

June 2016 Edition

Between Us... *Briefly*



Perley Rideau

The Perley and Rideau
Veterans' Health Centre

Vol. 19-06

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



Celebrating
20
YEARS
Perley Rideau



20th Anniversary Souvenir Newsletter

Our **Glorious** Past,
Our **Golden** Future.

1996-2016



Penny Donnelly

Please welcome Penny Donnelly, who began her employment as part-time Human Resources Support Clerk in May. Penny has over 30 years of experience in the Federal Government in a variety of roles, from Administrative Assistant to Senior Policy Advisor; she originally retired in 2011, and has continued to work part time in customer service.

Penny's role at the Perley Rideau is a newly created role, with the Human Resources Department having reorganized its functions following the retirement of Chris Blanchette. Penny will be providing support in all areas of the department, including in the staffing office. Please welcome Penny, we know you will love her!



Susan Kumar

Please welcome Susan Kumar, B.A., RMT, the newest member of the team at the Perley Rideau Physio & Massage Therapy Clinic.

Susan graduated from the University of Guelph and studied massage therapy at the D'Arcy Lane Institute in London. In 1999, she trained in Myofascial Release with John Barnes, PT, which shaped her holistic approach to treatments. She has also studied Palliative Massage at Mt. Sinai Hospital

in New York. Susan is experienced in massaging pregnant women, athletes, seniors, medically fragile children, and individuals with chronic pain, depression and anxiety. In 2008, she completed Hatha Yoga Teacher training at Rama Lotus in Ottawa. Susan recognizes the benefits of massage therapy as a complement to traditional health care, as well as part of stress management and a healthy lifestyle.



Lili Roussakis

Lili Roussakis recently joined Volunteer Services as the Summer Youth Student Assistant. In this role, she will be working with the volunteers of the Summer Youth Program to ensure they have a great time volunteering at the Perley Rideau this summer. Since 2013, Lili has volunteered at Perley Rideau through the Creative Arts programs.

Lili was born in Cornwall, ON, and moved to Ottawa while she was in high school. She is currently studying a Bachelor of Music degree at Carleton University. She looks forward to working with the Perley Rideau again this summer, but in a different capacity, and is looking forward to meeting all of the new volunteers.

Good day all,

I am moved to write to you all in order to express my very sincere thanks for the beautiful pottery that you have so generously and graciously made available to the public. I think the pieces are extraordinary and made even more so by the fact that the hands that crafted this art are our very own Veterans. This holds tremendous meaning for me as my own grandfather a fixed wing pilot having flown operationally with the RCAF during the Second World War, spent his last days at this beautiful facility.

I wanted to let you know where your pieces will end up:

Several will be handed to my boss on the day of her retirement ceremony. How perfect to be able to give this very proud Army Officer these pieces! All infused with the energy of the people with whom she now happily joins in rank – the Veterans!

Several other pieces will go to a dear friend, an Army Reservist, as gifts to welcome his first child. He will be so happy! Gifts infused with your beautiful energies!

Of course, I have kept a few gems for myself and my son.

Thank-you! Thank-you! From the bottom of my heart, thank-you!

...and please be assured, you haven't seen the last of me or others like me. Keep on creating it means the world to us!

Yours so very sincerely,
JM

What PRVHC means to me?

Yes, what does Perley Rideau mean to me? Ah, well, I can tell that Perley Rideau played a very important part of my journey in life. I was glad when I was hired in 1998, though I was just newly graduated from Health Care Aide and Patient Care Assistant courses. Perley Rideau gave me that opportunity to grow, learn and develop more knowledge and understanding to care our aging populations.

Juliet T.
Assisted Living Services Dept.

I was honoured to speak at the 2014 Special Donor Event where building A was named Commissionaires Ottawa Place. I love my apartment, it is bright, very well equipped and is all on one floor! We are so fortunate to be able to use all the amenities that are here and the staff, workers and volunteers are amazing. I am so happy to be in my "forever home"!

Doreen M.
Apartment Tenant

20th Anniversary Celebration a Community Affair at Perley Rideau

By Anna Rumin, Special to Perley Rideau



Those attending the 20th anniversary at the Perley Rideau were treated not only to the celebratory cake in Lupton Hall after the formal ceremony, but to a variety of speeches and stories that shared a common theme: Community. Perhaps family member Sandra Seymor summed it up best when she looked out at the crowd and said, “What does the Perley Rideau mean to me? It means Welcome! It means that even if I am not able to be here to see my mother, I know she is well looked after.” Who could ask for more?

Over 100 years ago the heirs of the Perley family used their property on Wellington Street to plant the seeds and establish the roots for what is now The Perley and Rideau Veterans’ Health Centre (Perley Rideau). The roots were grounded in the spirit of creating a community for those in long term care, and in the greater community of the City of Ottawa. At the 20th anniversary of the new facility, CEO Akos Hoffer emphasized that the Perley Rideau continues to “expand as a centre of excellence” adding “I know we have tested your limits for change, but we are better for it.” In the speeches and stories that followed, everyone spoke of the Perley Rideau as a place where caring, connections and collaboration are the cornerstone for a true community.

Ottawa Mayor Jim Watson shared his memory of John Lupton who fought hard to ensure that Veterans would

have a long-term home – a facility that started small and has become a federal model that accommodates a large range of programs and services for seniors in the community. As a tribute to long-term caregivers, Mayor Watson spoke described them as the “angels of today”, especially poignant following the recent passing of his father, a Second World War Veteran. John Fraser, MPP for Ottawa South, spoke about his personal connections to Perley Rideau that included his mother’s work as a registered nurse at the Perley Hospital and his sister, Missy, who currently works in the Recreation and Creative Arts Program. Fraser thanked Perley Rideau staff for 20 years of “caring and making a difference in the lives of the residents but also in the lives of the families of the residents”. David McGuinty, MP Ottawa South, abandoned his prepared speech to recall his own connections to Perley Rideau beginning with his mother who was a nurse at the Perley Rideau for many years. He also spoke about his brother, Dalton, and the profound impact that volunteering had on his vision of community once he became Ontario’s Premier.

The Honourable Kent Hehr, Minister of Veterans Affairs Canada and the Associate Minister of Defence for the Government of Canada, stated, “Every day I have lived in peace and security thanks in large to the men and women who live here”. He added that Perley Rideau is a place

where caring, sharing and building lives occurs on a daily basis. “We know you have not only served our nation in the past you continue to build community”. Charles Lemieux, Chairman of the Perley and Rideau Veterans’ Health Centre Foundation, said that “behind every donation, is a story”. And it is the stories of the people who live and work at the Perley Rideau that best show what it means to be a part of this evolving community.

George Couillard spoke on behalf of Perley Rideau’s residents. He recalled the early days when he and wife Dora were two of the early tenants in the apartments. He spoke about the importance of couples being able to stay together as they grow older and that he values Perley Rideau’s scope of services as he has moved into long-term care. Joan Olinik, a family member, volunteer and donor, revealed that has already has name on the apartment waiting list, an endorsement for Perley Rideau’s exemplary care and the supports available for the region’s seniors. In

her address, Joan recognized the barber, to the cleaning staff, recreation staff, gift-shop, pub, pharmacy, and staff, illustrating the variety of roles performed for this community. Alison Wheeler, a RPN, was chosen to speak on behalf of the staff, revealed that she was who was following in her grandmother’s footsteps as a nurse and staff member at Perley Rideau. Alison expressed her excitement to be part of the Perley Rideau’s evolution. The final words went to former Canadian ambassador Ted Lee, who, along with his wife, live in the Perley Rideau apartments. Ted focussed on the diversity of residents and staff at the Perley to reflect what we know is truly Canadian.

The variety of speakers and perspectives reflect the ongoing commitment of the Perley Rideau community to ensure that the seeds planted over 100 years ago continue to grow.



Piped in to open the Celebration



Akos Hoffer, CEO and Master of Ceremonies



Jim Watson, Ottawa Mayor



John Fraser, MPP Ottawa South



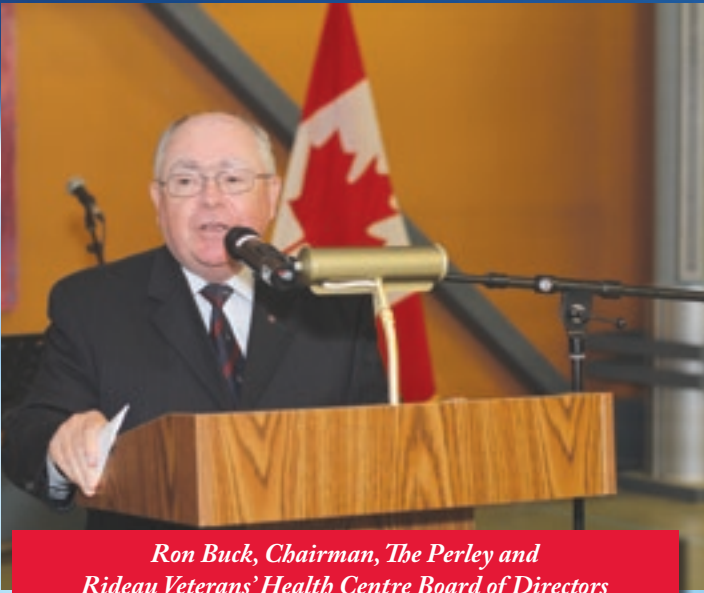
David McGuinty, MP Ottawa South



Honourable Kent Hehr, Minister of Veterans Affairs and Associate Minister of National Defence

“It’s (Perley Rideau) a place of community, where people care, share and play together, and contribute and build each others’ lives,”

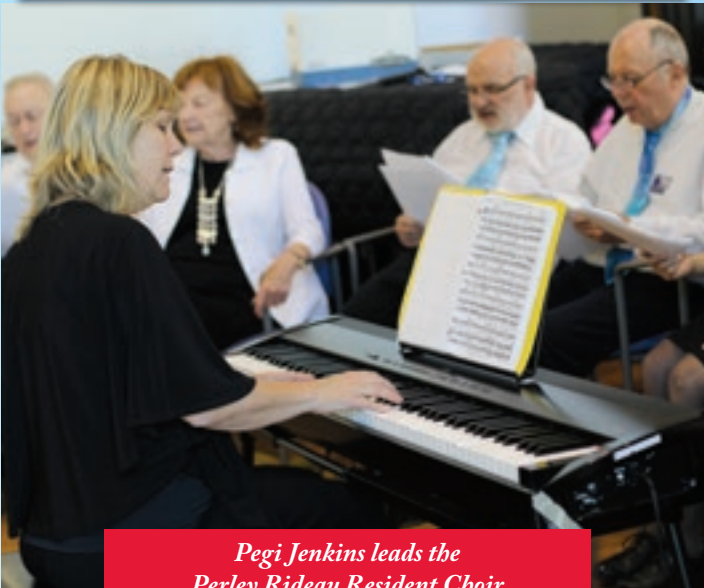
Honourable Kent Hehr, Minister of Veterans Affairs and Associate Minister of National Defence



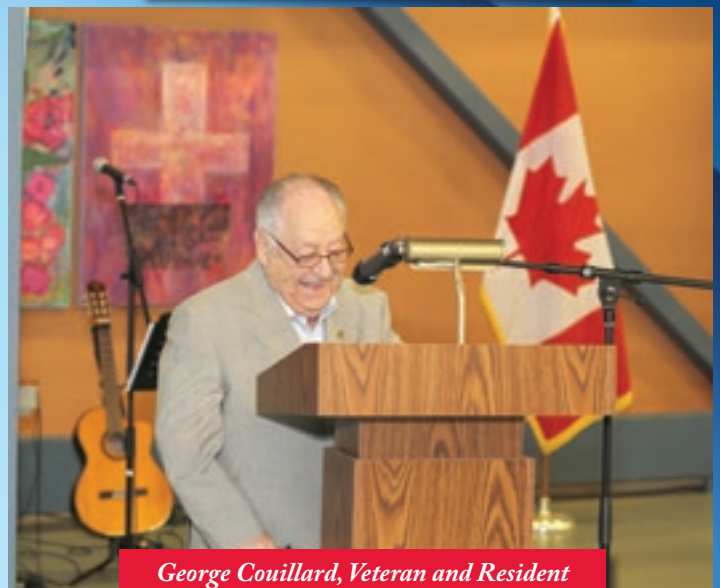
Ron Buck, Chairman, The Perley and Rideau Veterans' Health Centre Board of Directors



Charles Lemieux, Chairman, The Perley Rideau Foundation



Pegi Jenkins leads the Perley Rideau Resident Choir



George Couillard, Veteran and Resident



Veterans of the Korean War listen to Minister Hebr



Staff and Residents enjoy the Celebration

Wall of Creativity will commemorate Perley Rideau's 20th Anniversary

A unique feature of Life at the Perley Rideau is that we engage and honour the creative spirit of our residents along with our staff, volunteers, families and apartment tenants. Our programs are forward looking; we support new experiences and self-discovery for our seniors and provide opportunities for ongoing learning and experimentation.

The Perley-Rideau Village "Wall of Creativity" will be located along the curved wall in the main entrance hallway and art installation will begin immediately and continue throughout the year. We hope that our community will contribute toward this art installation and visit it often as it expands and immortalizes Perley Rideau's roots and more than two decades at the Russell Road location.

It is our intention that this Wall of Creativity will become a popular spot to snap selfies and photos that can be shared through social media while upholding our commitment to protect the dignity and privacy of Perley Rideau's residents and community.

"Wave Upon Wave, A Sea of Creativity"

Unique personal canvases, panels and tiles will soon adorn a wall in the Atrium of Perley Rideau Centre. These original creations will draw from the various media taught at Perley Rideau: Wood, Painting, Mosaic, Clay, Textiles.

The Perley Rideau Community may also choose to include words, text memories and photos in a collage format. The works would be displayed gallery style with an estimated first run of 80 - 100 small works (individual size approximately 14 x 9 in., 12 x 8 in. each) and continue to grow from there.

These individual creations will be dated, titled and include the artist's name if the artist or family members so choose. The 'Sea of Creativity' will continue for years to come as new waves are created and the Perley Rideau community continues to change and grow.



Editor's Note:

The Perley Rideau 20th Anniversary Souvenir program listed the names of staff and volunteers with 20 years' service, or more. I want to express my apologies to the six volunteers who have been here from the beginning but were omitted from the Program. These dedicated individuals include Carol Dicks, Beverley Edgecombe, Rejeanne Fairhead, Millie Fyfe, Jackie Sorfleet and Pearline Stewart. Thank you for your service. I am sorry for overlooking your names.

Jay Innes

20th Anniversary Celebration Organizing Committee

- | | | |
|--------------------------------|-----------------------------|---------------------|
| 1. Ruth Bard (tenant) | 7. Pegi Jenkins | 13. Lorie Stuckless |
| 2. Dorothy Charette (tenant) | 8. Gail Lalonde (volunteer) | 14. Russ Tattersall |
| 3. Marie Gauthier (tenant) | 9. Lisa Mallin | 15. Robin Tremblay |
| 4. Chad Haffner | 10. Robyn Oraziatti | 16. Barb Wilson |
| 5. Delphine Hasle (Foundation) | 11. Praxides Otan | 17. Darlene Yue |
| 6. Jay Innes | 12. Lacey Sheng | |
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S.A.F.E. Unit Engagement

- Thanks to all the more than 60 staff members who attended the June 14th and 15th engagement sessions to learn more about the Sub-Acute Unit for the Frail Elderly (SAFE Unit)
- Sessions took place on day, evening and night shifts to accommodate all interested staff.
- The topics covered included:
 - Overview and rationale
 - Patient admission criteria
 - Staffing and recruitment
- A significant part of the sessions included an interactive walk-through of a process map, showing what a day in the life on the SAFE unit will look like – both from a patient perspective and from the staff perspective
- The purpose was to seek input from staff (“the experts”) on any gaps, how roles and process will be different on this unit, and other considerations for successful implementation
- Great discussion and feedback were generated and staff felt that the sessions helped clarify role expectations, patient profile and general pace of the unit
- The evaluations were very positive and many people expressed enthusiasm and interest in working on the new unit.
- Staff members attending the sessions represented multiple professions and departments



What does Perley Rideau mean to you?

That's what we wanted to find out in the run up to Perley Rideau's 20th Anniversary Celebration on June 21.

All members of the Perley Rideau Community were invited to share their perspectives.

Below are excerpts from four of the many testimonial submissions.

What does the Perley Rideau mean to me? WELCOME! WE CARE! A giant weight I hadn't realized I carried has been lifted. I can visit as much as I am able and know that when I am unable my mother is safe and well cared for and happy.

What do I want for the Perley Rideau? Selfishly, I want the Perley Rideau to be around when I need it. My husband and I joke about our room at the Perley Rideau. When the time comes, I want the same great staff and volunteers, the same great programs. My experience has shown me that not all long term care homes are created equal. I want the best. I want The Perley Rideau!

Sandra Seymour, Family member



I also personally have received such kind and compassionate understanding...When I lost my dear husband..recently,.. the staff members, from all across the spectrum of the Perley Rideau, shared their warmth and deep condolences for my loss...I have never been more convinced that the kindness and true caring experience is totally unique.. here at the Perley Rideau... I have never known any other facility that gives so much to their residents and their families as the Perley Rideau family gives..... The Perley Rideau is my Dad's Home and it will one day be mine as well. I am proud to be a part of the Perley Rideau Family Experience and look forward to the next 20 exciting years ahead...

Joan Olinik, Volunteer, Family Member and Donor



When I started my permanent position here, I met a wonderful night RPN who I come to find out, worked here with my grandma. I was just thrilled! She would tell me stories and how great of a nurse she was and how much I resembled her and her work ethic. Today I see many changes happening with the Perley Rideau and I am wanting to involve myself in each and every one of them that I can. ... I am so fortunate to work in such a great place filled with lots of great staff and residents. I call this place my second home, as do most of my friends and family! I hope to continue my future endeavours here and hopefully follow in my grandmother's footsteps and retire from here also.

Alison Wheeler, Staff member



If I were to choose one word to describe life at the Perley Rideau apartments it would be “diversity”. The 175 or so tenants, both Veterans & non-Veterans, represent many diverse backgrounds & have many different interests. Supporting them in various ways are numerous competent, caring & friendly staff who are also a very diverse group.

Ted Lee, Former Canadian Ambassador, Apartment Tenant

Memories from the 2015 Dinner for Residents and Family: Celebrating Perley Rideau’s 20th Anniversary



Antimicrobial Stewardship Update

By Caroline Meguerditchian, Infection Control Coordinator

Since their discovery, antibiotics, also known as antimicrobials, have been deemed one of the most important discoveries in the history of modern medicine. When used properly for bacterial infections, antimicrobials are a powerful tool for curing or obliterating the resulting disease. However, also since their discovery, resistance to antimicrobials has become a growing concern. Resistance means that the bug has “learned” how to survive despite the antimicrobial, forcing us to select another antimicrobial, which then leads to more potential resistance to the next antimicrobial and so on and so forth. In the past decade, resistance to antimicrobials has been on the rise while new antimicrobial development has been on the decline, which means that these powerful drugs are now a scarce resource.

Antimicrobial resistant bugs have been dubbed by the media as “superbugs”. We often hear stories about these bugs spreading in hospitals and other health care settings, sometimes causing “incurable” infections.

Fortunately for us, Infection Prevention and Control Practices helps us limit the transmission of these [and other] bugs in our setting. We implement additional precautions and processes when we identify these bugs, and of course we do meticulous hand hygiene. However, these measures do not prevent the emergence of antibiotic resistance through another mean known as selective pressure. Simply put, resistance through selective pressure happens when certain antimicrobials are used frequently and thus resistance to them emerges.

Antimicrobial stewardship is the key to solving this amongst other problems related to antibiotic resistance. Antimicrobial stewardship is defined as a “collection of interventions geared toward optimizing the prescribing of antimicrobials, and includes the appropriate selection, dosing, route and duration of antimicrobial therapy with the goal of optimizing patient outcomes and decreasing adverse events related to antimicrobial therapy.” Simply put, once an indication is identified for an antimicrobial, antimicrobial stewardship is the:

- Right drug, at the
- Right dose, and for the
- Right time, using the
- Right duration

Here at Perley Rideau, our organization is in the development phase of an Antimicrobial Stewardship Program co-led by Dan Dalton, Clinical Pharmacist and Caroline Meguerditchian, Infection Control Coordinator. Since September of 2015, a strategic team has been working on the building blocks of such a program. As of January, a multidisciplinary team has been recruited with executive support from Linda Hunter, Chief Nursing Officer, Infectious Disease expertise from Dr. Gary Victor, Internist, and ad hoc support from the microbiology lab. Our frontline staff has been engaged in this process as well. We are also fortunate to have a medical resident, Dr. Samuel Blanchette-Bourassa, working with the team on a research project related to prescribing habits in select clinical situations.

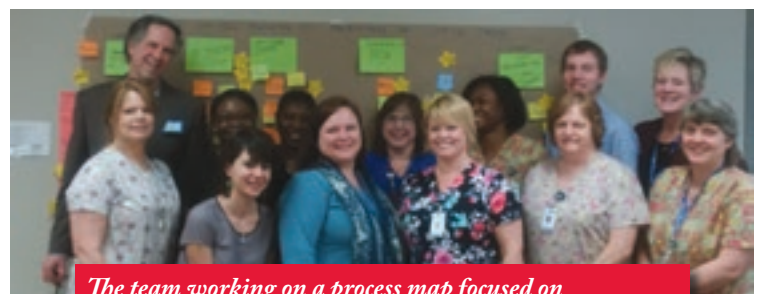
The program aims to:

Optimize resident safety.

- Achieve best clinical outcomes related to antimicrobial use.
- Minimize toxicity and other adverse events related to antimicrobial use such as *clostridium difficile* infections.
- Reduce resistance.

Our focus for 2016 is urinary tract infections. Analysis of antimicrobial use has shown that the majority of the antibiotics are used for presumed urinary tract infections. The team is exploring this further to identify opportunities for minimizing unnecessary use of antibiotics and optimizing their use when indicated.

Work in this area continues and we are very excited at what lays ahead. This program is unique to our home, and we look forward to sharing the lessons learned and improvements made for the safety and well-being of the people we serve.



The team working on a process map focused on prescribing antimicrobials for urinary tract infections

Hand Hygiene: Clean Care is Safer Care!

By Caroline Meguerditchian, Infection Control Coordinator

Hand Hygiene is the cornerstone of all Infection Prevention and Control Activities. Here at Perley Rideau we have an intent focus on improving hand hygiene practices amongst all of our staff, family, visitors and residents.

How do we do this?

We talk about Hand Hygiene at every opportunity we have. It is an engrained practice in our care activities, in our programming activities and literally anything else that we do around our home. We do formal annual education and we do extensive in the moment teaching and role modelling. In addition to this we monitor our performance through direct observations. Direct observations are “audits” done by our hand hygiene champions at the bedside while staff is carrying out care activities with our residents. Keeping our residents safe is of the utmost importance for us, and hand hygiene plays the most important role in minimizing the spread of bugs from person to person.

In a health care setting, we talk about the 4 Moments of Hand Hygiene:

The 4 moments are key indications for the crucial times we as healthcare providers absolutely must clean our hands. These indications are outlined in the image below.

We are focused on increasing compliance with Hand Hygiene at Moment 1: before contact with the resident. Over the past month our staff accomplished 74% compliance with Hand Hygiene Moment 1. We hope to achieve greater than 90% compliance.

What are we currently doing?

We have a small but mighty hand hygiene quality improvement team that is relentlessly working on capturing our performance as it relates to hand hygiene compliance and to continue to enlist hand hygiene champions and incorporate hand hygiene into all of our processes. We are working on ways to share performance with frontline staff through posters and data in order to empower the frontline staff with understanding of performance and seek their input in where we can improve.

One thing we have learned is that some staff feel they are allergic to the alcohol-based hand rub. Alcohol-based hand rub is the most effective way to clean your hands, if you are worried about an allergy please discuss with the Employee Health Coordinator so we can work with you to meet your needs.

Your 4 Moments for Hand Hygiene



The team will be looking at initiatives to engage our families and residents in hand hygiene because infection prevention and control involves everyone! Stay tuned for more on this.

May 5th was World Hand Hygiene Day and Perley Rideau celebrated the day by looking at hands under a black light, distributing hand hygiene postcards and goodies, talking about hand hygiene, and doing compliance observations. Bill and Tanya, two of our hand hygiene champions were the faces of the day. In addition to this, Bill went around the units with some tools to see what lurks in the dark. Staff from different departments were able to collect specimens from some common items to see how clean hands are keeping frequently touched equipment and surfaces clean and safe. The toilets were loaded with bugs but the drills used in the shop were kept shockingly clean. Our staff is doing a good job keeping computers and phones clean even a shoe lace was squeaky clean. Enjoy!

Elder Abuse Awareness Days

Elder Abuse Awareness day was recognized on June 15th and Perley Rideau as part of a three-day campaign.

An information booth was set up in the Perley Rideau cafeteria and events included a prize wheel, a purple-themed selfie booth and the return of the thought-provoking quiz on June 15th and the very popular cake raffle. One creative staff member delivered customized cookies shaped like the purple ribbon that has been added to the signature lines of many Perley Rideau staff emails.

Congratulations to the Cake Raffle Winners

- Debbie Seto
- Darlene Cameron Yue
- Jean Crocher
- Judy Woodstock
- Kerry Tubman
- Angela Leblanc
- Denise Lavoie
- Phyllis Pascoal-Lopez
- Barb Wilson
- Mitchell Haslam (won 2 cakes)



The total number of staff attending the Elder Abuse Awareness booth in the Cafeteria and completing the quiz: **329**

That is an increase of **94** over **2015**.

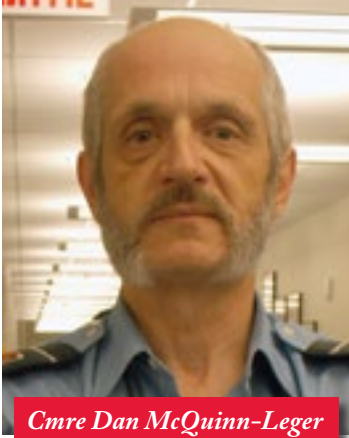
Thanks to everyone who came out to support Elder Abuse Awareness Week.

Thank you to:

- The Pharmacy for their donation of prizes
- The Cafeteria for donation of juice and coffee
- The Elder Abuse Awareness team for their dedication of time and ideas
- Robyn Oraziatti for designing our buttons and the team who assisted by cutting and assembling the buttons
- Everyone who donated baked goods in support of our raffle
- Everyone who supported us by staffing the booth

THE DOORS

By Cmre Dan McQuinn-Leger



Cmre Dan McQuinn-Leger

Let me start by saying that this is a serious article. I know my last one was funny and quite popular. I promise the next TWO will be funny.

Now, when I say “The Doors”, I’m not talking about the 60’s rock band, I’m talking about “The Doors” at Perley Rideau. Although an article about “The Doors” would be awesome -- this

isn’t the venue for that sort of thing. Also, this article on “The Doors” won’t require a mind-altering substance for you to fully appreciate it.

Door security is EVERYONE’S concern and responsibility. This isn’t an issue just for Commissionaires. We must always keep in mind that the Perley Rideau is someone’s home and door security protects our residents.

OUTER DOORS

These are the doors which provide primary access to the facility. There is one for each Residence, one Staff Entrance and the Main Door (at Reception). There are also primary access points in the Gatineau link (to the mini-putt), as well as access to and from the Cafeteria and the Pub. With the exception of the Main Entrance, access through these doors requires an access card. Staff ID cards provide a double duty as building access cards, residents and non-staff have the plain white plastic access cards. If you do not have an access card, you are not supposed to gain access through doors that require access cards. All the doors of the Residences have large green and white signs (on both sides of the inner door) that clearly state that only cardholders are permitted through those doors. Also, all doors, except the Main Entrance are set so as to open only for Staff ID after 2300 daily.

The primary access doors to 1720 (Building A) and 1780 (Building B) operate like the doors in many other apartment buildings; the tenant grants access. The

Commissionaire is not permitted to allow anyone access to these buildings unless there is a prearranged procedure and they have received this procedure in writing from the managers of those buildings.

In a perfect world (and if I had my way) EACH and EVERY person passing through doors that required access cards would tap their cards for entry/exit. That means the one person taps and goes through the door and the next person waits until the door is closed to tap and pass through. To add to this, those without access cards would not be allowed admittance by those that do have access cards.

However, this is not a perfect world (and I seldom have my way – but that’s a personal problem). Before you allow someone access to the facility, there are a couple of things you should think about. One, every time you allow someone you do not recognize through the doors you are increasing the risk of allowing someone into the facility that does not have authorized access. Two, the Perley Rideau has a “Watch List” of people who are no longer permitted on the property, let alone allowed access to the buildings. Can you immediately recall all the faces? If you can’t, maybe you should think twice about allowing people into the facility that you do not recognize. Just saying.

INNER DOORS

Some inner doors can only be opened with a key, the rest have key code boxes installed. Ensure that doors which are supposed to be closed; remain closed. If you see an open door that is supposed to be closed, check to see if the area is occupied, if it is not then close the door. (Especially if you see doors open during evenings, nights and weekends.) If you’re not sure if a door is supposed to be closed, ask the Commissionaire. In reference to doors with key code access, these key code boxes were installed so that staff can have immediate access to the areas behind these doors without the benefit (and the inconvenience) of a key. These serve the double duty of preventing Residents from gaining access to these areas. Due to the primary concern for resident safety, doors with key code boxes are to remain closed at all times. If you are occupying the room,



then the door can remain open. If the room is going to be unoccupied, even for a short time, please ensure the door is closed. If you see a key code door that is open and no one is in the room, do everyone a favour and please close it.

Doors which allow access to board rooms, meeting rooms, class rooms and other common areas which have expensive equipment in them (computers, projectors and whatnot) must be closed and locked when not occupied. This is not an option. You could be held financially liable if equipment goes missing.

FIRE EXITS

There are many, many fire exits (for obvious reasons). Some provide access between floors and some provide access to the outside and some provide both. What they all have in common is that they are not shortcuts. They are to be used for emergencies only. By the way; being late, being in a hurry, or just being plain lazy are not considered emergencies. There are fire stairs that are allowed to be used for day-to-day traffic. The use of these areas is according to prearranged and authorized procedures.

FIRE DOORS

There are two hallways that lead to Lupton Hall. Both of these hallways end in grey fire doors. These doors are to be closed at all times. They are never to be propped open for any reason at all. Door stops will be confiscated by Commissionaires.

In fact; no fire doors are to be propped open. The only fire doors that remain open are those with magnetic hold open devices. These can normally be found in hallways. When a fire alarm occurs these doors automatically close. These doors are not to be left open (by propping them with door stops, for instance) until the "Code Red – All Clear" notice has been given.

Fire doors not only help prevent the spread of fire, but they serve an equally important task of preventing smoke from spreading. Smoke can spread over an area more readily than fire can. Most fire related deaths are from smoke inhalation. This is really important to keep in mind as we have many, many residents with respiratory illnesses and they are more susceptible to the effects of smoke inhalation.

According to the Ontario Fire Code: "Every person who convenes any provision of the Fire Code and every Director

or Officer of a corporation who knowingly concurs in such contravention is guilty of an offence and is liable to a fine of not more than \$25,000 or imprisonment for a term of not more than one year or both." Now here's the Really Bad News: NO Director or Officer of the Perley Rideau knowingly concurs with ANY contravention of the Ontario Fire Code; so you'll be on your own as far as fines and jail time are concerned.

WHEELCHAIR ACCESS

If you are not using a wheelchair, scooter or walker, please do not use the auto open buttons for wheelchair access doors. This will help reduce the wear and tear on these complex and expensive mechanisms. I mean, how lazy do you have to be?

ROAM ALERT DOORS

Some doors are automatically locked when a person who is wearing a wander bracelet approaches them. When this happens an alarm sounds. The doors will not open, even with an access card, until the alarm is silenced. I have experienced many times when staff members have called me or BSO staff to silence the alarms. As a staff member it is your responsibility to know the codes and procedures to silence the roam alarms in your area. If you don't know, find out. Preferably BEFORE the alarm sounds.

In Conclusion: Access to the Perley Rideau is a privilege not a right. This privilege can be removed if a staff member is dismissed or if any person has been barred from the facility. If this privilege is removed there is something all should be aware of. In Ontario, a person can incur several penalties for trespassing. A sign does not have to be posted in order for a person to be considered in violation of the Trespass to Property Act. If a person does not have implied or explicit permission to be on any given premises (or that person has been barred from said premises), then they are in violation of this act and can be arrested by a police officer -- even without a warrant! (I bet you didn't know that.) If someone is found guilty, in a court of law, of violating Ontario's Trespass to Property Act; fines of up to \$2,000 can be assessed against the offender. As I said at the first of this article, door security is everyone's concern. Remember, the safety and security of our residents is one of our top priorities.

Ontario Volunteer Service Awards,

The Ontario Volunteer Service Awards, through the Ontario Ministry of Citizenship and Immigration, recognize individual volunteers for continuous years of commitment and dedicated service to an organization.

Adults are recognized for five or more years of continuous service. Youth (under the age of 24) are recognized for two or more years of continuous service. Congratulations and thank you to the following Perley Rideau volunteers who were recognized with this award at a special ceremony held June 2, 2016:

John Barclay (10+ years)

Vicki Einarsson (15+ years)

Stephanie Flood (youth)

Roger Florent Fournier (10+ years)

Jerry Fryer (15+ years)

Paimon Gholami (youth)

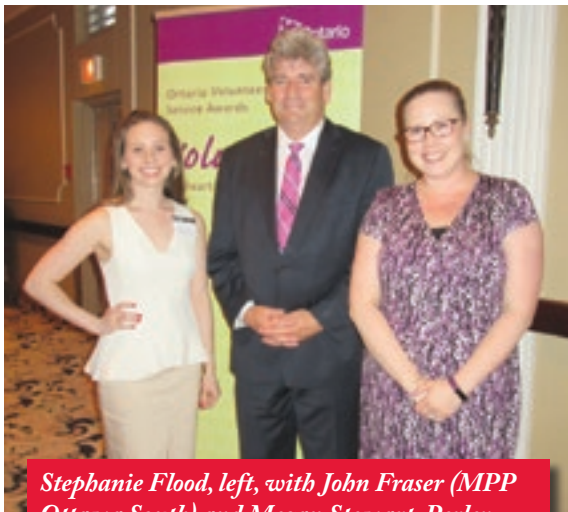
Patricia Jackson (15+ years)

Emélie Perron-Clow (youth)

Gerald Timlin (10+ years)



Vicki Einarsson with Madeleine Meilleur (MPP Ottawa-Vanier), John Fraser (MPP Ottawa South), Marie-France Lalonde (MPP Ottawa-Orleans). Photo credit: Gerry Einarsson.



Stephanie Flood, left, with John Fraser (MPP Ottawa South) and Megan Stewart, Perley Rideau Recreation Programmer.



Back row (left to right) - Emélie Perron-Clow, Stephanie Flood, Vicki Einarsson and Jerry Fryer. Front row - Paimon Gholami, Pat Jackson, Rachel Stoparczyk, Perley Rideau Coordinator, Volunteer Services. Photo credit: Brian Fryer.

Back, by Popular Demand:

Summer Page-a-Porter Program!

From **July 5 to August 26, 2016**, a Summer Youth Program volunteer will be available by pager, **Monday to Friday 9:00 AM – 4:00 PM**, to escort residents and tenants to & from activities and appointments or for other needs within the Seniors Village.

Call 613-593-3001

Family and Friends Council

Over the past 3 months, the Family and Friends Council has focussed on the theme of “Caring for the Caregiver”, culminating in our “Circle of Care” panel presentation on June 8, 2016 - our Education Day. Our Education Day event, a collaboration between the FFC and Perley Rideau Management in celebration of Family Councils Week, was well attended — with more than 60 people, including Perley Rideau staff, volunteers and family and friends. This theme has resonated strongly and has attracted increased interest and attendance at our monthly meetings and the Education Day.

The Education Day presentations were made from the perspectives of family and friends represented by FFC Vice Chair Doreen Rocque and FFC Director Mark Bowman; Perley Rideau staff represented by Chief Nursing Officer Linda Hunter, RN, MScN, PhD[C] and Volunteer Coordinator Rachel Stoparczyk and resource expert Vonnie Kline, a specialist in Workplace Learning and Leadership Development. The presentations were followed by a moderated discussion led by Perley Rideau CEO Akos Hoffer and FFC Chair Ray Bailey.

With the arrival of Summer we want to remind you that the Council does not meet during July and August. When it comes to the Fall programme, activities commence:

September 10th: when we'll have a table at the Annual Village Fair. Please plan to visit us.

Then on to our regular Thursday meetings:

September 15th: We're looking at exploring the role and responsibilities of Perley Rideau's Resident Care Liaison Officers.

October 20th: in response to the increased participation in the Spring sessions, this month's 1 hour meeting, starting at 7:00 pm, will consist of an open forum to be facilitated by Vonnie Kline, the Workplace Learning Specialist and Leadership Development Expert who participated in June's Family Councils Week event.

November 24th: Our Annual General Meeting. Note: this meeting was originally scheduled to take place a week earlier. On this occasion, we're looking forward to giving a very warm welcome to our Guest Speaker Dr Ruth Ellen who will describe **PATH or Palliative and Therapeutic Harmonization: Expanding the Orientation of Geriatric Medicine**. There are few care models which honour the significance of frailty when making treatment decisions, so to respond to this issue, PATH was developed. It purposefully focuses attention on the final chapter of life using a structured methodology of assessment, communication and empowerment in decision-making, thus changing the way patients and families can understand their health status and make medical decisions. This is a not to be missed opportunity to hear Dr Ellen who is an expert on this topic.

Due to all the pre-Christmas activities which take place at Perley Rideau, we do not meet in December. Stay tuned for the Winter Programme which will be announced during the Fall.

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. Current members of the Executive Committee have accumulated over roughly 66 person years' combined 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. It is our hope that this experience and wide range of perspectives will be looked on as a source of information and assistance to all members of our long term care home community.

Council meets the 3rd Thursday of each month at 7:00 pm, except in August and December. Meetings include monthly updates by Senior Management, presentations on topics of relevance to residents and their family, opportunities to learn more about life at Perley Rideau, share experiences and support one another. We look forward to welcoming new members to all our meetings and to their standing for election to the Executive.

Please help us remain 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.pr@bc@gmail.com.



Boots and Suit Challenge

Ottawa Race Weekend saw 18 runners, many of whom are Perley Rideau employees, come together in a spirit of camaraderie to help raise funds for a new lift at the Perley Rideau. The goal of the Running Team was to raise \$7,200.00- exactly enough to purchase one lift. The team raised a total of \$8,081.00, or 112% of the goal! Congratulations and thank you to all involved for your hard work and dedication.

The Boots vs. Suits Challenge that took place between Foundation Executive Director Daniel Clapin and Maintenance Worker Landon Brady was a success. Landon came through with a faster race time, and although there was a flurry of last minute fundraising attempts the tide didn't turn for Dan, making the Boots victorious! Foundation Staff graciously sported their 'Boots' gear to work on June 10 and a good time was had by all.

The real winners of the challenge are the Perley Rideau residents who will benefit from the philanthropic efforts of the team with the purchase of a new lift.



Donor Reception/Strawberry Social

On June 15, The Perley Rideau Foundation celebrated the impact of the donors. In 2015, the Foundation raised \$1,785,994 to ensure excellent resident care and services continue to be available for those who call the Perley Rideau home. Akos Hoffer, Health Centre CEO (photo) gave his heartfelt thanks to the donors by sharing the stories of three residents. Daniel Clapin, Foundation Executive Director gave many examples of the acts of kindness experienced at the Foundation. Thank you ~ Merci



Football Ravens Team at the Perley Rideau

Coach Steve Sumarah and few of his players visited the Perley Rideau on May 26. During their visit, they meet residents who were players after the war. It was a great visit for everyone involved.



Cheque Presentation

The Foundation presented a cheque (\$17,791.98) to the Health Centre L to R Akos Hoffer (Health Centre CEO), Charles Lemieux (Foundation Chair), Daniel Clapin (Foundation Executive Director), and Ron Buck (Health Centre Chair)



OSAA

Lieutenant-Colonel (RNLAF) Christa Oppers-Beumer, Defence, Military, Naval and Air Attaché to the Embassy of the Kingdom of the Netherlands and her husband welcome Daniel Clapin to the Ottawa Service Attachés Association International Cuisine Night on May 31, 2016.



Minds in Song

For the joy of singing

People with early to mid-stage dementia and their caregivers living in the community.

No training or music background needed.



2016 Summer Camp!

Location

Heron Seniors Centre
1480 Heron Road, Ottawa

Mondays:

July 4, 11, 18, & 25
10:30 a.m. - 12 p.m.

Pre-registration required.

For more information or to register: 613-369-5619

Cost: \$40 per pair for 4 weekly sessions.



The Champlain Centre
for Health Care Ethics
Le Centre de
bioéthique Champlain

Inviting all health-care leaders and front-line staff to the 6th
annual Ethics Education Program!

What: 10-Session, 20-hour course introducing health-care ethics themes and concepts. (e.g. ethics committee, ethics consultation service, capacity building, ethics frameworks.)

When: Fall 2016. Select Tuesday/Wednesday evenings, 5-7pm
Sept: 7, 21, 28
Oct. 19, 25
Nov. 1, 8, 15, 22
Dec. 7

Where: In person at the Ottawa hospital, Civic Campus, or via OTN for those outside of the capital region.

Topics include: Models of ethics services; consent, capacity, and substitute-decision making; ethical issues in end-of-life care; moral distress; Accreditation Canada ethics standards, among others.

Fees: \$1500 CAD (Includes registration, parking, reading material and food/refreshments) payable by cheque or credit card. Registration is free for one participant from partner organizations. Deadline for registration is August 31st, 2016.

For more information, or to register, please contact:

Joshua T. Landry, M.Sc., C.C.E., Ph.D. (c)

Regional Ethicist

Email: joslandry@toh.on.ca

Tel: 613-798-5555 ext 10248

<http://champlainethics.ca>



www.facebook.com/ChamplainEthics

and



@ChamplainEthics on Twitter

Sore Feet? Tired Legs?

Through partnership with the University of Ottawa Health Services, Performance Medical Group is proud to announce that we will be integrating our services into the Perley Rideau Physiotherapy and Massage Therapy Clinic. Approximately 80% of individuals will experience general foot, ankle, knee and hip pain at some point in their lifespan as a result of poor biomechanics. Poor foot mechanics can cause abnormal wear and tear on bones, joints, ligaments and muscles leading to acute, chronic and debilitating ailments. A majority of these ailments can be prevented or successfully treated with Prescription Orthotic Therapy. At Performance, we offer Biomechanical Computer Gait Assessments free of charge as well as education on the benefits of Prescription Orthotic Therapy. If you believe you may be a candidate or if you would like to learn more, please give us a call to book your assessment free of charge at 613-742-1435.



Services offered:

- Free Biomechanical Gait Assessments
- Custom Foot Orthotics
- Custom & Off-the-shelf Bracing
- Shockwave & Laser Therapy

Paypool Winners: \$100 each

June 2

- Serwaa Agyemang: Gatineau 1 South
- Linda McFarland: Rideau 1 South

June 16

- Ingrid Davidson: Gatineau 1 North
- Winsome Hayle-Miller: Recreation Rideau Bldg

Next draw is June 30, 2016

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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 a newsletter will not be published in July. Look for the next edition of the newsletter in August. The deadline to submit to the next newsletter is the August 17th.

Want to stay in touch with Perley Rideau throughout the Summer?

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