

April 2018 Edition

# The Perley Rideau News

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



Perley Rideau

The Perley and Rideau  
Veterans' Health Centre

Vol. 21-02



ACCREDITED WITH  
EXEMPLARY STANDING



ACCREDITATION  
AGRÉMENT  
CANADA

## Bravo Zulu, Perley Rideau

*Vice-Admiral Ronald Buck RCN (Ret'd)  
Chairman, The Perley and Rideau Veterans' Health Centre Board of Directors*

### Inside:

- A message from Akos Hoffer, page 2
- Changes to the church service schedule, page 5
- Volunteer celebration and awards, Foundation news *and More!*

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



# A Message from Akos Hoffer

## Re: Long-Term Care Homes Quality Inspection Program in Ontario

As part of stated commitment to “improve the transparency of public information related to the Long-Term Care Homes Quality Inspection Program in Ontario”, The Ministry of Health and Long-Term Care (MOHLTC) recently released information on the performance of every long-term care home in the province and the media has shared this news.

The performance information is available on the Ministry’s website and the results are included on the profile page of each home. The results are only updated to December 31, 2017. The data will be updated quarterly and the website acknowledges that the performance of a home “may have changed since the data was generated”.

The Perley and Rideau Veterans’ Health Centre has been classified a “improvement required”.

For reference:

### Annual Inspections

Resident Quality Inspection (RQI)

Last RQI Inspection: March 10, 2017

	LTC Home	Provincial Average
Orders	0 ↓	0.61
Non-compliance	0 ↓	5.66

### Targeted Inspections

Inspecting Complaints, Critical Incidents & Others

	LTC Home	Provincial Average
Orders	1 ↑	0.52
Non-compliance	3 ↑	2.34
Number of Targeted Inspections	3	

(Source: <http://www.health.gov.on.ca/en/public/programs/ltc/home-finder.aspx>)

Reflecting on the specific results, we are proud of the zeros; just as proud as when we recently earned Accreditation with Exemplary Status where we met all 533 applicable Accreditation standards, resulting in "zero" unmet standards. Admittedly, this has been a time of considerable change at Perley Rideau requiring plenty of adaptation on the part of our community. I acknowledged this time of change in my recent Caring for the Future video:

<https://vimeo.com/263935036>

In the Ministry's report, each of these numbers must be considered in their proper context. With rare exception, these reports were initiated by our staff. As a closer inspection of the majority of reports on the Ministry’s website demonstrates, the Perley Rideau addressed the issues identified immediately, often even before the Ministry became aware of them. And we have worked hard to clear many of these issues since December, the cut-off date for this report.

The Ministry has a methodology for assigning the rankings, however the weighting and formula behind the calculations are not available to us. The Ministry has promised an information webinar in June. By that time, we will be well into implementing our latest Quality Improvement Plan (QIP) and working to address these issues. I will continue to advocate for more information so that we can understand these results.

Two of the compliance orders relate to the Nurse Call system and the introduction of new beds. In both instances, we requested deadline extensions, which the Ministry granted. The work related to these orders is now completed, but the reporting period ends on December 31, 2017, so these achievements have not been captured in this report.

At the Perley Rideau, provincial standards are used as a baseline for compliance. We strive to exceed all standards of care. When we don't measure up, we not only report it ourselves to the Ministry, we move to correct the situation immediately and use these episodes as opportunities for improvement and learning. Our organization embraces a culture of safety supported by openness and transparency. These are attributes that will support our community today and in the future as we strive to become an indispensable member of the region's health care system.

We welcome third-party assessments. However, they are but one measure of our success in providing care to some of our community's most vulnerable residents. We work closely with our Residents', Veterans' and Family and Friends Councils, a range of professional partners and our Foundation to ensure we deliver enhanced care for each and every one of our residents.

Our staff and volunteers have earned the trust and respect of our residents, their families, donors, our partners, peers and the agencies who fund the work we do precisely because of their vigilance, their commitment to continuous improvement, and their exceedingly high standard of care provided on a daily basis.

Thank you.

Akos Hoffer, CEO



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## Nurse Call Bell Update

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We are very happy to report that the outstanding MOHLTC order for the resident and staff communication response system is now back in compliance!

On behalf of our Support Services team we would like to thank you all for your continuous support throughout the implementation process.

Our residents are very happy to know that their requests for help are received and acted upon immediately by their direct care provider. Our new silent system protects our resident integrity and creates a calmer environment/atmosphere. The look and sound of a real home—but with the security and reassurance of a supportive facility.

Together as a team we did it..... a proud accomplishment to improve the well-being of the people we serve.

Thank you,

Lorie Stuckless NM

Director, Support Services

### Bike to Work Month – Sign Up Now!

The City of Ottawa sponsors an initiative to encourage Ottawa residents to Bike to Work. This program has no cost, contributes to your health and you can win prizes. After you have signed up as an individual you can also sign up to the Perley Rideau (PRVHC) team. Additional team prizes are afforded to registered teams. This is open to staff, volunteers, friends, family and anyone else who wants to join us in cycling to the Perley Rideau (PRVHC).

Remember May 1, 2018 is rapidly approaching and so don't delay in tuning up your bike and signing up!

Here's the link: <https://ottawa.ca/en/residents/transportation-and-parking/cycling/bike-work-month>

Thank You

Dave Harris, Recreation Therapist Gatineau



### Andrea Senchuk

I am very pleased to announce that Andrea Senchuk has joined our team as our part time clinical dietitian for our Sub-Acute Care for the Frail Elderly Unit.

Andrea received her Bachelor of Arts in English and Psychology (BA) from University of Ottawa in 2006, Bachelor of Applied Science in Nutrition & Food (BASc) from Ryerson University in 2010 and received her Masters of Health Science in Nutrition Communications (MHSc) from Ryerson University in 2011.

Andrea previously worked as the regional dietitian for the Inuvik Regional Hospital, where she was responsible for all long-term care residents, inpatients and outpatients. Andrea's work experience to date has included a great deal of nutrition counselling with patients and their families in diverse settings. Andrea's recent employment was a temporary position in a long-term care home where she acquired experience with RAI/MDS electronic charting and practiced in accordance with Ministry of Health and Long-Term Care standards and Residents' Bill of Rights.

Please join me in welcoming Andrea to our Perley Rideau team.

Lorie Stuckless  
Director, Support Services

### Perley Rideau Chair Recognized for Volunteer Service



*Vice-Admiral Ronald Buck RCN (Ret'd)  
Chairman, The Perley and Rideau Veterans'  
Health Centre Board of Directors*

Julie Payette, Governor General of Canada, recently presented honours to 48 recipients during a ceremony on February 28 at Rideau Hall.

Among the recipients of the Sovereign's Medal for Volunteers was Vice-Admiral Ronald Buck, C.M.M., C.D. (Ret'd), Chairman of the Board of Directors of The Perley and Rideau Veterans' Health Centre.

After retiring from a 39-year career in the Royal Canadian Navy, Ron joined the Navy League of Canada in 2009 and committed himself to improving its governance and youth programs. In 2013, he joined the board of directors of the Perley and Rideau Veterans' Health Centre to support veterans in the community and to address the unique health care issues of seniors.

Thank you for your service, Mr. Chair.

## Notice: Changes to the Anglican church service schedule

St Mark's Anglican church has always supported the weekly Friday services at the Perley Rideau but the changing needs of their volunteer group have resulted in scheduling changes.

Now, St. Mark's Anglican church will be able to provide volunteer support twice a month, every other week.

A new group – St. Matthew the Apostle Traditional Anglican Church - has expressed an interest in holding a service at the Perley Rideau confirming they will be offering a service the last Friday of every month. St. Matthew the Apostle Traditional Anglican Church will offer the Service of Holy Communion.

Admittedly, there are differences between the Anglican Church of Canada and St. Matthew the Apostle Traditional Anglican Church. The most visible is that the St. Matthew the Apostle Traditional Anglican Church only use the Book of Common Prayer and St Mark's uses the Book of Alternative Services to guide their liturgy.

Both groups are familiar with the Perley Rideau community and look forward to meeting the needs of residents, their families and volunteers.

Thank you for your understanding and support as we work to support this transition.

If you have any questions about St. Matthew the Apostle Traditional Anglican Church, please contact Father Peter Jardine at 613-256-8494

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## Perley Rideau Staff Members Receive Fieldwork Educator Awards

Monica Bourque and Laura Barber have been selected as recipients of a prestigious award from the Canadian Association of Occupational Therapists (CAOT).

The two Occupational Therapists have been awarded the 2018 Fieldwork Educator Award of Excellence with the University of Ottawa.

The Canadian Association of Occupational Therapists (CAOT) invited each accredited University Occupational Therapy Program in Canada to nominate a Fieldwork Educator to receive a CAOT Fieldwork Educator Award of Excellence. This award acknowledges “the contribution of a practice educator who demonstrates exceptional performance in student practice teaching and in student mentoring in the workplace”.

“Laura and Monica are most deserving of this award because they have always been so open and welcoming to our OT students,” said Carolyn Vollicks, Director, Community Outreach & Programming.

“They constantly strive to provide a very comprehensive placement opportunity for each and every student, tailored to learning needs.”

Carolyn added: “It does not surprise me that they have been honoured by their students and by their professional association, they are incredible assets to the Perley Rideau.”

The Awards Ceremony will be held on June 21, in Vancouver, BC.

# Thank you for your participation in National Health Ethics Week

Jennifer Plant – Director, Clinical Practice

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- The team was able to speak to **129** staff and volunteers during Ethics Walkabouts.
- Members of the Ethics Advisory Committee and Regional Ethicist, Nikolija Lukich, handed out chocolate and Ethics Decision Making Framework Cards
- We were able to visit all units on all shifts

## Congratulations to those who found the Golden Ticket!

- The Golden Tickets were located on the Education Board and at Gayla Desjardins' office
- If you have not received yours, extra cards are located on the education board (HR room in the Food and Nutrition hallway) or through Jennifer Brabbs
- The prize winner for the Golden Ticket is **Stephanie Deschamps, Therapeutic Recreation and Creative Arts**

## Thank you to those who completed the Ethics Week Quiz!

- We had participation from all shifts
- The prize winner for the Ethics week Quiz is **Lisa Moylan, nursing**

To collect your prize, please see Jennifer Brabbs in the HR hallway.

Thank you to Regional Ethicist, Nikolija; the Ethics Advisory Committee; Jennifer Brabbs, and Gayla Desjardins for all of your help with Ethics Week activities.

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Gentle Persuasive Approach (GPA) training in the Games Room this week. Thanks to Kelly and Freddy, two of our new GPA coaches, for doing such a great job!

# Newest Ethicist – Nikolija Lukich



I'm Nikolija Lukich, the newest ethicist at the Champlain Centre for Health Care Ethics. I have been with the Centre now for four months. I grew up in Burlington, Ontario and attended the University of Toronto where I received an Honours BSc in Health and Disease. I also majored in Spanish and spent some time abroad in Spain. Next, I moved to Pittsburgh, PA where I received my MA in Healthcare Ethics from Duquesne University. Currently, I am working on my PhD in Healthcare Ethics, focusing my dissertation on the creation of a normative ethical framework for genetic therapy and gene editing. This work will hopefully become a resource for patients when making difficult and complex decisions. I'm interested in reproductive ethics, as well as the ethical issues associated with new technologies.

In the small amount of spare time that I have, I am actively involved with Serbian Folk Dancing, which I have been doing since I was a child. I'm also always trying to stay active, through yoga, Pilates, and running.

The Perley Rideau is a wonderful organization, and I'm very excited about coming on board. In addition to having drop-in sessions where staff can come and talk about ethical questions or issues, I'm responsible for organizing monthly regional rounds and ethics education for staff at the Perley Rideau. I am available any time, through phone or email, to answer questions, discuss a particular case, or to chat about an ethics issue. I'm very much looking forward to working with everyone at the Perley Rideau!



Well-deserved honour: Ron Buck, Chairman of The Perley and Rideau Veterans' Health Centre (left), and Mary Boutette, Chief Operating Officer (right), congratulate Lacey Sheng, Performance Improvement Consultant, for her outstanding work in helping the Perley Rideau community prepare to welcome the Accreditation surveyors. Thank you for your diligent work, Lacey!

# Quality Improvement Plan 2018-2019

Below are excerpts from the Perley Rideau narrative for the Quality Improvement Plan 2018-2019.

The Perley and Rideau Veterans' Health Centre (Perley Rideau) is pleased to share its 2018-19 Quality Improvement Plan (QIP). Perley Rideau's primary focus is Excellence in Resident Care and Services. Our commitment to quality is reflected in our mission "to achieve excellence in the health, safety and well-being of Seniors and Veterans with a focus on innovation in person centred and frailty-informed care and service" and in our supporting strategic plan, which was updated in 2017 to better reflect the evolving healthcare landscape.

The QIP is a roadmap to achieving excellence in resident care and services, while navigating challenges and opportunities in our environment. Perley Rideau's QIP is aligned with our annual operating plan and supported by our measurement and accountability systems. This alignment allows us to effectively clarify priorities, direct resources, monitor progress and act on results.

Notable additions to this year's QIP include:

1. "Eliminate the Risk of Resident Abuse" is a new priority for focused action, with resident abuse/neglect by staff identified as a "never event" at the Perley Rideau;
2. Resident and Family Relations, with a focus on targeted improvements to the Home's complaints management process, has been included as a key tactic under the "Improve Resident Experience" objective;
3. Objectives and tactics previously found under the Home's Client Safety Plan (2014-2017), e.g. Medication Management and Infection Prevention and Control, are now embedded within the QIP.

Prioritization within the QIP, targets for improvement and projected change ideas/tactics for each objective have been refined to reflect:

- progress achieved in 2017/18;
- the most recent performance data available from the Canadian Institute for Health Information (CIHI), resident and family experience surveys and our electronic health record;
- emergent issues identified internally (trends in critical incidents) and/or externally;
- input from residents, families, staff, leaders and external partners, including the MOHLTC.

Priorities are divided into 3 categories – priorities for focused action, moderate action and monitoring. Please note that targets reflect a blended average for both our community and veteran residents.

To view the complete narrative and the full Quality Improvement Plan, please visit: <https://www.perleyrideau.ca/article/quality-improvement-plan-20182019-2533.asp>

## Contact Information

Melissa Norman  
Manager, Quality Improvement and RAI



# 2017 Employee Engagement Survey

## Follow Up

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Our last Employee Engagement Survey took place in the fall of 2017. Through this survey, 364 employees provided their feedback and insights on how to improve our workplace. Thank you to everyone who took the time to complete the survey – we take the results seriously!

In response to the 2017 survey:

- The management team met in December to review the survey results and brainstorm change ideas
- 15 employees attended a half-day workshop in March to review the survey results, review the ideas proposed by management, brainstorm additional improvement opportunities and recommend priorities for 2018

During the employee workshop, attendees provided valuable insight on what they valued in the workplace, and what factors contributed to their satisfaction or dissatisfaction. A summary of the insights was shared with the management team.

Taking into consideration the results of the survey and workshops, the following 3 areas have been identified as top priorities for improvement in 2018.

- I feel safe to give feedback about things that matter to me
- I have enough time to do my job adequately – This was viewed as being a key area of focus for the Nursing area in particular
- In the past month, I have received recognition or praise for good work

We're committed to making real improvements in these areas. Some change ideas can be pursued in the near-term, while other will take longer to explore and implement. Here are some of the initiatives that will be rolled out in the coming months.

- Kudos Cards to encourage feedback and recognition of front-line staff
- Scheduling of improvement sessions to explore change ideas that will streamline front-line nursing processes
- Employee workshops on topics of delivering feedback and communication

We'll partner with employees who are interested in playing a role in leading these efforts. If you'd like to share a change idea, or would like to be involved in employee engagement initiatives, please contact Rebecca Wilson, Strategy, Transition and Workplace Consultant (x2225).



# Help us Design a Logo for our Wellness Program

The Perley Rideau is taking steps to communicate strategies for supporting employee well-being. The Perley Rideau Wellness Program serves to enable employees to recognize their needs and enhance their physical, emotional, spiritual and intellectual well-being. The following diagram illustrates the core components of the Program.



Some examples of initiatives that are supported under the Wellness Program include the on-site gym, the Employee Assistance Program, and enhanced support systems for staff experiencing grief. Several other initiatives are underway.

We'd like to introduce a **Wellness Program logo** to raise awareness of the program and the suite of services available to staff. Knowing that we have a very creative team, we're reaching out for your help in designing a logo that can represent the Perley Rideau Wellness Program.

Interested employees are asked to submit logo ideas to Cheryl Kemp ([ckemp@prvhc.com](mailto:ckemp@prvhc.com)) by **May 18th, 2018**. If your logo is chosen, you'll be awarded \$100 gift certificate!

# Education and Training at the Perley Rideau



## Q&A

How can I find out about Perley Rideau Educational Opportunities?

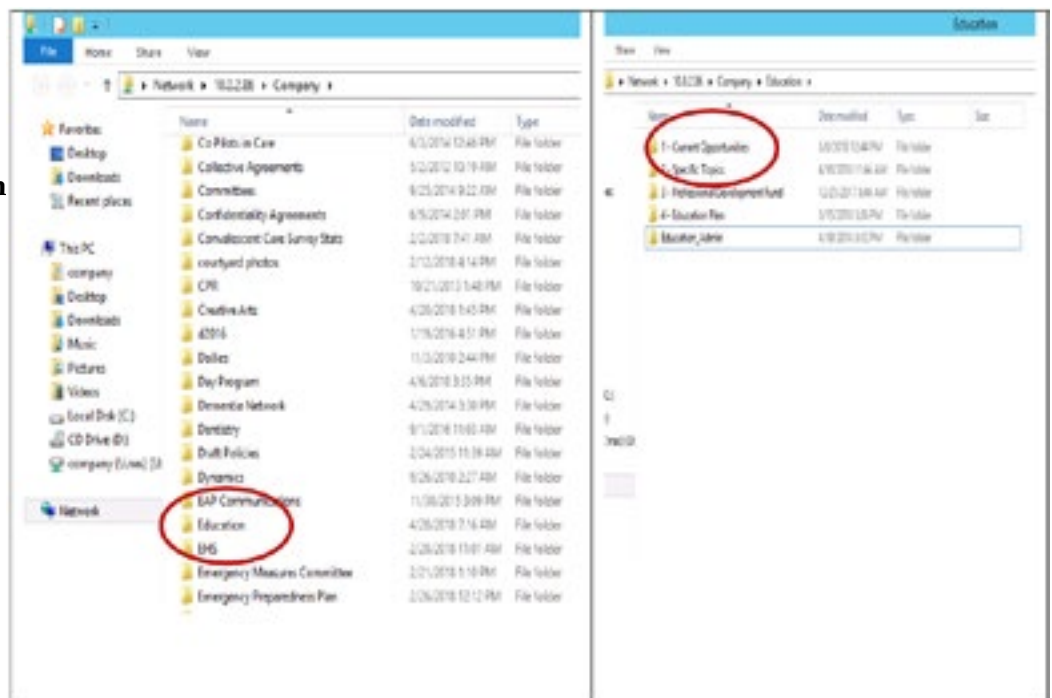
- All educational opportunities are advertised on the **education board** and on the **company drive**

Where is the Education Board?

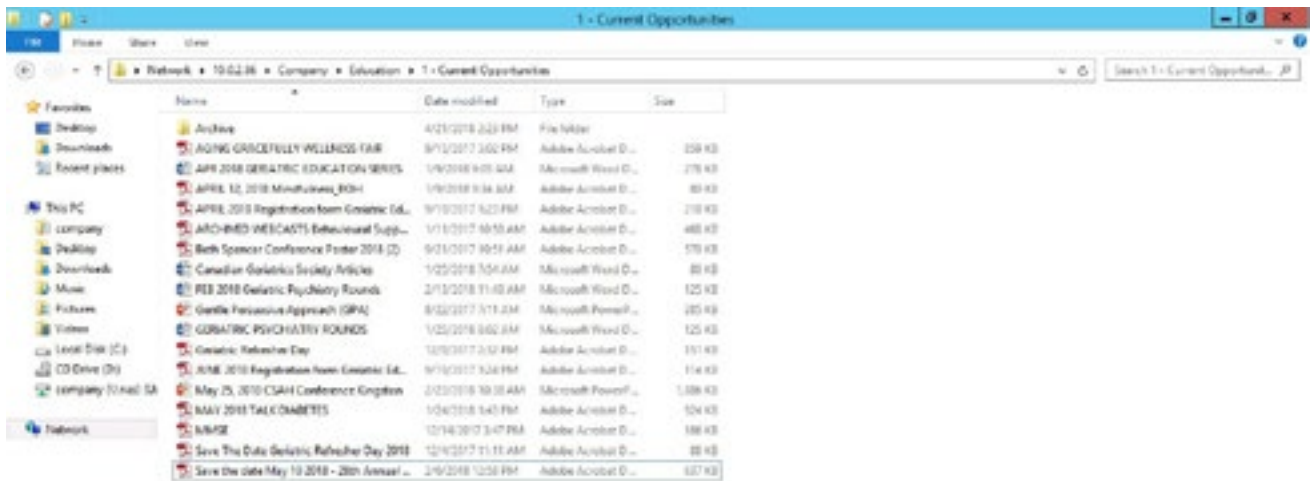
- The education board is in the **HR room in the Food and Nutrition Hallway** (see photo below)

How do I access the company drive?

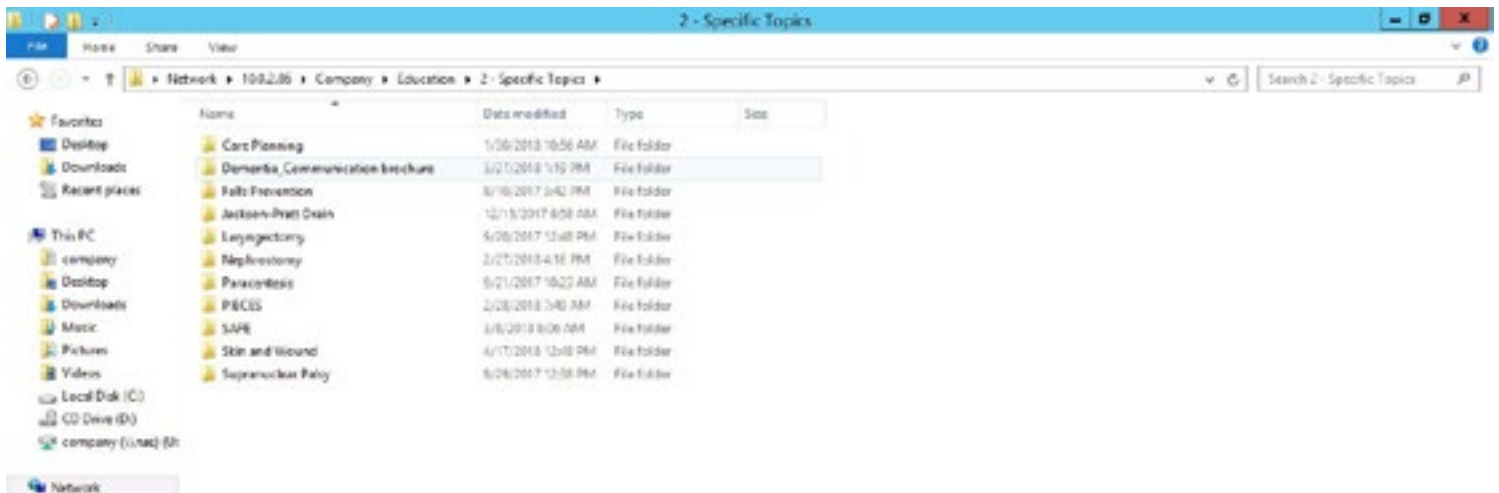
- Go to the NAS
- Click on Education



- Select Current Opportunities
  - A list of educational opportunities available



- Specific Topic
  - Resources available for specific topics



- Professional Development Fund
  - The professional development program includes the application for funding!
- Education Plan
  - Annual education plans

What support is available to pay for professional development?

- Each year the generous donors of the Perley Rideau Foundation provide funding for a professional development fund.
- All staff have access to the professional development fund.
- If you want to participate in a learning or training activity, you may be eligible.
- The committee meets every quarter to review applications and select recipients.
- Please send all completed applications to Jen Plant

Do you have feedback about education and training, please connect with Jennifer Brabbs.



Always Game: Staff host the Winter Olympics for residents



Another memorable St. Patrick's Day thanks to the Therapeutic Recreation and Creative Arts Programming team and volunteers



A great day recently at the BPSO Symposium in Toronto. Proudly representing Perley Rideau is Danielle Charbonneau (in blue), Stephanie Kim our BPSO coach and others including Bob Bell



Drop in and visit "The Jungle", the new art experience created by residents, staff and volunteers.



Jessie Stephenson, Spiritual Care Worker at Perley Rideau, presents Acknowledging Grief: how to support front-line staff at AdvantAGE, the annual conference for our association.



Kerry Tubman, Manager of Resident Care in the Gatineau Building (left), conducts Leader Rounding with staff to improve staff engagement at AdvantAGE 2018. Sitting in for the demonstration is Samantha Diceman, Manager of Resident Care in the Rideau Building)



Honour. Remember. Respect. That's our business, our passion. Major (ret'd) Gerald Bowen, a Veteran of the Second World War and the Korean War, alongside staff on jersey day.



Thank you to the entire Perley Rideau team for supporting #jerseysforhumboldt #HumboldtStrong. Thanks to those pictured and the many others who wore their jerseys in support.



Some-bunny is calling Bingo today. Thank you to staff and volunteers who worked Easter weekend.

# Caring for the Future: New Perley Rideau Video Report Available

We have embraced video to share Perley Rideau news. We promise to regularly broadcast news and updates to recognize outstanding achievements from the Perley Rideau and acknowledge the support of our partners, stakeholders and donors. In this first video, CEO Akos Hoffer presents *Caring for the Future*, providing highlights from 2017 and the first part of 2018. Watch for video updates every three months accompanied by a single page summary. Our audited financial statements will be available in the June update.



To view these videos, visit our website – [PerleyRideau.ca](http://PerleyRideau.ca) and frequent our social media channels...



Perley Rideau



PerleyRideauSeniors;  
@prvhc\_seniors



Perley and Rideau Veterans'  
Health Centre / Foundation

## Perley Rideau Earns Accreditation with Exemplary Standing

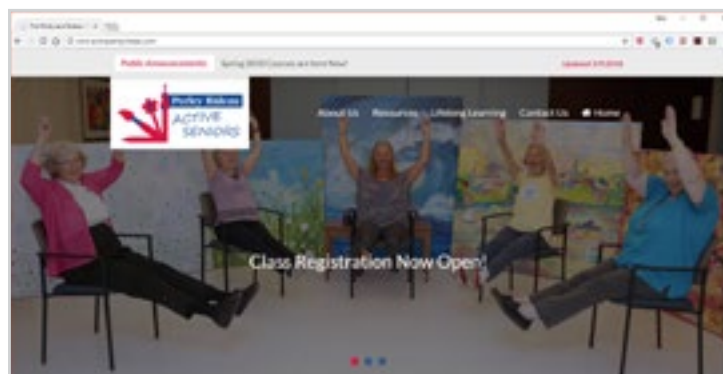
In March, Accreditation Canada awarded the Perley and Rideau Veterans' Health Centre Accreditation with Exemplary Standing, the highest level. Accreditation Canada is an independent, not-for-profit organization that sets standards for healthcare quality and safety for organizations around the world.



Earning the top level of accreditation is the result of not only the professionalism and dedication of our staff, but also the invaluable support of the Perley Rideau community – volunteers, family members, the Board of Directors and partners such as the Perley Rideau Foundation.

**Thank you!**

## Active Seniors Website Launched



[ActivePerleyRideau.com](http://ActivePerleyRideau.com)

We have launched a new website to share with the world the expertise and passions of our Therapeutic Recreation and Creative Arts Programming team. Perley Rideau Active Seniors is an interactive website featuring more than a dozen original videos and numerous articles to engage seniors and support caregivers. The website was generously funded by the Centre for Aging and Brain Health Innovation and supports the launch of Perley Rideau Lifelong Learning, a wide-ranging series of informative classes and artistic workshops available to the public at a reasonable cost.



## The Perley and Rideau Veterans' Health Centre Sub-Acute Unit (SAFE Unit)

### Unit Overview

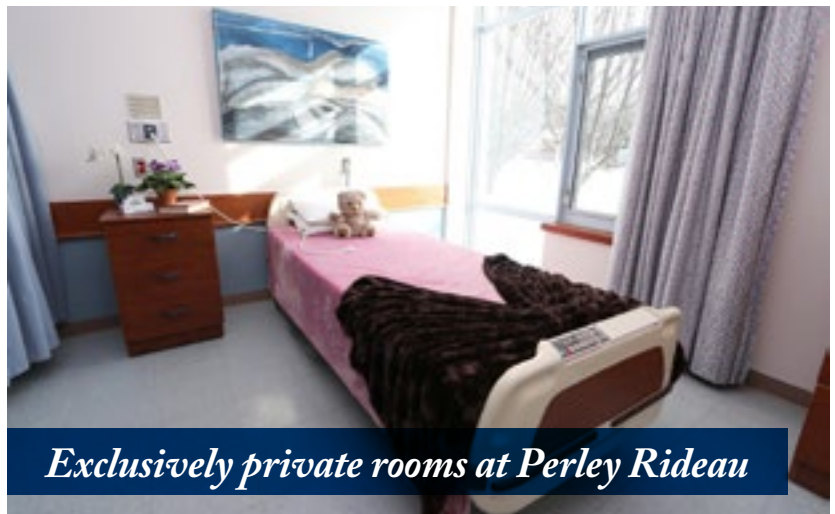
The SAFE Unit is a partnership between The Ottawa Hospital, The Perley and Rideau Veterans' Health Centre (Perley Rideau), and the Champlain Local Health Integration Network.

- 20-bed unit with exclusively private rooms, located at the Perley Rideau
- Tailored to seniors who have health conditions and are at risk of becoming weaker while in hospital
- Supports recovery after a serious medical event
- Goal is to assist patients in returning home within 30 days or fewer

### Care on the SAFE Unit

Individualized, goal-oriented programs will be developed to build strength and independence with day-to-day activities. Patients will also benefit from:

- A team of health-care professionals skilled to provide enhanced medical care
- 24-hour coverage by attending physician
- Registered Nurses, Registered Practical Nurses and Personal Support Workers on all shifts
- Physiotherapist and Occupational Therapist
- Registered Dietitian
- Resident Care Liaison (social work and discharge planning)
- Therapeutic Recreation and Creative Arts staff
- On-site x-ray, electrocardiogram, and blood work
- Oxygen therapy
- Traditional dining room





## The Perley Rideau Seniors' Village

The SAFE Unit is located at the Perley Rideau, less than 1 kilometer from The Ottawa Hospital's General Campus. The bright, spacious facility includes the following services:

### On-Site Amenities

- Audiology
- Barber, Hair Salon
- Cafeteria
- Chapel
- Dental Hygiene
- Dermatologist
- Foot Care
- Games Room
- Gift Shop
- Internist and Specialist in Infectious Disease
- Oxygen Therapy
- Pharmacy
- Physio and Massage Therapy Clinic
- Pub
- Courtyards and Walking Paths

## Details for Your Stay

### Transportation

- Transportation to the SAFE Unit will be provided at no cost to the patient.
- Following admission to the SAFE Unit, patients will be responsible for their own transportation to medical appointments and home.

### Costs

- Beds on the SAFE Unit are offered at no cost to the patient, because these costs are covered by OHIP.
- Incidentals, such as WiFi, telephone, television, barber and hair salon, are the responsibility of the patient.

### Clothing and Footwear

- Patients will dress daily and will require everyday comfortable clothing, night attire, and non-slip, supportive footwear.

### Diet

- Meaningful efforts will be made to accommodate dietary preferences that are disclosed prior to admission to the SAFE Unit. Arrangements may take several days.

### Smoke-Free Building

- The Perley Rideau is a smoke-free building. Smoking is permitted only in designated outdoor areas, which must be accessed independently by the patient.

### Discharge

- The SAFE Unit care team will work together with the patient to determine a date of discharge. This discharge date is based on the patient being medically stable with a plan for safe return home.

### Abuse-Free Experience

- The Perley Rideau has a “zero tolerance” approach to abuse. All residents, patients, visitors and staff have the right to an abuse-free experience and are expected to treat others with dignity and respect. Any actions that constitute physical, verbal, emotional, or financial abuse will be reported and may result in early dismissal or discharge from the SAFE Unit.



# \$afety Bonu\$ First Winners of 2018

**Marie McCarthy  
Kim Beaudoin  
Shaun Deschamps**

**Have all won a \$100 gift certificate**  
(your Manager will be awarding this to you)

A ballot was entered every time any employee completed  
a Health and Safety module on Surge

## Why?

Because the Perley Rideau would like to recognize your positive safety behaviour.

Next draw: July 3, 2018

Those who have already done the training, your ballots stay in for the next draw.



## GOOD FOOTWEAR should provide you with

- ▶ A firm base
- ▶ Cushioning
- ▶ A non-slip sole
- ▶ Ankle support

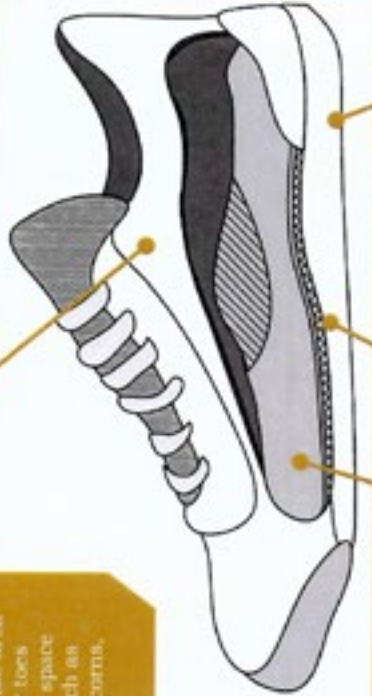
## TIPS FOR buying footwear

- ▶ Buy footwear in the afternoon when your feet are at their maximum size.
- ▶ Bring along an old pair of shoes.
- ▶ If you wear orthotics, bring them with you to try on with the new shoes.
- ▶ If your feet are different sizes, buy shoes to fit the larger foot.
- ▶ Shoes should fit snugly without being too tight.
- ▶ Try shoes of different widths.
- ▶ There should be about one half inch of room between your big toe and the end of the shoe.
- ▶ The heel area should be firm enough so that you cannot squeeze it between your thumb and fingers.
- ▶ Walk around the store for 5 to 10 minutes to get a "feel" for the shoes.
- ▶ Ask the shoe salesperson to explain the advantages and disadvantages of the shoe you have selected.

## HEALTHCARE examples:

- ▶ **Nurses**  
Wear shoes with good slip resistance and anti-fatigue properties.
- ▶ **Kitchen Workers**  
Wear shoes that are waterproof and have soles with slip resistance on wet surfaces.

## PARTS of a SHOE



### upper

- ▶ A stiffer upper will give more support to the foot and ankle.
- ▶ The heel area should be firm.
- ▶ Lacing can help fit the shoe to the shape of your foot and increase stability.
- ▶ It is best to have a wide toe area that gives space for your toes to move; not enough toe space can lead to problems such as bunions, hammer toes, corns, and calluses.

### insert

- ▶ This helps place the arch of the foot in the shoe.
- ▶ Increased cushioning can increase shock absorber and prevent fatigue due to standing.

### midsole

- ▶ This provides cushioning, shock absorption, and stability for the ankle and foot.
- ▶ A stiffer midsole provides better support of the ankle and foot.

### sole

- ▶ This is the most important part of the shoe for preventing slips, trips, and falls.
- ▶ Choose a soft sole for smooth or wet floor surfaces and a harder sole for rough or textured floors.
- ▶ A shoe with a greater area of the sole in contact with the floor is more stable than a shoe with less area of the sole in contact with the floor.

As the days get warmer, please remember that the Perley Rideau has a Safe Footwear Policy: To prevent injury or exposure, all front-line staff should ensure toes and heel area are covered and there is no area of exposure over the top of the shoes. Footwear should always have non-slip soles and footwear should be replaced when any of these safety requirements appear compromised.



**Perley Rideau**

The Perley and Rideau  
Veterans' Health Centre

# ***OPEN HOUSE*** ***for Seniors Apartments***



**1 Bedroom Apartments Starting at  
\$2,950.00/month**

**Saturday May 12, 2018  
9am-12pm**

- **RSVP by May 1st, 2018 by email to [mallin@prvhc.com](mailto:mallin@prvhc.com) or by calling 613-526-7170 ext. 2009**
- **Tour building B, situated at 1780 Russell Rd. Please follow the signs**
- **Includes 5 appliances, full kitchen and full accessibility features for seniors to live safely.**
- **Assisted Living Services also available.**
- **Tour will include a viewing of a 1 bedroom apartment and as a tour of the apartment building's common areas.**



**2018 ANNUAL VOLUNTEER CELEBRATION AWARD NOMINEES**

Cafeteria  
 Thursday, April 19th, 2018  
 4:00pm to 6:00pm  
 A buffet dinner will be served

**VOLUNTEER OF THE YEAR**

Tony Cobden	Bob Gemmell	Anne Schlipper
Bob Barron	Gerry McGrath	Bernie Arbuthnot
Heather Moxley	Joan Olinik	Lovdy Desjardins
Joy Simper	Peter Joyce	Dawson Stevenson

**ADVOCACY AWARD**

Dawson Stevenson	Susan Boyle	Joan Olinik
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**TEAM AWARD**

Ice Cream Volunteers	Horticulture Therapy
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## SERVICE AWARDS

<p><b><u>5 years:</u></b></p> <p>Marquita Fraser Darlene Poulin Helen Teeple Peter De Tracey Bobby Thomson Barbara Logue Linda Robertson Scott Maher Mebrat Kiflu</p>	<p><b><u>10 years:</u></b></p> <p>Larry Mercer Fred Ranacher Cynthia Hoisak Gerald McGrath Elke Hickey Sally Hutchison Anthony Cobden Raymonde Green Carol McGrath Brian McCarney</p>	<p><b><u>15 years:</u></b></p> <p>Charles Butler Carin Anderson Philippe Lepage Joan Crocker</p>
<p><b><u>20 years:</u></b></p> <p>Ruby Elver Glenn Wright Dave Hamel</p>	<p><b><u>25 years</u></b></p> <p>François Savard</p>	<p><b><u>40 years</u></b></p> <p>Bob Cook</p>

## **2018 Perley Rideau Volunteer Celebration and Awards**

On April 19, Perley Rideau honoured its amazing volunteer team at our annual recognition awards dinner. Master of Ceremonies, Ross Imrie, and his Therapeutic Recreation and Creative Arts colleagues, showed their appreciation by serenading the volunteers with a superhero-themed song (see sidebar).

The theme for National Volunteer Week 2018 was “Celebrate the Value of Volunteering. Building confidence, competence, connections and community”. In reflecting on this, CEO Akos Hoffer noted that we often hear from volunteers that it is an honour and a privilege to be part of the Perley Rideau community. Many have shared stories about how volunteering has helped them learn new skills or provided respite when difficulties arise in their personal lives. We see how volunteering with our residents develops confidence in our co-op students and youth volunteers and promotes healthy aging for the older members of our team. By recognizing and appreciating the gifts that volunteering gives back, these individuals engage with our residents from a place of joy and gratitude that resonates across the Seniors’ Village.

### **Service Awards**

Russ Tattersall, Director of Human Resources, and Jerry Bowen, veteran resident, presented pins to volunteers celebrating service milestones (see full list on previous pages). In total, this group represents an amazing 330 years of volunteering, including Perley Rideau’s first ever pin for 40 years of volunteer service! That distinction went to Bob Cook, who has faithfully called Bingo at the monthly Legion Bingo night since he started at the Rideau

### **“Amazing Volunteers”**

Lyrics by  
Gertrude “Trudy” Letourneau  
Sung to the 1960’s TV *Spiderman*  
theme song

Volunteers, volunteers,  
Friendly Perley volunteers  
Porter here, porter there  
You will see them everywhere  
Look Out!  
Here come the Volunteers

Help with Physio  
Help with Bingo  
They bring joy everywhere  
they go  
They play cards  
Serve ice cream  
They can play the tambourine  
Hey there  
There go the Volunteers.

To the pub or the church  
No one’s ever in a lurch  
Music, arts and barbershop  
Look at them, they never stop

Volunteers, volunteers,  
Friendly Perley volunteers  
Wealth and fame  
They ignore  
Helping out is their reward.

To us, each one’s a Super  
Hero  
You are numero Uno  
Thank you Dear Volunteers!





Volunteer Bob Cook receives his 40-year pin from veteran resident, Jerry Bowen.

Veterans' Home in 1978. We are truly blessed and humbled by this level of commitment to our residents.

We received numerous nominations (see full list on previous pages) from family members, staff and volunteers for three awards of merit. Thank you to everyone who took time to recognize the excellent care provided by these individuals, who were all honoured at the event.

### Team Award

The groups nominated for this award come together "to provide service and assistance in an exceptional way that integrates volunteers with residents, staff and families".

The 2018 Team Award went to Horticulture Therapy volunteers Anne Schlieper, Susan Boyle, Dorothy Constantineau, Susi de Falco and Marina de Melo Latourneau. These ladies assist in resident programs celebrating the joy of

gardening and they also help with plant maintenance throughout the home.



Dorothy Constantineau receives the Team Award, on behalf of Horticulture Therapy Volunteers, from Board Chair Ron Buck and Jerry Bowen.



**Advocacy Award**

This award is given annually to a volunteer, or group of volunteers, who goes “above and beyond the regular volunteer program to advocate for, or serve on behalf of, or speak on behalf of, our residents.”

This year’s award went to Dawson Stevenson, a remarkable volunteer who was nominated by four different staff members. Dawson is widely admired for going above and beyond to ensure our residents feel comfortable and supported while attending



Dawson Stevenson (middle), Advocacy Award winner.

various appointments, inside and outside the Centre. As one nominee wrote, he “has the ability to understand what our residents face in times of adversity” and demonstrates considerate empathy to anyone he supports. Staff appreciate that Dawson is adaptable in a crisis and always has a smile and a kind word, even when things don’t go exactly as planned.

**Volunteer of the Year**

This award recognizes an exceptional volunteer who exemplifies Perley Rideau’s core values and models the spirit of volunteerism.

Our 2018 Volunteer of the Year, Gerald McGrath, is a most dependable and trustworthy individual who consistently demonstrates patience and endurance in supporting the needs of our residents. Jerry helps out with both the Thursday afternoon Bingo and the monthly Legion event, and he gets his Friday morning workout portering an incredible number of grateful residents to the Barber Shop. One of his nominations came from a family member who appreciates his “kind, enthusiastic and under-stated approach” in assisting her father to enjoy activities at Perley Rideau.

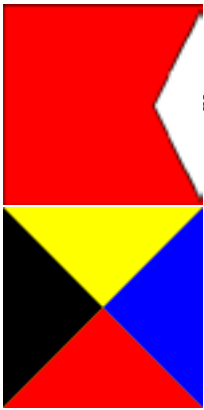


Gerald McGrath, 2018 Volunteer of the Year

## Bravo Zulu

Vice Admiral RCN (Rtd), and Perley Rideau Board Chair, Ron Buck, presented “Bravo Zulu” pins to volunteers Joan Olinik and Heather Moxley by the Perley and Rideau Veterans’ Health Centre Board of Directors.

### The Meaning of Bravo Zulu



The combination of the Bravo and Zulu nautical [signal flags](#), e.g., **Bravo Zulu**, also referred to as "BZ," is a [naval](#) signal, meaning "Well Done" and is used as shorthand vernacular by Admirals in Commonwealth and NATO Navies to recognize outstanding performance. "BZ"!

Joan was recognized for her outstanding performance and volunteer dedication as a member of the Friends and Family Council, as a determined and effective Advocate for Seniors and Veterans, as a frontline support volunteer assisting residents during meal times, taking them to activities and the work that she has done to represent families

both throughout the 2018 Accreditation Process and with the “Changing Places” research project.

Heather was recognized for her outstanding performance and volunteer dedication as a member and now Chair of the Friends and Family Council, as a Family Transition Volunteer, for all the behind the scenes assistance she provides to staff and residents and the work that she has done to represent families both throughout the 2018 Accreditation Process and the “Changing Places” research project.



Heather Moxley (left) and Joan Olinik receive Bravo Zulu commendation

As is tradition at this annual event, the Gift Boutique volunteers presented a cheque to the Perley Rideau Foundation from profits made this past year. Their \$35,000 donation has been directed to renovating the Tub & Shower Room in the new SAFE unit. With this amount, the gift shop has now contributed over half-a-million dollars to resident care. Outstanding!



Gift Boutique volunteers present cheque to Daniel Clapin, Executive Director, Perley Rideau Veterans' Health Centre Foundation.

Thank you to all Perley Rideau volunteers for an incredible year of giving. You are an inspiration!



Seeking volunteers, ages 13-18, to support residents of our Seniors' Village during July & August, **2018**

**Help out with:**

- 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 Police Record and Judicial Matters Check and TB screening.
- Be available for a full-day orientation on the first week of July.

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

Final application deadline is the first week of June, 2018  
Preference will be given to those who apply early

# Perley Rideau Supports Active Seniors

Stay active! Stay healthy! is the motto behind Perley Rideau Active Seniors, a new website offering free activities and resources to support seniors and their caregivers. Created by the members of the Perley Rideau's Therapeutic Recreation and Creative Arts Programming team and their vast network of experts, the website aims to educate, entertain and inform.

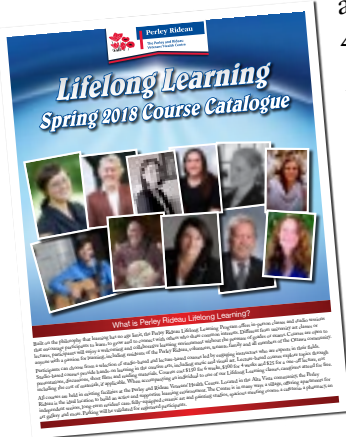
As part of the Perley Rideau's outreach to share knowledge and expertise to benefit seniors and their caregivers, the Perley Rideau Lifelong Learning Program has been launched to offer lectures and workshops to the public. Built on the philosophy that learning has no age limit, the program offers in-person classes and studio sessions in a welcoming, collaborative learning environment. Participants have the opportunity to stay active, to connect with new friends and to learn from expert instructors in the Perley Rideau's well-equipped studios and classrooms. Ranging from lecture-based courses on Ottawa's history and indigenous art to painting lessons and creative writing classes, registration is open to anyone in the community with a passion for learning.

"Our well-equipped studios and bright classrooms combine with a talented Therapeutic Recreation and Creative Arts Programming team and a vast network of passionate teachers and instructors to provide us with a solid grounding for launching this new program," says Akos Hoffer, CEO of The Perley and Rideau Veterans' Health Centre.

Registration is now open for the Spring session of Perley Rideau Lifelong Learning, which offers a dynamic

assortment of six-week, 4-week and one-time courses, including courses on memoir writing, art history, photo archiving, the music of Hollywood films and more.

To view the Spring Course Catalogue and register for a course, visit [www.ActivePerleyRideau.com](http://www.ActivePerleyRideau.com) and select Lifelong Learning.





## 17<sup>th</sup> Annual Perley Rideau Night at the Races

**Thursday, May 10, 2018**

**Buffet dinner 6:00 p.m. Post time 6:30 p.m.**

**Rideau Carleton Raceway and Slots**

\$60 includes reserved dinner seating, live race program, \$2 betting voucher, and \$20 income tax receipt.

**Silent auction and great raffle prizes to win!**



### SAVE THE DATE!

**Staff Association Special Discount \$30/Seat**

**Reserve Your Seat Today at the Foundation office, phone 613-526-7173 or online at:  
<https://www.canadahelps.org/en/charities/PerleyRideauFoundation/events/2018natr/>**

**Deadline for seat reservations is Friday, April 27th**



We were proud to welcome Commanding Officer W. A. Barlow and the crew of HMCS Ottawa to the Perley Rideau. HMCS Ottawa has made the Foundation the main focus of its charitable activities for the past couple of years raising over \$23,000! The crew got to see some of the amazing services staff offer to residents every day. Thank you and Bravo Zulu! Back row: HMCS Ottawa crew members; front row: Doug Brousseau, Chair; Daniel Clapin, Executive Director; Cmdr., Commanding Officer W. A. Barlow, HMCS Ottawa



Mr. Frank Morgan came to the Tree of Life to see the Silver Leaf that was placed in memory of his father. The Tree of Life continues to provide a living memorial space for residents and their families while raising money. Thank you to the Morgan family for choosing to honour Mr. Morgan's life in this way!



Some family members of the late Roger August came together to remember and honour him with a new Silver Leaf on the Tree of Life. The Tree of Life continues to grow, representing the love and thankfulness of friends, family members, and residents.



## 2018 Team **Perley Rideau** Ottawa Race Weekend May 26-27, 2018

Join the team and fundraise for the Perley Rideau Foundation in Ottawa Race Weekend! Walk, run, or skip your way in any of the Ottawa Race Weekend events or support a team member. To learn more contact Sara Francis at 613-526-7173, [sfrancis@prvhc.com](mailto:sfrancis@prvhc.com).

This year Team Perley Rideau is staging a 'Battle of the Sexes' - the ultimate run-off to see if the guys or gals are able to run faster! To make things more interesting, for every \$100 a team member raises, 5 seconds will be deducted from their average kilometer pace.

All money raised will go to where the need is greatest. The Foundation continues to raise funds for the annual Resident Priority Needs of the Health Centre.

## Foundation



Members of the RCL Br. 459 Stouffville presented a cheque to the Foundation for \$10,000. This generous donation will be used to purchase new outdoor furniture for one of the four outdoor courtyards. Thank you to all Stouffville Legion members for making sure residents can enjoy the outdoors in a comfortable and accessible way! L to R: Daniel Clapin, Executive Director; Judy Bond, RCL Stouffville Immediate Past President; Mr. Bond, RCL Stouffville member; Delphine Haslé, Development Officer



Thank you to all the members of RCL Br. 554 Rockland for purchasing a new Hi-Lo Bed with your generous donation of \$2,750! The impact of their donation is life-giving to the Veterans who call the Perley Rideau home. L to R (bottom): Bob Cleroux, RCL Rockland Poppy Trust Chair; Daniel Clapin, Executive Director; Delphine Haslé, Development Officer; John Mogensen, RCL Rockland President



The RCL Ontario Command Branches and Ladies' Auxiliaries Charitable Foundation granted \$8,000 towards a new bathtub for a Veteran-occupied unit, helping transform one of the most challenging aspects of nursing into a safe and enjoyable experience for the resident and caregiver! L to R: Delphine Haslé, Development Officer; Richard Campbell, RCL Eastview Poppy Chair; Bill Redmond, Perley Rideau Legion Liaison; Daniel Clapin, Executive Director.



RCL Br. 462 Eastview continued their tradition of outstanding support with a gift of \$20,000. These funds will enable one new bathtub for a Veteran-occupied unit to be purchased, with additional funds put towards tub. Thank you Eastview members for all you do to support Veterans! L to R: Richard Campbell, RCL Eastview Poppy Chair, Daniel Clapin, Executive Director; Delphine Haslé, Development Officer; Bill Redmond, Perley Rideau Legion Liaison





In November 2017 the Foundation was proud to partner with the Ottawa Service Attachés Association for Project Perley, a black-tie fundraising gala held right in the cafeteria! Representatives from the OSAA came to the Perley Rideau again in early April to distribute the last of the money raised, for a total of \$34,634.43! The OSAA's tremendous support has allowed for the complete renovation of one of the Veteran dining rooms. Thank you! L to R: Daniel Clapin, Executive Director; Lt. Col. Nico Huelshoff, Embassy of the Federal Republic of Germany Defence Attaché; Major Matthew Gardner, Embassy of the U.S.A. Assistant Air Attaché and OSAA Charity Committee Chairman; Delphine Haslé, Development Officer.

The Foundation coordinated a visit from Grade 11 students of École secondaire catholique Minto on March 26th. The students recently read a novel about a WWII Veteran who suffered from PTSD and were excited at the opportunity to speak with some of the WWII Veterans who call the Perley Rideau home. Thank you to all who worked to make this educational and enriching visit happen!



Members of the RCL Br. 314 South Carleton (Manotick) visited the Perley Rideau to present a cheque for \$5,000 and to see first-hand the services and facilities that their donation will support. Thank you to all Manotick Legion members who attended, for your time and for your life-giving donation!



To pay tribute to the memory of long-time Perley Rideau resident Tony Seaby, family members came together to place two new Silver Leaves on the Tree of Life. The family wished to remember Tony as well as to express their thanks to all Perley Rideau staff for the excellent care he received here. Thank you to the Seaby family for remembering Tony in this meaningful way!



The Army Ball 2018 recognized the 75th Anniversary of Canada's participation in the Italian Campaign during the Second World War. The Foundation was pleased to coordinate the attendance of two resident Veterans who fought during the Battle of Ortona to this auspicious occasion. We are proud to #honourandcare! L to R: Ian Wadleigh; Daniel Clapin, Executive Director; resident Jon Wadleigh; Her Excellency the Right Honourable Julie Payette, Governor General of Canada



The Duck Pond in front of the Perley Rideau is an area that provides rest and enjoyment to many residents, tenants, and family members – including Dave. To help support the upcoming enhancement of the Duck Pond, Dave generously donated \$3,500! L to R: Daniel Clapin, Executive Director; David Broddy; Sara Francis, Administrative Assistant; Delphine Haslé, Development Officer

## ‘Sisters-in-arms’

BY ERIN MCCRACKEN

When Connie Sandilands was deployed overseas during the Second World War as an army nurse, she didn't know then she could very well be helping open doors for generations of women to come. She was just doing her duty. “Why wouldn't I (enlist)?”

They were all over there. We could go and help too,” she said. “I enlisted just after the war started and it was the usual month training, and then they sent me overseas and I was in England the rest of the time,” said Sandilands, who was away from home for about five years. “When you're a nurse, you brace yourself for a lot of things. You see a lot of terrible things. But then you get in the swing. You get good and busy.”

The Cornwall-area native, who trained as a nurse in Montreal, followed in the footsteps of her father, who fought on the frontlines and dug trenches during the First World War. Sandilands was the only one of her siblings to sign up for the war effort. Her parents worried for her safety, particularly her mother. But Sandilands never wavered in her desire to tend to the wounded. “It took everybody to win it,” she said.

More than 70 years later, Sandilands was celebrated with 43 other female military veterans, all residents of the Perley and Rideau Veterans' Health Centre, during its inaugural International Women's Day high tea and Foundation Fundraiser on March 6. Each was presented with handmade shawls and knitted poppies. It's thanks to women like Sandilands that today, women work in every trade, hold most ranks, from private to lieutenant-general, and serve in combat and peacekeeping roles, said Rear-Admiral Jennifer Bennett, the Royal Canadian Navy's most senior woman.

Their accomplishments are a credit to the female veterans in the room “who served, who made choices and changes on our behalf,” Bennett said. When she joined in 1975, her “favourite” uniform was the product of a designer who made airline stewardess uniforms with skirts, short jackets, a blouse with a neck tab, white gloves, a bowler hat and purse. “Why we'd need a purse on parade I could never figure out,” the naval reserve officer said. At that time, women had to march in a women-only platoon because the tapered skirts they wore prevented them from matching the strides of men. “So we marched proudly with our purses and our white



gloves in a platoon of women,” said Bennett, who today is head of the Canadian Armed Forces strategic response team on sexual misconduct.

When she lived in the dockyard in the 1970s, women needed a male escort to get onto the base after sunset. Women were also not permitted to sail at night, which meant they were bused back and forth from the base to harbour each morning and night. “I like to call those days the umbilical cord navy,” said Bennett. “That is not so long ago.” Retired rear-admiral Elizabeth Stuart served 32 years in the navy until 2016. Today she is assistant deputy minister of human resources and corporate services at Veterans Affairs Canada. While serving in uniform, she was posted to three ships, spent five years at sea and did a tour-of-duty in Cambodia. “I wanted to be a commanding officer, but they said I was the wrong gender and I said, ‘I really like being a woman, is there something else that you might have for me?’” Stuart quipped. She was offered a logistics position and never looked back.

“My sisters-in-arms, you truly did pave the way,” she told the crowd, some of whom served in the Second World War and the Korean War. “I don’t think I can imagine what it was like for you.” Today, Veterans Affairs is researching what it’s like for women transitioning from the military to civilian life, which is revealing they face more challenges. “Advances that we’re making in cognitive therapy, looking more towards the mental health of individuals, service dogs, long-term care changes, the plethora of programs and services is truly remarkable,” Stuart said.

It is because of the female pioneers who served their country when women were just entering the workforce, that women, such as retired major Sandra Perron, were able to have a career in the military. The founder and organizer of the Perley’s Women’s Day event made headlines last year with the publication of her memoir, *Out Standing in the Field: A Memoir by Canada’s First Female Infantry Officer*, for its revelations of the sexism, harassment, abuse and sexual assault she suffered during her career.

Though she did not discuss her experiences and career path during the celebration, she referenced the hardship faced by many female military members, including those who came before her. “Back then they weren’t considered combatants, but we know, those of us that have been in the military and still serve today, that not all the battles were fought on the battlefield. And not all wounds were to be had on the battlefield,” Perron said.

But while women have a “unique gift” in supporting each other through life’s stages, that is still largely absent in the workplace, she said. “How many times have we heard that we are our own worst enemy and that we hate to work for women?” said Perron. “We have to change that. “We have to be the mentors, and the allies and the sisters and the supporters and the friends. That is the key to make us strong and eventually reach equality.” Sandilands isn’t one for offering advice for women today. She believes each woman must define their own path for themselves and set their own goals. When she joined the Royal Canadian Army Medical Corps she simply wanted to do her part for the war effort in support of her country. “The army needed us and we were glad to go.”

## Topic of the month: Pharmacist Awareness Month (PAM)

### Your pharmacist provides more than just pills

Medical Pharmacies Pharmacists are experts specializing in geriatric medicine (i.e. Certified Geriatric Pharmacists, Doctors of Pharmacy) working with other healthcare providers for your well-being. Here's some of the ways your pharmacist can help you stay healthy:



#### Confused between all the different meds you are taking?

Your pharmacist will:

- ✓ Review your medications with you
- ✓ Communicate with your doctor and/or nurse on your behalf
- ✓ Provide you with special medication packaging that will help you take your medications on time.



#### Tired of trying to control your medical condition?

- ✓ Your pharmacist can educate you on different chronic medical conditions e.g. diabetes, heart disease, COPD, etc. providing healthy tips for daily living.



#### Going on a trip and want to stay protected?

- ✓ Your pharmacist can provide you with vaccinations like influenza and travel vaccines. Did you get your flu shot this year??



#### Have a cold and not sure which medication would help?

- ✓ Ask your pharmacist! Many pharmacists can even prescribe for minor ailments



#### Your Pharmacist will take care of your medication waste

- ✓ Old prescriptions
- ✓ Expired medications
- ✓ Used syringes and needles (in a sharps container)

References: Canadian Pharmacist Association [www.pharmacists.ca](http://www.pharmacists.ca)

## Topic of the month:

## Sleep Deprivation

### What happens when you don't get enough sleep?



#### Impaired Brain Function And Emotional Well-Being

Lack of sleep may result in:

- Trouble concentrating, problem-solving and difficulty making decisions
- Difficulty remembering new and/or old information
- Mood changes, difficulty controlling emotions, anxiety and depression



#### Weight Gain

- Sleep maintains the balance between hormones in your brain that make you feel full or hungry
- Lack of sleep impairs this balance and could result in over-eating and weight gain



#### Heart Disease

- Sleep helps the repair of your heart and blood vessels
- Lack of sleep may lead to high blood pressure and heart conditions



#### Risk of Diabetes

- Sleep affects insulin release (the hormone that controls your blood sugar)
- Lack of sleep may result in increased blood sugar levels and higher risk of diabetes



#### Risk of Falls

- Lack of sleep affects your balance and coordination leaving you more prone to falls and physical accidents

### Healthy Tips for Better Sleep

- ✓ Go to bed and wake up at the **same time** every day
- ✓ **Avoid naps**, especially close to bedtime
- ✓ **Avoid caffeine** beverages (e.g. coffee, tea, cola drinks) after 2 pm
- ✓ **Limit fluids before bedtime** to minimize nighttime trips to the bathroom
- ✓ **Avoid alcohol** for at least 2 hours **before bedtime**



*References: Sleep Deprivation and Deficiency - National Heart, Lung and Blood Institute, [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov) (accessed Apr 2018)  
101 Tips for Tip-Top Health – Harvard Medical School Guide, [www.health.harvard.edu](http://www.health.harvard.edu) (accessed Apr 2018)*

# ATTEND THE UPCOMING TOWN HALL FORUMS

Thursday, May 24<sup>th</sup>

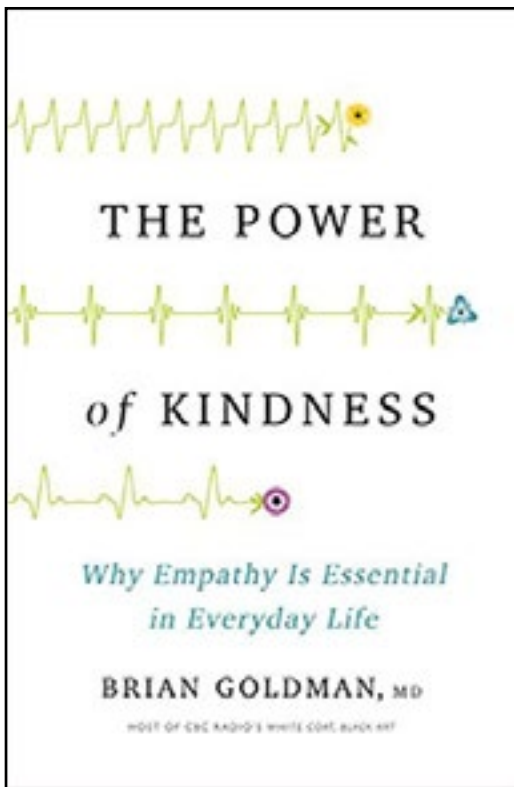
So, what's new?

A presentation by CEO Akos Hoffer and open floor for questions

- **1000 hours (10 am)** – Open to all staff and volunteers
- **1330 hours (1:30 pm)** – Open to all staff and volunteers
- **1445 hours (2:45 pm)** – *Brief meeting for Food & Nutrition Staff*
- **1530 hours (3:30 pm)** – *Brief meeting for REC/CAS Staff*
- **1930 hours (7:30 pm)** – *Brief meeting for Food & Nutrition Staff*
- **2030 hours (8:30 pm)** - Open to all staff and volunteers
- **2130 hours (9:30 pm)** - Open to all staff and volunteers
- **2330 hours (11:30 pm)** - Open to all staff and volunteers
- **0015 hours, May 25<sup>th</sup> (12:15 am)** - Open to all staff and volunteers

**All forums will be held in the  
Games Room**

# Dr. Brian Goldman



Join us 2 pm, June 8 in Lupton Hall for a presentation by Dr. Brian Goldman, veteran emergency room physician and the host of CBC's White Coat, Black Art.

Dr. Goldman will speak about his latest book, *The Power of Kindness* and Dr. Goldman will have copies of his book available for purchase.

A presentation of Perley Rideau Lifelong Learning, this event is free to the public.

Register through Eventbrite at: <https://www.eventbrite.ca/e/dr-brian-goldman-visits-perley-rideau-tickets-45576073262> (access this link on the Perley Rideau Facebook page)

Or email: [info@prvhc.com](mailto:info@prvhc.com)



**KEEP CALM  
NURSES WEEK  
IS COMING!!!**



## All "FORE" Golf!

For Perley Rideau's avid golfers who have been looking forward to good weather and our 27th Annual Golf Tournament on June 11th, we ask you to be patient a little while longer for summer weather and the golf tournament. The Annual Golf Tournament has been postponed until the Fall, in the hopes of a beautiful Fall and higher golf tournament enrollments. We hope to come back to you in August with details regarding a Fall Golf Tournament. Thank you for your continued interest and support.

## 120th Annual Meeting

The 120<sup>th</sup> Annual Meeting of The Perley and Rideau Veteran's Health Centre Corporation is scheduled for Thursday, June 7, 2018 at 2:00 p.m. in Lupton Hall. Residents, tenants, families and friends, staff and volunteers are cordially invited to attend.

## Paypool Winners: \$100 each

### February 22, 2018

- Gordon Gall – Stores
- Robert McIntyre – Support Services

### March 8, 2018

- Lori Brown – O2E
- Thy Quoc Tran – SAFE Unit

### MARCH 22

- Sharon Dunnigan – R2S
- Farah Mohamed Osman – R1S

### April 5, 2018

- Jessica Danielson – Food & Nutrition
- Aldenia Orchard – O1E

### April 19, 2018

- Patty Anne Lowe – Assisted Living
- Bintu Totangi – R2N

## Vol. 21-02

### Newsletter credits

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 Perley Rideau?

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



Perley Rideau



Perley Rideau



PerleyRideauSeniors;  
@prvhc\_seniors



Perley and Rideau  
Veterans' Health Centre  
/ Foundation

