

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. 21-01



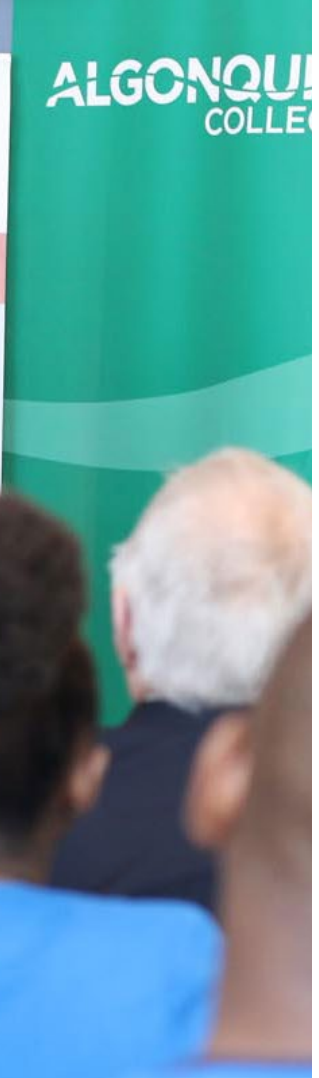
The Living Classroom Unveiled by Algonquin College and the Perley Rideau

Page 15

Ashley Yutronkie, a graduate of the first PSW class at Perley Rideau, speaks about her experience

Inside:

- Accreditation is coming - Pg. 3
- PATH Mythbusters (Part 2 of 3) - Pg. 10
- Therapeutic Recreation Month - Pg. 14
- And More!



Curling in support of the Perley Rideau



Yoga Classes

The Perley Rideau is considering offering yoga classes on site for employees, beginning in the spring of 2018.

Yoga is a practice that combines physical postures, breathing techniques, and meditation or relaxation. Research has shown that yoga and associated mindfulness practices can improve overall health and wellness by enhancing self-awareness, eliciting a relaxation response, improving energy levels and reducing pain, among other benefits.

Pending interest, the initial series of classes would be offered in the form of a 10-week pilot study.

We will ask for feedback from participants, apply lessons learned and, depending on the success of this pilot and level of interest, additional classes may be offered beyond the spring. During the 10 week pilot, classes would be offered to employees at no cost.

Please express your interest by completing a quick survey at www.surveymonkey.com/r/PRVHCYoga

You can also use the survey as a channel to suggest other programs that would support you in achieving your personal wellness goals.

At this point, we'd really like to understand how many people are interested, and how we can structure the classes to allow for maximum participation. Formal sign-up will take place once class times are finalized.

If you have any questions in the meantime, please contact: Cheryl Kemp, Employee Health Coordinator or Rebecca Wilson, Strategy, Transition and Workplace Consultant

Employee Engagement Workshop

We're interested in bringing together a group of employees to participate in an Employee Engagement Workshop. This team-based workshop will help to inform which initiatives are pursued in response to the 2017 Employee Engagement Survey.

Time: 8am-12pm on March 26th

Place: Lupton Hall

Objectives:

- Discuss the meaning of Employee Engagement
- Review Employee Engagement Survey Results
- Discuss preliminary plans and priority focus areas for 2018
- Discuss what might help employees feel safe to give feedback about things that matter to them
- Review potential Employee Engagement strategies/initiatives and provide feedback
- Rate the impact and effort associated with implementing various initiatives
- Recommend the highest priority initiatives to implement in 2018

The number of participants will be limited, and we will aim to ensure cross-departmental representation. Following the workshop, employees may be invited to co-lead the implementation of initiatives that are of interest to them.

Please contact Rebecca Wilson (rwilson@prvhc.com or x2225) by February 16th if you're interested in this workshop.

Accreditation is coming!

The Perley and Rideau Veterans' Health Centre has been accredited through Accreditation Canada since 1972. It demonstrates our commitment to quality and safe care. Perley Rideau will be undergoing an on-site accreditation survey from February 26 to March 1 as part of the accreditation cycle. During this time, residents and family members may be approached by a surveyor to ask about your experience with the Perley Rideau. The surveyors are external experts who are experienced in senior care. Your stories are very important to help them understand the care we provide. We thank you in advance for your time for supporting this important initiative. Also we thank all staff who continues to provide excellent care, and have been working extra hard to prepare for the upcoming survey.

For any questions, please contact Lacey Sheng, Performance Improvement Consultant at lscheng@prvhc.com

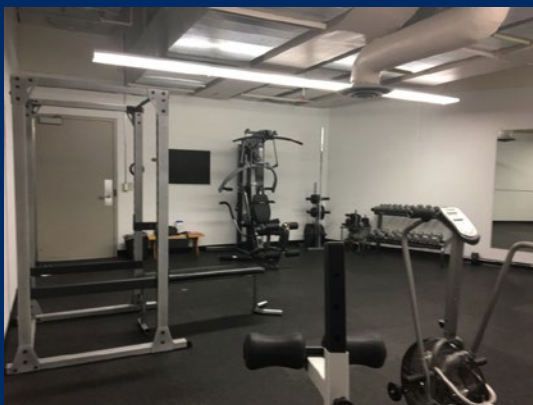
You are invited to our **OPEN HOUSE**

February 15th, 2018
2:00 PM to 4:00 PM

Kick Start a Healthy New Year!

Come check out our *NEW* fitness facility.

This is a great opportunity to try our new equipment or to join. Cheryl Kemp our Employee Health Coordinator will be on site to assist you with a program.



Compliments from the Resident and Family Survey

Every year, we conduct both the Resident Quality of Life Survey and a Family Experience Survey. We received an overwhelming number of compliments in the comments section. We would like to share this with our staff and recognize the great work they are doing. We also received valuable suggestions from the survey that helped us to plan and prioritize areas for improvement.

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

- The Perley is so clean it sparkles...there is no crowding...this has impressed and been commented on by everyone I have walked the halls with including the realtor hat sold my Uncle's house....
- The entire building is bright, clean and well-maintained, including outdoor areas.
- Dad's life and outlook have improved immensely since he joined the Perley family! He is no longer waiting to die. This is so powerful for Dad and for the well-being of family members. We can sleep knowing Dad is loved and is safe and secure. Thank you for this!
- Would most definitely recommend the Perley to anyone. The staff take great care of my Dad and in turn do the same for me!
- My Dad passed in September on R2N. Loving, tender care by ALL the staff. Mom passed in March on R1S and Dad lived there then too. I cannot express what excellent care they were given. The family was very much around and most grateful to all for making my parents' last days comfortable, dignified and peaceful.
- I am so pleased with the care my husband is receiving. The kindness shown to me and to my husband is greatly appreciated. There is contentment on my part for this difficult time - knowing he is in the best facility.
- I am encouraged to fully participate in the planning AND am allowed to participate in providing of care to my loved one -and I am thankful for that.
- The "musical" activities are excellent and extremely beneficial for most residents, especially those with Dementia and Alzheimer's, etc.
- The people and the services available through the Creative Art Studio and the like are a treasure.
- I appreciate the monthly calendar of events that is e-mailed each month.
- Thank you to the recreation team for the superb work they do and for keeping me informed about the programs each month.

- Fun and great programs offered - from caring staff
 - Great activities and resident is encouraged to participate.
 - One of the strengths of the Perley is the range of programs and activities offered to all residents.
 - The recreation staff are outstanding!
 - The programs are excellent!
 - Am very impressed with the all the activities available to the residents of Perley
 - The décor for special events is amazing and pleasing.
 - 1 on 1 time is great for communicative people like myself. Highly recommended.
-

January 16, 2017

Therapeutic Recreation and Creative Arts Department

Dear Staff Members,

On behalf of all community residents at the Perley and Rideau Veterans' Health Centre, the Community Residents' Council would like to extend a heartfelt thank you to each of you. As a council, we recognize the dedication and hard work that you commit every day to the residents of this facility. We sincerely appreciate the programs you run, the decorations you put up and all the other things you do for residents on a regular basis. Your efforts do not go unnoticed by us.

You are our Perley Angels.

Sincerely,

Ken Stewart
President of Community Resident Council

John Lipsett
Former Co-President of Community
Resident Council



Perley Rideau Commits to Become a No-Bed-Rail Facility



The Perley and Rideau Veterans' Health Centre strives to set the standard in safe resident care to our vulnerable seniors. For this reason, we would like to share information about the new direction we are taking specific to bed entrapment and the use of bed rails.

Bed entrapment is an event in which a resident is caught, trapped, or entangled in the space in or around the bed rail, mattress, or bed frame. Entrapment may result in death or serious injury (Health Canada, 2017). In Ontario, there have been a number of deaths in the last year.

Following a review of our bed systems, we were made aware that our 20-year-old Striker beds no longer meet the standard of safe care. To ensure that we are providing an environment that provides safe resident care, the Perley Rideau is replacing all 160 "Stryker" model beds, along with their mattresses. The replacements will be new

Joerns beds and mattresses; these new beds will not come with bed rails. As a result of best practice and emerging safety standards, we are moving towards being a no-bed-rail facility. We have done assessments and have been implementing safety interventions on all "Stryker" beds to assure safety while waiting for the new Joerns beds. As we move in this direction, all rails on our existing beds will be removed in consultation with family and residents.

We understand and appreciate that there may be concerns in connection with this change, so our dedicated health care team is available at any time to answer all questions and concerns. Our team is prepared to discuss, on an individual-needs basis, the alternatives specific to bed mobility and transferring.

Thank you for your continued support and for allowing us to provide the optimal-level of care for our residents.

Door Caddies to provide easy access and reduce clutter

Commencing in January, the PPE door caddy will be installed throughout our home for residents who require PPE interventions. These caddies featuring custom-designed pockets to store and dispense PPE, including a clear front pocket to hold special instructions or warnings. Complete with two universal-fit metal door hangers and two adjustable straps to position medical supplies, the caddies can be set to a convenient height on any door. Constructed of flame-resistant 420 denier urethane-coated nylon the caddies pass fire test ratings.

The benefits of implementing this type of infection control system include:

- Access to organized personal protective equipment (PPE): gloves, disposable gowns, masks, hand sanitizers, medical waste bags, etc. The isolation door caddy can be hung on the doors of resident rooms where PPE is necessary/required.
- Encouragement to adhere to infection control recommendations for standard, airborne, droplet and contact isolation compliance regarding antibiotic resistance, as well as reducing the spread of nosocomial infections.
- Improved isolation practices – bright, safety-yellow isolation door caddies are easy to locate and frontline staff avoid having to search for protective equipment.
- Compliance with fire, logistic and regulatory code, replacing bulky and obstructive carts in hallways and at bedsides.
- Easy to clean. The door caddy is machine washable or can be wiped clean with disinfectant.



As part of this transition we will discontinue using yellow gowns from HLS and move to using disposable gowns. Extra door caddies will be stored in the each building unit supply room to have readily available at all times when required.

Resident Responses to Food

Congratulations team! Perley Rideau ranks #1 within the Senior Quality Leap Initiative (SQLI*) group in resident response to the following:

1. I enjoy my meal times
2. I have enough variety in my meals

**SQLI is a collaborative of 14 leading long-term care and seniors' care organizations across North America who are committed to improving quality through benchmarking, common improvement initiatives, sharing and learning. SQLI members are currently focused on improving pain management, minimizing use of antipsychotics and resident quality of life.*

BPSO in 2018: Sustainability and Awareness

Daniela Acosta, RN, BPSO Liaison, Best Practice Champion

First and foremost I want to wish you all a happy New Year and I hope that you all have had a sparkling start to 2018! With an entire year ahead, it is exciting to anticipate the amazing accomplishments we are going to achieve, particularly in improving resident care through evidenced best practice!

2018 marks a very important milestone in our journey to become a fully designated Best practice Spotlight Organization (BPSO) because it represents the final year of the pre-designation program, which will officially end early 2019. Achieving a full designation means that we will have successfully laid the foundation for continuing success in best practice implementation as well as building a culture that values evidenced based practices. We also will become a leading example and mentor for other facilities who want to do the same.

Looking back on 2017, it is impressive to reflect on the amazing work that has already been done! We have seen the initiation and roll out of new tools and processes related to resident fall prevention, wound assessment, pain management and assessment of those with dementia. We have experienced a reduction in the number of resident falls within the facility and an improvement in the documentation and treatment in pressure injuries! There are over 60 trained best practice Champions in the house who have taken the lead to help us achieve these milestones. Most importantly, however, it has been the collaboration with all our families, residents and staff, from front line to senior leadership, that has really led to our success.

Going forward, the momentum of success will surely keep driving us forward, but in order to ensure that we can

continue to harness this energy for years to come, 2018 comes with a specialized focus from the BPSO team: Sustainability and Awareness.

Over the next year, our Best Practice Guideline (BPG) Implementation teams will focus on improving the quality and effectiveness of the positive practice changes we have already made in the facility to ensure that they can continue to improve resident care even after our designation is achieved. Also, we are excited to initiate a new BPSO awareness and information campaign that aims at making information on best practice more visible across our organization. We are planning a different awareness strategy for each month. To reach all stakeholders in our facility, we are planning to include BPSO department walk and talks across all shifts, champion awareness, informational open houses, educations on various platforms, and fun interactive games, just to name a few.

On a final note, 2018 also brings another change to our BPSO Program and a more personal change for myself; I am expecting a baby in February! Having been your BPSO liaison for the last year and a half, which has been an absolutely amazing experience, I will be temporarily stepping away from the role this year and passing the baton to Danielle Charbonneau, RPN! I am so excited to welcome Danielle to the team! She has already proven to be an enthusiastic advocator and leader for best practice as well as many other quality improvement initiatives within the facility.

Wishing everyone all the best in 2018!

Daniela Acosta

In 2017, we experienced a reduction in the number of resident falls and an improvement in the treatment of pressure injuries.

"This work is part of the BPSO Designation, funded by the Ontario Ministry of Health and Long-Term Care. For more information about the RNAO BPSO Designation please visit www.RNAO.ca.



Taking the Lead in BPSO: Danielle Charbonneau

Hi there! My name is Danielle Charbonneau and I am an RPN here at the Perley Rideau. I graduated in 2016 and I have been working at the Perley Rideau since August of that year. My position is on Gatineau 1 South but I have worked across the entire facility during my time here. I have also participated in many quality improvement teams, training and projects including: flu shot clinics, nursing week committee, PATH training, Bed Entrapment, Comfort Care Rounding training, Call Bell Training, and Wound Care Training. I have also worked with the Medication Quality Improvement Team, and have recently been involved in the Dementia, Delirium, and Depression Team. I was trained as a Best Practice Champion in February 2017 and I attended the RNAO BPG Summer Institute in June 2017. I am excited to be taking over the role as BPSO liaison and look forward to being a leader in Best Practice. I am eager to be stepping in during such an exciting time as we begin to make BPSO so widely known at our facility and I look forward to working with a variety of teams to make that happen!

Becoming a Champion in Best Practice is an opportunity for everyone in every discipline. If you want to be involved or have any questions please don't hesitate to email me at dcharbonneau@prvhc.com or come see me on G1S in the evening!

"This work is part of the BPSO Designation, funded by the Ontario Ministry of Health and Long-Term Care. For more information about the RNAO BPSO Designation please visit www.RNAO.ca.

The Perley and Rideau Veterans' Health Centre



Vision

Leading innovation in frailty-informed care to enable seniors and Veterans to live life to the fullest.

Mission

Achieving 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.

Core Values

Compassion
Respect
Integrity
Excellence



PATH Myth Busters (Part 2 of 3)

Palliative and Therapeutic Harmonization (PATH) is an approach to care that helps frail older adults and their families understand their overall health. With PATH, care teams are better able to prepare the ‘big picture’ of each person’s health story, so that frailty is at the forefront of decision making. The Perley Rideau began to embed PATH into the way we provide care to our residents in late 2016. Currently, PATH is being piloted on Gatineau 1 North. The following statements build on the PATH Myth Busters that were shared in December.

#3: Treatment does not necessarily stop with PATH

PATH does not mean that we withhold care or stop assessing a resident. Under the PATH approach, the care team guides the resident and their family carefully through the risks and benefits associated with various treatment options, within the context of the resident’s assessed level of frailty. The ultimate decisions are made by the resident and/or family, and can include a blend of therapeutic and palliative measures that will best preserve the individual’s choice and quality of life in their remaining time. Residents and their families take an organized approach to decision making and they learn how to make more carefully considered decisions about what treatments they may or may not want to accept.

#4: PATH is not a form of Medical Assistance in Dying (MAID)


Medical assistance in dying (MAID) means that a physician or nurse practitioner provides or administers medication that intentionally brings about a patient’s death, at the request of the patient.


Placing frailty at the forefront, PATH provides a framework for understanding the potential risks and outcomes associated with various treatment options. The approach highlights the correlation between frailty and adverse treatment outcomes.


For residents with frailty, certain treatments can place the resident’s comfort and quality of life at risk. The PATH approach seeks to educate and inform residents and their families of this reality and enables them to make decisions that are right for the resident.


PATH ≠ MAID


Clinical Frailty Scale*


- 


1 Very Fit – People who are robust, active, energetic and motivated. These people commonly exercise regularly. They are among the fittest for their age.
- 


2 Well – People who have **no active disease symptoms** but are less fit than category 1. Often, they exercise or are very **active occasionally**, e.g. seasonally.
- 


3 Managing Well – People whose **medical problems are well controlled**, but are **not regularly active** beyond routine walking.
- 

4 Vulnerable – While **not dependent** on others for daily help, often **symptoms limit activities**. A common complaint is being “slowed up”, and/or being tired during the day.
- 

5 Mildly Frail – These people often have **more evident slowing**, and need help in **high order IADLs** (finances, transportation, heavy housework, medications). Typically, mild frailty progressively impairs shopping and walking outside alone, meal preparation and housework.
- 

6 Moderately Frail – People need help with **all outside activities** and with **keeping house**. Inside, they often have problems with stairs and need **help with bathing** and might need minimal assistance (cuing, standby) with dressing.
- 

7 Severely Frail – **Completely dependent for personal care**, from whatever cause (physical or cognitive). Even so, they seem stable and not at high risk of dying (within ~ 6 months).
- 

8 Very Severely Frail – Completely dependent, approaching the end of life. Typically, they could not recover even from a minor illness.
- 

9. Terminally Ill - Approaching the end of life. This category applies to people with a **life expectancy <6 months**, who are **not otherwise evidently frail**.

Scoring frailty in people with dementia

The degree of frailty corresponds to the degree of dementia. Common **symptoms in mild dementia** include forgetting the details of a recent event, though still remembering the event itself, repeating the same question/story and social withdrawal.

In **moderate dementia**, recent memory is very impaired, even though they seemingly can remember their past life events well. They can do personal care with prompting.

In **severe dementia**, they cannot do personal care without help.

* 1. Canadian Study on Health & Aging, Revised 2008.
2. K. Rockwood et al. A global clinical measure of fitness and frailty in elderly people. CMAJ 2005;173:489-495.

© 2007-2009, Version 1.2. All rights reserved. Geriatric Medicine Research, Dalhousie University, Halifax, Canada. Permission granted to copy for research and educational purposes only.



How Best to Care for Frail Seniors



Akos Hoffer, CEO of The Perley & Rideau Veterans' Health Centre

On January 23rd, the Ottawa Citizen published an article about something that troubles more and more Canadians: how best to live out our final days. Advances in medicine make it possible for us to live longer, although treatments often diminish quality of life. As our population ages, more and more of us will be forced to make difficult decisions about care. Unfortunately, our youth-centric culture prefers to avoid topics such as aging and end-of-life

care. As the article pointed out, families and friends are often left to struggle with the stress and guilt that comes with being forced to make decisions about the care of loved ones who have lost their cognitive capacity.

Those of us who work in long-term care, of course, are immersed in the issue. Every day, we see the inherent conflict between palliative care – which seeks to ease the pain and suffering often experienced by patients nearing the end of their lives – and therapeutic care, which aims to cure a particular disease or condition. Two years ago, The Perley and Rideau Veterans' Health Centre introduced a new program known as PATH: Palliative and Therapeutic Harmonization. PATH is a process that helps older people and their families understand health status, and make decisions that protect their best interests and quality of life.

PATH involves a nurturing and structured methodology of assessment, communication and empowered decision-making. Through regular communication between physicians, caregivers, and residents and their families, elderly people and their families make informed decisions about care. In our experience, this approach leads to better care for residents and greater comfort for family members. Since it opened in 1995, the Perley Rideau has continually taken steps to improve quality of care. We are home to 450

people, including 250 Veterans and are recognized as one of the most progressive long-term care homes in Ontario. The Perley Rideau campus also features 139 independent-living apartments for seniors and a 12-bed Guest House providing respite care for those suffering from mid-to late-stage dementia. A growing number of clinical, therapeutic and recreational services are available on-site.

Implementing PATH is part of the Perley Rideau's long-term strategy to become a centre of excellence in frailty-informed care. Frailty is the accumulation of health issues that leads to declines in mobility, cognition and function. As Canada's population ages, caring for frail seniors will become a significant and expensive challenge. To tackle one aspect of the challenge, the Perley Rideau recently began a pilot project known as SAFE (Sub-Acute care for Frail Elderly).

SAFE, a partnership involving the Perley Rideau, The Ottawa Hospital (TOH) and the Champlain Local Health Integration Network, addresses a significant problem for the region's healthcare system. Elderly patients admitted to hospital for acute care (usually due to surgery, accident or severe illness) remain in hospital even after their conditions have stabilized. They no longer require acute care, but are not well enough to return home and the healthcare system has no suitable alternative. In many ways, the worst – and most expensive – place for a frail senior to recover is in an acute-care hospital. Studies demonstrate that their health tends to deteriorate, particularly during longer stays. Under SAFE, eligible patients will recover in a special 20-bed unit at Perley Rideau.

While PATH and SAFE are innovative, they are small in scale, particularly in light of Canada's demographics. According to Statistics Canada, nearly one-in-four of us will be aged 65 or older by 2030. And while approximately 1.4 million Canadians were aged 80 or older in 2013, the number is expected to rise to 5 million by 2063.^[1] Much work needs to be done to ensure that elderly Canadians will receive appropriate care. Conversations about end-of-life care represent a vital first step.

(1) <http://www.statcan.gc.ca/daily-quotidien/140917/dq140917a-eng.htm>



Private Support Providers (Sitters)

As a Village, all staff at The Perley and Rideau Veterans' Health Centre are committed to meeting the needs of our residents and tenants. To **enhance** care or to provide **extra** companionship, some residents/tenants/families choose to engage a Private Support Provider ('Sitter'). Residents/tenants/families are not required to hire someone privately, but if you currently hire a Private Support Provider or if you have questions about hiring someone, here are a few details to keep in mind:

- Perley Rideau has a policy and procedure regarding Private Support Providers ('Sitters').
- The resident/tenant/family holds full responsibility as the employer of the Private Support Provider.
- Some Veterans qualify for 'Attendant Allowance' funding through Veteran Affairs, to possibly help with the cost of a Private Support Provider.
- There is a list of documents that the resident/tenant/family (employer) is responsible for, outlined in Appendix A of the policy (i.e. police check for the Private Support Provider, proof of TB test, proof of flu vaccine, etc.) and requirements of the Private Support Provider (i.e. wearing a name tag, following the resident's care plan, abiding by applicable Perley Rideau policies, etc.).
- Residents/tenants/families have a right to engage anyone they choose – the person hired does not have to be from the list of agencies that we supply (Appendix B). Families can network among each other to find the best fit for the resident.
- Perley Rideau staff **CANNOT** suggest that families hire a particular person or use a particular agency.
- Perley Rideau staff **CANNOT** be hired as Private Support Providers for residents/ tenants/families.
- If residents/tenants/families hire a Private Support Provider, it is very important that Appendix C of the policy be completed by the resident/tenant/family, updated as required, and filed in the chart. This confirms the Private Support Provider details with staff (i.e. name of the Private Support Provider, days of the week they visit, care/ services they are providing to the resident/tenant).
- Private Support Providers **CANNOT** solicit business from residents/tenants/families.
- Front line staff who receive questions from residents/families who are considering hiring a Private Support Provider, will direct the resident/family to speak to the Registered Nursing Staff, who will refer to a Resident Care Liaison as necessary.

For any questions, please contact a Resident Care Liaison: Sarah Tellier, Resident Care Liaison for the Rideau Building, ext. 2352; Carolyn Young-Steinberg, Resident Care Liaison for the Ottawa Building, ext. 2353; or Kathy Ryer, Resident Care Liaison for the Gatineau Building, ext. 2860.

Do you like to sing? Yes? Well....

Come and join The Perley Rideau Choir

**Open to residents, family members,
tenants, volunteers and staff**



**First rehearsal:
Monday, January 15
2pm
Lupton Hall
Choir Director: TRUDY!**

February is Therapeutic Recreation Month

Did you know that February is Therapeutic Recreation month? To help celebrate and inform the Perley community about Therapeutic recreation, the Therapeutic Recreation and Creative arts team has put together 2 displays.

1. Please stop by the cafeteria to learn more about what Therapeutic recreation is, the benefits and the types of programs offered at the Perley by the Therapeutic Recreation and Creative Arts team. There is also a testimonial board where residents, staff, families and friends can write testimonials of how Therapeutic Recreation and Creative arts has made a difference in their lives.
2. Please visit the postal cart to get to know a few members of the Therapeutic Recreation and Creative arts team a little better by playing match the baby to the staff member game. Fill out the form for a chance to win a beautiful handmade prize.

On Friday, February 16 at 2 pm in Lupton Hall, staff, residents, families, volunteers and friends will launch of Perley Rideau Active Seniors, a new website to share the outstanding work of our Therapeutic Recreation and Creative Arts Programming team.

The website, ActivePerleyRideau.com, was developed with the support of the Centre for Aging and Brain Health Innovation (<http://www.cabhi.com>), and features residents, tenants, staff, former staff and a network of Perley Rideau friends to share engaging programming for seniors complemented by useful information and tips for caregivers of individuals with early to mid-stage dementia.

This celebration will feature a short video introduction of the website and its many resources along with a musical performance and speeches followed by refreshments.

Stay Active! Stay Healthy!

See you there!



Friday, Feb. 16, 4:00 – 6:00 pm

Spaghetti dinner in the cafeteria

- Meal includes spaghetti with meat sauce, garlic bread and Caesar salad
- Cost is \$7.99 plus tax
- Please pay in the cafeteria the night of the meal

The Living Classroom Unveiled by Algonquin College and the Perley Rideau



Jennifer Munoz, PSW Program Coordinator, Algonquin College (left) and Jennifer Plant, Director of Clinical Practice, The Perley Rideau, co-host the celebration on January 15th.

On January 15th, Algonquin College and The Perley and Rideau Veterans' Health Centre officially opened the "living classroom" and celebrated the first graduating class of Personal Support Workers.

Located in a converted dining room in the Ottawa building and opened in May 2017, the classroom allows Algonquin's Personal Support Workers to take part in an experiential learning environment, guided by school staff and supported by experienced mentors from the Perley Rideau.

"This enhanced relationship with Algonquin College immerses students in all aspects of the Perley Rideau Village to help improve the lives of residents while supporting volunteers and staff," says Perley Rideau CEO Akos Hoffer. "It is this type of innovation with a strong partner that helps to ensure future healthcare workers acquire the skills needed to benefit the larger healthcare system."

In January 2017, the two institutions signed a Memorandum of Understanding outlining their plans



Prominent in their blue scrubs were the smiling students who had just graduated from the eight-month program.



Two commemorative plaques are unveiled (from left to right) John Fraser, MPP Ottawa South and Parliamentary Assistant to the Minister of Health and Long-Term Care; Cheryl Jensen, President, Algonquin College; Chantale LeClerc, CEO, Champlain LHIN; Akos Hoffer, CEO, The Perley Rideau.

to create and consult on the delivery of educational programs, clinical services and research initiatives. Under the new agreement, the College's Personal Support Worker students engage with the residents and have access to the health centre's resources and expertise.

"There is no substitute for hands-on, experiential learning," says Algonquin College President Cheryl Jensen. "This classroom provides an unparalleled opportunity for our students to prepare for their careers. Together with our Perley Rideau partners, we are preparing these healthcare workers of the future by setting the highest standards in education and training."

A symbol of the collaboration that makes this program successful, the event was co-hosted by Jennifer Munoz, PSW Program Coordinator, Algonquin College (left) and Jennifer Plant, Director of Clinical Practice, The Perley Rideau. Prominent in their blue scrubs were the twenty smiling students who had just graduated from the eight-month program, the first of its kind in eastern Ontario.

Ashley Yutronkie, 32, spoke on behalf of the graduating students sharing her personal journey that led her to the PSW program and a passion for caring for seniors.

Expressing their support for the program and its students were Chantale LeClerc, CEO, Champlain LHIN, and John Fraser, MPP Ottawa South and Parliamentary Assistant to the Minister of Health and Long-Term Care. Also attending the event was Jean Cloutier, Councillor, Alta Vista ward.

To commemorate the partnership, two plaques were unveiled by Hoffer, Jensen, Fraser and LeClerc symbolizing the partnership between the organizations and a commitment to educate healthcare worker in the future. One plaque will be prominently displayed outside the classroom and the second plaque mounted in the classroom.

The Perley and Rideau Veterans' Health Centre and Algonquin College of Applied Arts and technology confirm their commitment to collaborate, encourage and facilitate the development of mutually beneficial opportunities.

Text on one of the plaques commemorating the opening of the Living Classroom



" From D-Day until today.

Hearing Canada's storied history from the Veterans at the Perley Rideau is something special. George, William, Charlie, and everyone there: thank you. And see you soon."

Minister Seamus O'Regan (Via Facebook)

Thank you for visiting Minister Seamus O'Regan. Our doors are always open for a visit.



Another remarkable Christmas Variety Show. Thank you to the residents, families, tenants, volunteers and staff for putting on a terrific show to continue our month of celebrations. Thanks for your support John Fraser and Jean Cloutier.

INCOME TAX CLINICS

**for Perley Rideau Village
Long Term Care residents & tenants**

Eligibility

- Have annual income of \$30,000 or less
- Are not involved in bankruptcy
- Are not claiming more than \$1,000 of interest income, capital gains, rental income, and business income.
- Are not completing a tax form for someone who is deceased

By appointment only

Sundays, 10:00 AM – 2:00 PM

March 11th, 18th, 25th and April 1st

To book an appointment

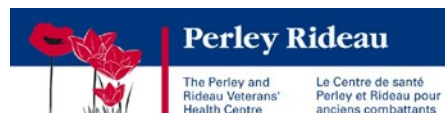
Contact Volunteer Services at Ext. 2305

or volunteer@prvhc.com

Kindly gather all T-slips and receipts to bring to your appointment.

The Perley & Rideau Veterans' Health Care Centre collaborates with Canada Revenue Agency to host the Community Volunteer Income Tax Program - Tax Clinics.

As a host organization, PRVHC (Volunteer Services), recruits volunteers and ensures that CRA requirements for tax preparation, security and the privacy of resident's files are met.



Volunteer Services Team participated at Volunteer Ottawa's Expo at City Hall on November 23rd, 2017

Out of the 36 other organizations that participated, our booth was outstanding. We had the chance to speak with 37 individuals who expressed interest in volunteering at the Perley and Rideau. - Maria Jimenez

L to R: Bonnie Lecompte - Volunteer,
Maria Jimenez - Intern Volunteer
Services Intern & Bernadette Lee-Wo
- Volunteer Services Clerk



TAX CLINICS ARE COMING!

4 consecutive Sundays 10:00am to 2:00pm
March 11th, 18th, 25th & April 1st

Help is available for 2017 income tax returns. This free service, provided by the Canada Revenue Agency and Perley Rideau Volunteers, is available to residents and tenants.

To qualify:

- you must have 2017 income of \$30,000 or less
- no more than \$1,000 of interest income, capital gains, rental income, and business income

The Community Volunteer Income Tax program does not process tax returns on behalf of a deceased person.

Appointments must be made in advance.

Perley Rideau long-term care residents or family members must book an appointment through Volunteer Services by contacting Volunteer Services at 613-526-7170 ext 2305 or volunteer@prvhc.com

Apartment tenants must book an appointment through Tenant Relations/Assistant Living staff.

The clinic will be located at Hallway 1300 next to Volunteer Services & Spiritual Care.

Thanks very much to volunteer Brian McGill who will be providing E-File services again this year to tenants and long term care residents.

The Perley Rideau and volunteers must decline any offers of monetary reward or gifts for this service.

"I appreciate this service. Brian is very pleasant, a very nice man. He is very efficient, I am impressed. I am very grateful & appreciative." – Mark S.(resident)

"Without this service, it would be impossible for the resident to file his taxes. It's so complicated, particularly when the resident's first language is not English or French and there is no family to help. What Brian is doing is invaluable. This service is invaluable." – Eugenia L. (volunteer interpreter):



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.

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.



17th 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!

<https://www.canadahelps.org/en/charities/PerleyRideauFoundation/events/2018natr/>



Health & Charity's
Hero's Winter Snow-Ball

FRIDAY, FEBRUARY 16TH, 2018 6-11PM

DINNER, DANCE, AUCTION - CELEBRATE OUR BRAVE HEROS
CENTURION EVENT CENTRE, 170 COLONNADE RD, OTTAWA

PERLEY SUPPORTER TICKET DISCOUNT: \$100 EACH, TABLES SEAT 10

FOR MORE DETAILS AND TICKETS, VISIT: WWW.HEALTHANDCHARITY.COM

THANKING OUR VETERANS AND FIRST RESPONDERS FOR THEIR STRENGTH AND DEDICATION

Perley Rideau
The Perley and Rideau Veterans' Health Centre | Le Centre de santé Perley et Rideau pour anciens combattants

6 | March 2018
14h00-15h30

*You are cordially invited to
High Tea
at the
Perley Rideau, with
some of Canada's
foremost Pioneers
of women in the
service.*

MARK YOUR CALENDAR!

The Perley and Rideau Veterans' Health Centre Foundation is proud to celebrate female veterans on the occasion of International Women's Week... Come celebrate with us!

BY INVITATION ONLY!

Volunteer Grant Program



Bernadette “Bernie” Arbutnot is one of the nearly 400 people who volunteer regularly for the Perley Rideau. A retiree of Bell Canada, Bernie applies regularly for a grant from Bell’s Employee Giving Program, which provides cash donations to organizations that attract Bell retirees and staff as volunteers. Many companies run similar programs. In December, Bernie presented a cheque for \$2,500 to the Foundation. L to R: Bernie Arbutnot; Delphine Haslé, Foundation Development Officer; and Daniel Clapin, Foundation Executive Director. To learn whether your employer has a similar program, please contact Delphine Haslé at 613- 526-7173 or dhasle@prvhc.com.

Call Bells

Hello everyone:

We are very pleased to announce we have successfully implemented our new Ascom nurse call bell system facility wide! This was a huge undertaking and we could have not done it without your assistance and cooperation. This new system enhances residents’ dignity, peace of mind and focus is on communication between residents and their caregivers. This reassures our residents—and saves time for our staff allowing them to respond to resident emergencies in a fast and efficient manner.

Throughout the Perley Centre block you will notice additional nurse call pull stations. These additional stations have been installed in key locations where our residents quite often visit – ex Finance Dept. and next to emergency phones located throughout the Perley Centre block. In the event an alarm is activated the following teams will receive the alert displayed on their phone and unit console for staff to respond:

- Call bells and door alarms located throughout the Perley Centre block 1st floor – are sent to O2E

- Call bells and door alarms located throughout the Perley Centre block 2nd floor – are sent to R2S.

Our resident’s know their requests for help will always be received and acted upon by the right people—at any time of the day, day in, day out.

We would like to thank all of our super users for their assistance with providing education and training for all of our employees.

We would like to thank our Perley Rideau Foundation team and its many donors who generously contributed to this project.

Thank you for your continued support in providing a safe and secure environment for our residents who live at Perley Rideau. A look and sound of a real home—but with the security and reassurance of a supportive facility.

Ted Griffiths and the Reconciliation Dinner

Major (ret'd) Edmund (Ted) Griffiths, CD, now spends much of his time reading, and chatting with fellow Veterans and other residents of the Perley and Rideau Veterans' Health Centre. The peaceful, caring environment stands in stark contrast to some of his experiences during a lifetime of service to Canada.

As a tank gunner during the Second World War, Ted contributed to the key Allied victory in the Battle of Ortona, fighting through some of the most horrendous conditions in Canada's military history. He stayed in the Canadian Forces, served in the Korean War and retired as a major in the 1960s. As part of his second career – in the federal public service – Ted was executive assistant to Justice Minister John Turner, who later became Canada's 17th Prime Minister. Along the way, Ted married, raised a daughter and published his memoirs. Today, there are eight grandchildren and eight great-grandchildren.

One accomplishment, however, lies particularly near and dear to his heart: the Dinner of Reconciliation he helped organize in 1998. A group of former adversaries – two dozen Canadians and eight Germans – shared Christmas dinner in an Ortona church damaged some 55 years earlier.

"We had tremendous respect for one another," he says simply. "On both sides, we were just good soldiers fighting for our countries."

In December 1943, the Allied advance through Italy encountered ferocious resistance at the ancient town of Ortona. The 1st Parachute Division – comprised of some of Germany's most experienced soldiers – fiercely defended the town against the 1st Canadian Infantry Division. The Germans created nearly impregnable obstacles; they destroyed buildings so that the Canadians would have to advance through narrowed streets lined with snipers and countless mined booby-traps. So intense were the eight days of house-to-house fighting that Ortona was dubbed "Little Stalingrad," for its resemblance to the definitive battle of the Eastern Front. The Canadians chased the Germans from the city at tremendous cost: more than 500 Canadians killed and 1,800 injured

(including the initial fight across the Moro River to reach Ortona).

For decades, the battle haunted many of the Canadian Veterans who had taken part. Some would gather for commemorations and anniversaries to share their memories and grief. Ted participated in many alongside his fellow Three Rivers Regiment survivors. At one such meeting, the Regiment's former padre – Joseph L. Wilhelm, later Archbishop of Kingston – described his hopes that Canadian and German Veterans would one day hold a reconciliation dinner at Ortona. When Archbishop Wilhelm passed away in 1995, Ted became determined to see the dream become reality.

The Regiment endorsed the idea immediately, but Veterans Affairs Canada declined to contribute funds, citing plans for a larger ceremony scheduled for the following year. Ted was severely disappointed. "To many of us," he says, "the Italian Campaign, and particularly the Battle of Ortona, had long been downplayed in Canada."

Several officials and newspaper columnists quickly took up the cause, however, and public donations began to pour in, eventually totalling approximately \$250,000. On behalf of the Three Rivers Regiment, Ted contacted the President of the 1st Parachute Division Veterans Association. Together, they would commemorate a poignant moment from Christmas Day 1943, when several companies of Canadians rotated through a makeshift dinner service in the courtyard of an Ortona church. 55 years later, 24 Canadian and 8 German Veterans of Ortona shared Christmas Eve dinner in the same place. Ted describes the scene in his 2000 memoirs, *Dare to be True*:

"It was a blending together of human beings who had faced each other as foes, and now with age and the greater understanding that goes with it, recognized that forgiveness and reconciliation is the only true path to follow."

For participants on both sides, the dinner put to rest the ghosts that had haunted them for decades.

Donations from Canadians covered travel and accommodation expenses; the German Veterans paid their own way. The



Edmund (Ted) Griffiths

donations also paid for a statue erected in the town square. The remaining proceeds went to two facilities that care for Veterans: the Perley Rideau and Ste. Anne de Bellevue Hospital in Montréal.

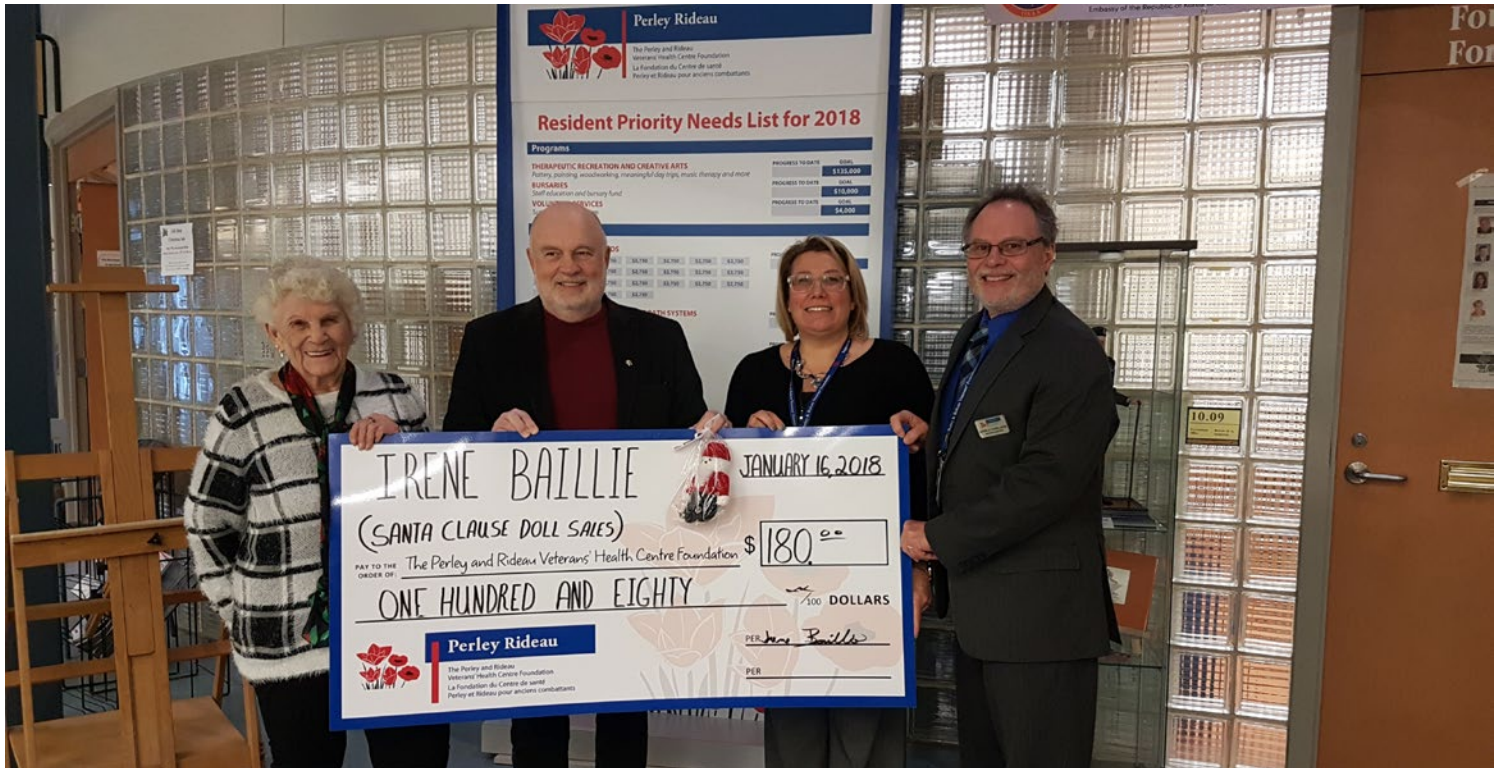
"I'm quite impressed by the quality of care here," says Ted Griffiths, relaxing in his room. "It's as if they can't do enough for you." Many Canadians – and particularly donors to the Perley Rideau Foundation – feel they can never really do enough for Veterans like Ted Griffiths.

The Perley and Rideau Veterans' Health Centre is home to 450 residents, including 250 Canadian Veterans, most of whom served in either the Second World War or the Korean War. The Government of Canada provides additional funding for the care of Veterans, but donations to the Perley Rideau Foundation improve their quality of life in direct and significant ways. Veterans Affairs Canada recently agreed to fund a unique unit for the next generation of Veterans at the Perley Rideau.

We appreciate your support in making a bequest in your will and/or making a donation

Please contact Daniel Clapin
The Perley and Rideau, Veterans'
Health Centre Foundation
1750 Russell Road, Ottawa ON
K1G 5Z6

Email: dclapin@prvhc.com
Internet: www.perleyrideau.ca
613-526-7173

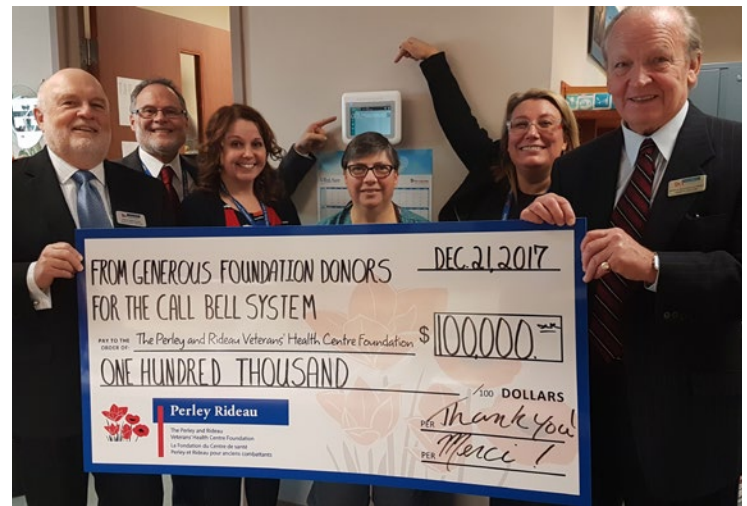


Irene Baillie sold her Santa Clause Dolls at the Royal Canadian Legion Eastview Branch in support of the Perley Rideau. She raised \$180 and she is already planning for next year! L to R: Irene Baillie, Lifetime Legion Member; Doug Brousseau, Foundation Chair; Daniel Clapin, Executive Director; Delphine Haslé, Development Officer



Thanks to all 62 branches of the Royal Canadian Legion District G, the generous donation of \$18,000 will go towards the purchase of a new therapeutic bath system.

L to R: Donna Longmire, Secretary District G; Doug Brousseau, Foundation Chair; Daniel Clapin, Executive Director; Delphine Haslé, Development Officer; Aubrey Callan, Veterans Officer District G



In December, we celebrated donors' giving with staff and Foundation Board members. Marie shared her experience with the new Call Bell System. What's yours? L to R: Doug Brousseau, Foundation Chair; Daniel Clapin, Executive Director; Lorie Stuckless, Director of Support Services; Marie McCarthy, PSW; Delphine Haslé, Development Officer; Keith de Bellefeuille Percy, Foundation Vice-Chair



The Family and Friends Council honoured their Past Chair Ray Bailey by adding a new leaf to the Tree of Life. Can you find Ray's leaf to the left of the Jo and Denny's Pub? Pictured is Ray Bailey



Resident Peter Brennan gave a generous gift of \$5,000 to the Foundation at Christmas as a way to extend his thanks to Perley Rideau staff for all they do for the residents. Thank you Peter for your exceptional support and for your service to our country! L to R: Sara Francis, Administrative Assistant; Peter Brennan; Daniel Clapin, Executive Director



Foundation and Health Centre staff and volunteers had a roaring time curling in the annual DGAEPM Bonspiel in support of the Perley Rideau Foundation! 20 teams came together to compete and raise money to support the Foundation's mission. Thank you DGAEPM members for your support!

Family and Friends Council

As the New Year commences, we are excited about FFC's progress and achievements over the past year and going forward. As we reflect back on the past year's activities and milestones, we wanted to highlight a few of our activities and, most notably, to express our appreciation to our former Chair, Ray Bailey who stepped down as an FFC Executive in November 2017, to pursue other interests.



Tribute to Ray Bailey, Immediate Past Chair, FFC

In 2010 Ray and Doreen Rocque helped to establish the Perley Rideau's Family and Friends Council. In 2012, Ray became an Adjunct Advisor to the Perley Rideau Board of Directors Quality of Life and Safety Committee.

Ray was a passionate advocate and caregiver for his late wife Elizabeth who was diagnosed with Huntington Disease and became a resident of Ottawa 1 West at the Perley in 2008. Ray's wife passed away in 2015 and since, he then continued his vigorous advocacy for residents' care and support for family and friends caregivers.

Ray was also active with the Ottawa Chapter of the Huntington Society and was subsequently elected President. In 2010, he was elected to the Board of the Huntington Society of Canada and served in that capacity for 5 years

In 2016, Ray and Doreen were recognized by the Perley Rideau for their commitment to enhancing the care of residents and family caregivers and were recipients of the Perley Rideau's Advocacy Award.

In appreciation of Ray's commitment and dedication to the FFC, Ray was recently presented with a commemorative leaf on the Perley Foundation's Tree of Life. The inscription reads "In recognition of Ray Bailey's outstanding leadership of the Perley Rideau's Family and Friends Council in improving and enhancing the quality of residents' care".

2017 Year in Review

Over the past year, the FFC presented information on Perley Rideau activities, programs and initiatives including:

- The role and responsibilities of Perley Rideau's Resident Care Liaisons;
- Ethical considerations in resident care and decision making;
- Reviews of resident care plans;
- The admission process at the Perley Rideau; and
- The implementation of the PATH (Palliative And Therapeutic Harmonization) model of care for Frailty pilot program at the Perley Rideau.
- **Education day** (June 8, 2017) session on the role and impact of "PATH on Perley Rideau's staff, volunteers and family and friends caregivers, followed by a moderated panel discussion by Akos Hoffer, the Perley Rideau's CEO.
- **Annual General Meeting** (November 16, 2017) presentation by Lieutenant-General (Retired) Michael K. Jeffery, C.M.M., C.D., former Chair of the Perley Rideau Board and leader in the development of the Perley Rideau's Strategic Plan. Topic: "The Perley Rideau's Strategic Direction – Serving the Communities Evolving Needs" reviewing the evolution of the original 15 year strategic plan that was established in 2010 and an overview of the developments leading to the recently revised Strategic Plan.
- **Fresh slate of FFC Executive** - At the AGM, a new slate of Executive members was appointed. We were delighted to welcome four new members to our executive - Barbara Caverhill, Daryl Dods, Yvonne Fitzpatrick and Stephan Klovan along with five incumbent members - Heather Moxley, Mark Bowman, Joan Olinik, Doreen Rocque and Brenda Tobin.



L-R: Mark Bowman, Director of Communications; Doreen Rocque, Director-at-large; Barbara Caverhill, Vice Chair and Secretary; Heather Moxley, Chair; Brenda Tobin, Treasurer; Joan Olinik, Director-at-large; Daryl Dods, Director-at-large; Yvonne Fitzpatrick, Director-at-large; Stephan Klovan, Director-at-large.

See bios for each member

[<https://www.perleyrideau.ca/familyandfriends>]

2018 – Looking Forward

We will continue to build on our successful activities and the progress already made over the past several years in improving residents' care and caring for the caregiver. Over the coming year the FFC will be focusing on the following initiatives:

- We will continue to offer presentations on areas of interest and relevance to family and friends at our monthly meetings:
- January 2018 monthly FFC meeting – The Role of the Perley Rideau's Resident Care Manager presented by Samantha Diceman, Resident Manager, Rideau
- February 2018 – monthly FFC meeting – presentation by Lorie Stuckless, Perley Rideau's Director of Support Services – Lorie will provide an overview of the various non-medical services (e.g., food services, laundry, administrative services) provided on the Perley Rideau campus
- March 2018 – monthly FFC meeting – presentation by Jessie Stephenson, Perley Rideau's Spiritual Care Worker on Caring for the Caregiver

- April – May 2018 – Topics being considered – Review of external contracted services at the Perley Rideau (e.g., physio, dental, dermatology, vision)
- June 2018 – Education day – presentation to be determined
- Promotion of various working groups with the PRVHC including the following areas of concern – falls, hand hygiene, pain education pamphlet, quality improvement teams
- Partnering with the Perley Rideau management in the development and implementation of key initiatives such as the Resident and Family Advisor Program and PATH model of care

We are looking forward to continuing to enhance residents' care and support for family and friends and our advocacy efforts through our activities, as well working with Perley Rideau's senior management and Board of Directors and the Perley Rideau Foundation.

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 long term care residents of the Perley and Rideau Veterans' Health Centre (Perley Rideau) by promoting an atmosphere of compassionate care and support amongst family members, friends, volunteers and staff. Participation is open to family of residents, former Perley Rideau residents, 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 70 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 Heather Moxley by phone [613-859-5231] or by e-mail at: familycouncil.prvhc@gmail.com



Topic of the month:

Healthy Meal Planning

Why You Need to Eat Well

Malnutrition in older adults can lead to various health concerns, including:

- A weak immune system
- Poor wound healing
- Muscle weakness and decreased bone mass
- A higher risk of hospitalization
- An increased risk of death

Prevent Malnutrition with Better Meal Planning

Older adults are at risk of inadequate nutrition (malnutrition). Use the healthy plate model to plan your meal.



Healthy plate model

FRUITS/GRAINS & STARCHES

This is your source of energy.

Choose whole grain breads and cereals, rice, noodles, or potatoes. Fruit choices like apples, oranges, peaches

VEGETABLES

These are very high in nutrients and low in calories.

Choose dark green, bright yellow and orange vegetables. e.g. spinach, broccoli, carrots, squash.

MEAT & ALTERNATIVES

Good sources of protein, iron and B, vitamins that are key for keeping your muscles strong and your immune system healthy. e.g. fish, lean meats, eggs, nuts, beans, lentils, tofu

FATS

Include a small amount (30-45 mL or 2-3 tbsp) of unsaturated fats each day e.g. canola, olive or soy oils and non-hydrogenated margarine

MILK & ALTERNATIVES

A source of calcium and vitamin D, important for keeping your bones healthy. Choose lower fat milk products. (e.g. 1% or 2% milk, or fortified soy beverage)

HANDY PORTION GUIDE



Choose an amount the size of your fist for each of Grains and Starches, and Fruit.



Choose as much as you can hold in both hands.



Choose an amount up to the size of the palm of your hand and the thickness of your little finger.



Limit fat to an amount the size of the tip of your thumb.



Drink up to 250 mL (8 oz) of low-fat milk with a meal.

References: *Planning Meals Using Eating Well with Canada's Food Guide* <https://www.dietitians.ca/Downloads/Public/Senior-Friendly-collection.aspx> | *Just the Basics (healthy eating)* <http://guidelines.diabetes.ca/CDACPG/media/documents/patient-resources/just-the-basics-healthy-eating.pdf> | *Senior health: How to prevent and detect malnutrition* <https://www.mayoclinic.org/healthy-lifestyle/caregivers/in-depth/senior-health/art-20044699?pg=1>



On December 1st Residents from the Rideau and Ottawa building were joined by volunteers, friends, and family to create table centerpieces for The Perley Rideau Christmas parties. Arrangements were created using real flowers and greenery, pinecones, cinnamon sticks, and ribbons. Over the next few weeks residents in Gatineau, Rideau, and Ottawa buildings created nature Christmas ornaments to display in their room. Clear bulbs were given to each resident to decorate the inside and or outside using pine needles, cedar, flowers, mini pinecones, moss, and more. Some decided to decorate large pinecones as well using nature materials. It was an activity enjoyed by all!

Paypool Winners: \$100 each

December 28

- Almaz B. - O2E
- Marie Angelle R. - O1W

January 11, 2018

- Pamela Nji A. - O1E
- Emmanuel M. - G2S

January 25, 2018

- Jose C. - G1S
- Rhodora T. - R2S

February 8, 2018

- Ingrid D. - G1N
- Chrystine St L. - HSKG

Vol. 21-01

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. 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