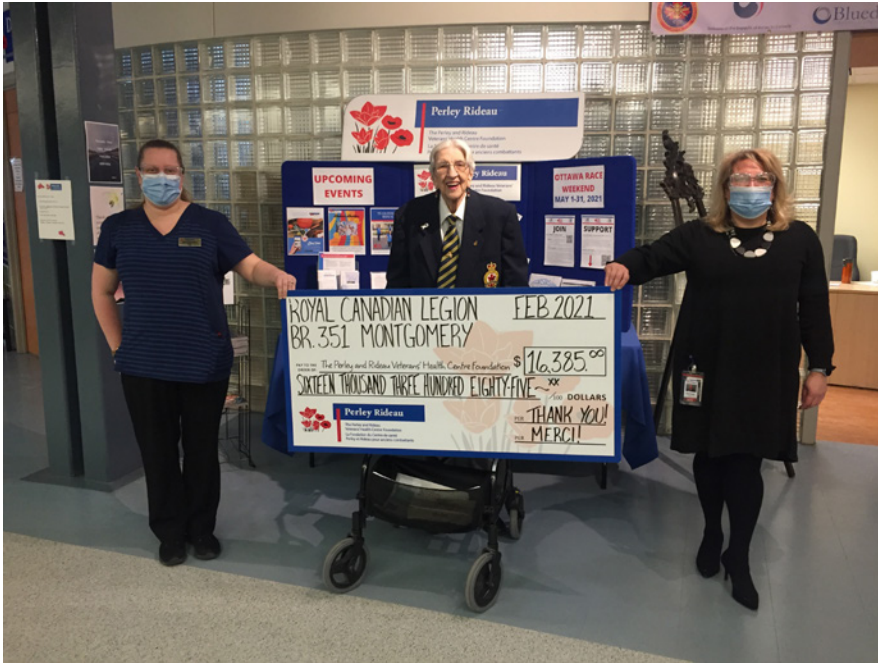
**Thank you for taking a break with Dave Kalil in support of the Perley Rideau Foundation! On Saturday January 23 over 110 people tuned in to Dave Kalil's virtual concert through Facebook livestream. Some amazing Perley Rideau supporters pledged to donate \$9 per viewer and Dave himself donated a portion of his tip jar from the evening. You helped raise \$1147 just for showing up and enjoying some live music from the comfort of your home!**



**Delphine Haslé, Foundation Executive Director and the Infection Prevention and Control team, Alex Huneault, Nadia Butt, and Tania Paolini are so grateful to be able to purchase a new flu buggy cart "The Vac Mobile" from your generous donations.**



**Kelly Danahue, Special Approach PSW votes outside the Foundation office for her favourite name for the new flu buggy cart. Name suggestions were submitted by donors along with donations to purchase the new cart in time for COVID-19 vaccination of residents.**



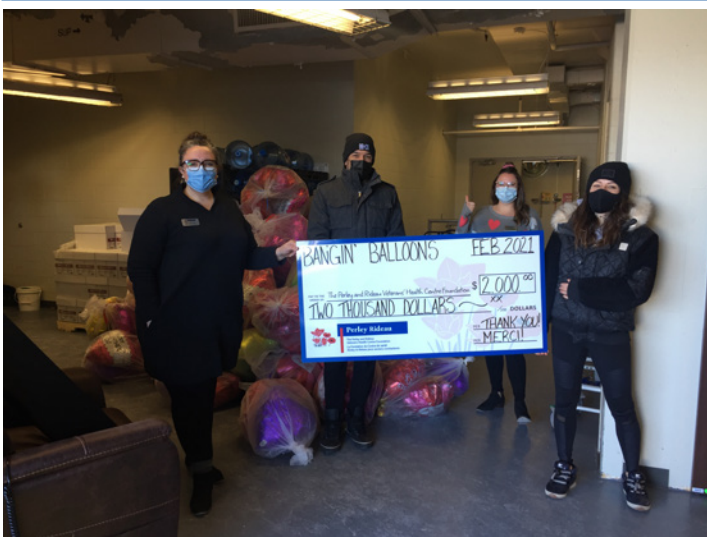
**Thank you to the Royal Canadian Legion Branch 351 Montgomery for their generous donation to purchase a MolecuLight system for Veterans care at the Perley Rideau. This wound imaging system uses ultra violet light to see bacteria and helps nurses treat wounds and prevent infection for better healing. L to R: Samantha Boulерice, Wound, Ostomy and Continence Nurse; Alice Milmore, Perley Rideau resident and long-time volunteer of the Royal Canadian Legion Br. 351 Montgomery; Delphine Haslé, Foundation Executive Director**

**Led by the teams from Therapeutic Recreation and Creative Arts and Food & Nutrition, delectable Perley Tails were recently provided for free to all residents and apartment tenants. More than 450 of the pastries were handcrafted in the kitchen and the day-long effort also involved sales to visiting essential caregivers, staff, volunteers and students.**

**In an added twist this year, the Perley Foundation provided free Perley Tails to all apartment tenants with distribution help from many supportive volunteers. Perley Tails to tenants are thanks from the Foundation and its many supporters.**



**Local small business Bangin' Balloons raised \$2000 for senior and Veteran care through their Balloon Buddies initiative. You purchased balloon bouquets for each of the residents at Perley Rideau and \$5 from each order was donated back to the Foundation. Pictured here: Courtney Rock, Foundation Development Manager; Kevin, Bangin' Balloons, Rachel Dobson, Recreation Therapist; and Chloe Bouffard, Owner Bangin' Balloons**





**Thank you to the volunteers and staff who helped distribute and to the community for purchasing these fantastic bouquets. Not only did your support bring smiles to so many faces you also helped raise \$2,000! Thank you!**

## Welcome Katherine



The Perley Rideau Foundation is pleased to add a bright, energetic professional to the team: Katherine Cooper as our new Administrative Assistant. Born and raised in Ottawa, Katherine found herself temporarily laid off when the dental office that employed her closed early in the pandemic. Through a family member, she heard that the Perley Rideau was in need of meal helpers. After only a shift or two, she was enthralled: “It’s the most rewarding work I’ve ever done,” says Katherine, who enjoys helping others. While in high school, she volunteered at church; while earning her Bachelor’s degree at Queen’s University, she served as a peer-to-peer mentor. At the dental office, Katherine devoted much of her efforts to improving services to seniors, and to Give Back Smile Back, a voluntary program that provides dental services free of charge. Katherine’s considerable skills, along with her passion for giving back to the community, align perfectly with the Foundation’s mission.

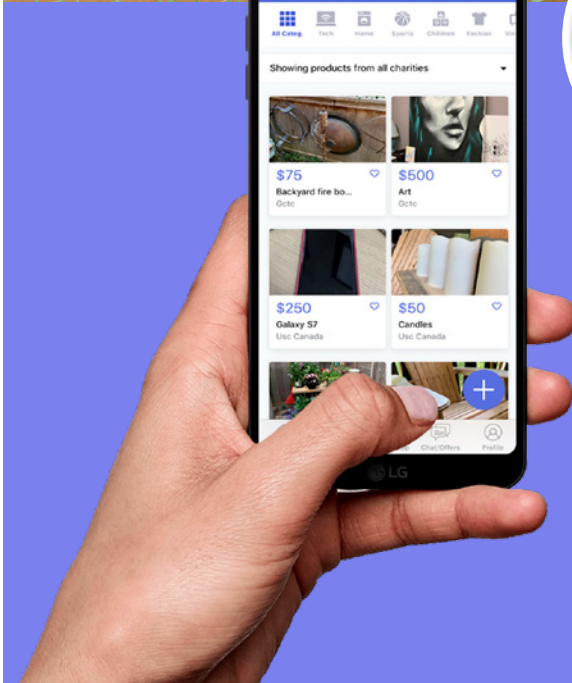
Turn your gently used items into a cash donation for The Perley and Rideau Veteran's Health Centre.



sell

buy

donate



GiveShop

AN ONLINE MARKETPLACE FOR IN-KIND GIVING AND CHARITY-FRIENDLY SHOPPING.



www.GiveShop.ca





# Perley Rideau Challenges You to Go the Distance for Seniors Care

By: Maureen Forrester

“New Year, New Me”. If you set New Year’s Resolutions each year Perley Rideau has a challenge that could help you check some of your goals off the list. Join Team Perley Rideau in the Scotiabank Charity Challenge for the 2021 Tamarack Ottawa Race Weekend.

A classic New Year’s resolution on many people’s list is to get fit, exercise more, or to be healthier. Signing up for a run is a great way to stay on track as you train to reach your goal. But this isn’t just about your fitness goals. By becoming a fundraising runner or walker you can give back to a cause you are passionate about and join a community of inspiring individuals.

Last year, when the COVID-19 pandemic hit that meant the cancellation of in-person events for the foreseeable future, Ottawa Race Weekend pivoted and became a virtual event with great success.

Team Perley Rideau was among the runners and walkers who stepped up to the virtual track and raised over \$18,460 for the Perley Rideau Foundation’s COVID-19 Emergency Response Fund. This fund is vital to keep the front-line staff and those they care for safe by providing PPE, additional staffing, enhanced cleaning measures and so much more. The team was even recognized by Scotiabank themselves by winning 2nd place for the charity with the largest average amount raised per runner with a prize of \$2,500 additionally donated to the cause.

This year Team Perley Rideau is hoping to raise even more with a goal of \$25,000. Join the virtual team by registering to walk or run the length that best suits you and asking your friends and family to sponsor you. You’ll have between May 1st and 31st, 2021 to complete your race.

Whether your six or eighty-six; a staff member, resident, tenant, donor or community member; all are welcome on Team Perley Rideau and to go the distance for seniors and Veterans care by fundraising for the priority needs of residents who call Perley Rideau home!

Join the Scotiabank Charity Challenge yourself or support the team today! Let’s live life to the fullest together now and continue to provide exceptional care for seniors and Veterans in the future. Visit [www.PerleyRideauFoundation.ca](http://www.PerleyRideauFoundation.ca) to learn more.

*The Perley and Rideau Veterans’ Health Centre is home to more than 600 seniors and Veterans who access a range of care and independent living options. It is also home to Canada’s first Centre of Excellence in Frailty-Informed Care. To learn more about Team Perley Rideau and how you can help please visit us online at [www.PerleyRideauFoundation.ca](http://www.PerleyRideauFoundation.ca) or call us at 613-526-7173.*



# Sorry! We missed our Annual 2020 Employee Engagement Survey...

Nadia Butt MD, MHA , IPAC Employee Health Consultant

But we never lose an opportunity to hear from our employees especially during such difficult times. It is important for us to regularly gather valuable feedback from our employees so we can continue to provide a workplace where everyone is able and willing to perform at their very best.

Knowing that our employees have been through a whole year facing new challenges with constant changes and many unknowns, the 2021 COVID-19 Employee Survey was launched. The survey was released online on February 10th and closed on March 10th.

We value the input of each and every respondent, and use the results of this survey as a key measure of the Perley Rideau's success as well as opportunities to do better. Let's take a look at a summary of the survey results,

**253** Survey responses received

**81.8%** Facility average of positive responses

**6/9** Questions surpassed a positive target score of 80%

We are pleased to announce that, on average, employees feel positive about:

- Perley Rideau's timely and appropriate action to protect its residents and staff
- Perley Rideau's effective communication throughout the pandemic
- Adequate education and training on safety precautions in the workplace
- Their decision to choose Perley Rideau as their preferred workplace
- Understanding their role in preventing spread of COVID-19

While most of the survey questions received positive responses, some areas have been noted for improvement. We are committed to ensuring the Perley Rideau truly is a great place to work for people dedicated to enriching the lives of seniors, and for this reason, we will be seeking staff participation in understanding the results and developing an action plan so please stay tuned for updates.

A huge thank you to all employees who have supported our Employee Engagement efforts. We hope that you will continue to share your feedback on these and other important topics anytime as well as in our **Annual 2021 Employee Engagement Survey** this Fall.





# The Value of One. The Power of Many.

While we wish we could gather the volunteer team to properly honour their contributions, one benefit of hosting a virtual event is that everyone can attend! Tune in to The Perley Rideau website and social media channels to view tributes from residents, staff and many of our treasured volunteers. Learn more about how this team has supported Perley Rideau residents and staff throughout the COVID-19 pandemic.

Heartfelt thanks to Andréa Fabricius, Creative Arts Instructor, for lending her talents to this project.

Thank you to everyone who nominated volunteers for an award, participated on the award selection committee and took time out of their busy schedules to record a message for Perley Rideau volunteers.

The video is now available, click links below for:

1. **Facebook:** <https://www.facebook.com/perleyrideau>
2. **Instagram:** <https://www.instagram.com/perleyrideau/>
3. **Twitter:** [https://twitter.com/prvhc\\_seniors](https://twitter.com/prvhc_seniors)
4. **LinkedIn:** <https://www.linkedin.com/company/perley-and-rideau-veteran's-health-centre/?viewAsMember=true>
5. **YouTube:** [Perley Rideau Veterans' Health Centre](#)

If you are not on social media, you can also view the video on our website, here:  
<https://www.perleyrideau.ca/volunteer-awards>

Thank you!

Rachel Stoparczyk,  
 Coordinator, Volunteer Services

Bernadette Lee-Wo,  
 Volunteer Services

***The Members of the Family and Friends Council Executive were informed via conference by Mary Boutette, COO, that they had they won the Advocacy Award.***



# 2020/21 ANNUAL VOLUNTEER CELEBRATION AWARD NOMINEES

All nominees were honoured, and award recipients announced, at a Virtual Live Broadcast – Wednesday, April 21, 2021 at 7:00PM



**VOLUNTEER OF THE YEAR**  
*HEATHER MOXLEY*  
*BOB PARADIS*

**ADVOCACY AWARD**  
FAMILY & FRIENDS COUNCIL

## **EXECUTIVE TEAM AWARD**

ALL PANDEMIC VOLUNTEERS

INFANT HEARING CLINIC TEAM

SWAB CLINIC TEAM

Congratulations and THANK YOU to all Swab Clinic Volunteers, recipients of the **2020/21 Volunteer Team Award**

Shirley Allan  
Gift Anicho  
Barbara Caverhill  
Christiane Charron  
Tony Cobden  
MJ Coburn  
Dorothy Constantineau  
Aroha DeForest  
Judy Field



Skylar Johnson  
Yvonne Makosz  
Madeleine McCann  
Tracey McDonald  
Heather Moxley  
Marianna Nagyova  
Daphne Pearson  
Rosie Schurr  
Donna St. Michael

**Supporting 43,300 on-site COVID-19 tests ... and counting!**

**SERVICE AWARDS**

2020/21 ANNUAL VOLUNTEER SERVICE AWARD  
RECIPIENTS

| 5 Years  |  | 10 Years   |
|--|--|--|
| Bob Barron<br>Margaret Becker<br>Anastasia Bendus<br>Sharon Cochrane<br>Amy Cserni<br>Marie Gauthier<br>Suzanne Lapensée | Valerie Léveillé<br>Anne Marie Matiz<br>Heather Moxley<br>Bill Redmond<br>Jeanine Vanker<br>Pat Yaternick<br>Taric Zeton | Sharon Duby<br>Gerry McMahon<br>Moira Moriarity<br>Bob Paradis             |
| 15 Years   | 20 Years   | 25 Years   |
| Bill Atkinson<br>Lovdy Desjardins<br>Biruta Krumins<br>Laurel Seibel   | Joan Harding<br>Dawson Stevenson   | Beverley Edgecombe<br>Rejeanne Fairhead<br>Gary Gravelle<br>(Posthumously) |

*Thank You*

**for your many years of service!**

*Celebrating*  
**25**  
**YEARS**  
*Perley Rideau*

Recognition for over 25 Years of Service to  
The Perley and Rideau Veterans' Health Centre

As of April 2021

- Michael Charles Hurley
- Mark J Walton
- Gordon Andrew Gall
- Peggy Thompson
- Patricia Faber
- Darlene Lewin
- Colleen Taylor
- Nelson Lavigne
- Kim Armour
- Sandra Forget
- Joanne Letang
- Chris Ukleja
- Melodie Rattray
- Rosario Alvaro (Chito)
- Brian Joseph Gibbard
- Wendy Patterson
- Kristin Brown
- Lawrence Williams
- Desmond Johnson
- Justine Evraire
- Tracy Lansbergen
- Kingsley Henry
- Bertha Doucet
- Debra Desroches
- Kim Soucie
- Geoff Thompson
- David Harris
- Michelle Wilson
- Evelyn Delos Reyes
- Rufina Rosete
- Martin Otu Tetteh
- Cindy Hagley
- Wickley Jones
- Lorraine Harper
- Althea Johnson
- Lisa Bigelow
- Nigel Ebanks
- Susan Holloway
- Rosie Doyle
- Dianna Latulippe
- Elizabeth Grum
- Melanie Ward
- Constance Laidley
- Evadne Wallace
- Marcia Sismon
- Fathia Hagi-Abukar
- Joan Loraine Smith
- Lisa Mallin
- Marcia Brown
- Veena Dass
- Paulette Pryce
- Anamarija Pecek
- Kathy Ann Miller
- Catherine Sedillo

**Volunteers**

- Cheryl Ranacher
- Dave Reeve
- Terry Reeve
- Réjeanne Fairhead
- Dawson Stevenson
- Beverley Edgecombe
- Frances Boon
- Nancy Creelman



## 100 Year Anniversary of the Poppy

We celebrate and honour the 100th Anniversary of the Remembrance Poppy in Canada with this original painting, a collaboration between residents and staff. We thank the Royal Canadian Legion for providing The Perley Rideau with permission to celebrate this iconic image.

## I Know Jack!



We celebrate the 100th birthday of D-Day Veteran Jack Dods. A prolific painter, he generously shared his art and memories for our shirts.

Please join us in thanking and celebrating Jack on his 100th.



# Care Conferences Return to Perley Rideau

Prior to the pandemic, following admission to long-term care, an important first gathering – a Care Conference -- is held with the new resident and/or family and members of the Perley Rideau care team to discuss the individual's overall health picture and to address considerations for future decision-making.

During a Care Conference, new residents are invited to discuss their goals, values, and preferences with the care team. This is an essential part of an ongoing resident-centred approach to care. The initial Care Conference occurs within the first 6 weeks of the resident's admission, annually and when there is a significant change to the resident's condition.

The pandemic changed everything; admissions were halted for months in 2020, visitors were limited to only those supporting a resident at end of life, and when new admissions were permitted, residents had to isolate in a room for two weeks before moving to their permanent residence. Also, the annual Care Conferences were put on hold.

Today, visits are still restricted to essential caregivers but the Perley Rideau team has completed all risks assessments and have restarted scheduling the annual Care Conferences.

The team is busy contacting residents and those serving as Powers of Attorney to schedule the Care Conferences.

As they work through the backlog, the team is working to ensure that all safety protocols are followed for all Care Conferences so that the resident and one other individual can attend in person at the Perley Rideau.

While they continue to accommodate new admissions including the 100+ new admissions since January 1, 2021, their target is to return to the standard Care Conference schedule by the Spring of 2022

## Safety protocols for Care Conferences

- If an in-person meeting cannot be accommodated, the Perley Rideau team can make arrangements to connect via teleconference or videoconference.
- Only one essential caregiver can attend the Care Conference at the Perley Rideau, unless there is a mobility issue for family member and an escort is required.
- For other individuals wanting to attend the Care Conference, the Perley Rideau team can accommodate participating through a teleconference.
- All individuals attending the Care Conference must complete a rapid testing at the Perley Rideau prior to conference. Please note that essential caregivers who visit at least three times a week, must be rapid tested three times a week.
- If an individual attending a Care Conference is not an essential caregiver, the individual should contact Perley Rideau staff for directions to access the building and guidance to access a rapid test onsite.

## Questions/Concerns

### Ottawa Building

Kim Beaudoin x2828 – [kbeaudoin@prvhc.com](mailto:kbeaudoin@prvhc.com)

### Rideau Building

Amanda Hansen x2844 – [ahansen@prvhc.com](mailto:ahansen@prvhc.com)

### Gatineau Building

Jenna Henry x 2855 – [jhenry@prvhc.com](mailto:jhenry@prvhc.com)

## Learn about SeeMe(TM) and Care Conferences

- View updated SeeMe™ documents on the Perley Rideau website: <https://www.perleyrideau.ca/seeme>



# Safety Protocols Changed in Late April

## Staff, Essential Caregivers

- Temperature checks for staff and essential caregivers when entering and exiting the Perley Rideau are no longer required.
- Staff entering through the Staff Entrance must continue to hold their green screening result up to the video camera.
  - The temperature scanners at the Main Entrance and the Staff Entrance have been removed.
  - One temperature scanner will remain in Perley Centre, located near the blood pressure machine outside the entrance to the pharmacy, and is available for use by anyone who wants to check their temperature.
- Other control measures continue to be in place including: physical distancing, wearing a mask, eye protection (while on the unit, within 6 ft./2 m. of any resident, and if indicated during the point-of-care risk assessment), and hand hygiene.
- In the coming days the Perley Rideau online screening app will be adapted to reflect this change.
  - We will send a communication when this change is implemented.
- In the coming days, we plan to edit all communications vehicles including the website and the Visitor's Guide to reflect these changes.

## Staff

- Staff who are fully vaccinated and protected are now permitted to work in more than one more than one LTC home, health care setting or retirement home (unless otherwise directed by a local medical officer of health).
  - To be fully vaccinated and protected requires both doses of a two-dose vaccine series or one dose of a single vaccine series AND more than 14 days have passed since the receipt of their last dose.
- It is hoped that this news will help address staffing issues and allow the team to plan and prepare for Summer holidays.
- In the coming days the Perley Rideau online screening app will be adapted to reflect this change.
  - We will send a communication when this change is implemented.
- We will be editing all communications vehicles in the coming days.

## Residents and New Admissions

- Resident temperature checks must continue.
- New admissions, with a negative COVID test, who are fully vaccinated and protected (both doses of a two-dose vaccine series or one dose of a single vaccine series AND more than 14 days have passed since the receipt of their last dose) can be admitted to the Perley Rideau and move into their room without isolating.
- Partially vaccinated or unvaccinated residents with a negative COVID test will also be admitted directly to their room, but will still require isolation for a minimum of 10 days.
- This resident-centred approach is expected to benefit residents in many ways: 1) establish immediate familiarity with staff on their unit; 2) encourage individuals to settle in to the room that is their home; 3) avoid another move in two weeks.
  - This means the isolation unit for new admissions will no longer be required.
- The 20-bed COVID-19 unit in the Ottawa building – formerly the SAFE unit -- continues to be reserved for active COVID-19 cases.
- We will be editing all communications vehicles in the coming days.

# Family and Friends Council

## Is the Family and Friends Council for me?

It is if you have a friend or family member living at the Perley and

- Have questions about their care or living arrangements
- Want more info about activities they could be involved in
- Are curious about how the Perley is run

Join in on our monthly Zoom meetings. The link is included in the regular emails sent out by the Council, or contact the Family and Friends Council at [familycouncil.prvhc@gmail.com](mailto:familycouncil.prvhc@gmail.com).

The Mission of the Family and Friends Council 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 residents and/or former residents' family members and substitute decision-makers.

Our next meeting:

Thursday, May 20 – 7-8:30pm

### ***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 of residents, former residents of The Perley and Rideau Veterans' Health Centre, and persons of importance to residents who are committed to acting as advocates. There is no membership fee. We hope this experience and broad range of perspectives may serve as sources of information, assistance and support to all members of our long-term care home community. Council traditionally meets monthly except in July, August and December. Our meetings include updates by Senior Management, presentations on topics of relevance to residents and family members, budget reports, and opportunities to learn more about life at the Perley Rideau. We look forward to welcoming family and friends of our residents and to their participation in the activities of the Council. *For questions about the Council please contact Heather Moxley by e-mail at: [familycouncil.prvhc@gmail.com](mailto:familycouncil.prvhc@gmail.com)*



# Media

From vaccinations for staff and residents to Centre of Excellence news and reflections on the year of pandemic, catch up on some of the recent media covering The Perley Rideau.

## [December 14, 2020:](#)

In Canada, First Vaccines Leave Health Workers in Tears of Relief

<https://www.nytimes.com/2020/12/14/world/canada/canada-virus-vaccine.html>

## [December 15, 2020:](#)

Nursing home workers are first to get COVID-19 vaccines in Ottawa

<https://www.cbc.ca/news/canada/ottawa/long-term-care-staff-first-to-get-vaccine-covid-19-ottawa-1.5841287>

## [December 16, 2020:](#)

Meet one of the first to get the COVID-19 vaccine in Ottawa

<https://www.cbc.ca/listen/live-radio/1-100/clip/15814499>

## [January 5, 2021:](#)

Ottawa's long-term care residents could be vaccinated within weeks — if supplies are available

<https://ottawacitizen.com/news/local-news/ottawas-long-term-care-residents-could-be-vaccinated-within-weeks-if-supplies-are-available>

## [February 1, 2021:](#)

Vaccine restores hope, if not normalcy, to city's largest LTC home

<https://www.cbc.ca/news/canada/ottawa/vaccine-brings-hope-long-term-care-perley-rideau-veterans-health-1.5893292>

## [February 18, 2021:](#)

From Expert Tips to Free Online Exercise Videos, Here's How to Stay Fit During Lockdown

<https://www.everythingzoomer.com/health/2021/02/18/fitness-home-exercises/>

## [February 18, 2021:](#)

Winter & Frailty: The Deadly Link

[https://ottawa.ctvnews.ca/video?clipId=2142359&fbclid=IwAR0hzLnK31HLeIEWxpexMbML2Kj4vFD9EC2tw0KgOGGReETVZlcAN\\_8IX8](https://ottawa.ctvnews.ca/video?clipId=2142359&fbclid=IwAR0hzLnK31HLeIEWxpexMbML2Kj4vFD9EC2tw0KgOGGReETVZlcAN_8IX8)

## [February 24, 2021:](#)

Coming Together to Address Vaccine Hesitancy

<https://www.nationalnewswatch.com/2021/02/24/coming-together-to-address-vaccine-hesitancy/#.YDcKfy3b1OK>

## [March 11, 2021:](#)

What a year of no hugs or visits was like for nursing home residents (\*Inside the story is a link to listen to The Current radio documentary)

<https://www.cbc.ca/news/canada/ottawa/long-term-care-residents-one-year-pandemic-through-their-eyes-1.5940973>

## [April 8, 2021:](#)

ADGA Group senior executive John Jarvis is now retired – and still happily married to his former boss

<https://www.obj.ca/article/social/adga-group-senior-executive-john-jarvis-now-retired-and-still-happily-married-his>

## [April 21, 2021:](#)

Perley Rideau research program looks to advance elder care with intergenerational visits

<https://ottawa.citynews.ca/local-news/perley-rideau-research-program-looks-to-advance-elder-care-with-intergenerational-visits-3651526>

For a full archive, visit our News webpage:  
<https://www.perleyrideau.ca/in-the-news>

## Excerpt from Staying Grounded, featuring Sarah Shapiro, Horticulture Therapy Instructor

After learning about horticulture therapy – an intervention that uses gardening and plant-based activities to improve the treatment or rehabilitation of clients – during her time at Algonquin, Shapiro networked with a horticulture therapist at The Perley Rideau Veterans' Health Centre. Since then, she knew she was on the right path.

“It is not only a passion, but I believe it’s my life’s purpose and to share it with others too,” she says. “I have always had an affinity for plants and the natural world.”

Shapiro has been the horticulture therapy instructor at Perley Rideau for three years. She maintains six courtyard gardens, indoor plants and outdoor landscaping. She also runs year-round groups, one-on-one gardening programs for veterans, dementia-care and community seniors.

Read the full article: <https://glueottawa.com/2020/12/20/staying-grounded/>, “Staying Grounded.” Glue magazine: Algonquin Student’s Association Magazine.



Seeking volunteers, ages 13-18, to support residents of our Seniors' Village during **July & August, 2021**

### Help out with:

- Therapeutic Recreation
- Creative Arts
- Physiotherapy
- Church Services
- Barbershop & Beauty Salon
- One-to-one visits

### A great opportunity to:

- Get to know amazing seniors, including military veterans
- Have fun while developing communication and service skills
- Gain Community Service Hours

### Note that candidates must:

- Commit one or more days per week for a minimum 5 weeks
- Attend an interview, provide references, complete a TB screening questionnaire
- Provide an Offence Declaration, signed by parent/guardian for those under 18
- Provide a Level 3 - Vulnerable Sector Check, if 18 years old at time of application
- Be available for a full-day orientation on Monday, July 5th, 2021.

**Apply now at [www.perleyrideau.ca](http://www.perleyrideau.ca)**  
**Email: [volunteer@prvhc.com](mailto:volunteer@prvhc.com) for more information**

Application deadline is June 11th, 2021  
Preference will be given to those who apply early

*"Together we improve the well-being of the people we serve."*

# Kudos!

## Letter from a Family Member (an excerpt)

Dear Ursula,

This is just a brief email, first and foremost, to say **THANK YOU**, and also to give you some info about my mother that might be helpful to you and to others at The Perley Rideau.

She has already sung your praises to me, and I think that level of informality would be helpful.

My mother is adjusting well, but this change has been very difficult for her. She was living independently with my father in their new home when she slipped on the ice and suffered a serious injury which resulted in surgery. The fall meant that she could no longer care for my father, aged 98 (who as you know is now in LTC) and that she now needs some assistance of her own.

The good news is that she has accepted that it is best for her to be in the Perley Rideau - both for herself, and perhaps more importantly to have access to my father.

She has always been well-off and independent. In her career, she was Executive Director of a number of national organizations. No need to give you her whole life story, and the details of her career... My point is simply that she has been self-sufficient all her life. As a result, to live in a small one bedroom apartment at the Perley Rideau, in an assisted living environment, is a big adjustment for her.

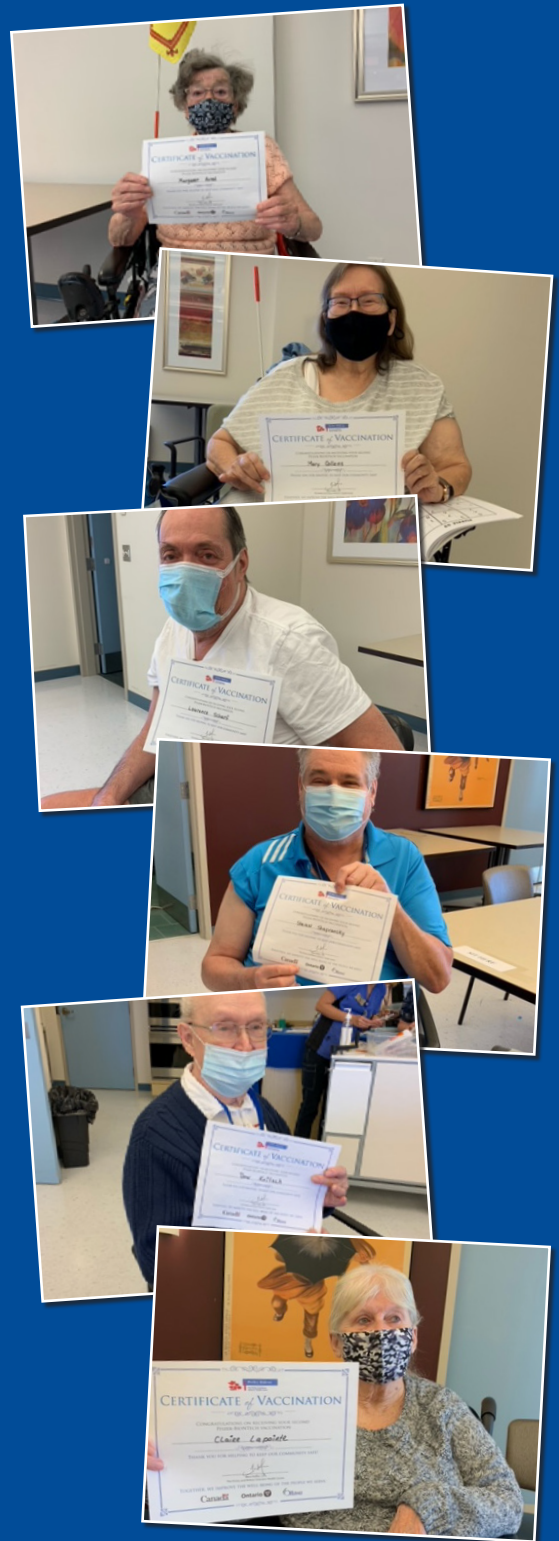
One thing she has told me many times is how friendly and supportive the folks at the Perley Rideau have been to her. For me, this is wonderful news. She has spoken fondly of you, and I just want you to know that your thoughtfulness and care are making a big difference in her life. For me, as well as for other family members and friends, it is fantastic to know that she is not only in a place where she is physically safe, but also where she is treated with care and respect.

My mother is now a "little old lady". This is new to her, and also to her family and friends, who have always known her to be strong, clear-minded, and independent. There is some sadness around her new situation. However, the fact that you and others at the Perley Rideau are treating her with such kindness and consideration has made ALL the difference.

Which is simply to say...**THANK YOU!!!**

Tim

Those are smiles are those masks now that more than 98% of all apartment tenants have received the Pfizer BioNTech vaccine, the first dose at least.



# Health, Safety and Wellness Update

We want to thank you for you for taking care and when required, walking like A PENGUIN. We always want everyone to make it safely to and from work and slip/fall rates did drop this winter. Please continue to use caution this spring/summer as since we live in Ottawa, conditions can change very quickly!

In February 2021 we were happy to launch the PEER2PEER support program. The Peer-2-Peer Support Strategy is an initiative in which you can speak with a fellow (specially trained by the FSEAP psychologist) employee in a confidential setting in order to assist you. A meeting of 20 or 30 minutes will be arranged with your peer support person to discuss what is happening that is of concern for you. It is a confidential meeting between you and your peer support person and the meeting is not documented. You can reach support any time at

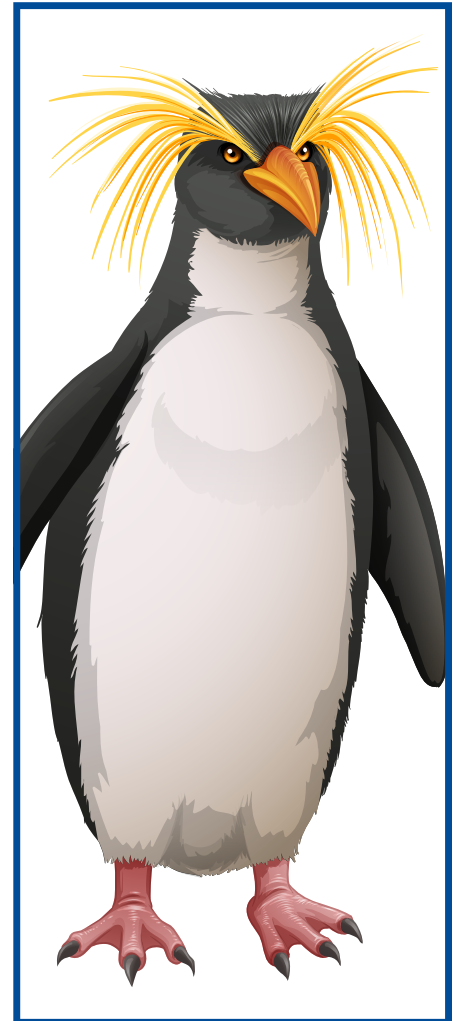
[PEER2PEER@prvhc.com](mailto:PEER2PEER@prvhc.com) or Ext. 2233.

We are also excited to be partnering with the Mental Health Commission of Canada on a Pilot Project called The Working Mind-Healthcare as your psychological health and safety continues to be a priority.

Physical health still remains important therefore you and your family have access to Corporate Membership rates with Goodlife Fitness. See Cheryl Kemp at ext. 2231

Lastly, I wanted to share the work the facility is doing with the WSIB and MOL called the Excellence Program. This program allows the Perley Rideau to demonstrate our commitment to health and safety and is expected to lead us to formal Accreditation for our Health and Safety Program.

For more information on our Health and Wellness initiatives and contact information please see the Health and Safety Bulletin Board in the Cafeteria or on the Company drive under Health, Safety and Wellness.



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## Health and Wellness

To ensure staff have easy access to up to date actions and contacts of the Health and Safety Committee (JOHSC), newsletters from Employee Assistance Program and more we have created a NEW Health, Safety and Wellness folder on the Company drive.

This folder will complement the Health and Safety Bulletin Board in the Cafeteria.



## We are here to help!

To provide empathetic listening and create and maintain a safe space.

Our team can assist you in finding your *'Next Best Step'* with an appropriate service or resource.



**Kim Beaudoin** kbeaudoin@prvhc.com

**Lisa Bigelow** lbigelow@prvhc.com

**Rachel Gibson** rgibson@prvhc.com

**Tanya Holmes** tholmes@prvhc.com

**Cheryl Kemp** ckemp@prvhc.com

**Rachel Powers** rpowers@prvhc.com

**Chantal Rauwerda** crauwerda@prvhc.com

**Jeff Shickle** jshickle@prvhc.com

**Sarah Swales** sswales@prvhc.com

**Curtis Timpson** curtistimpson@prvhc.com

**Email:** PEER2PEER@prvhc.com | **Phone:** ext. 2233 | Speak to your Manager/Supervisor

## Worried About:

- Schedules?
- Mental health challenges?
- Work stress?
- Managing life during a pandemic?

## Our Peer-2-Peer Team is Here to Help...



**Email:** PEER2PEER@prvhc.com | **Phone:** ext. 2233 | Speak to your Manager/Supervisor

# Nurses Earn Gerontological Specialty Certification in Commitment to Senior's Care

By Daniela Acosta RN, GNC(C), BSc., BScN  
Collaborative Practice Leader

The Perley Rideau believes in excellence. This means having a commitment to quality care, innovation and continuing improvement. This is exactly what Grace Muhuni and Amanda Bowen, two talented Registered Practical Nurses on our team, demonstrated this past year when they earned their Canadian Gerontology Practical Nursing Certifications from the Canadian Nursing Association (CNA).

Acting as the national and global professional voice of Canadian Nursing, the CNA, represents 135,000 nurses across Canada. A fierce advocate of advancing nursing excellence, this respectable organization is also the gatekeeper for specialty certifications that are both protected titles in Canada and recognized across the entire country. Obtaining one of these certifications is no easy feat, especially amidst a global pandemic. Certification generally requires one year work experience within the specialty field, hours of independent-study and, most importantly, passing a rigorous computer-based exam.

In 2020, Amanda and Grace completed all the requirements to obtain their certification, but this is only the beginning. Being a Gerontological Practical Nurse specialist is an ongoing commitment to excellence. In order to maintain their new credentials, these two will have to continue to expand and develop their professional portfolio within the field of gerontology over the coming years

Furthermore, this certification is particularly special because 2019 was the first year ever that the Gerontology specialty certification was available for practical nurses. Grace and Amanda were among the first few cohorts of practical nurses in the entire country to have this designation!

The Perley Rideau community would like to congratulate Grace and Amanda for embracing our organizational value of Excellence through their professional development and commitment to improved seniors care. Achievements like this inspire all of us to keep moving forward, even when the world seems stuck. We look forward to seeing where these next steps will take our Champions in their careers and how they will continue to influence the health experience and outcomes of our residents!



**Grace Muhuni, RPN, GPNC(C)**

My main reason for pursuing Gerontological Practical Nursing Certification was capacity building. My goal was to enhance my skills and opportunities to respond effectively to the ever-changing needs of the frail and elderly population.



**Amanda Bowen, RPN, GPNC(C)**

It is exciting that RPNs are being recognized for their important role in Long-Term Care. The exam brought into focus my experience and knowledge with the clinical aspects of working in geriatrics.





Congratulations to Babylyn Alcantara, RN. She just finished her Advanced Clinical Practice Fellowship through the RNAO! Over the last 5 months she successfully created an evidence-based, nursing mentorship program that aims to be integrated into our orientation program. The program pairs new hire RPNs and RNs with an experienced nurse mentor in order to better support their transition into their role in the home. The program aims to increase our retention of new nurses and further build teamwork and camaraderie among the team. Thank you Babylyn for your dedicated hard work!



Kudos to Samantha Hallgren, Psychogeriatric Resource Nurse, GNC, on your successful course completion of the Palliative Care Medical Intensive Online units and virtual live days presented by the Victoria Hospice Society. This Group Learning program has been certified by the College of Family Physicians of Canada and the British Columbia Chapter.

## Distinctions

Congratulations Kirstie Girard on being a Finalist for the Nursing The Future New Graduate Excellence Award! The excellence you have demonstrated during this challenging time in our professional history is an inspiration to us all and well-deserved as nominated by Samantha Boulerville and supported by Daniela Acosta.

Congratulations Samantha Hallgren, Psychogeriatric Resource Nurse, GNC, on being nominated for the Nursing The Future Strength in the Storm Award! This award is conferred upon a new graduate, frontline nurse, senior nurse, educator or nurse leader who has consistently overcome disruption, chaos and turmoil during a global pandemic affecting both personal and professional aspects of their lives. Called upon to make sacrifice after sacrifice, this award recognizes the contribution, leadership and steady hand of nurses in Canada, who are stabilizing forces in their families, communities and profession.

# The Perley Rideau SWAT Team

Caring for wounds is more than an art; it is a science. In fact, wound care is an entire field of science, with rapidly evolving research and recommendations that outline the best practices to promote healing, prevent harm and reduce infection. This important and exciting work with skin requires nursing expertise and leadership in order to enhance resident health outcomes and improve quality of life. Leading the way at the Perley Rideau are Samantha Boulerice, RN, and Ana De Bulhoes, RPN, a dynamic duo who teach, engage and inspire the care team to approach wound care in systematic, evidence-based ways. Together they make up the Perley Rideau Skin Wound Assessment Team (SWAT Team)!



Recently, through the Wound, Ostomy and Continence (WOC) Institute, both Samantha and Ana completed very intense skills-based courses, earning them credentials and expertise in the fields of wound, ostomy, and continence care. The WOC institute is an educational institution dedicated to providing state of the art on-line education programs that drive passion for excellence in wound, ostomy and continence care and support healthcare professionals to improve their practices in these fields.

Congratulations to both Samantha and Ana for embracing their passions in wound care, ostomy and continence care nursing and sharing them with the care team here at the Perley Rideau!



## Samantha Boulerice, RN, NSWOC, WOCC(C),

In 2020, Samantha graduated from the Nursing Specialized in Wound, Ostomy and Continence education program, which not only prepared her in wound care skills, but also included ostomy and continence care training as well. Her course involved preceptorships with highly accomplished industry leaders and hands on experience with patients. After completion of this challenging program, Samantha then went on to attain her official certification in Wound, Ostomy, and Continence, from the Canadian Nursing Association, which required additional independent study and a rigorous computer-based exam.

## Ana De Bulhoes, RPN, SWAN

Ana completed the Skin Wellness Associate Nurse Program. This was an intensive online course that supports and empowers nurses to improve clinical outcomes and leading wound, ostomy and continence care teams where they work. As the newest member of the SWAT team at Perley Rideau, Ana has begun working along side Samantha in tackling hard to heal wounds within the organization as well as building capacity in peer nurses through education and teaching.



# WANTED

## NEW RN's and RPNs



# \$10,000

**Start your nursing career with a \$10,000 bonus**  
**Perley Rideau Offers New RNs and RPNs a World of Opportunity**

Give us 12 months and we'll give you the chance to start your nursing career as part of a supportive team that makes a real difference in people's lives. And, for a limited time, you'll get a \$10k signing bonus! As part of the HealthForce Ontario incentive, we're looking for new RN and RPN graduates who qualify for the bonus.

**Apply now to see if you qualify**  
**[www.PerleyRideau.ca/jobs](http://www.PerleyRideau.ca/jobs)**

# Friend of the Perley Rideau Nominated for Teaching Award

St. Lawrence College nursing professor, Valerie Fiset, RN, PhD, has been nominated for a national teaching award from Nursing the Future, a Canadian educational organization for practical, psychiatric, and registered nurses making their initial transition into practice. Valerie teaches in the Bachelor of Science in Nursing program on the Brockville campus and is the finalist for this award from Ontario. Valerie was nominated by SLC BScN student, a registered nurse who she taught several years ago and now mentors, and Jen Plant, Director, Clinical Practice, at the Perley and Rideau Veterans Health Centre.

## Hiring!

A talent acquisition digital strategy was prepared during pre-pandemic times with the objectives of Positioning Perley Rideau as a desirable employer with a great culture and an exciting mission.

- Raising awareness of Perley Rideau’s vacancies and career opportunities among target audiences
- Drive qualified candidates to Perley Rideau’s careers website pages to increase online applications.

Perley Rideau now wishes to implement aspects of the strategy to address immediate nursing and PSW vacancies.



Looking for a Rewarding Student Work Placement in Health Care

The Perley Rideau is a GREAT place to learn!



Advance Your Nursing Career as Part of Our Supportive Team

The Perley Rideau offers RNs and RPNs a World of Opportunity



Advance Your Health Care Career as Part of Our Supportive Team

The Perley Rideau offers PSWs a World of Opportunity



# Resume Your Nursing Career With a \$10,000 bonus

Perley Rideau Offers  
Returning RNs & RPNs a World of Opportunity.

Are you an RN or RPN returning to work following parental leave or another long-term career break? Join our supportive team for 12 months, make a real difference in people's lives AND...get a \$10,000 signing bonus too! As part of the HealthForce Ontario incentive, we're looking for returning RNs and RPNs who qualify for the bonus.



Apply now to see if you qualify...  
<https://www.PerleyRideau.ca/jobs>

# Behind the Mask!

## Are You Getting Enough WATER?

### What water does for your body...

- Water is the major component of most body parts.
- Forms saliva (digestion).
- Converts food to components needed for survival - digestion.
- Keeps mucosal membranes moist.
- Allows body's cells to grow, reproduce and survive.
- Flushes body waste, mainly in urine.
- Lubricates joints.



- Makes up **83% of blood**.
- Composes **75% of the brain**.
- Needed by the brain to manufacture hormones and neurotransmitters.
- Regulates body temperature (sweating and respiration).
- Acts as a shock absorber for the brain and spinal cord.
- Helps deliver oxygen all over the body.
- Accounts for **22% of Bones**.
- Makes up **75% muscles**.

### How Much Water Do I Need?

- Between **half an ounce to an ounce of water** for each pound you weigh, every day
  - For example, if you weigh **150 pounds**, that would be **75 to 150 ounces of water a day**  
(the higher end if active, warm climate)

## COVID-19 Vaccine Myth Buster

**MYTH:** The vaccines were developed and approved too fast and are therefore unsafe.

**FACT:** The vaccines were produced faster than ever before because extraordinary levels of global collaboration and funding were invested in this effort.

**MYTH:** mRNA vaccines change your DNA.

**FACT:** mRNA never enters the nucleus of the cell, which is where our DNA (genetic material) is kept. mRNA vaccines do not affect or interact with our DNA and do not change our genes in any way.

**MYTH:** “I am not at risk / COVID-19 isn’t that bad”

**FACT:** COVID-19 is very contagious and can cause illness much more serious than the flu. Tens of thousands of Canadians have died of COVID-19.

**MYTH:** mRNA technology is completely new and unsafe.

**FACT:** Researchers have been studying the use of mRNA for vaccines and treatment of diseases for decades. – that’s one of the reasons why these vaccines could be developed so quickly.

**MYTH:** I cannot get the COVID-19 vaccine because I have allergies.

**FACT:** The vaccine is not recommended only for people with a pre-existing allergy to a component of the COVID-19 vaccine, or who have a history of anaphylaxis after previous administration of the vaccine.

**MYTH:** I can get COVID-19 from the vaccine.

**FACT:** The mRNA vaccines do not contain any live virus or infectious element, and therefore there is no possibility of causing an actual infection.



**You may have COVID-19 without showing any symptoms and you may still pass on the virus** to someone who will develop severe illness. If you are vaccinated, you’re helping protect the people around you.

References:  
 1) Center for Disease Control and Prevention (CDC). Understanding mRNA COVID 19 Vaccines. Updated December 18, 2020  
 2) CDC website: [cdc.gov/coronavirus/](https://www.cdc.gov/coronavirus/)  
 3) <https://tools.cdc.gov/health/tao/covid-19-vaccines/>

# We join in the annual celebrations for **Nursing Week from May 10-16, 2021**



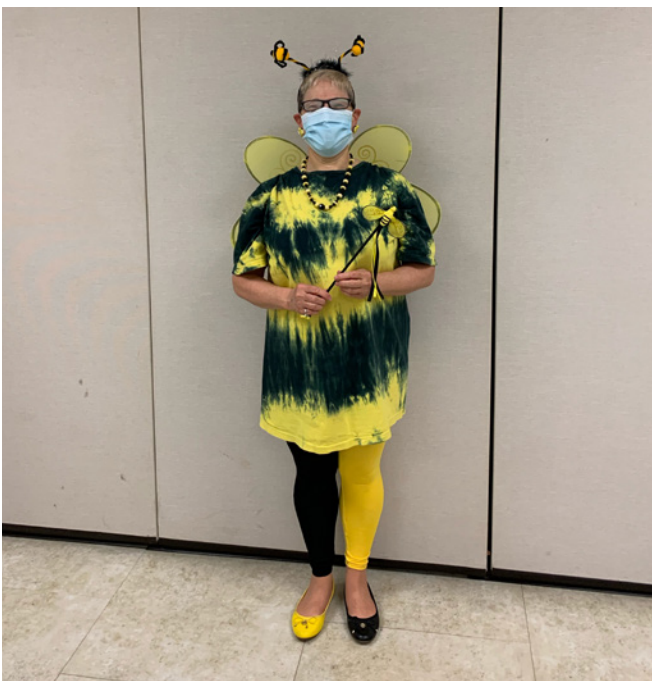
**Commemorating the birth date of the founder of modern nursing, Florence Nightingale, we join the RNAO, ONA and all our partners to honour this week.**

Watch for details on Perley Rideau's celebrations to mark this event.

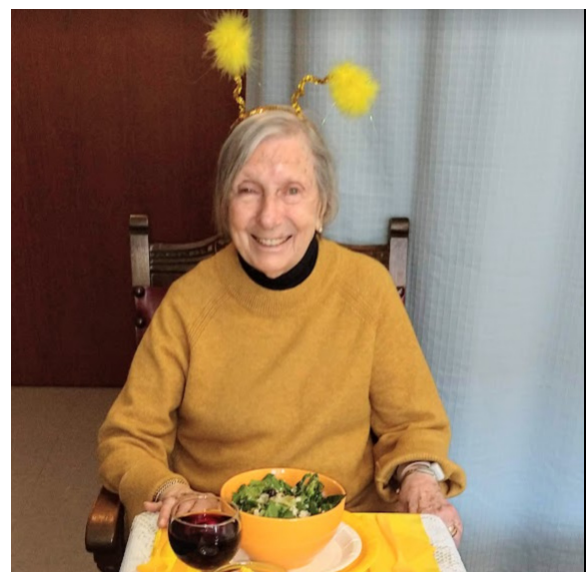




***Tania Paolini, RN BScN CIC, Manager, Infection Prevention and Control, administers the Pfizer BioNTech vaccine to a member of The Perley Rideau community during a regular clinic held at the Perley Rideau. A key to Perley Rideau's successful vaccination efforts has been easy and convenient access to the vaccine administered by familiar faces.***



***Josee, an essential caregiver frequently has a theme for her visit, right down to tea pots and lunch. A bubbly wonderful person, Josee adds such colour and happiness to the Perley.***



***I always love coming to the Perley because the staff and volunteers are INCREDIBLE. They are always so welcoming and positive. You can tell that EVERYONE wants to be there!!! They make it a WONDERFUL place to visit and live.***

## Debbie & Wanda's High School Reunion

These two gals were great friends in high school, but went their separate ways after graduation. A few decades later, in the midst of a global pandemic, each answered the call to help the frail elderly living in long-term care. They started volunteering at Perley Rideau, days apart, in January 2021. Both women provide mealtime assistance, Debbie in the Ottawa building and Wanda in the Gatineau building, often on the same day. Two weeks ago, Debbie stumbled upon a familiar name in the volunteer lounge. Finally, three months after joining the Perley Rideau team, she met Wanda face to face, for the first time since they were teenagers. Here they are, catching up over a socially distanced coffee break, in the cafeteria. There are countless benefits to volunteering!



## In Memoriam Bench



The memory bench to be opened in November 2021 to mark our 25th. Can you guess what's inside the time capsule?

Interprofessional Clinic  
at Perley Rideau

Clinique Interprofessionnelle  
au Perley Rideau

# Perley family & Friends

receive **10% off\***  
the purchase of new  
hearing aids when you book  
your appointment before  
May 31st, 2021



Our audiologists are here to help!



**CAMILLE BÉGIN**

Audiologist



**JACYNTHE BIGRAS**

Audiologist



**MELANIE BAUR**

Audiologist



(613) 526-7125 (613) 526-7126 icadmin@prvhc.com  
www.InterprofessionalClinic.com 1750 ch. Russell Rd., Ottawa, Ontario K1G 5Z6

\*Valid only for private pay purchases

# Annual Meeting

Notice of The Annual Meeting of The Perley and Rideau Veterans' Health Centre to be held on **Thursday, June 3rd 2021 at 14h00 via videoconferencing.**

All are welcome to attend but **must pre-register by May 14th, 2021** by providing their name, telephone number, email address, and affiliation to the corporation (e.g. family member/resident/tenant/volunteer/staff) via:

Judy Woodstock, Executive Assistant at [jwoodstock@prvhc.com](mailto:jwoodstock@prvhc.com) or 613-526-7170 ext. 2001.

## Deborah's Gift Boutique Open 5 Days a Week



We are happy to announce that Deborah's Gift Boutique is now open five days a week.

The Boutique is open Noon to 3:30 pm on Tuesday, Wednesday, Thursday, Friday and Saturday.

We welcome essential caregivers as well as staff, volunteers and, of course, our Perley Rideau residents.

Please come in and browse our confections, giftware and greeting cards. Have a chat and meet our team.

Thank you,

Christiane, Gail, Judy, Linda and Louise

### Newsletter credits

Thanks to all who supported the newsletter with contributions and permission to share these stories and information with the general public. Excerpts from the newsletter will be treated with the utmost respect and shared through our various social media channels. For questions, concerns or to share story ideas, please contact Jay Innes at [jinnes@prvhc.com](mailto:jinnes@prvhc.com). Please note that the newsletter is available online at [www.PerleyRideau.ca](http://www.PerleyRideau.ca).

All submissions are welcome.

## Want to stay in touch with the Perley Rideau?

Follow us on these social media sites and watch for frequent updates:



Perley  
Rideau



Perley  
Rideau



PerleyRideauSeniors;  
[@prvhc\\_seniors](https://twitter.com/prvhc_seniors)



Perley and Rideau  
Veterans' Health Centre  
/ Foundation



Perley  
Rideau



BPSO Perley Rideau;  
[@BpsoPerley](https://twitter.com/BpsoPerley)

