

The Perley Rideau News

Vol. 21-05

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

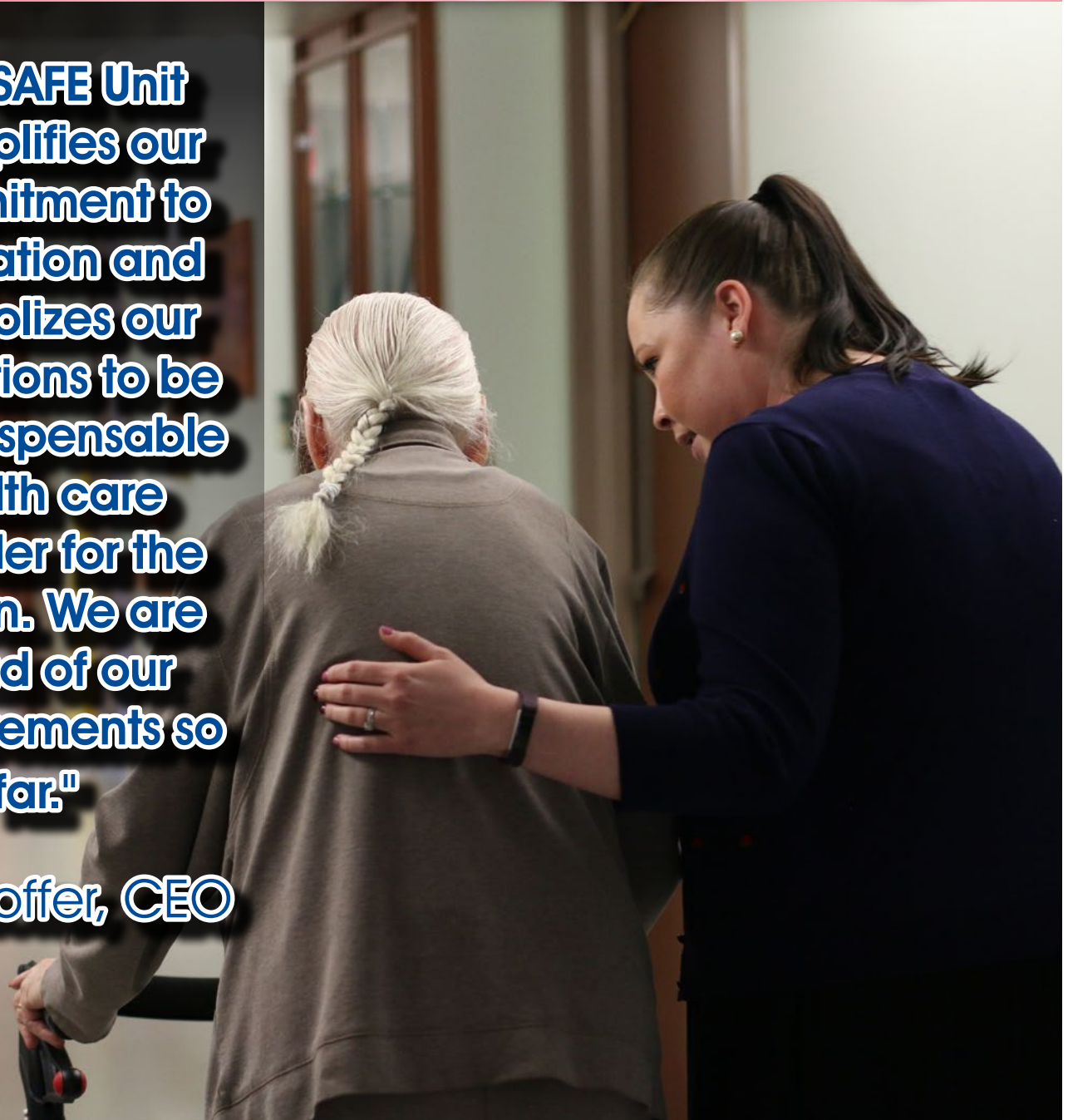
ACCREDITED WITH
EXEMPLARY STANDING



ACCREDITATION
AGRÉMENT
CANADA

"The SAFE Unit exemplifies our commitment to innovation and symbolizes our aspirations to be an indispensable health care provider for the Region. We are proud of our achievements so far."

Akos Hoffer, CEO



Inside:

- SAFE Unit success, Pg. 4
- Burnout research project launched, Pg. 6
- Construction updates, news from the Perley Rideau Foundation *and More!*

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





Andrea Heuving

I am pleased to announce the appointment of Andrea Heuving, Food and Nutrition Supervisor to the position of Assistant Manager, Support Services effective Thursday, September 13th, 2018. In her new role Andrea will assist the Director, Support Services in the provision of Support Services, focusing on Food Services within a model of resident-centred care.

Andrea graduated in 2016 from the Food and Nutrition Management Program at Algonquin College, received her Culinary Management Diploma from Sir Sanford Fleming College in 2012 and in 2010 Graduated from Loyalist College with a Level One Cook Apprenticeship Program.

Andrea's previous supervisory experience included Food Services, Human Resources and Administration in retirement residences. From 2010 to 2013 Andrea worked in the culinary field as an Assistant Sous Chef and Cook where she prepared appetizers and entrees for customers during lunch and dinner services. As well prepared hors d'oeuvres, fine dining meals for weddings and other special events.

Please join me in congratulating Andrea on her appointment and wishing her continuing success in her new role.

Thanks,

Lorie Stuckless NM
Director, Support Services



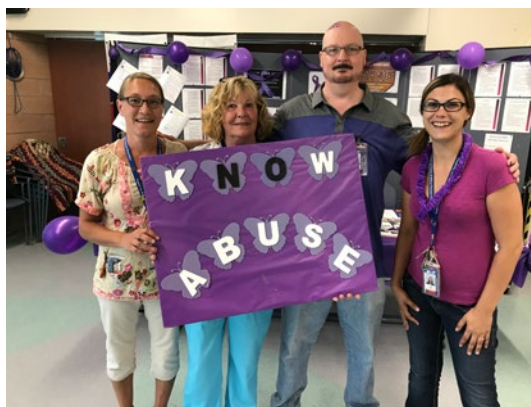
Corrine McMahon

Corrine McMahon is the new Assistant Coordinator for Assisted Living and Seniors Housing. She has a Diploma from Algonquin College in Corrections and a B.A in Law from Carleton University. Her background includes work on the housing sector and working with community-based clients. Corrine is very excited to be working at the Perley Rideau Village and looks forward to getting to know the Perley Rideau team.

Carolyn Vollicks

Director, Community Outreach & Programming

Purple People: Thanks to everyone who wore purple and visited the Games Room to support Elder Abuse Awareness Week



Deborah's Gift Boutique



As shared in the last newsletter, Deborah Bennett, the founder and volunteer Manager of the Perley Rideau Gift Shop, passed away recently. We, the gift shop volunteers, wanted to honour Deborah by re-naming the shop she loved so much. Her endless dedication of time, effort and energy showed how important it was to her to serve the residents, staff and other volunteers within the Perley Rideau community.

The volunteers came together to offer three or four suggestions for the re-naming process and ultimately the name we chose was “Deborah’s Gift Boutique”.

We chose this particular name as Deborah always preferred the name “Boutique” and of course we wanted her name to be front and centre. Deborah was always on a first-name basis with all who entered the shop

New signage will be designed and displayed prominently in due course and we look forward to the unveiling.

Gail Lalonde, Christiane Charron, Linda Robertson and Judy Evans on behalf of “Deborah’s Gift Boutique” Volunteers.



Thank you so much to the mighty team of volunteers from Public Safety Canada, who put some muscle behind their Government of Canada Workplace Charitable Campaign by tending to our gardens recently.

INNOVATIVE SUB-ACUTE CARE

“Sub-Acute Care for Frail Elderly (SAFE) is a new and innovative level of care that promises to improve the health and well-being of frail elderly patients hospitalized due to surgery, illness or accident. Innovation has spurred the evolution of the Perley Rideau throughout its existence, improving quality of care.”

Akos Hoffer, CEO



Overview of the SAFE Unit - 14 Weeks

Specialized Care



84
Staff

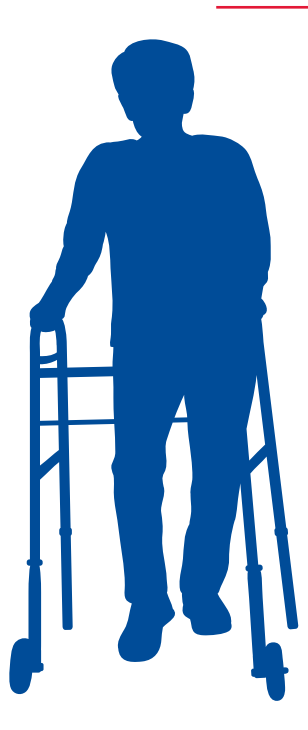
2370

Hours Training

Training:

- Chronic Conditions
- Infusion Therapy
- Critical Event Simulations

Patient Profile



65+

Mild/moderately frail

Common Diagnoses:



Heart Disease



Infection



Lung Disease

Overview of the SAFE Unit - 14 Weeks

Early Identification



3.5 Days
(avg.)

Time Span from
Perley Rideau Case Review
to Admission



Patient Centred Care



17.6 Days
(avg.)

Length of Stay



52

Patients served
in 14 weeks

High Quality Care



**7 Days &
30 Days**

Staff phone calls
to follow up



82%

Appointment
with Doctors
within 7 days

Restorative Care

- Occupational Therapy
- Physiotherapy
- Spiritual Care
- Therapeutic Recreation and Creative Arts
- Resident Care Liaison Support



97%

Patients
Recommend
The Program

Burnout and Employee Well-Being the Focus of New Quality Improvement Project

By Mary Boutette, Chief Operating Officer

We want our staff to be the best they can be, for themselves, their families, and above all, for our residents and clients. It is why we are here.

Every day, our employees give their entire self to serve our residents and clients. It takes a special, selfless kind of person to do this, because the people we care for often depend completely on us, and meeting their needs can be very challenging. When staff members give their entire selves to others, it can take its toll, especially if staff feel they can't meet the needs they see, or really make a difference in residents'/clients' lives. We all want to make a difference.

If a person experiences emotional exhaustion, lacks empathy towards other people, and can't accomplish what needs to be done, they often describe themselves as feeling "burned out". "Burnout" in health care workers has been identified as an issue. We are launching a Quality Improvement project at Perley Rideau to investigate and address this. Employees who feel burned out can lack the empathy, resilience, and commitment to provide the excellent care that our residents and clients deserve and need. Even more troubling, employee burnout in Long Term Care has been linked to things like resident/client neglect, abuse, absenteeism, turnover, poor health, difficult family lives, and overall well-being. We want and need our employees to be the best selves that they can be.

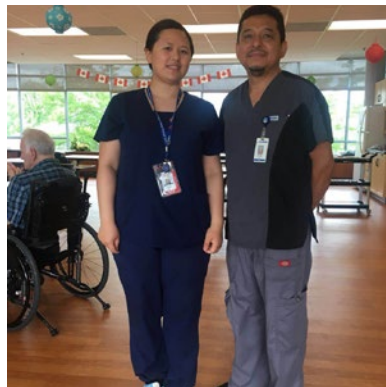
As a first step, we are launching a pilot study on G2S and G2N to understand burnout in Personal Support Workers and to explore ways to prevent it. Dementia is more prevalent on those two units which research suggests to be

related to caregiver burnout. We are hosting a focus group with a small group of PSWs to help us brainstorm change ideas. Once the change ideas have been identified, we will implement them in small improvement cycles and closely monitor the outcomes. This project is supported by Health Quality Ontario's IDEAS program, and we are fortunate to benefit from many leading researchers in this area. Their approval of our application further explains the importance of this issue.

The project is starting this summer and to be completed by Feb. 2019. Currently the study is limited to PSWs on these two units. However, our findings will be applied wherever they are relevant, as soon as possible. We understand the urgency and will keep you updated on our progress through upcoming newsletters and shared through our social media channels and emails. Here are the four members of the IDEAS project team should you wish to contact us.

The Perley and Rideau Veterans' Health Centre: A Great Place to Work For People Dedicated To Enriching the Lives of Seniors.

- Lacey Sheng, Performance Improvement Consultant, lsheng@prvhc.com, ext. 2205
- Rebecca Wilson, Strategy, Transition and Workplace Consultant, rwilson@prvhc.com, ext. 2225
- Andrea Liu, Coordinator - Centre of Excellence and Interprofessional Clinics, aliu@prvhc.com, ext. 7150
- Kelly Donahue, Special Approach PSW, kdonahue@prvhc.com, ext. 2346



Watch for the 3 personal accounts of the Day in Scrubs in upcoming newsletters

ATTEND THE UPCOMING TOWN HALL FORUMS

Wednesday, Sept. 26th and Thursday, Sept. 27th

Don't miss the Fall Town Halls this September

Please note that gathering with staff, volunteers and the Perley Rideau community in the Games Room will begin on Wednesday afternoons and carry through to Thursday.

Plan on attending . We want to hear from you!

See you then!

Wednesday, Sept. 26th, 2018

- 1530 hours (3:30 pm) – Town Hall for Therapeutic Recreation and Creative Arts staff
- 1930 hours (7:30 pm) – *Brief Town Hall for Food & Nutrition Staff*
- 2030 hours (8:30 pm) – Open Town Hall
- 2130 hours (9:30 pm) – Open Town Hall
- 2330 hours (11:30 pm) – Open Town Hall
- *Sept 27- 0015 hours (12:15 am) - Open Town Hall*

Thursday, Sept. 27th, 2018

- 1000 hours (10 am) – Open Town Hall
- 1330 hours (1:30 pm) – Open Town Hall
- 1445 hours (2:45 pm) – *Brief Town Hall for Food & Nutrition Staff*

All forums will be held in the Games Room



Perley Rideau

The Perley and Rideau
Veterans' Health Centre

PREP | Perley Rideau Educational Programs

Root Out Bullying

What you need to understand about bullying
and harassment in the workplace

September 14, 2018
1:00pm – 2:00pm
Lupton Hall

Resource Experts

Vonnie Kline

Vonnie is a Workplace Learning Specialist and Leadership Development Expert with over 25 years experience. An independent consultant since 2013, Vonnie works with staff to enhance interpersonal and inter-professional relationships.

Vonnie is passionate about helping people navigate through the continuous challenging situations that we face in our organizations.

Rebecca Wilson

Rebecca is the Strategy, Transition and Workplace Consultant at the Perley Rideau.

Rebecca recognizes that employees put their heart and souls into their work and believes we each have a role to play in making the workplace a space where each person feels respected and appreciated.

Andrea Liu

Andrea is the Coordinator of the Centre of Excellence and Interprofessional Clinics.

Through her work employee engagement, research on burnout in long-term care, and aligning code of conduct with core values, Andrea has developed an interest in optimizing staff well-being through her work

*"He who controls others may be powerful,
but he who has mastered himself is mightier still."*

Loa-Tzu

For questions and concerns, please contact learning@prvhc.com

Foodies Rejoice!

Extended Cafeteria Hours and New Menus Coming In September

Starting September 10th, the Cafeteria will offer new menu items and extend operating hours to better serve the Perley Rideau community.

As part of a two-week trial running from September 10th to 21st, the cafeteria will be open from 8 am to 7 pm.

Along with our affordable all-day breakfast, we will be announcing new menu items in the coming days. Watch for more information on our website (perleyrideau.ca) and our Facebook page ([@perleyrideau](https://www.facebook.com/perleyrideau)).



Thanksgiving Day Dinner!

Extended cafeteria hours and new menus coming in September

Fall season is fast approaching. One of the events being planned is Thanksgiving Day Dinner. This special meal will be served at noon on Monday, October 8th, 2018 in the Cafeteria between 11:00 am to 2:00 pm. For those wishing to enjoy Thanksgiving dinner with their loved one, the Perley Rideau is able to offer you the option to enjoy this special day together in the Cafeteria.

For planning purposes, we ask that you pre-purchase your Thanksgiving Dinner Ticket from the Cafeteria Cashier between the dates of September 10th, 2018 to October 1st, 2018. These tickets will be available on a first-come, first-served basis. A signup sheet will be posted in the cafeteria for you to register your loved one to eat in the cafeteria. There is no charge for residents planning to eat in the cafeteria on this day. We will accommodate all resident dietary requirements.

In the event that you have pre-purchased a meal ticket and your plans change, you will be able to obtain a refund up to and including Friday, October 5th, 2018. The cost per meal for family members or friends is \$20.95 plus HST.

Thanksgiving Dinner includes:

- Butternut Squash Soup
- Roast Turkey, Cranberry Sauce, Dressing, Gravy
- Whipped Potatoes, Roasted Brussel Sprouts,
- Pumpkin Pie
- Choice of Hot or Cold Beverage.

Thanks,
Lorie Stuckless NM
Director, Support Services

Volunteering



Great fun wrapping up the 2018 Summer Youth Volunteer Program today! Thanks to Mr. Jerry Bowen for recognizing the group on behalf of residents, and sharing colourful stories of his own experiences as a teen volunteer. Congratulations to Gautam Agrawal and Aiden Hallgren, who shared this year's Summer Youth Award. And, thank you to this year's Summer Youth Student Assistant, Mihiret Sinkie. She created a warm and supportive environment that brought out the best in all 30 SYP volunteers who dedicated part of their summer break to serving the Perley Rideau community. The future looks bright in the hands of these young leaders.



Construction Underway at Perley Rideau

Our most ambitious construction undertaking in more than five years will mean relocation of some services as we prepare for expansion. Work starts in September.

From: Mary Boutette, Chief Operating Officer



I am writing to announce that we will be launching several new services and expanding current services to benefit Perley Rideau residents, families, volunteers, staff and the neighbouring community.

In the coming weeks, construction will begin to create three new services:

- An interprofessional, outpatient clinic
- A new hearing care centre
- A primary care clinic

Supported by our partners from the University of Ottawa, the interprofessional, outpatient clinic will provide occupational therapy, physiotherapy, speech language pathology and hearing care/audiology care services. To accommodate the interprofessional, outpatient clinic we will be renovating the central block of offices on the first floor of Perley Rideau Centre in October. This will mean the relocation of several services and offices including Dental Care, Food & Nutrition/Catering (R = Relocated), Hearing Care (R), Spiritual Care (R) and Volunteer Services (R).

Hearing services will be offered by a new provider, and will include services like wax removal and other treatments not currently available onsite. The hearing care clinic will be temporarily located within the Perley Rideau Physio & Massage Therapy Clinic and, once the construction is complete, it will move to its permanent location on the first floor of Perley Rideau Centre. With the launch of the new hearing care service, Helix will no longer have a location at Perley Rideau. We thank them for their years of service.

The Dental Care Clinic will be moving to the second floor of Perley Rideau Centre during the construction and then return to the central block of offices on the first floor of Perley Rideau Centre once the work is complete.

Also relocated during this time are the following (alphabetical order):

- Admissions (R)
- CUPE office (R)
- Dr. Gary Victor's office (R)
- Family and Friends Council office (R)
- Staffing office (R)
- Support Services offices (R)
- Veterans Residents' Council Office (R)

To help track and navigate these changes, I have included a list with the name of key services and contact information accompanied by a map showing the location of these services during the upcoming construction phase. This letter, along with the Perley Rideau maps, will be available throughout the Health Centre this week.

If you have any questions or concerns, please notify the specific contact listed below or communicate directly with Andrea Liu, Coordinator–Centre of Excellence and Interprofessional Clinics, 613.526-7171, Ext. 7150 (aliu@prvhc.com) for more information.

As the work nears completion, an updated map with the new locations for all the services in Perley Rideau Centre will be available.

Service	Contact	New Room Number
Admissions Office	Ext. 2300 or 2990	See Map
CUPE Office	613.282-0345	CW1033
Dental Care	Ext. 2365	CE2058
Dr. Gary Victor	Ext. 2336	EN2037 (Rideau 2 North)
Family and Friends Council	Ext. 0	CW1088
Food & Nutrition Supervisor/ Catering	Food and Nutrition Supervisor Main Kitchen Ext. 2615; Catering Supervisor: Ext. 2606	See Map
Hearing Care	Ext. 7150	See Map
Spiritual Care	Ext. 2357 or 2358	CW1081, CW1082
Staffing Office	Ext. 7176	CE2053
Support Services	Ext 2603 or 2533 or 2520	See Map
Veterans Residents Council	Ext. 2877	CW1088
Volunteer Services	Ext. 2356	CW1087, CW1089

These are exciting times as we continue to evolve to meet the needs of our residents, tenants, our neighbours and seniors throughout the region. Thank you to the entire Perley Rideau community for your assistance during this time of change and for helping us to live our motto: Together we improve the well-being of the people we serve.

Mary Boutette

Mary Boutette,
Chief Operating Officer
The Perley and Rideau Veterans' Health Centre

The Health Centre: Under Construction

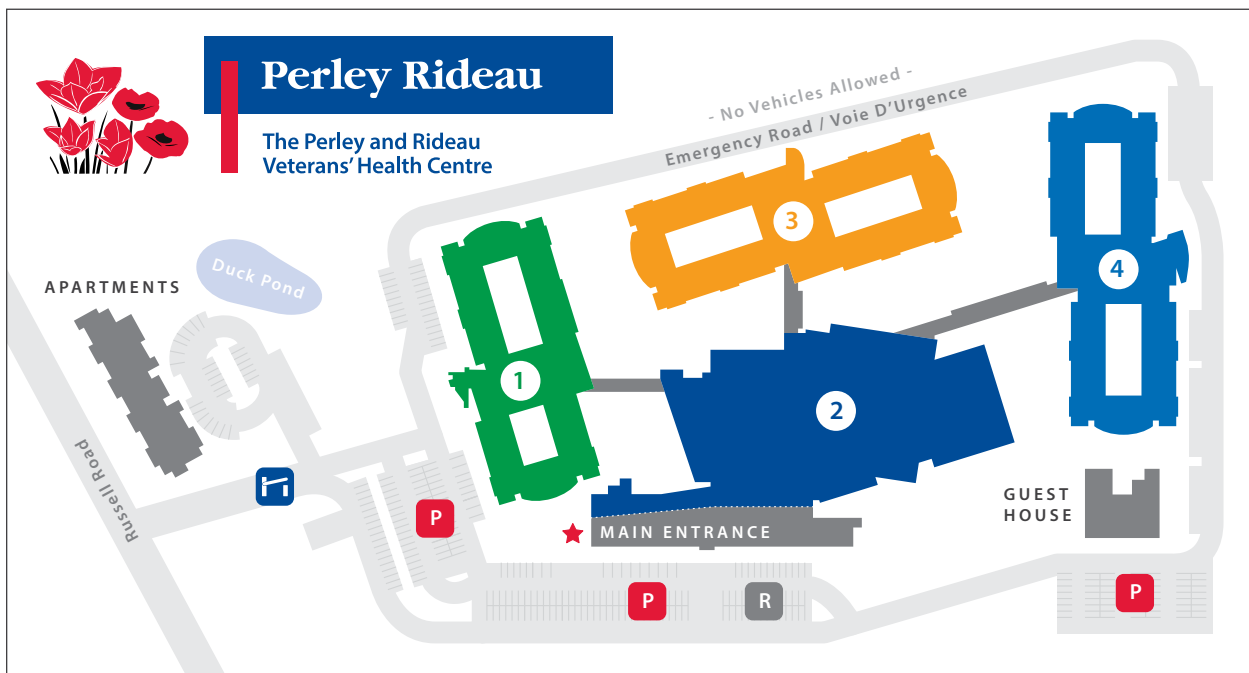
As the heart of the growing Perley Rideau Village, the Health Centre is home to many of the programs and services enjoyed by residents, tenants, families and visitors. Connected to each of the three residents units by spacious links; Rideau ①, the Health Centre ②, Ottawa ③ and the Gatineau ④ buildings.

Each of the three residences is two-storeys and the Units are named for the specific building, floor and the direction of the unit. Examples of the Unit names include: Rideau 1 North, Ottawa 2 East and Gatineau 1 South.

We Are Renovating To Serve You Better!

Exciting new services are coming for Perley Rideau residents and the broader community. Construction will soon begin on an interprofessional, outpatient clinic with occupational therapy, physiotherapy, speech language pathology and audiology services. The clinic will be located in the central block of offices which includes Volunteer Services, Spiritual Care and the existing dental and audiology clinics. It will be of great benefit to all who live at Perley Rideau to have these expanded services available on site.

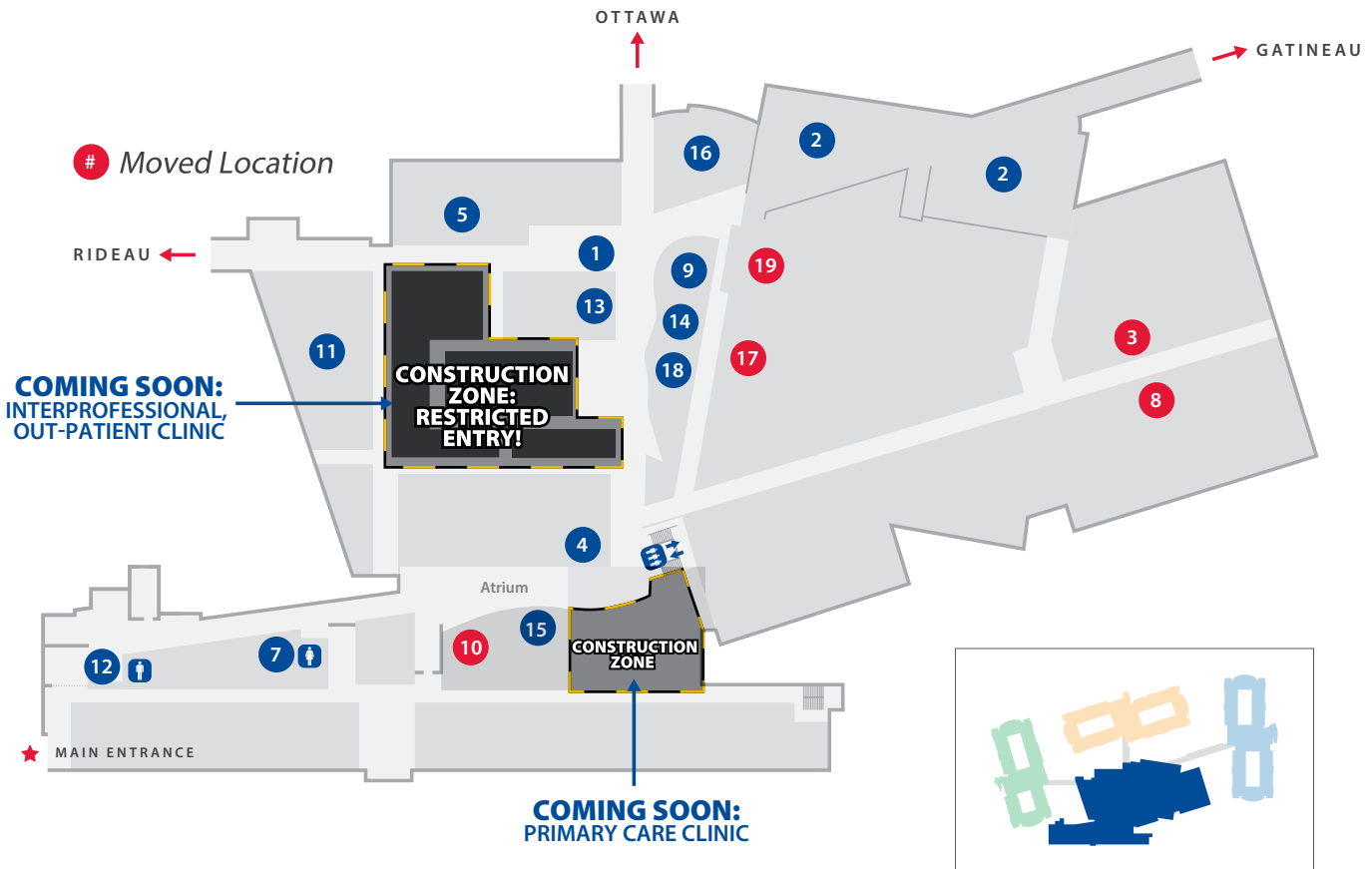
Please view the map for updated locations. As the work nears completion, watch for an updated map with the new locations for all services and programs.



Many of the publicly accessible services and programs can be found in the Perley Rideau Health Centre, including the following:

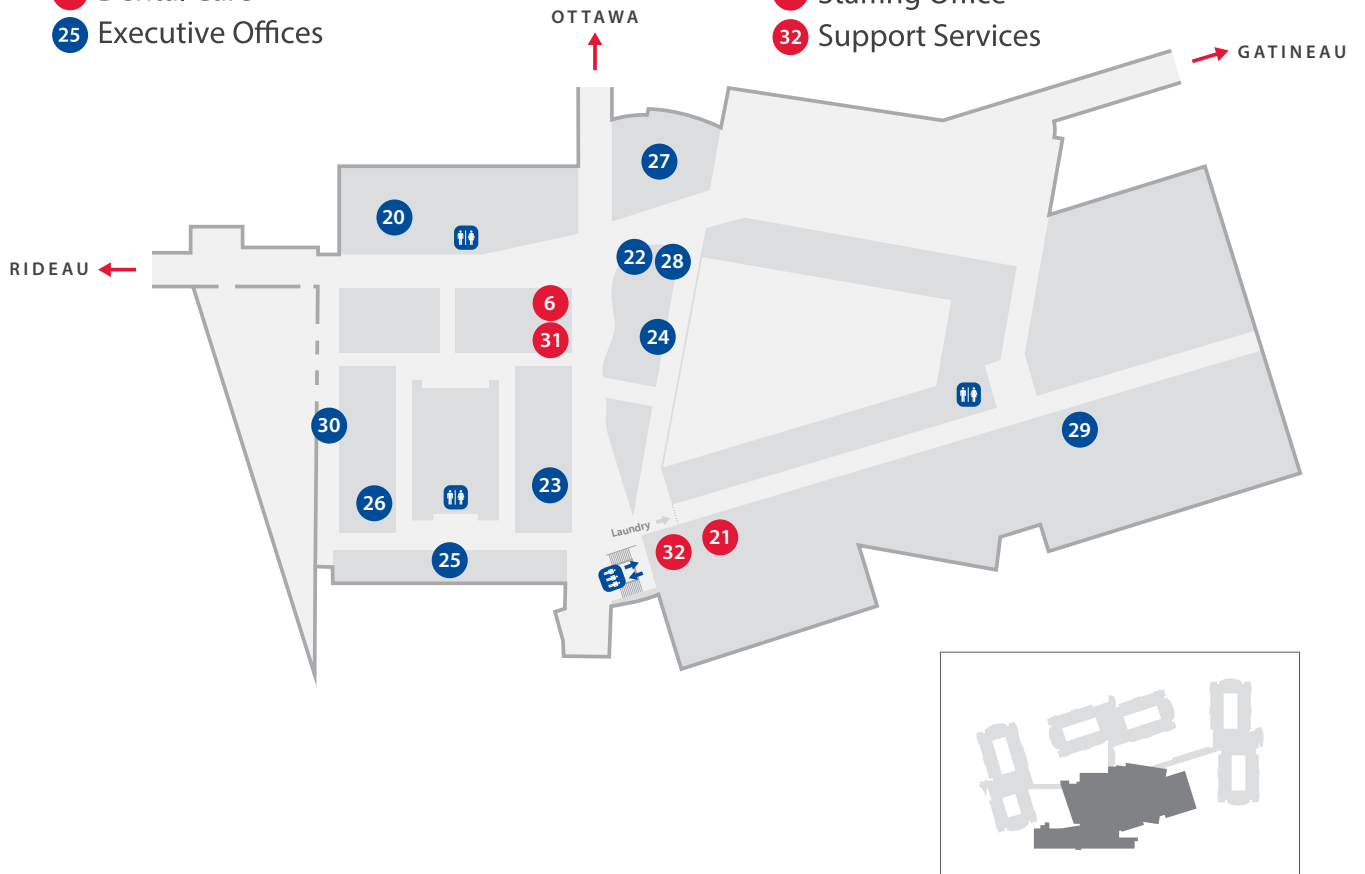
The Health Centre, Main Floor (Alphabetical Order):

- | | |
|---|---|
| 1 Bank Machine | 11 Lupton Hall |
| 2 Cafeteria | 12 Main Entrance |
| 3 C.U.P.E office | 13 Medical Pharmacy |
| 4 Day Program | 14 The Perley and Rideau Veterans' Health Centre Foundation |
| 5 Dementia Society of Ottawa and Renfrew County | 15 Physio & Massage Therapy |
| 6 Dental Care | 16 Pub |
| 7 Dermatologist | 17 Spiritual Care |
| 8 Food & Nutrition Supervisors/Catering | 18 Veterans Affairs Canada |
| 9 Gift Shop | 19 Volunteer Services |
| 10 Hearing Care | |



The Health Centre, Second Floor (Alphabetical Order):

- 20 Art Studios - Painting and Clay Studios
- 21 Admissions Office
- 22 Barber
- 23 Benidickson Boardroom
- 24 Dementia Society Offices
- 6 Dental Care
- 25 Executive Offices
- 26 Finance Office
- 27 Games Room
- 28 Hair Salon
- 29 Laundry
- 30 MET Art Gallery
- 31 Staffing Office
- 32 Support Services



2018 Employee Engagement Survey

It's that time of year again. The Annual Employee Engagement Survey will launch on September 4th, 2018. Staff will have the opportunity to complete the 5 minute survey online during work hours any time before October 9th, 2018.

Last year, 364 staff responded to the survey. It would be great to keep the momentum going and gather feedback from even more staff in 2018. The results obtained through the annual survey are important indicators for us as we work towards ensuring that the Perley Rideau truly is a great place to work for people dedicated to enriching the lives of seniors.

Watch for the launch e-mail and posters, and take a few minutes to share your thoughts on how we can continue to improve the workplace.

Here are a few of the Employee Engagement Initiatives that have been initiated since last year's survey.

- Employee Engagement Workshops with Management and Employees (January and March 2018)
- Kudos Cards (launched in July 2018)
- Engagement Workshop regarding Nursing Workload (September 2018)
- PSW Joy in Work Initiative (July 2018 – January 2019)
- Workplace Bullying Workshops (Coming September 2018)
- Employee workshops on Giving Feedback and Communication Skills (Coming in 2019)

Yoga for Employees and Volunteers

Updated Class Schedule for September – December 2018



Tuesdays 3:15 – 4:00pm in the Games Room

Tuesdays 4:30 – 5:15pm in the Games Room

Wednesdays 12:10 – 12:50pm in the Games Room

Drop-ins and new yogis welcome!

Contact Rebecca Wilson (x2225) to learn more

The Century Club



Hosted by our team from Therapeutic Recreation and Creative Arts and Mary Boutette, Chief Operating Officer, recently we honoured 13 residents who are members of the Century Club. An inspirational celebration with plenty of laughs. Thank you!



Thanks to the powerhouse team from Therapeutic Recreation and Creative Arts for hosting today's Century Club.



Fishing Derby



Carpe Diem! A beautiful day for a fishing outing at the RCMP campground at Long Island Locks. Thanks to the outstanding team from Therapeutic Recreation and Creative Arts for leading this perfect day.



Cycling Without Age

Hosted by Therapeutic Recreation and Creative Arts

We Are Looking For Riders and Pilots.

Contact...
613-526-7170, ext. 7474



THE RIGHT TO WIND IN YOUR HAIR



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



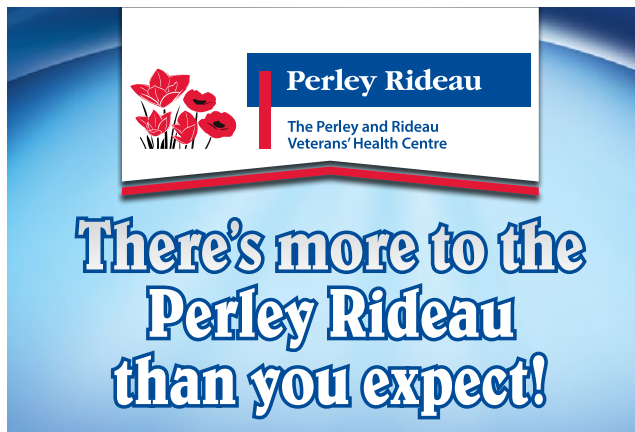


OUR INSTRUCTOR SHOW

A group exhibition featuring the work of:

**Bree Fedak, Cynthia Norman, Genevieve Lemieux-Crombie,
Kelsea Harris and Sarah Anne Sharpino**

JUNE 13TH - OCT 10TH MET GALLERY



Career Opportunities for Registered Nurses

The Perley and Rideau Veterans' Health Centre is the region's largest long-term care home with 450 beds for Veterans and seniors from the public. As one of Ontario's most progressive homes, the Perley Rideau is expanding its short stay and sub-acute care programs. Our nurses have opportunities to work to their full scope of practice in a variety of settings.

In 2018, the Perley Rideau was Accredited with Exemplary Status and the organization is in the final year on the journey to become a RNAO Best Practice Spotlight Organization. There are a wide range of specialty care opportunities including dementia care, post-op care and wound care and many leadership opportunities. Perley Rideau aspires to become a Centre of Excellence and Applied Research in Frailty-Informed Care to benefit the 600 residents of the Perley Rideau Village and the neighbouring community.

Short-stay units:

- 34-Bed Convalescent Care Unit
- 25-Bed Specialized Veterans Beds **NEW**
- 20-Bed **SAFE** Unit (the first ever Sub-Acute for the Frail Elderly Unit) **NEW**
- 20-Bed Specialized Behavioural Support Unit (SBSU) **NEW**
- 6-Respite Beds

The Perley and Rideau Veterans' Health Centre:
A Great Place to Work For People
Dedicated to Enriching the Lives of Seniors.

Visit our website for more information: PerleyRideau.ca

Check us out online...



Perley Rideau



Perley Rideau



PerleyRideauSeniors;
@prvhc_seniors



Perley and Rideau
Veterans' Health Centre
/ Foundation

Interested?

Please forward your resume and covering letter to:
jobs@prvhc.com





Village Fair Day

Saturday Sept. 8, 2018 • 10am - 3:00pm

AGENDA

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

This event is for our entire Village including residents, tenants, volunteers, staff, families, friends and neighbours.

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

Charitable giving as part of your estate plan

Making a meaningful impact with a gift of 1% or more in your will

Please join us for an informative, interactive session that will ensure you have a thorough understanding of key components of your will and estate plan. You'll also learn about how your legacy gift of 1% or more of your estate can make a lasting, meaningful impact in your community. You are welcome to bring along a guest.

You and your guest will have the opportunity to learn from and have your questions answered by Douglas Buchmayer, Partner, Gowling WLG (Canada), who concentrates primarily in the areas of estate planning, litigation and administration. You'll also hear inspiring words from a donor on the impact of a legacy gift to charity.

Hosted by The Perley and Rideau Veterans' Health Centre Foundation in partnership with the National Arts Centre Foundation, the Ottawa Regional Cancer Foundation, Hospice Care Ottawa, YMCA-YWCA of the National Capital Region, the Ottawa Food Bank, The Ottawa Mission Foundation and the Youth Services Bureau of Ottawa Charitable Foundation.

Friday, September 28th, 2018

The Perley and Rideau Veterans' Health Centre – Lupton Hall

1750 Russell Road, Ottawa

- Registration: 9:30 a.m.
- Information Session: 10:00 a.m. to 12:00 p.m.
- Light Lunch: 12:00 p.m.

Speaker:

- Douglas Buchmayer is a partner in the Ottawa office of Gowling WLG. Douglas concentrates primarily in the areas of estate planning, estate litigation and estate administration. His areas of expertise include: wills, powers of attorney, tax planning, trusts, trustee obligations, family trusts, cottage succession planning, incapacity, guardianship, probate, and estate accounting.

Complimentary on-site parking is available. Light lunch and refreshments will be served.

Please RSVP by September 14 by calling Sara Francis at 613-526-7173 or sfrancis@prvhc.com. If you will be accompanied by a guest, kindly include their name and email address or phone number. Note, space is limited so please RSVP early.



FASHIONABLE 7 DAYS A WEEK



Join Nygard Style Direct for a

Benefit Fall Fashion Show and Shop Event

in support of the Perley and Rideau Veterans' Health Centre Foundation

Sunday October 21st, 2018

Main Cafeteria

Perley Rideau at 1750 Russell Rd, Ottawa

Shopping: 2pm to 4pm

Fashion Show at 3pm

ALL WELCOME · FREE ADMISSION

Over 30 vendors with specialization in clothing, women's accessories, food, and senior services will be on site · Raffle and Silent Auction

www.perleyrideaufoundation.ca | 613-526-7173 | #honourandcare



Perley Rideau

The Perley and Rideau Veterans' Health Centre Foundation



Perley Rideau

The Perley and Rideau Veterans'
Health Centre Foundation



**Get a leg-up on your home improvements while supporting the
Perley Rideau Foundation!**

We are pleased to partner with Nepean Rona to be able to offer a special membership card to our supporters! This card will give you an immediate discount of 3% on all purchases over and above the sales price and other discounts, and Rona will donate 2% of every purchase made back to the Foundation.

Cards are available in front of the Foundation office and on our website at www.perleyrideaoundation.ca – you can print your own!





The Royal Canadian Legion Br. 627 continued their strong history of support with a generous gift of \$2,000.00. Thank you to all Br. 267 members for supporting the Priority Needs of Veteran residents! Back Row - L to R: John MacInish, Osgoode Care Centre; Kristen Casselman, Winchester & District Memorial Hospital; Daniel Clapin, Foundation Executive Director; Delphine Haslé, Foundation Development Officer; Della Hunt, Rural Ottawa South Support Services; Vanessa Brousseau, East Ottawa Resource Services. Front Row - L to R: Br. 627 1st Vice-President Arlene Preston; Br. 627 Services Officer Bruce Sherritt; Br. 627 President Linda Wyman.

The Royal Canadian Legion Branch 616 West Carleton (Constance Bay) made a very generous donation of \$5,200 for the purchase of 2 new Hi-Lo beds! Thank you to all Constance Bay members for helping to provide these valuable pieces of equipment – so important to both residents and staff. L to R: Daniel Clapin, Foundation Executive Director; Br. 616 1st Vice-President Bogdan Procyk; Br. 616 President George Dolan.



We are proud to announce the grand opening of the new Gazing Gazebo! This location, a favourite for many, has been renovated and upgraded over the past few months through the support of donors, including the very generous support of residents Mr. and Mrs. Roberts. We are pleased to be able to formally welcome residents, tenants, and staff to enjoy the new and improved lookout!



The Eldercare Foundation generously awarded funding in 2017 for the purchase of new benches in the resident courtyards. If you haven't already, go and check them out! Thank you to the Eldercare Foundation for helping to make the courtyards more accessible and able to be enjoyed by all.

Team Perley Rideau was the happy winner of the 2018 'Kichesippi Workplace Run-Off' – a contest held by Kichesippi Brewery for charities participating in the Ottawa Race Weekend Charity Challenge. As the team who raised the most money (over \$17,000!), members got a tour of the brewery, an awesome lunch, beer samples, and a look into how Kichesippi brews their beer. Congratulations to all team members and thank you to those who supported them – running makes you thirsty!



Quilts of Valour members Jill Greenwood and Tracy Wilson show off some of the beautiful handiwork of members of Quilts of Valour – Canada. This quilt and many others will be gifted to new Veteran residents of the Perley Rideau, as part of the Welcome Program. Thank you to all members of Quilts of Valour – Canada for the selfless work you do for the men and women who served our country!



THE PERLEY AND RIDEAU VETERANS' HEALTH CENTRE FOUNDATION

Our staff and volunteers strive to make each day special for our residents

Honour and Care

As a way of honouring his convictions, Ray Desjardins has made a gift in his will to the Perley and Rideau Veterans' Health Centre Foundation. Throughout his life, Ray has had a deep respect and admiration for the men and women who serve their country in uniform – something he learned from his father.

"My father tried to enlist during the Second World War," says Ray, "but as a foundry worker, he was ineligible to serve."

Canada and other Allied countries recognized that maximizing industrial production was essential to the war effort. As a result, thousands of skilled labourers and factory workers were not allowed to enlist. For Ray Desjardins' father, it was a bitter pill to swallow.

"My dad could only watch as many of his friends, as well as 14 members of his extended family, went off to war, while he worked 12-hour shifts in a smelter at LeBreton Flats," says Ray. "Young soldiers in shiny new uniforms would taunt him when he walked the streets in civilian clothes or took my mother to a dance."

Along with his factory work, Ray's father also served the war effort as a volunteer with the St. John Ambulance, continually upgrading his first-aid skills and also qualifying as an air warden. After the war ended, Ray and his father attended Remembrance Day ceremonies each year. Some of Ray's fondest childhood memories involve holding his father's hand as the Veterans marched by.

"My Dad died at the relatively young age of 52," says Ray, "Those long hours in front of a blast furnace surely took a toll on his body."

At the age of 14, Ray joined the Cameron Highlanders of Ottawa (MG) as an army cadet. In 1957, he joined the reserves, serving the next eight years and eventually rising to the rank of Lieutenant.

"My dad was fiercely proud to see me in uniform," Ray recalls. "One time, I caught him polishing my boots because he wanted them to be absolutely perfect."

Ray Desjardins went on to serve Canada in another way, however: as a professional in the tourism industry. For 35 years, he worked for the forerunner of the Canadian Tourism Commission, the federal agency that has helped to make the industry a mainstay of the national economy. As a young professional, Ray met and married Carolyn Himes. The two raised a son and daughter, moving from one foreign city to another as Ray's career blossomed. By the late 1970s, the family settled in Ottawa, where Ray became Director of Marketing USA and the Americas.

Ray maintained his membership in the Cameron Highlanders of Ottawa Regimental Association and supported the Association's charity. Soon after he retired, Ray became active in the Royal Canadian Legion and eventually became President of Branch 593 Bells Corners.

"I would often sit and talk with Veterans," Ray says. "You could see that many of them were still hurting from their wartime experiences, and I knew that I could help."

To complement his volunteerism with the Legion, Ray became involved with the Perley and Rideau Veterans Foundation, and served a term as Chair of the Foundation Board. He played an important role in the successful effort to fund the construction of the 139 independent-living apartments for seniors on the Perley Rideau grounds. Veterans enjoy priority access to the apartments. Ray continues to visit Veterans at the Perley Rideau regularly.

"I want to make sure that our Veterans receive the care they've earned – the best way to honour their service is to ensure they get the absolute best care," he says simply. "Carolyn passed away in 2011, my children are grown up and I now have two grandchildren. When it came time to update my will, I wanted to include not only



Ray Desjardins.

members of my family, but also the men and women who served their country. It's about honour and care."

Ray Desjardins requested that his donation be used to fund the care of Veterans only. The Foundation will abide by Ray's request, as it does for any donor who wishes to make such a designation.

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

Topic of the month:

Fall Prevention



Falls are the main reason older adults lose their independence and account for **85 percent** of injuries leading to hospitalizations.

Here are some things you can do to reduce your risk of falling:**STAY ACTIVE**

Always check with your doctor before starting a physical activity program. Physical activity reduces the risk of falls by improving strength, balance, coordination and flexibility. Look for an activity you enjoy like water workouts or Tai Chi. It could also be as simple as walking or gardening!

**WEAR COMFORTABLE SHOES**

Proper fitting shoes with good foot support and non-skid soles can help with falls-prevention.

**EAT A BALANCED DIET AND STAY HYDRATED**

Ensure your meals contain a variety of vegetables, fruits, whole grains and a source of calcium and vitamin D to maintain healthy bones. Drink fluids often during the day – water is your best drink!

**REVIEW YOUR MEDICATIONS WITH YOUR PHARMACIST**

Some medications may increase your risk of falls (*e.g. sleeping pills, blood pressure medications, Pain killers, anti-allergy and cough medications*). Your pharmacist may make recommendations to your doctor to address side effects and the risk for falls.

**KEEP YOUR HOME SAFE**

Remove tripping hazards like rugs, mats and clutter from places where you normally walk. Using proper lighting, grab bars and non-slip mats in the shower can also help reduce the tripping hazard at home.

**GET YOUR EYES AND EARS CHECKED REGULARLY**

Age-related vision and hearing changes can affect your balance and the risk of falling. It's important to have a complete physical examination at least once a year.

References: : www.centralhealthline.ca – Fall Prevention Resources-accessed Aug 16, 2018; www.mayoclinic.org - Fall prevention: Simple tips to prevent falls-accessed Aug 16, 2018





Perley Rideau

The Perley and Rideau
Veterans' Health Centre

WESTERN

STAFF APPRECIATION BBQ

September 20th, 2018

Lunch • 1130 - 1330

Supper • 1630 - 1830

Nights • 2300 - 2400

Along with door prizes,
there will be a costume contest.

**We will be accepting donation in support of
The Ottawa Mission
to receive an extra ballot to win a paid day off.**

Winter is coming!

Please donate new or gently used footwear, boots and coats.



Falls Prevention Awareness Month

It is Falls Prevention Awareness Month and the Falls Prevention Quality Improvement Team wants to highlight some of the work of the team and provide additional information related to upcoming initiatives.

- Check out the Falls Prevention Awareness Month display located in the cafeteria, right before the Gatineau link. The display features case examples, BPGs related to interventions to prevent Falls and performance data.
- Complete the Falls Prevention Awareness Quiz for a chance to win a \$25 Starbucks gift certificate. Paper copies will be available at team meetings. You can access the quiz here: <https://www.surveymonkey.com/r/FallsMonth>.
- RNs and RPNs, there will be training on orthostatic hypotension at upcoming registered staff meetings.
- Stay tuned for communication related to a new process aimed at improving the transfer logo system on units.

On behalf of the Falls Prevention QI Team, thank you for your interest and participation!



Banner Day

Lacey Sheng, Performance Improvement Consultant, shows off our recent achievement, earning Accreditation with Exemplary Status



Catching Up

Thanks to our partner, we are living our motto: *Together we improve the well-being of the people we serve.*

Access the Ottawa Citizen article here: *'This was win-win:' The Perley and Algonquin College create joint PSW program*

- <https://ottawacitizen.com/news/local-news/this-was-win-win-the-perley-and-algonquin-college-create-joint-psw-program>

Once again, the Champlain region has a Specialized Behavioural Support Unit to provide care to people with dementia who are exhibiting responsive behaviours. Read the Community Voice story (page 9):

- <http://ottawavoice.ca/assets/alta-vista-0621---web.pdf>

Paypool Winners: \$100 each

July 12

- Louise H - Ottawa 2 East
- Aminatu S - Ottawa 1 West

August 9

- Brittany E - Admissions
- Mariama M - Assisted Living

July 26

- Alain L - Plant Services
- Marlen V - Rideau 2 South

August 23

- Amanda D - SBSU
- Emma Jane V - Gatineau 1 South

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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 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

