

May 2018 Edition

The Perley Rideau News

Vol. 21-03

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

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CANADA



It Takes a Team:

From celebrating Nursing Week to hosting successful fundraisers and earning new long-term care bed licenses, the Perley Rideau team excels.

Inside:

- Honouring Author Evelyn Margaret Cook Waddell - P. 6
- The promise of new Long-Term Care Beds - P. 4
- Celebrating Nursing Week - P. 9
- News from the Foundation and the Family and Friends Council *and More!*

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





Maryanne Sprague

Welcome, Maryanne Sprague. Maryanne has been hired to work in both the Staffing Office and to perform Administrative work for the Nursing group. She will be spending half of her time working in each area.

Maryanne brings a wealth of experience in staff scheduling, which was one of her areas of responsibility over her 15 years working at the Salvation Army Grace Manor. She was also responsible for payroll processing, job posting, and various responsibilities in the staff onboarding process. She also has previous clerical and administrative experience with the Salvation Army Grace Hospital, the Victorian Order of Nurses, and several other organizations. You may even have met Maryanne as a ticket taker and usher for the Ottawa RedBlacks and Ottawa Fury!

Russ Tattersall, M.I.R.
Director, Human Resources



Annie Mugomba

I am very pleased to announce that Annie Mugomba will be joining our team as a casual Food & Nutrition Supervisor.

In 2013 Annie graduated from the Food and Nutrition Administrator program offered through Humber College. In 2010, she completed a certificate in baking from George Brown College after receiving a diploma in Hotel and Catering in 2002 from DMS School of Hospitality Harare, ZW.

Annie's previously work experience consists of working as a Chef at an Extendicare home in Toronto, Food Service Supervisor at Baycrest Retirement Home /Hospital, Patient Food Service Supervisor/Diet Technician at Joseph Brant Memorial Hospital and Mount Sinai Hospital. Annie is currently employed at the Children's Hospital of Eastern Ontario working part time as a Food Service Supervisor.

Lorie Stuckless NM
Director, Support Services



Greg Heika

I am very happy to communicate that Greg Heika who is currently employed in Support Services has successfully completed the Business Administration Core – three year advanced diploma program offered through Algonquin College and will transfer into the Requisition Clerk position as of May 1st, 2018.

Greg's current education has enhanced his knowledge and understanding of the principles and techniques essential to the effective management of the integrated supply chain system. In his new role Greg will develop planning and decision- making skills, as they relate to the acquisition, use, flow, and disposition of materials, including finished goods and after- sales service management.

We look forward to mentoring Greg in his new role and joining our Material Management team.

Lorie Stuckless NM
Director, Support Services



- Kim Armour, RN, Clinical Supervisor (Left)
- Mildred Ababio, RN, Manager of Resident Care, Ottawa Building (Right)

Kim Armour, RN, Clinical Supervisor

Kim started her RN career in 2003 and has worked in acute care and long-term care settings. Kim has supported residents in the Ottawa Building for more than ten years. An excellent clinician, Kim currently leads the team on the first floor of the Ottawa Building, supporting the Sub-Acute Care Unit and the LTC programs. She enjoys working closely with staff, problem solving and implementing new best practices to improve resident care.

Kim is a strong communicator and leader.

We thank her for her commitment to the Perley Rideau and welcome her to the management team.

Mildred Ababio, RN, Manager of Resident Care for the Ottawa Building

Mildred Ababio graduated from the University of Ottawa with a BScN in 2010 and focused her studies on Gerontology, her passion. She has tackled a variety of clinical and managerial roles during her career. Mildred is a strong communicator with excellent leadership skills and her goals are results driven, focussing on patient-centered care and client satisfaction.

She has an in-depth knowledge of the various community and clinical programs available to the population we serve and she is keenly aware of best-practice guidelines. In her previous role, she managed a Special Care Unit and a BSO program.

Mildred's professional experience and her variety of skills will be assets to the Perley Rideau community and we welcome her to the team.

Perley Rideau Awarded Licenses for 84 new long-term care beds

April 27, 2018

“On behalf of the entire Perley Rideau community – our residents, patients, their families, our staff and our many supporters and partners – I want to thank the Province of Ontario and the Champlain Local Health Integration Network for the allocation of 84 new long-term care beds.”

“Today’s endorsement will help us maximize the impact we have on the community. And if you boil down that impact, it’s that we enable seniors and Veterans to live life to the fullest.”

“This announcement represents another important step in Perley Rideau’s quest to continuously improve the service we provide to the community.”

Watch a video of CEO Akos Hoffer sharing the news:

<https://vimeo.com/265668800>



With the arrival of the beautiful spring weather and the opening of the courtyards, BBQ season is open. This year we will be hosting steak BBQ’s for the residents and their families. On Thursday, May 24, a dinner was held for the residents in the Ottawa and Gatineau buildings. Thanks to the Therapeutic Recreation and Creative Arts Programming team for hosting the event supported by nursing staff, support services and management.

I am writing to thank you for the care and comfort for my wife, Margaret Jean received at the Perley Rideau during the past six years. I have enjoyed being an active participant in Jean's care during this time. The primary thing that establishes the Perley Rideau as an exemplary care facility is the frontline staff's confidence in their competence. That they are competent and caring is obvious and expected, but their awareness of this allows them to welcome families not only to visit but also to observe, learn and assist. In my case this was essential in my coping with my wife's decline and ultimate death. All of the staff, be they RNs, RPNs, PSWs, recreation specialists, food service, housekeepers or maintenance personnel make up a great team that became part of my extended family. I have only firsthand knowledge of the team on Gatineau 2 South, however I assume this is common throughout your facility... I believe that the Perley and Rideau Veterans' Health Centre is the best long-term care facility in Canada. Jean and I were most fortunate to receive your services.

Sincerely,

Olin (Bud) B.



The family of Caroline M. "Betty Boop" shared a photo collage of their mother as part of a thank you to Perley Rideau staff for years of wonderful care.

To the Wonderful Caregivers of Ottawa 1 West (O1W),

I would like to thank of those who provided my mother with such wonderful care over the years she stayed at the Perley Rideau. So, to all of you....and you know who you are, thank you so very much. She has a peaceful departure from this world and she left full of love.

Thank you on behalf of my Mom, Caroline M (a.k.a. Betty Boop)

Stuart M.

Honouring Evelyn Margaret Cook Waddell

By Anna Rumin, Special to the Perley Rideau

On May 4th, 2018 Evelyn Margaret Cook Waddell, otherwise known as Lyn, celebrated her 100th birthday here at the Perley Rideau surrounded by friends and family. Earlier in the day she had a phone call from a Grade 6 class in Toronto singing “Happy Birthday” and asking questions about *Flight from the Fortress*, one of Lynn’s novels. The teacher, Laurie Farrance, Lynn’s niece, says, *“This is a great story with sufficient adventure to appeal to my boys, and enough sweetness and character development to appeal to my girls. Last year, I read The Hiding Place to them, and they loved it as well. Both of these novels fit nicely with the Grade 5 and 6 Social Studies curricula, since they involve First Nations characters, as well as the early French and English settlers.”*

“One hundred years of age seems almost incomprehensible to eleven and twelve-year-olds! I put my cell phone on speaker and she spoke to them to thank them for their call and to express how much it meant to her to be greeted by children on her special day since she spoke to so many student groups over the years during her school visits. She spoke as if it were just yesterday that she had her last student presentation. Speaking to children after all her years coaching creative drama and doing book presentations is as natural to her as ever. It was truly a special day for all of us.”

Sixty-seven years after this book was published Lyn is still chuffed to know that her stories have touched her readers. “I began writing as a kid – the first thing I ever wanted was a book” and this love of the written word was nourished by parents who bought her books and read to Lyn and her sister every night. Her parents were “ordinary wonderful people who sacrificed so much so that I could move forward” and indeed she did. Lyn continues to be astonished that the novels she wrote are still on library shelves and still being read by children and teens.

Lyn’s foray into the publishing world began at the top of a control tower at RCAF Centralia where she worked as a meteorological observer during World War 2. Lyn desperately wanted to go overseas as did the man who would become her husband. As the result of a heart murmur Robb Waddell’s request was denied. When Lyn asked why she was being denied she was told “Cookie,



you are essential to the establishment!” At 100 years old, Lyn wonders if perhaps she was an inspiration to others because even in the most difficult of circumstances she encouraged others particularly in the face of bad news. “The boys would come up to my office and talk, tell me about who they had left behind. When we heard about who had been killed, it was devastating. They were like family.” In the evenings, when she was alone she began to write poetry and eventually had three poems published in the Canadian Poetry Magazine under the pseudonym made up of her middle name and her grandmother’s maiden name: Margaret Culverhouse.

Lyn had completed her studies for a degree in education and library science at the University of Toronto in 1941 just before she enlisted. When the war ended she moved to Sudbury where she became the children’s librarian for the Sudbury Public Library. She turned to writing for the radio and her first show “A Doorway in Fairyland” was so popular it was picked up by CBC who asked Lyn to move to Toronto. Lyn moved and for the next four years researched, wrote, narrated and directed the show. Every Saturday morning a child actress would invite listeners to use their imagination, get on their silver wings and go through the doorway and arrive in a different country where a little boy or girl would tell them about the famous people who lived there. This ongoing curiosity in history and in the lives of others made its way into the novels that she eventually began writing under her maiden name Lyn Cook.



Margaret talking to her grand-nephew Brig General Mark Misener.

Lyn married Robb Waddell, moved to Scarborough, started a family, and happily employed Mrs. Hooper a housekeeper who would move in for a few weeks at a time and ensure that Lyn's children did not interrupt her writing time. Her first and favourite novel, *The Bells on Finland Street* is dedicated to Mrs. Hooper. "She took over – and I could go downstairs to the recreation room and write". In the novel she pays tribute to the effort, bravery and courage of immigrants who helped build Canada. "I was fascinated with times past – what motivated people." After her husband retired they would travel together to schools and she would read from her novels and talk to the students who she remembers looking at her with wide eyes exclaiming, "you wrote that? They were amazed that I could write a book!" Later, she wrote *The Brownie Handbook*, two screenplays and handfuls of picture books – she had more covered every genre of writing!

Lyn is astonished to be 100 years old. She remembers the friends she made along the way, and the "fact that sometimes I helped someone who was discouraged about life." Her writing is a tribute to the life of a woman who was deeply mindful of the challenges people face, of recognizing what was extraordinary in the ordinary, and the importance of knowing our history. She invited her readers to use their imaginations to go back in time, to learn, honour and respect the lives of others, to imagine what it would be like to live in someone else's shoes.

Editor's note:

Thank you to Barbara C, a friend and volunteer at the Perley Rideau, for alerting us to Lyn's inspirational life story.

Every book would have required extensive research and every book would have required the belief in the magical power of what good fiction can do for its readers. She says she has been blessed and that she continues to have a good life. And for children who climb into bed at night waiting to be read to, or hide under their blankets with a flashlight, Lyn Cook, "Cookie" has left enough reading material to remind them they are never alone. Indeed, she has been essential to the establishment.



From left to right my cousin Judy Misener, her son Mark, her husband Dave Misener, me, our son Matthew, Mark's sister Gillian Misener, Matthew's fiancé Maria Schrempf and Ken Rose the partner of my sister Deborah who died last October - in the front row are my wife Anne and our daughter Kerry



Best Practice Spotlight Organization (BPSO):



**RNAO
BEST PRACTICE
SPOTLIGHT
ORGANIZATION**

New Season, New Changes!

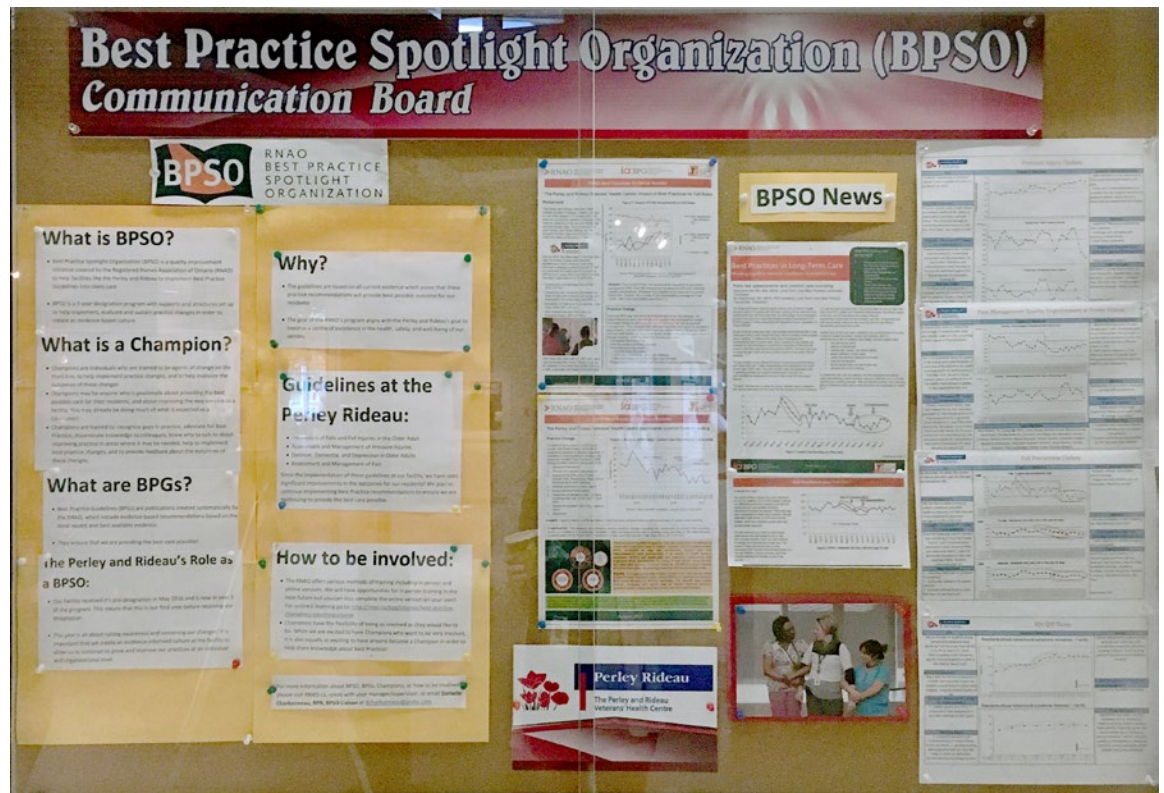
By Danielle Charbonneau, RPN, BPSO Liaison

I would like to start off by saying Happy Belated Nurses' Week on behalf of the Perley Rideau and BPSO team! Without the dedicated hard work from nursing staff, non-nursing staff and of course Champions, we could not complete all of the amazing work that gets done here each and every day. We are very fortunate to have a team of passionate staff members who care so much about the work we do, so thank you to everyone! We kicked off this year's Nurses' Week with a BPSO celebration in Lupton Hall. We had multiple guest speakers including: Akos Hoffer (CEO), Doris Jenkins (Director of Nursing), our BPSO coach from the RNAO, Stephanie Kim, and Ontario MPP John Fraser! They shared some kind words and a big "thank you" to nurses and Champions before enjoying coffee and snacks. We also had the opportunity to watch a nursing week video created by our media team! The video compiled expressions of thanks to nurses and can be viewed on the BPSO page of the Perley Rideau website (www.PerleyRideau.ca).

Our quality improvement teams have been hard at work as we continue to implement best practice guidelines and work towards our goal of becoming a Best Practice Spotlight Organization. With the start of warm weather and all of the new changes that follow, I think it's appropriate that BPSO has some new and exciting changes as well. As part of our awareness campaign we have started to spread the word about BPSO throughout the Perley Rideau. Following our awareness survey and information guides about the program, we have recently installed the BPSO Communication Board! The board is located in the hall of the Perley Rideau Centre across from the Gift Shop and holds all of our current and most important information about the program.

On the board you will find:

1. Information about BPSO
2. The Best Practice Guidelines (BPGs)
3. Champions
4. Ways to get involved
5. BPSO news
6. Reports from our BPG teams highlighting recent successes



A big thank you to everyone who helped implement the board and contributed to it! If you haven't had a chance yet, be sure to stop by, check out the board and grab some of the available info guides. We will continue our awareness campaign by showcasing our BPG teams this summer.

Watch for upcoming information about each of our teams as we begin to put the spotlight on them over beginning with our Pain Team this June! As always, thank you for your continued attention and support to our BPSO initiatives.



Coming in the next article:

- Champions, Champions!
- All about the workshop and online training
- Rising Champion numbers

Watch the videos here:

<https://www.perleyrideau.ca/article/-2508.asp>



Respiratory Mask FIT Testing for Staff

Over the next six months all staff will be invited to be FIT Tested for an N95 respirator. An N95 respirator is a disposable mask that will provide staff with protection from respiratory airborne pathogens. N95 masks come in different sizes and shapes and the FIT Test will determine the best mask for your face. In situations where there is potential for exposure to respiratory airborne pathogens an N95 mask may be required and can only be worn by staff that have been successfully fit tested.

Jennifer Della Ventura is a qualified FIT Tester and will be reaching out to all staff over the next six months. The test takes approximately 10 minutes to complete and the FIT Testing Room is currently located on the 1st floor, next to the First Aid Room. Staff are also welcome to schedule their own appointments with Jennifer and she can be reached at extension 2030 or by email at jdellaventura@prvhc.com



Yoga for Staff and Volunteers

The Perley Rideau recently began piloting two weekly hatha yoga classes for staff and volunteers. There's still space if you'd like to join!

When do classes occur?

- Monday classes will take place from 3:30-4:15 in the Games Room – Monday classes are running from April 30th - June 25th
- Wednesday 12:10 – 12:50 in the outdoor space near mini putt – Wednesday classes are running from May 9th – July 11th

What should I bring?

Please bring your own yoga mat, water and a towel (for sweat, or for extra cushioning under your knee during lunges, etc.). You can bring 1-2 yoga blocks if you have them, but that's completely optional.

If the sunny days keep up, the Wednesday class may want to bring some sunglasses/hat/sunscreen.

How can I join?

You're welcome to drop in for one of the scheduled class times. If you'd prefer to sign up in advance, or if you have any questions, please contact:

- Cheryl Kemp, Employee Health Coordinator (x2231) or
- Rebecca Wilson, Strategy, Transition and Workplace Consultant (x2225)



Health Centre

CPR

CPR Level A

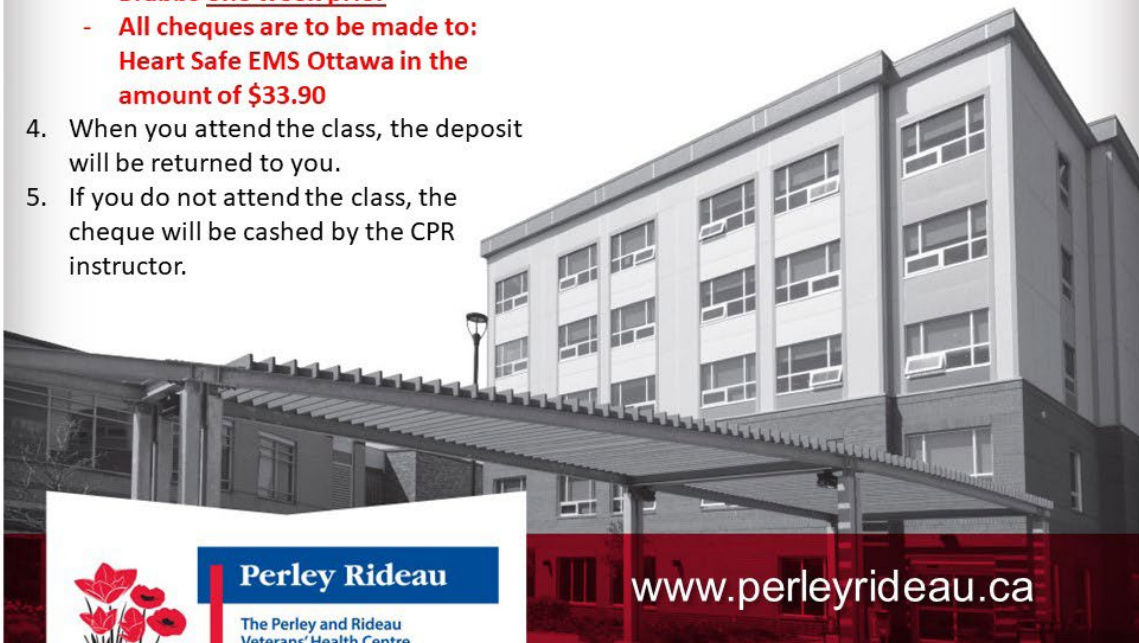
Date	Time	Location
Tuesday, July 17, 2018	1530 – 1730	Boardroom
Wednesday, Aug. 1, 2018	0730 – 0930	Boardroom
Thursday, Sept. 13, 2018	1530 - 1730	Boardroom

1. All Staff must sign-up for CPR on their own time
2. All classes will continue to be offered at no charge to staff
3. A deposit will be required
 - **Please submit a cheque to Jen Brabbs one week prior**
 - **All cheques are to be made to: Heart Safe EMS Ottawa in the amount of \$33.90**
4. When you attend the class, the deposit will be returned to you.
5. If you do not attend the class, the cheque will be cashed by the CPR instructor.

FIRST COME, FIRST SERVE

Sign – up sheets located on the door of Classroom #2

Questions: Contact Jen Brabbs x 2450 or jbrabbs@prvhc.com



Perley Rideau

The Perley and Rideau
Veterans' Health Centre

www.perleyrideau.ca



2017-2019 Employee Wellness Strategy

	Existing Program Components	2017-19 Objectives
Physical Health & Lifestyle Practices	<ul style="list-style-type: none"> • Access to corporate membership rates with Goodlife Fitness • Access to the Perley Rideau employee gym (with recently improved equipment and location) at reasonable cost • Weekly yoga classes • Access to onsite Physio and Massage Services at discount • Access to onsite Pharmacy • On-site flu shot available • Work Reintegration Program (safe and early return to work) • Improved access to resident safe handling education 	<ul style="list-style-type: none"> • Increase usage of the on-site gym through further improvements and advertising • Improve showers in all change rooms • Enhance employee awareness with regards to proper body mechanics (continue video learning initiative from 2017) • Promote employee participation in health and fitness activities • Promote Wellness throughout the year using bulletin boards and Perley Rideau newsletter
Mental, Emotional and Spiritual Support	<ul style="list-style-type: none"> • EAP services – 24/7 confidential help for any work, health or life concern • Access to on-site Spiritual Care, including increased acknowledgment and support for employees experiencing grief • Annual Safety Week • Annual Employee Pulse Survey and Action Planning • Comprehensive benefits services including assistance in retirement planning 	<ul style="list-style-type: none"> • Continue building a compassionate workplace culture • Increase awareness of existing Wellness Program offerings, including EAP and Spiritual Care support • Provide a quiet space for employees • Strengthen the support systems for employees experiencing grief • Develop and implement rituals to acknowledge resident death • Enhance employees' understanding of the meaning of wellness • Offer self-care and communication workshops
Social and Occupational Support	<ul style="list-style-type: none"> • Regular on site professional development and continuing education sessions • Access to annual Professional Development Fund supported by the Foundation 	<ul style="list-style-type: none"> • Further support and encourage employee participation in professional development activities • Continue to strengthen awareness of relevant policies

Congratulations to the winners of National Volunteer Week Puzzle contest, taking home \$25 gift certificate each, generously donated by the Perley Rideau Gift Shop.



Jessica Danielson - Winner 1 of 2018 NVW Puzzle



Peggy Thompson - Winner 2 of 2018 NVW Puzzle

CURRENT VOLUNTEER REQUESTS

Unit Volunteer Ottawa 1 East - Wednesday or Friday afternoons:

Welcomes new clients to convalescent or respite care. Provides general information about available activities. Helps with portering to activities such as Ice Cream Parlour or Music in the pub.

Ceramic Studio Pottery Class -

Thursday mornings Porters residents to the class and assists with clay projects.



Gift Shop Volunteers -

Sunday afternoons 1:00 - 4:00 & relief shifts as needed:
Comprehensive training provided.

10:30am Friday Anglican Mass:

Porter and attend mass with residents.



Family Transition:

Welcome new long-term care residents and their families on admission day. Training is provided.

Tenant Table Tennis Club

Sundays 2:30 - 4:00pm

Assists tenants as they enjoy a game of table tennis. Must work independently and be reliable. Training is provided.



For more information, please contact us :

**volunteer@prvhc.com or
Bernadette - Ext. 2305**

VOLUNTEER SERVICES

March 16 , 2018



Perley Rideau

The Perley and Rideau
Veterans' Health Centre

Family and Friends Council Education Day

ATTENTION: Perley Staff, Families, Friends, Family Councils,
Volunteers and Residents

Wednesday, June 6, 2018

1:00 pm to 3:00 pm

Lupton Hall

Perley and Rideau Veterans' Health Centre

1750 Russell Road, Ottawa, Ontario

Dementia Care – From the Inside Out



Please join us for an exploration of dementia from the perspective of the dementia sufferer and how we as caregivers can better tailor our approaches and provide effective responses.

There will be a brief video and staff presentation, followed by a panel discussion and Q&A with Perley Rideau specialists, moderated by Akos Hoffer, M.Sc.H. M.B. CEO, Perley and Rideau Veterans' Health Centre.

Water and refreshments will be served.

*This event is sponsored jointly by the Family and Friends Council and Management of The Perley and Rideau Veterans' Health Centre
For more information contact: familycouncil.prvhc@gmail.com*

Family and Friends Council

We have had a busy and productive few months since our last report in the January 2018 edition of the Perley Rideau Newsletter. From January to May 2018, the FFC has organized presentations on a number of timely topics and issues, focused on resident care and caregiver self-care:

- January 2018 – The Role of the Resident Care Manager – presented by Samantha Diceman, Manager, Resident Care
- February 2018 – Daily Operations at the Perley Rideau – All you wanted to know about laundry, food services, property management, and more! – presented by Lorie Stuckless, Director, Support Services
- March 2018 – Caring for the Caregiver – Self-care – presented by Jessie Stephenson, Perley Rideau’s Spiritual Care Worker
- April 2018 – Key Updates on Nursing Care at the Perley Rideau, - presented by Doris Jenkins, R.N., Director of Nursing Operations
- May 2018 – Therapeutic Recreation and Creative Arts at the Perley Rideau, - presented by Robyn Oraziotti, Coordinator, Therapeutic Recreation and Creative Arts

Our program of activities and meetings for our 2017-18 fiscal year (July 2017 – June 2018), will culminate with our Annual Education Day. This event, sponsored jointly by the FFC and Perley Rideau’s management, is an opportunity to engage in discussion and explore issues affecting residents, their families, Perley Rideau staff and volunteers.

Mark your calendar:

Our **June education session is confirmed for Wednesday, June 6, 2018 in Lupton Hall from 1:00pm – 3:00pm.** The theme will be **Dementia Care – From the Inside Out.**

The session will explore dementia from the perspective of the dementia sufferer and how we as caregivers can better tailor our approaches and provide effective responses.

There will be a brief video and staff presentation, followed by a panel discussion and Q&A with Perley Rideau specialists, moderated by Akos Hoffer, CEO of the Perley Rideau.

The session is open to Perley Rideau staff, volunteers, family and friends and those interested in the general community. We look forward to seeing you there!

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





RCL Br 638 Kanata: \$5,200 one new Hi-Lo bed and one new pressure-relief mattress. L to R: Doug Rowland, Chair, Br 638 Poppy Trust Fund; Doug Brousseau, Foundation Chair; Ray Desjardins, Foundation Board Advisor; Moira Green, Br 638 Poppy Chair; Delphine Haslé, Foundation Development Officer; Daniel Clapin, Foundation Executive Director.



RCL Br 105 Cardinal: \$2,450 for one new pressure-relief mattress. L to R: Delphine Haslé, Foundation Development Officer; Doug Brousseau, Foundation Chair; Wendy Aitken, Br 105 Member; Daniel Clapin, Foundation Executive Director; Bob Eagan, Foundation Treasurer; Bill Aitken, Br 105 Poppy Chair; Dwane Crawford, Br 105 President.



RCL Br 212 Kempville: \$5,500 for two Hi-Lo Beds. L to R: Esther Horricks, Br 212 President; Ray Desjardins, Foundation Board Advisor; Delphine Haslé, Foundation Development Officer; Daniel Clapin, Foundation Executive Director; Chico Horricks, Br 212 Sports Officer; Aubrey Callan, Br 212 Service Officer.



RCL Br 480 Westboro: \$10,000, with \$8,000 towards the therapeutic height-adjustable bath system and \$2,000 towards a new Hi-Lo bed. L to R: Gerald Sinclair, Perley Rideau resident and Westboro Legion member; Delphine Haslé, Foundation Development Officer; Daniel Clapin, Foundation Executive Director.



RCL Br 589 Osgoode: \$2,000 towards a new Hi-Lo bed. L to R: Doug Brousseau, Foundation Chair; Elsie Hickey, Br 589 Treasurer and Secretary; Delphine Haslé, Foundation Development Officer; Daniel Clapin, Foundation Executive Director; Peter Valdystyn, Br 589 Poppy Chair.



RCL Br 595 Strathcona: \$10,000 for a new Sit to Stand lift. L to R: Doug Brousseau, Foundation Chair; Brian Madden, Br 595 Poppy Chair; Daniel Clapin, Foundation Executive Director; Delphine Haslé, Foundation Development Officer; Ray Desjardins, Foundation Board Advisor; Jim Simpson, Br 595 President.

Foundation



A team of 20 runners had raised over \$16,000 for the Perley Rideau Foundation – a new record! The previous high of just over \$8,000 was set in 2016. The team is a mix of Health Centre and Foundation staff, volunteers and friends. To foster a sense of competition, the women on the team challenged the men to raise more pledges. To make things even more interesting, for every \$100 a team member raises, they get to deduct five seconds from their average per-kilometre pace on race day. Currently, the women are ahead by nearly \$2,000. Team members ran in the 5k, 10k, ½ marathon and full marathon in Ottawa Race Weekend. Drop by the Foundation office if you'd like to sponsor someone on the team – donations accepted until June 1st.



Special thank you to Guardian Angels Catholic Elementary School students Olivia and Lianna for donating \$20 as part of their school project “An act of kindness.” They also gave cards and flowers to seniors and Veterans who call the Perley Rideau home. Way to go, ladies! L to R: Delphine Haslé, Foundation Development Officer; Lianna; Olivia; Daniel Clapin, Foundation Executive Director.

Staff, residents and visitors had a fabulous time at the Benefit Spring Fashion Show and Shopping Event! Models showed off some of Nygard Style Direct’s new designs as vendors from around the city displayed their wares. \$3,153 net for the Therapeutic Recreation and Creative Arts Program was raised – thank you all for your support!





The Director General Aerospace Equipment Program Management (DGAEPM) continued their support of the Foundation with a visit to the Health Centre and presentation of three new Silver Leaves to Perley Rideau residents. The DGAEPM raises funds for the Foundation throughout the year and distributes them annually in the Spring. This year over \$3,000 was raised and will be used to purchase a new Hi-Lo bed! Lt.-Col. (ret'd) Jessie (Urquhart) Chenevert, Sgt. (ret'd) Lorne Hooper, and Artillery Gunner (ret'd) Jon Wadleigh were all honoured by the members of DGAEPM during their visit. Back row: Daniel Clapin, Foundation Executive Director; Linda Hooper, daughter of resident; Col. Nancy Tremblay; Chief Warrant Officer Brigette Marley; Doug Brousseau, Foundation Chair; Ian Wadleigh, son of resident. Front row: Sgt. (ret'd) Lorne Hooper; Lt.-Col. (ret'd) Jessie (Urquhart) Chenevert; Artillery Gunner (ret'd) Jon Wadleigh



Pictured: (1) Some of the fabulous Silent Auction prizes; (2) Gerald McGrath, Perley Rideau Volunteer of the Year, and his table mates.

Thank you to all who attended the 17th Annual Night at the Races and helped to make the event a success! By the generous support of sponsors and guests \$50k net was raised at this spectacular event. Attendees enjoyed 9 live horses, a stellar Silent Auction and Raffle, and delicious all-you-can-eat buffet. A few lucky guests got to ride in the Pace Car during races – including Volunteer of the Year Gerald McGrath!

Title Sponsor:

Sysco Central Ontario and Nestlé Professional

Table Sponsor: Coughlin & Associates

Silent Auction Sponsor: Davidson Violette & Associates

Art Gallery Sponsor: Honeywell

Event Sponsor: Scotiabank

17th Edition Race Sponsors:

- Brisebois Construction
- CardinalHealth
- Deloitte Inc.
- Doherty & Associates
- Ecolab
- Emond Harnden LLP
- McMillan LLP
- Medical Pharmacies Group Limited / Ontario Medical Supply
- Sunshine Maintenance
- University of Ottawa Health Services Family Health

17th Edition Friends:

- Bolton Electrical/Mechanical
- Chubb Edwards
- Climatech Refrigeration
- Coca-Cola
- Daikin Applied
- Fifty-Five Plus Magazine
- Health Food Services
- Johnson Controls
- Olymel
- PointClickCare
- Rhodes & Williams Limited
- VitalAire Healthcare

Linen Sponsor:

- HLS Linen Services

Signage Sponsor:

- Allegra Print and Imaging

Topic of the month:

Cataract

RISK FACTORS



Aging



Eye injury



**Medications
such as
steroids**



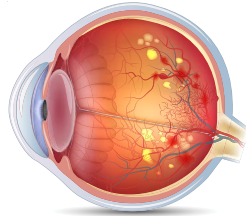
**Chronic
medical
conditions
(Diabetes)**



**Prolonged
exposure to
ultraviolet
light**



Smoking



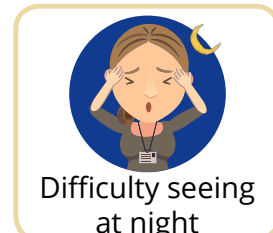
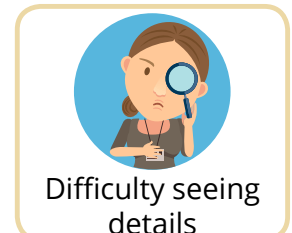
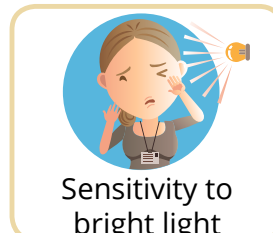
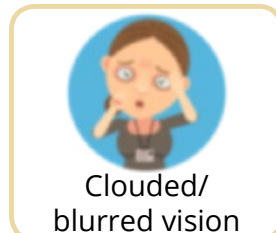
Cataract is an eye condition that occurs when the lens of our eye becomes cloudy, preventing light rays from passing clearly through the lens. Once developed, there is no cure except to have the cataract surgically removed.

Is Cataract a Serious Condition?

Cataract is not a life-threatening condition, however, it interferes with your vision and potentially quality of life - the effect is similar to looking through a dirty car windshield. You do not want to wait until you are not able to see stair steps clearly and increase your risk of falls.

What are the symptoms of Cataract?

Cataract develops gradually and painlessly. Some of the signs that you may have cataracts are:



Reduce your Risk

- Get your eyes checked annually.
- Reduce your exposure to UV light: wear a wide-brimmed hat and sunglasses
- Avoid smoking

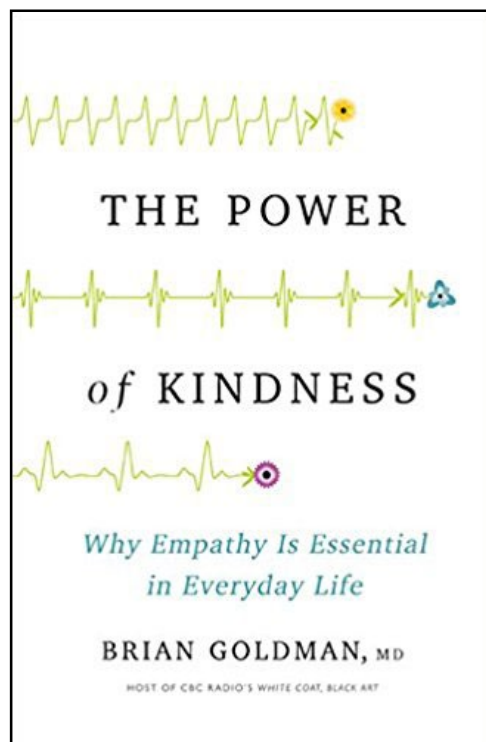
DID YOU KNOW? One and a half million people in North America have cataract surgery every year with 95% success rate.

References: Considering cataract surgery? What you should know - www.health.harvard.edu (accessed May 14, 2018); The Canadian Ophthalmological Society - www.cos-sco.ca/vision-health-information/conditions-disorders-treatments/cataract/ (Accessed May 14, 2018); <http://www.cniib.ca/en/your-eyes/eye-conditions/Cataracts/Pages/default.aspx>

Special Event

Dr. Brian Goldman

Author, *The Power of Kindness*



2 pm, June 8th
Lupton Hall

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

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

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

Register through Eventbrite at:

<https://www.eventbrite.ca/e/dr-brian-goldman-visits-perley-rideau-tickets-45576073262> (access this link on the Perley Rideau Facebook page) or email: info@prvhc.com

Caring for the Future: New Perley Rideau Video Report Available

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



To view these videos, visit our website – PerleyRideau.ca and frequent our social media channels...



Perley Rideau



PerleyRideauSeniors;
@prvhc_seniors



Perley and Rideau Veterans'
Health Centre / Foundation

Perley Rideau Earns Accreditation with Exemplary Standing

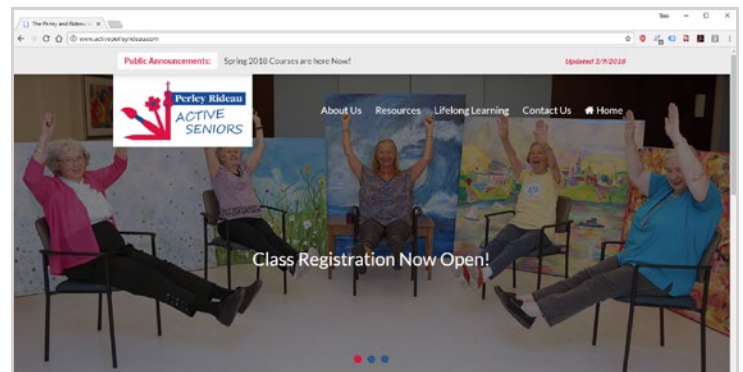
In March, Accreditation Canada awarded the Perley and Rideau Veterans' Health Centre Accreditation with Exemplary Standing, the highest level. Accreditation Canada is an independent, not-for-profit organization that sets standards for healthcare quality and safety for organizations around the world.



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

Thank you!

Active Seniors Website Launched



ActivePerleyRideau.com

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





CEO Akos Hoffer:

"Welcome to this 2018 Spring update sharing our recent news. Rather than publish a full-length paper version of our annual Community Report, we now broadcast a short video update every few months, accompanied by a printed summary."

Watch the videos and access the summary at www.PerleyRideau.ca.

120th Annual Meeting

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

Paypool Winners: \$100 each

May 3

- Amanda D - Nursing Casual
- Jeanelyn W. - Assisted Living

May 17

- Wilson K. - Rideau 2 North
- Meca V. - Food & Nutrition

Vol. 21-03

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