



Perley Rideau

The Perley and Rideau
Veterans' Health Centre

The Future of Caring

2019 Year-End Update



Village Choir

We begin this wrap up for 2019 with a heart-warming story about the Perley Rideau Village Choir. More than 50 people sing regularly in the Choir: residents and tenants, supported by volunteers, family members and friends.

About two years ago, the choir welcomed two new members: Marsha and Butch Gilchrist. Married for more than 30 years, Marsha and Butch live in the Seniors' Village. They have long sung in choirs and are both visually impaired.

Gertrude (Trudy) Letourneau, the Choir's director, likes to expand the Choir's repertoire by introducing new songs. This can be a problem for the visually impaired,

though. But Marsha Gilchrist told Trudy that the Canadian National Institute for the Blind (CNIB) offers a translation service. Trudy now gets CNIB to translate new songs into Braille – a language Marsha learned as a little girl. Just before Christmas, CTV News Ottawa featured the choir on its evening newscast. (<http://bit.ly/2YWHXia>)

The Village Choir is further proof of the success of Perley Rideau's Seniors' Village: 139 independent apartments for seniors who enjoy ready access to a wealth of on-site amenities including a chapel, pharmacy, cafeteria, pub, games room, arts and crafts studios and a physiotherapy and massage clinic. Tenants can also take advantage of a variety of assisted-living services and day programs designed for seniors.



During the Remembrance Day ceremony, Marsha Gilchrist (left) sings her solo with support from Choir director Trudy Letourneau.

SeeMe™: Understanding frailty together

SeeMe™ is a comprehensive program that assesses frailty as part of a person's overall health, and helps residents and their families to make informed decisions about treatment. Residents and family members collaborate with Perley Rideau staff to develop care plans that align with their values, preferences, and quality-of-life goals. SeeMe™ now operates on all of our long-term care units and staff continue to work on adapting the program for use on the convalescent care and SAFE units.



CENTRE OF EXCELLENCE

IN FRAILTY-INFORMED CARE™

We have hired a Research Chair for the Centre of Excellence in Frailty-Informed Care™. Her name is Annie Robitaille, Ph.D., an Assistant Professor in the Interdisciplinary School of Health Sciences at the University of Ottawa. Working alongside Centre of Excellence Director Danielle Sinden, Dr. Robitaille will champion and lead crucial research in how best to care for Canada's growing population of frail seniors.



"I'm so excited to be able to collaborate with everyone at the Perley Rideau to improve care for frail older adults through the applied research emerging from the Centre of Excellence."

Dr. Annie Robitaille, Chair, Centre of Excellence

Seniors' Village Expansion Outreach

While the design and planning work continues on the expansion of our Seniors' Village, we continue our public outreach to inform and engage the community. To help design the new building that will house about 200 seniors in a new multi-storey tower, students from nearby schools have been invited to help design the new accommodations. It's one of many ways that we're involving the public in the project. Research also continues on another important expansion project: in collaboration with partners including Algonquin College, we're exploring new options for seniors' housing and care.

The Perley Rideau Foundation has launched a special campaign to support the Centre of Excellence and Seniors' Village Expansion. For more information about the Caring for the Future Capital Campaign, visit the Foundation's website (<http://bit.ly/38xezCT>). We're grateful to the many generous donors who support the Perley Rideau.

Ottawa Health Team

In December, The Perley and Rideau Veterans' Health Centre joined Ottawa Health Team (OHT), the partnership established by Ontario's Ministry of Health and Long-Term Care. Comprised of 53 organizations, OHT will plan and deliver healthcare in the region under the Ontario Health Team Model. The Perley Rideau will participate in OHT's Frail Older Adults action team, and plans to build on innovations such as SeeMe™: Understanding *frailty* together and the SAFE Unit, which provides unique sub-acute care to frail seniors.

Vaccination Success

More than 87% of Perley Rideau staff received flu shots this season, a new record for our Village.

Last year, the average flu-immunization rate for staff of Ontario's long-term care homes was 73%. Vaccination benefits not only residents, tenants and staff, but also volunteers, friends and families.



Interprofessional Clinic at Perley Rideau

Residents, tenants and members of the public of all ages come to the Clinic for a growing range of services, including audiology, occupational therapy, physiotherapy and speech-language pathology. While expanding its service offerings in both official languages, the Clinic excels in interprofessional collaboration and serves as a training centre for the University of Ottawa's Faculty of Health Sciences.

The Clinic now offers a range of assistive devices for sale, including reachers, long handled shoe horns, adapted cups, and non-slip socks. Other items can be ordered as needed. The Clinic has also expanded its offerings of hearing aid accessories for sale, including batteries, battery testers, hearing aid dehumidifiers, oil drops and otoclips. The Clinic is now offering Assistive Devices Program (ADP) mobility assessments for eligible clients who live in the community and are interested in mobility aids such as canes, walkers, wheelchairs and scooters.

For more information, drop in, contact the clinic or visit the Clinic's website: www.InterprofessionalClinic.com



Online Store

Within the Perley Rideau online store, we are now hosting auctions to promote and make available the original art created in the studios.

To date, a silk scarf, a painting of birch trees in winter, a glass flower mosaic, and more have all been purchased in the auction. The online store also sells Perley Rideau swag including a Perley Rideau toque, shirts, ball caps and 2 cute blue ribbon bears.

All items must be pick up. We cannot ship items

After costs are recovered, the proceeds from the auctions will be shared between the artist and The Perley and Rideau and Veterans' Health Centre. \$5 from each sale will be directed to the areas where needs are the highest so that the benefits are realized by the Perley Rideau community.

Charitable receipts are not issued for purchases.

This auction is open to the everyone, it just takes a few minutes to register, bid and win.



PerleyRideauStore.ca



Brand Renewal

We have begun work on renewing the Perley Rideau brand. Given the accelerated pace of change in recent years, we want to ensure that our all aspects of our brand continue to accurately communicate who we are, why we care and how we serve the community. The first stage of our brand-renewal process involved extensive research into how key stakeholders and members of the public perceive the Perley Rideau. We're now analyzing this research to determine next steps. Watch this space for frequent updates.



Virtual Reality

Last year, we began to research the effects of Virtual Reality Relaxation therapy on residents with dementia. The goal is to decrease responsive behaviours during stressful events such as changing the dressing on a wound.

In December, staff found a different application for this innovative technology. A resident nearing the end of his life wanted to visit a pub back home one last time, but was not well enough to do so. To fulfill his wish, staff decorated the Perley Rideau pub and recorded the party in the Virtual Reality format so that the resident could enjoy the experience from his bed. Kudos to staff: this type of compassionate problem-solving is part of what defines Perley Rideau care.

The Year of the Nurse and Midwife

The World Health Organization (WHO) designated 2020 as the first ever “Year of the Nurse and Midwife,” in honour of the 200th birth anniversary of Florence Nightingale, a pioneer of the nursing profession. In 2020, the Perley Rideau community will regularly gather to honour the many vital contributions of nurses in providing health services and care to the people we serve.

THE YEAR OF THE
**NURSE
& MIDWIFE**



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