

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. 20-06



Russell Road Crossover A Credit to Persistence and Teamwork

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Overseeing the Perley Rideau Piggy Bank: Along with the official hand over of duties, Ross Quane (left) surprised Brian Laffin with a souvenir hat from the photo booth of the 2015 Staff Appreciation BBQ.

On behalf of the entire Perley Rideau Community, I am writing to thank our Chief Financial Officer, Ross Quane, for his years of dedication and service that will leave a lasting impression on this organization. I also want to introduce Brian Laffin, the new Chief Financial Officer of The Perley and Rideau Veterans' Health Centre.

Ross, during a time of uncertainty and change, your contributions have been transformational. Under your leadership, the Finance department adapted to meet the needs of our community and we are better prepared to respond to future challenges. Your steady hand and attention to detail helped to build and strengthen key relationships with many stakeholders and partners including government officials and the Perley Rideau Foundation. Every day, you exhibited that passion to support our Mission, reminding us that the numbers tell stories; stories about people, our responsibilities, risks and opportunities. Rightfully, you earned the confidence of the Board of Directors and your insights and advice were appreciated by all committees.

Among your many contributions, thank you for your initiative and diligence in making the Seniors Independent

Living Apartments a continuing success with tenants, our supporters and funding partners. Your leadership on the installation of the solar panels and energy retrofits and upgrades will provide benefits for many years to come.

Ross, when you first joined Perley Rideau seven years ago, your skills and knowledge were exactly what this organization needed. Your integrity and passion enhanced our reputation.

On behalf of all the staff, volunteers, residents, tenants and friends of Perley Rideau, I wish you and your family every happiness – and only sunny days – as you embark on the next phase of your journey.

I would also like to take this opportunity to welcome and introduce Brian Laffin, the new Chief Financial Officer of the Perley and Rideau Veterans' Health Centre.

A graduate of Laurentian University, Brian is a Chartered Public Accountant, Chartered Accountant, with more than 15 years' management experience working with a Crown Corporation and a non-profit organization.

Recently, Brian served as Vice-President of the YMCA-YWCA of the National Capital Region where he was responsible for Finance, Information Technology and Corporate Service teams. In the role, his innovations turned losses around and produced consecutive years of growth.

Prior to his time with the YMCA-YWCA, Brian worked for 15 years with Export Development Canada, progressing from Team Leader to the role of Vice-President and Treasurer. Among his many leadership duties, Brian was responsible for setting financial strategy and advising on expansion opportunities. He was twice nominated for excellence in People Leadership.

Brian's work history and testimonials accentuate his honesty, integrity, his strategic thinking strengths and his ability to leverage relationships; attributes that made him a stand out candidate during our exhaustive search to fill the role of CFO.

On behalf of the entire Perley Rideau team, please join me in welcoming Brian.

Akos Hoffer

Mr. Daniel G. Clapin, ACFRE

Executive Director of the Perley and Rideau Veterans' Health Centre Foundation

Good Afternoon Daniel,

I want you to know that it was a pleasure to work with Andrea Heuving, Food & Nutrition Supervisor at The Perley Rideau, in the co-ordination of the Breakfast for George Carter on July 31, 2017. Andrea is a bright young lady with a caring personality, who looked after everything with a professional touch. The quality of the food that Andrea, the chef and her staff provided us for our buffet breakfast was absolutely delicious. If I were still in the workforce, I would like to have people like Andrea on my team.

Dan, thank you very much for your presentation on The Perley Rideau, the facilities, the programs and the staff. Quite a number of people at this event were looking for your kind of information as well as seeing George again. I would be remiss if I did not mention Delphine Haslé, Brittany Elder, Bernadette Lee-Wo and Mike Kline contributions to our Breakfast with George.

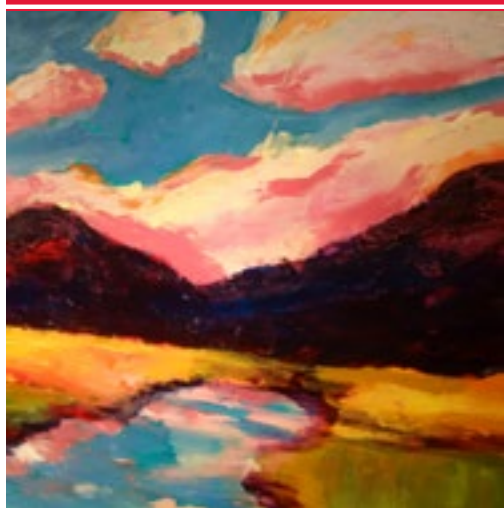
You may be interested in some of the comments from a few of the visitors: We thoroughly enjoyed the visit. It was a real eye opener. If one has to be in such long term care facility this surely is the one to be in. A great number of facilities, every effort is made to keep people occupied as in the workshops etc. No doubt many people going in there have such skills as in woodworking etc. Some people would be right at home. The personal history stories bookcase outside their rooms is a very nice tribute to them. I saw a lot of smiles on many of the people living there that seemed very natural. The staff we met or observed seemed very caring and knowledgeable. It was very clean and the ground were beautiful with facilities such as BBQ available for summer outings. It was certainly a valuable trip for all of us, and gives us a pretty high standard to measure other facilities against if we end up elsewhere.

Once again thank you.

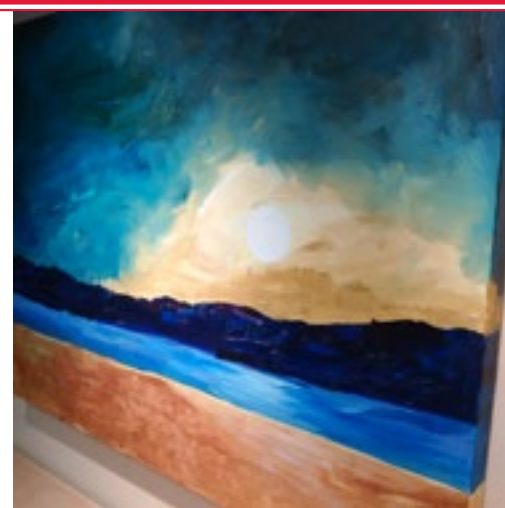
Sigurdur (Sig) Sigurdson, Captain

The Eastenders' Visitation Committee

The Retired RCMP Ottawa Division Veterans' Association



A Flight Engineer's Perspective: Enjoy the Mountains of Mystery, an exhibit by Sgt. F. Murray Cole, the former Flight Engineer now makes his home at Perley Rideau. The paintings were on display this summer in the Perley Rideau boardroom.



IT'S THAT TIME OF YEAR AGAIN...

Time for our annual **Employee Engagement Survey!** This year's survey will run from September 5th through October 8th. It's important that we regularly gather feedback from our employees so we can continue to provide a workplace where everyone is able and willing to be at their very best.

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. Let's take a moment to recall some outcomes of last year's survey.

345 Survey responses received (80 more responses than 2015)

5% Improvement in the overall engagement score compared to 2015

16/16 Improvement in the overall engagement score compared to 2015

Based on the results of the 2016 survey, we've focused on better understanding and addressing concerns in the following 3 areas.

I have enough time to do my job adequately

- A list of efforts being undertaken to support workload management in each area was shared with staff in early 2017.

I feel safe to give feedback about things that matter to me

- Independent interviewers conducted confidential follow-up interviews with a sample of employees to better understand the meaning behind the results in this area.
- The management team is currently reviewing the anonymized findings of this follow-up study to better understand employee concerns and areas for improvement.

In the past month, I have received recognition or praise for good work

- An anonymous follow-up survey was developed on this topic, to which 156 employees responded. While different employees noted individual preferences, the majority of respondents valued informal feedback (verbal or written) from their direct supervisor over other forms of recognition. Recognition for providing excellent care, supporting a team effort, and performing their job consistently, were most appreciated overall.
- The results of the survey have been reviewed and discussed by the management team. These results will inform management's approaches to employee recognition going forward.

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 through the 2017 Employee Engagement Survey.



Perley Rideau

Safety-We Are Worth It

\$afety Bonus is back

You could win an \$80 gift certificate

Complete your Health and Safety Training

Each time you complete a Health and Safety Module you are entered into the draw.

May 25- winners were Marie McCarthy, Evelyn Delos Reyes and Cynthia Bernardo

Next Draws: September 22 and December 13.

Each date we will draw 3 names from the completed Health and Safety training records in Surge. Those 3 employees will receive a \$80 Gift Card to be presented by your Manager.

Why?

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



Russell Road Crossover Now Open

By Jay Innes

There's an old adage that warns, "You can't fight City Hall". For Joan Olinik, a Perley Rideau family member, volunteer and generous donor, girding for a fight isn't necessary when promoting change from local and provincial governments. If the last two years can serve as a roadmap for convincing governments to enhance safety measures for seniors and Veterans traveling along Russell Road, Joan's efforts include respectfully advocating and engaging widely with politicians and public servants. Oh, and a pinch of persistence sure helps as well.

Doris Jenkins, a resident and Veteran of the Second World War led the crusade to construct a crosswalk on Russell Road to protect seniors and help them avoid the long journey down to the lights at the corner of Haig Drive. In 2015, City Councillor Jean Cloutier (Ward 18 – Alta Vista) and staff experienced the busy street when he met with a group of residents, apartment tenants along with Perley Rideau CEO Akos Hoffer on the shoulder of the road.

With Doris' encouragement and blessing, Joan accepted Doris' red file folder and began her campaign to raise awareness by advocating outside the Perley Rideau property by attending Town Hall meetings and keep the lines of communication open to Mayor Watson and Councillor Cloutier.

When the Ontario government expanded the types of pedestrian crossings that could be permitted on city streets, the case for a pedestrian crossover (PXO) on Russell Road had been clearly and passionately advocated. At a Town Hall meeting in October 2016 conducted by the City of Ottawa, Joan stepped to the microphone to again make her case for increasing the protection for seniors and Veterans at Perley Rideau -- and all pedestrians -- who cross Russell Road. Then Ottawa Mayor Jim Watson responded with a commitment that the pedestrian crossover would be installed before Canada Day 2017 and that necessary sidewalk repairs would be completed as well. In the weeks that followed, Councillor Cloutier and City staff confirmed that the service and commitment of Canada's Veterans would be recognized with City signs in advance of the crossover on both sides of the road.



Joan Olinik (left) is joined by resident Doris Jenkins (seated) and several VIPs to unveil the new Russell Road crossover

On July 5th, more than 40 people from Perley Rideau and the neighbouring community and members of the media gathered to officially open the crossover and to unveil the new signs honouring our Veterans. An appropriate symbol of collaboration between governments and engaged citizens, Joan, Doris and family members walked alongside elected officials to open the crossover and Joan and Councillor Cloutier even showed off their "happy dance" moves. Joan was joined by members of her family including her father, Gordon Moore, her daughter, Catherine McLaughlin and her son, Merv. Veteran Doris Jenkins was accompanied by her nephew Royden Richardson. Rounding out the group were Mayor Watson, Councillor Cloutier, MPP John Fraser and Perley Rideau CEO Akos Hoffer.

Always on the lookout for the safety of those who may encounter safety challenges when crossing the road, Joan recommended the time of the flashing lights be extended from 17 seconds to 30 seconds and she continues to monitor whether that time is sufficient for those using walkers and wheelchairs.

“Wow, what a great morning for the opening of our PXO event,” wrote Joan in an email following the event.

“It has been an exciting journey these past two-and-a-half years and seeing the completion of this project is so wonderful for all our Veterans, residents, staff and family members. They all feel a lot more safe when crossing Russell Road and traveling on the sidewalks.”



Celebrating: Veteran Doris Jenkins (seated) is congratulated by several speakers after the crossover unveiling. Pictured from left to right are: Joan Olinik, Volunteer and advocate, Akos Hoffer, Perley Rideau CEO, Jim Watson, Ottawa Mayor, John Fraser, MPP Ottawa South and Jean Cloutier, Councillor Ward 18 Alta Vista.

Pedestrian Crossovers

New to Ottawa



Pedestrians

- Indicate intention to cross
- Wait for traffic to stop
- Make eye contact to ensure driver sees you



Cyclists

- When riding with traffic, follow rules for drivers
- When crossing with pedestrians, dismount and walk your bike across road



Drivers

- Stop behind the yield line
- Make eye contact to ensure pedestrian sees you
- Wait until pedestrian completely crosses road before proceeding



Fines and penalties

Up to \$500 and 3 demerit points

For more information on pedestrian crossovers
visit ottawa.ca



ottawa.ca
3-1-1   
TTY 613-580-2401

2016-126

Family And Friends Council

With Summer soon ending, the FFC is preparing for our Fall program. Our next monthly meeting will be held on **Thursday, September 21st at 7:00pm in the Perley Rideau's 2nd floor boardroom.** Kicking off our Fall season is presentation from Doris Jenkins, R.N., Director, Nursing Operations, on **The Admission Process: Improvement Actions at the Perley Rideau.** Doris will provide an update to her March 16, 2017 presentation to the FFC and will review the admission process quality review, actions to date, and next steps. We look forward to welcoming family and friends back in the fall to our regular meetings on Thursday evenings. **Please save the date for the FFC's October 19th, at 7:00 p.m.,** in the Benidickson Boardroom (2nd floor, Perley Rideau Centre). At that meeting, Lacey Sheng, Perley Rideau's Performance Improvement consultant, will provide an update on the Perley Rideau's Resident and Family Advisor Program

KUDOS – Perley Rideau crosswalk update. July 5, 2017 was a memorable and happy day at the Perley Rideau as its new signalized pedestrian crosswalk was officially opened (**See the story in this newsletter, read the media coverage: <https://www.ottawacommunitynews.com/news-story/7408351-perley-rideau-veterans-residents-receive-safe-passage-with-new-crossing/>**) This much needed specialized crossing helps improve the safety of Perley residents, staff, visitors and tenants. We salute Joan Olinik, an FFC Executive who, over the past two years has advocated tenaciously and persistently to make this crosswalk a reality!

Hoping everyone is having happy and safe summer. See you this September!

P.S. FFC will also be participating at the **Perley Rideau's annual Village Fair on Saturday, September 9th.** See the ad for the Village Fair in this Newsletter.

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 Rideau Veterans' Health Centre, and persons of importance to residents who are committed to acting as advocates. There is no membership fee. Current members of the Executive Committee have accumulated a combined total of over 66 person years' experience in the Long Term Care Health system. As well as their involvement with Perley Rideau, some members have knowledge of other Ontario long term care homes. 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 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 Perley Rideau. We look forward to welcoming family and friends of our residents and to their participation in the activities of the Council.

Please help us keep in touch with you by email or phone by advising us of any changes to your contact information.

For questions about the Council please contact

*Ray Bailey by telephone
[613 741 0282] or by e-mail at:
familycouncil.prvhc@gmail.com*





Perley Rideau

The Perley and Rideau
Veterans' Health Centre

Family and Friends Council

Please join us

Thursday, September 21st

The Boardroom, 2nd Floor

7:00 p.m.

The Agenda will include a report by Senior Management, followed by a presentation on

The Admission Process: Improvement Actions

Presented by Doris Jenkins, R.N.

Perley Rideau's Director of Nursing Practice

A follow up to the admission process quality review, actions to date, and next steps will be presented.



The Executive looks forward to welcoming you.

Summer Events



Congratulations to the 14 members of the "Century Club" who call Perley Rideau "Home". Welcomed by Perley Rideau CEO Akos Hoffer, these 11 Veterans and 3 spouses of Veterans were celebrated this week in a ceremony that included boutonnieres, tributes, a slide show through the decades and a live musical performance. Thanks to staffers Rachel, Megan, Melissa and Kelsea for making this event a success and launching the first of an annual tradition. Best wishes to all of you!



Algonquin College PSW Students and residents recently team up in the Games Room to create colourful art to adorn the PSW Living Classroom.



Summer Soles: The young soles of our summer volunteer program: Welcome to the 27 new teen volunteers for the Summer Youth Program who gave so generously of their time during their summer break to support Perley Rideau residents and staff.

Canada Day 150



150 Things We Love About Canada: The Perley Rideau Community shares their Canadian loves. Everyone was encouraged to add their voice to the display that now resides in the cafeteria.



The clouds and rain of Canada Day could not dampen the spirits of residents, family, volunteers and staff. Everyone seemed to be in the spirit, wearing red and white to watch performances from Highland Mist Pipe Band and the Lobster Buoys.



Recently, The Perley Rideau hosted its second RNAO Best Practice Guidelines Champions Level One Workshop! More than 70 dynamic and passionate healthcare professionals learned how to implement evidenced-based practices within their healthcare organizations and improve the health outcomes of their residents and patients. Congratulations to the new cohort of Best Practice Champions! Thank you to the RNAO for their partnership and support.



Earlier this summer, staff from across the Perley Rideau joined family members, volunteers and representatives from the Family and Friends council to examine Perley Rideau's admissions process. The day-long event aimed to find ways to decrease family stress, improve the focus on family and residents and consider ways to lean out the process. The team is now following up on the improvements.



Members of the Busy Fingers club welcomed Daniel Clapin and Jannine Atkinson. The ladies had the opportunity to display some of their fabulous creations, and Foundation staff had the opportunity to thank Busy Fingers for their support and donations of knitted and crocheted blankets. Each new resident at the Perley Rideau receives a handmade blanket through the Foundation and Volunteer Services, and this would not be possible without the support of groups like Busy Fingers. Thank you to all members for your gifts of time and talent! L to R: Colleen Loken; Daniel Clapin, Foundation Executive Director; Eileen McCaughey, Coordinator, Busy Fingers; Jannine Atkinson, Development Officer, Leadership Giving.



Members of the Korea Veterans Association (KVA) – Unit 7 (Ottawa) gathered at the Tree of Life to celebrate the life of Carol Guertin, wife of long-time KVA member George Guertin. Special thanks to Walter Conrad for his generous donation, and to all KVA members and their families for the work you do to support Canadian Veterans of the Korean War. L to R: Bill Black, KVA – Unit 7 (Ottawa) President; Daniel Clapin, Foundation Executive Director; George Guertin, KVA – Unit 7 (Ottawa) member; Walter Conrad, KVA – Unit 7 (Ottawa) member.



On July 20, members of the wider-Ottawa farming community gathered at Manderley on the Green Golf Club for the 4th Annual Mark Lindsay Memorial Golf Tournament. The Perley Rideau is grateful to have been chosen as one of the recipient charities. Congratulations raising over \$16,000 net! These funds will be used to purchase two new ice machines for the Health Centre. L to R: Jannine Atkinson, Foundation Development Officer, Leadership Giving; Anne Lindsay, Tournament organizer; Delphine Haslé, Foundation Development Officer; Chris Rodgers, Tournament participant; Maj. (Ret'd) Sandra Perron, Foundation Board Director.



The Royal Canadian Legion Branch 616 West Carleton generously donated \$4,800 to the Perley Rideau Foundation. These funds will be used to buy two pressure-relief mattresses – ideal for preventing and healing ulcers. The Royal Canadian Legion Branch 616 West Carleton has been a supporter of the Perley Rideau Foundation for 20 years. On behalf of the Veterans in our care, we extend our thanks to all members of Branch 616. L to R: Bogdan Procyk, First Vice-President; Delphine Haslé, Foundation Development Officer; Jim Wilson, Second Vice-President.



Support Our Troops continued their long history of outstanding support of the Perley Rideau Foundation with a gift of \$67,000. Thanks to Support Our Troops' generosity, new furniture will purchased for all the dining rooms.. New accessible tables and chairs will promote social interaction during mealtime. Thank you to Support Our Troops for helping the Veterans have a more functional and enhanced dining experience. L to R: Jannine Atkinson, Development Officer Leadership Giving, Lorie Stuckless, Director of Support Services; Steve Fash, Vice-President Corporate Services / Canadian Forces Morale and Welfare Services; Delphine Haslé, Foundation Development Officer; Doug Brousseau, Foundation Board Chair; Sandy Gauthier, National Manager, Support Our Troops Operations; Lt.-Gen. (Ret'd) Marc Caron, Foundation Board Director; Doris Jenkins, Director of Nursing Operation; Daniel Clapin, Foundation Executive Director.



The Stittsville Rotary Club invited the Perley Rideau Foundation to a meeting so that members could learn more about the work the Foundation does for the Health Centre. Thank you Stittsville Rotary Club for your kind invitation, and for taking an interest in the work of the Foundation! L to R: Dave Rooke, Stittsville Rotary Club Member; Delphine Haslé, Foundation Development Officer; Col. (Ret'd) Dominic McAlea, Foundation Board Director.



Bert Bridgewater, son of the late Albert Bridgewater, and his wife Alison came to the Perley Rideau to view the Gold Leaf placed on the Tree of Life in Albert's memory. The Bridgewaters wanted to recognize the wonderful care Albert received at the Perley Rideau. Thank you both for your kindness. L to R: Bert Bridgewater; Alison Bridgewater.



The Foundation thanks Mrs. Hart for her generosity and support of her fellow Seniors and Veterans. It was a pleasure to celebrate with your family. L to R: Colleen Chanel; David Sweeny; resident 'Aunt Shir!' Shirley Hart; Ray Houle; Mardia Houle; Maureen Stewart; Malcolm Stewart.





Team Perley Rideau was named the 2017 winner of 'Beau's Workplace Run-Off' – a fundraising competition held for select participating charities in Ottawa Race Weekend this year. Beau's Workplace Run-Off was created to celebrate Canada150 by incentivising participating charities to raise a total of \$150,000.00. The winning team was chosen based on total money raised and Canada150 spirit shown!

The members of Team Perley Rideau were treated to a 'VIP Beau's Party'.

Thank you to all the team members who worked so hard to raise money for the purchase of new outdoor furniture in resident courtyards.

The CSB Payroll Savings Program: Is your mailing address up to date?

As you know, the Government of Canada announced it will discontinue the sale of Canada Savings Bonds (CSBs) purchased through the Payroll Savings Program as of November 2017.

What this means if you are currently enrolled in the Program

- Your CSB contributions will continue to be deducted from your pay and will go towards your Payroll Savings Plan until October 31, 2017*.
- The funds in your Payroll Savings Plan are safe, guaranteed and will continue to earn interest until redemption or maturity, whichever comes first. If you wish to make a redemption prior to the maturity date, you can do so at any time on CSB Online Services or by using the automated telephone service.
- As each bond series in your Plan matures, the funds (principal and interest) associated with that series will automatically be paid out to you by cheque or direct deposit, according to the account information currently on file.
- Go to CSB Online Services to validate your mailing address or sign up for direct deposit to ensure you receive your payment.
- Once all the bond series in your Plan have been redeemed or paid out, your Plan will be closed.

For more information, please visit csb.gc.ca.

**The exact date will vary according to your organization's last CSB payroll deduction.*



Second Benefit Fashion Show and Business Showcase hosted by Nygard Style Direct



Proceeds from the Benefit Fashion Show will go to support the Recreation and Creative Arts Program at the Perley Rideau · Over 30 vendors with specialization in clothing, women's accessories, food, and senior services will be on site · Raffle tickets

ALL WELCOME. FREE ADMISSION

Sunday, October 15th · 12:30 PM - 4:00 PM

Perley Rideau Cafeteria
1750 Russell Road, Ottawa

<http://perleyrideaufoundation.ca/events>

EMPLOYEES IMPACT OUR WORKPLACE AND THE RESIDENTS WE SERVE EVERY DAY

The **Perley Rideau Payroll Giving Program** was launched in 2014. The Giving Program encourages employees to make charitable contributions to impact our workplace and the individuals we serve every day.

To date, we have raised over \$18,600 and counting. Every dollar makes a difference! The generosity of employees makes possible the purchase of essential items and funds activities listed on the Health Centre Priority Needs List. The List is published annually and fundraising progress is recorded on the large board in front of the Foundation office.

The Giving Program is a way for all employees to champion the mission of the Perley Rideau. It's a powerful statement that encourages others to give to the Perley Rideau. The number of participants continues to grow every year – double since the inception of the program. Thank you. Your donations are life-giving!

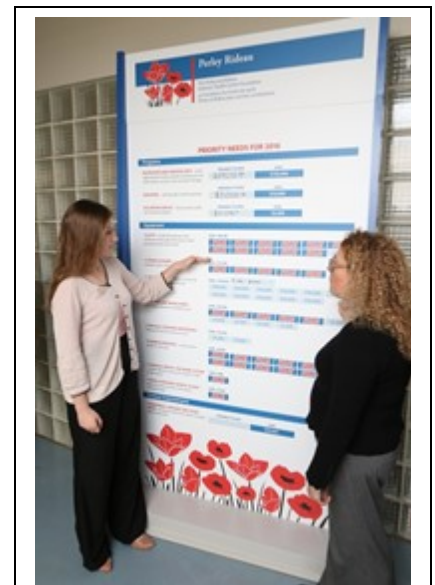
If every staff was giving \$2/pay or \$52/year, together we would raise over \$40,000 to ensure resident care, comfort, safety and services are always accessible for Seniors and Veterans who call the Perley Rideau home.

Will you join today?

All individual donations are voluntary and will be kept confidential. Your manager and co-workers won't know whether you decide to participate or not and, if you do, what giving level you choose.

How does it work?

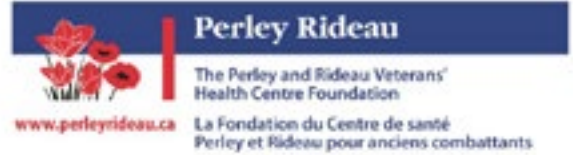
- It's easy. Take a minute and complete the Payroll Giving Program Donation (see next page) and we take care of the rest. Drop it off at the Foundation Office (next to the Gift Shop).
- The donations will be automatically deducted from your payroll each pay period. Your deduction will typically begin within two to three weeks of when we receive your completed form.
- The accumulated charitable tax benefit will appear on your T4 statement.
- 100% of the donation benefits the Perley Rideau.
- You do not need to renew each year, as your deduction will continue. You can, however, make a change to your donation level or stop your donation at any time.



Join your colleagues and
give at work!

If you have a question that isn't answered here, please Call Delphine Haslé, Development Officer in the Foundation Office at extension 7177 or email her at dhasle@prvhc.com. You can also check our website at <http://perleyrideaufoundation.ca/why-donate/ways-to-donate/giving-at-work>.

**YES! I'D LIKE TO ENRICH THE LIVES OF THOSE
WHO CALL THE PERLEY RIDEAU "HOME"**



How does it work? It's easy. Take a minute and complete the form and we take care of the rest! The donations will be automatically deducted from payroll each pay period. The accumulated charitable donation will appear on your T4 statement. 100% of the donation benefits the Perley Rideau.

For more info, call Delphine Haslé, Foundation Development Officer at x7177 or email her at dhasle@prvhc.com.

STAFF DONATION (please print clearly):

NAME: _____

As it should appear on the Foundation Annual Donor List.

If you do not want your name to appear on the Foundation Annual Donor List, please check

HOME ADDRESS: _____

CITY: _____ PROVINCE: _____ POSTAL CODE: _____

PHONE: _____ EMAIL: _____

Payroll Deduction Plan

I authorize my employer to make the payroll deduction of:

\$2, \$5, \$10, \$15, \$20, other: \$_____ per pay.

My payroll deductions will go towards:

Where the need is greatest based on the Priority Needs List (see back of page)

EMPLOYEE SIGNATURE

DATE

Thank you for your support!

ONLY FILL OUT THIS BOTTOM PORTION IF YOU ARE CURRENTLY PARTICIPATING IN THE EMPLOYEE GIVING PROGRAM AND YOU WOULD LIKE TO STOP THE DEDUCTIONS

I am currently participating in the Employee Giving Program and would like to stop the payroll deductions

Employee signature: _____ Date: _____

Cancelling out of this program may take up to 3 weeks to complete once form has been received by The Foundation office.

CANADA 150

Village Fair Day



Saturday Sept. 9, 2017 • 10am - 3:00pm

AGENDA

10 - 10:30 am	Highland Mist Pipe Band	CAFETERIA
10 am	Mini Putt (Open All Day)	GATINEAU LINK
10 am	Family & Friends Council Table	
10:30 am	BBQ Toonie ticket sales.....	LUPTON HALL PATIO
10:30 - 11:15 am	Music: Paddy Stewart.....	CAFETERIA
11 am - 2 pm	Bouncy Castle	LUPTON HALL PATIO
	CAS Craft.....	LUPTON HALL PATIO
	Face Painting: Thanks to the Dementia Society	LUPTON HALL PATIO
11:30 am - 12 pm	Games & Races	LUPTON HALL PATIO
11:30 am - 1:30 pm	Balloon Twisting	LUPTON HALL PATIO
	Petting Zoo	LUPTON HALL PATIO
12:15 pm	Toonie BBQ Lunch..... <i>(\$2 while supplies last)</i>	LUPTON HALL PATIO
1 - 3 pm	FREE Ice Cream: Thanks to the Perley Rideau Foundation.....	PUB
1 - 2 pm	FREE Popcorn: Thanks to the Perley Rideau Gift Shop	ACROSS FROM THE GIFT SHOP
2 - 3 pm	Music: Johnny Vegas.....	CAFETERIA

Please join us for our **"Canada 150 Village Fair"** This event is for our entire Village including residents, tenants, volunteers, staff, families, friends and neighbours.

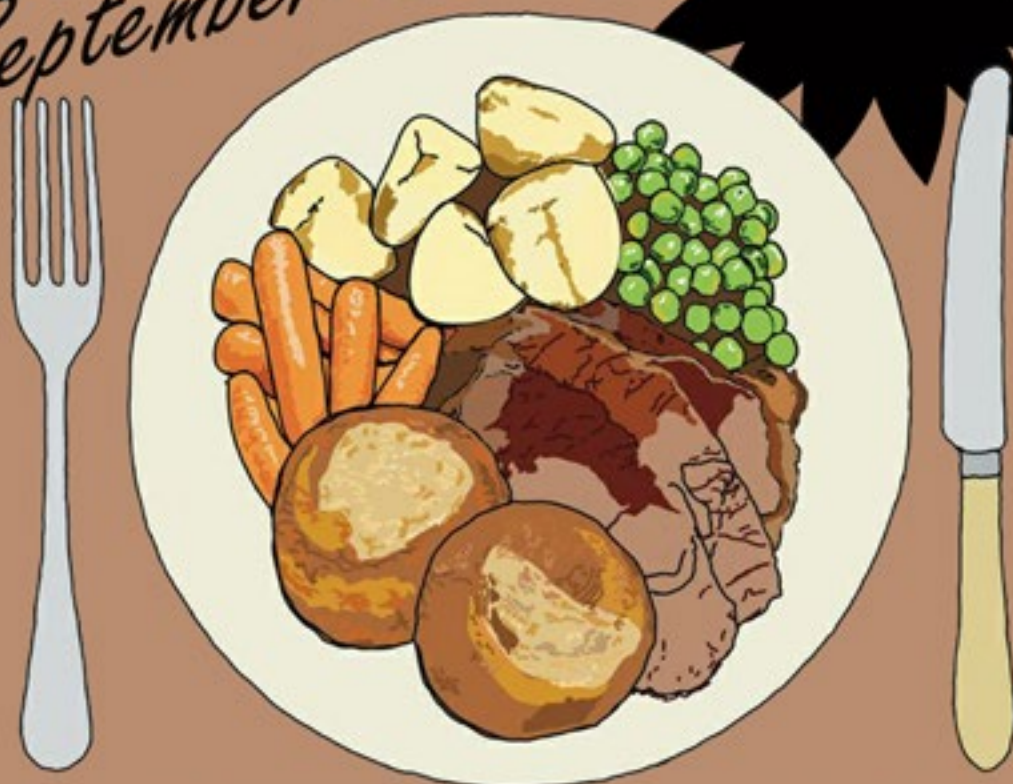
If you are interested in helping us out on this day please contact:
Rachel Stoparczyk at #2356 or Dave Harris at #7735.

Recreation, Creative Arts & Support Services Proudly Present:

Traditional SUNDAY ROAST

September 21st

on a
Thursday



SEATING AT 4PM
SERVING AT 5PM

TICKETS

\$19.99
+ TAX

Free for Residents

Family & Tenants require Tickets

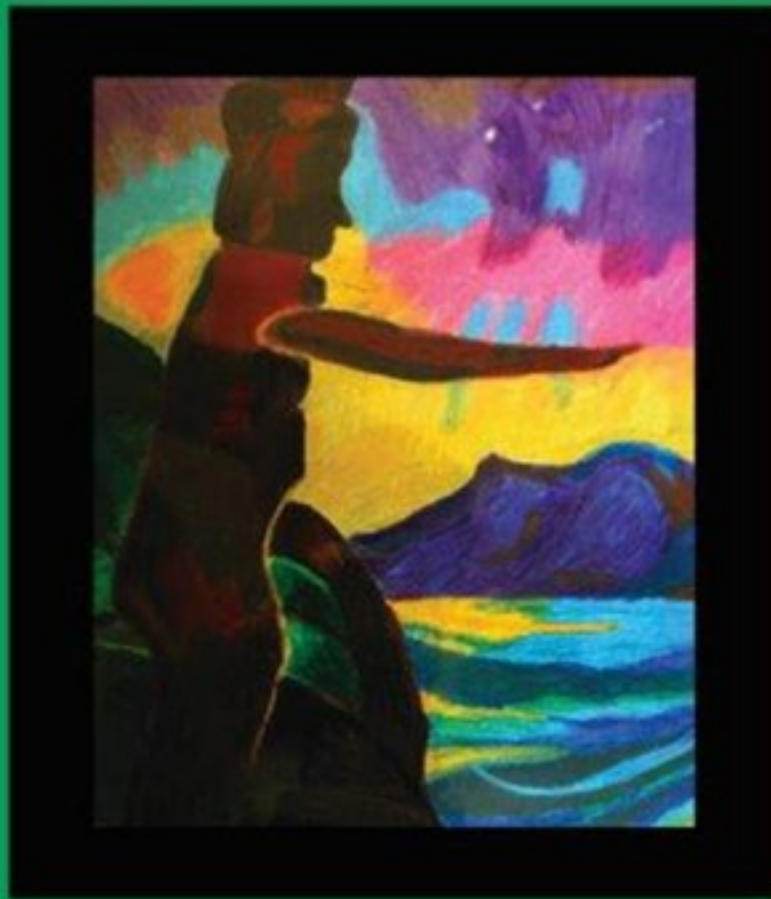
Must sign up in

the Cafeteria Aug 31 - Sept 14

Dinner includes coffee, tea & Dessert

More Info: Dave x7735, Robyn x.2125 or Laura x7435

Margaret Nesbitt



INSPIRED BY EMILY CARR

MET GALLERY
2ND FLOOR, PERLEY RIDEAU
AUGUST 9TH - OCTOBER 10TH 2017

Join us for the Opening Reception August 9th at 2pm

5 QUESTIONS TO ASK ABOUT YOUR MEDICATIONS

when you see your doctor,
nurse, or pharmacist.

1. CHANGES?

Have any medications been added, stopped or changed, and why?

2. CONTINUE?

What medications do I need to keep taking, and why?

3. PROPER USE?

How do I take my medications, and for how long?

4. MONITOR?

How will I know if my medication is working, and what side effects do I watch for?

5. FOLLOW-UP?

Do I need any tests and when do I book my next visit?



**Keep your
medication
record
up to date.**

Remember to include:

- ✓ drug allergies
- ✓ vitamins and minerals
- ✓ herbal/natural products
- ✓ all medications including non-prescription products

Ask your doctor, nurse or pharmacist to review all your medications to see if any can be stopped or reduced.



Visit safemedicationuse.ca for more information.





The
**Dementia
Society**
Ottawa and Renfrew County



Caregiver Support Group

A monthly opportunity to drop in to share and discuss with others who are actively providing care and support to a person living with dementia either in the community, retirement residence or long-term care. Groups are led by a trained facilitator and are focused on a monthly topic.

Fall Sessions

Royal Canadian Legion Branch 593 Bells Corners 4026 Old Richmond Road, Ottawa	1 st Tuesday/month September 5, October 3, November 7 & December 5 10 a.m. – 12 p.m.
Eastern Ottawa Resource Centre 1515 Tenth Line Road, Orleans	3 rd Monday /month September 18, October 16, November 20 & December 18 1 p.m. – 3 p.m.
Villagia in the Glebe 480 Metcalfe Street, Ottawa	3 rd Thursday/ month September 21, October 19, November 16 & December 21 6:30 p.m. – 8:30 p.m.
Carefor Health & Community Services 2576 Carling Avenue, Ottawa	4 th Wednesday/month September 27, October 25, November 22, December 20 6:30 p.m. – 8:30 p.m.
Carefor Health & Community Services 760 Belfast Road, Ottawa	2 nd Tuesday / month September 12, October 10, November 14, December 12 10 a.m. – 12 p.m.



DEMENTIA BASICS

Course dates and times:

September 6, 2017 1 p.m. – 3 p.m.	The Science of Dementia Part 1
September 13, 2017 1 p.m. – 3 p.m.	The Science of Dementia Part 2
September 20, 2017 1 p.m. – 3 p.m.	The Science of Dementia Part 3
September 27, 2017 1 p.m. – 3 p.m.	Management of Symptoms and Behaviours Part 1
October 4, 2017 1 p.m. – 3 p.m.	Management of Symptoms and Behaviours Part 2
October 11, 2017 1 p.m. – 3 p.m.	The Dementia Caregiving Challenge

WHERE

Perley and Rideau Veterans' Health Centre
Games room, 2nd floor
1750 Russell Rd, Ottawa, ON K1G 5Z6

REGISTRATION

\$50 per Registration - Individual/Couple/Family (may be waived, on request)
\$10 Workbook (Free Electronic copy available online)
FREE Parking
www.alzheimerottawa.ca
(613) 523-4004

WHAT IS THE PROGRAM

A six- part public education program intended to provide a primer on Alzheimer and other dementias. Recommended for friends, family, and informal or formal caregivers of people with dementia as well as individuals with a diagnosis of dementia, students or other interested people.

HOW DOES IT WORK?

The Dementia Basics program consists of six 2 -hour lectures.

A Certificate of Completion will be provided to anyone who attends all six classes.



DEMENTIA BASICS

Course dates and times:

October 25, 2017 6 p.m. – 8 p.m.	The Science of Dementia Part 1
November 1, 2017 6 p.m. – 8 p.m.	The Science of Dementia Part 2
November 8, 2017 6 p.m. – 8 p.m.	The Science of Dementia Part 3
November 15, 2017 6 p.m. – 8 p.m.	Management of Symptoms and Behaviours Part 1
November 22, 2017 6 p.m. – 8 p.m.	Management of Symptoms and Behaviours Part 2
November 29, 2017 6 p.m. – 8 p.m.	The Dementia Caregiving Challenge

WHERE

Perley and Rideau Veterans' Health Centre
Games room, 2nd floor
1750 Russell Rd, Ottawa, ON K1G 5Z6

REGISTRATION

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Save the Date -- October 18, 2017

We have a pretty special pair of back to back events coming up on October 18, 2017 that we hope you'll consider.

First: A series of presentations at the Humanizing Healthcare International Conference, being put on by the Elizabeth Bruyère Hospital at the Chateau Laurier Hotel between 1pm and 5pm. They include:



Humanizing Healthcare International Conference

Enhancing Lives. Transforming Care.

October 18-20, 2017—Fairmont Château Laurier, Ottawa, Canada

Cycling without Age:
Ole Kassow, Denmark

Metamorphosis: From 66 Years of Steel and Concrete to Retirement Caring for my Fellow Human Beings

William Dawson, Ottawa (Elizabeth Bruyere volunteer)

Preventing and Managing Chronic Disease

Panel presentation: Dr. Brian Goldman, William Dawson, Jennifer Harris

Managing Pain

Dr. Anne Hennessy and Dr. Hillel Finestone

Second: A Wine and Cheese Reception and Keynote Address by Dr. Brian Goldman, host of CBC Radio's "White Coat, Black Art," titled *The Search for Kindness: My Personal Journey*

Third: A very special dinner and official launch of The Dementia Society (formerly the Alzheimer Society of Ottawa and Renfrew County).

Under the theme of "**It's a brand new day**" please join us as we celebrate a new chapter in our organizational history with brunch, mimosa's, greetings from dignitaries, and a special address by Reverend Elizabeth MacKinlay, a registered nurse and a priest in the Anglican Church of Australia and author of a number of books on dementia including "Finding meaning in the experience of dementia (MacKinlay & Trevitt, 2012) awarded the 2013 Australasian Journal of Ageing book prize and "Facilitating spiritual reminiscence for people with dementia" (MacKinlay & Trevitt, 2015).

Ticket prices are TBD and registration will open next week. We hope we'll see you at some or all of these great times!

Perley Rideau in the News

1. August 15, 2017: Perley and Rideau Veterans' Health Centre is a real gem: Foundation wants to raise awareness as well as funds: <https://www.ottawacommunitynews.com/news-story/7500560-perley-and-rideau-veterans-health-centre-is-a-real-gem/>
 2. July 5, 2017: Perley Rideau veterans, residents receive safe passage with new crossing: <https://www.ottawacommunitynews.com/news-story/7408351-perley-rideau-veterans-residents-receive-safe-passage-with-new-crossing/>
-

Paypool Winners: \$100 each

June 30

- Beverley E.: Laundry
- Joseph P.: Laundry

July 13

- Gary C.: Food & Nutrition
- Maria W.: Ottawa 2 West

July 27

- Vicki I.: G2S
- Miranda T.: RAI Gatineau Vets

August 10

- Jessica D.: Food & Nutrition
- Jose M.: Plant Services

August 24

- Vicki I.: G2S
- Abeda S.: Food & Nutrition

Next Draw Will Be September 7th, 2017

Vol. 20-06

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.

Please note that the newsletter is available online at 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