



BETWEEN Us... Briefly

Newsletter for residents, tenants, family and friends, staff and volunteers of Perley Rideau

Awareness of Perley Rideau on the rise

In the last 15 months, Perley Rideau has received the visit of an unprecedented number of dignitaries.

PM visit - Most recently, on September 10, 2014, Prime Minister Stephen Harper and his wife Laureen came to Perley Rideau as part of the 75th anniversary of Canada's engagement in WWII. They met with veterans in the pub, a favourite place for early afternoon ice cream on Wednesday afternoons. View [photo with caption](#) which appeared in the Citizen the following day.

Openings - We also had two very successful celebrations for the new seniors' apartments where more than 500 guests and dignitaries showed up, many of whom toured the new buildings.

Premier Kathleen Wynne was our keynote speaker in June of last year.



Other notables who have visited were: Minister of State for Seniors Alice Wong, Citizenship and Immigration Minister Chris Alexander, Mayor Jim Watson, local MPPs and others.

United Way Award - In May of this year, we were recognized as a 2014 Community Builder of the Year when we won the '*Belonging to Community Award*'.



Akos Hoffer, Health Centre CEO, **Michael Jeffery**, Health Centre Board Chair and **Bernie Blais**, Bruyere Continuing Care CEO accepting the award on behalf of their respective organization

This positive engagement with the community helps us in many ways in achieving our goals, whether as a result of increased funding, support from our partners in many different ways, contributions from donors and interest in becoming a volunteer at Perley Rideau, to name a few.

It is important to keep developing and maintaining relationships with our stakeholders and partners as we implement our vision.

2014 Village Fair, a huge success

We had a great day, with everyone from our village participating - residents, tenants, volunteers, employees and lots and lots and lots of family and friends.



Activities included: entertainment, free treats from Tim Horton's, Popcorn, Ice Cream, Toonie BBQ, petting zoo, bouncy castle, clown, games, crafts, giant bubbles, Cardboard Village, face painting, Brad the balloon guy, FFC table, raffles, sale of crafts and much more.



One of the highlights of the day was the making of giant bubbles.



Many of you were intrigued with the size of the bubbles and have asked us for the bubble making instructions. So, here they are:

*1 part Joy or Dawn Ultra dish soap
11 parts water (distilled works best)
¾ tablespoon of glycerin (available at any drug store)
Let the solution sit overnight for best results.*

The wand consists of two dowels with braided cotton string tied in a circle between them. The braided cotton string improves the absorbency of the dish soap.

*To make a bubble:
Put the wand into the bubble solution, keeping the string loop closed (dowels close together). Lift the string from the solution and allow it to drain for about ten seconds. Gently open the string by separating the dowel sticks and step backwards to form bubble (you can also let the wind do the work for you). Slowly bring dowel sticks back together to close off the bubble.*

Say "Wow!" or "Oooooo!"

These kinds of events are great and necessitate planning and the cooperation of a lot of people. A big thank you goes to all of you who contributed to our 2014 Village Fair on Saturday, September 6. Your efforts are valued, recognized and gratefully acknowledged.

Mark your calendars for next year's Village Fair. It will be held on Saturday, September 12, 2015. Contact Dave Harris (ext. 7735) or dharris@prvhc.com to contribute ideas, suggestions and feedback.

Staff Appreciation BBQ

"A rockin good time was had by all", stated Ursula Lamoureux, following this year's Fall BBQ.

"Our staff really does rock...and roll. The recent staff appreciation BBQ was a smashing success. We had an amazing turnout from all departments, on all shifts; we even did some rocking after midnight." The spontaneous jam sessions were Grammy worthy, and the costumes incredible. A special shout out to Robin Tremblay and Hai Tran for all the food preparation. The menu was mouth-watering and nothing short of a five-star restaurant. It truly was a privilege to party like a rock star, with Perley Rideau's legendary staff.



The Rideau Resident Band is on Fire!



From left to right: Jack Widdowfield, Brian Simms, Bill Simms, Ray Simms, Benilda Formoso Ladouceur and Fred Hicks

Featuring Bill Simms on vocals, Fred Hicks on drums, Jack Widdowfield on ukulele, and Tony Antonello on vocals, the band practices every Sunday afternoon and performs regularly at the Rideau Afternoon Delight Social and other events. The Band is very fortunate to have volunteer and family member musicians to join in on the mix. Some of our regulars include Bill's brother Ray, who plays a killer harmonica, our volunteer Megan who plays a soulful violin, and Tony's son-in-law Greg, who plays a jazzy guitar.

The Rideau Resident Band was initiated by music therapist, Benilda Formoso Ladouceur, MTA, MSW. *Music therapy* is the skillful use of music and musical elements by an accredited music therapist to promote, maintain, and restore mental, physical, emotional, and spiritual health (CAMT, 2014). The goal of the Band is to work with residents' musical abilities to maintain or enhance fine motor skills, decision-making skills, leadership, social well-being, and a sense of belonging. Everyone has a great time and gets to share the love of music with others. For more information about music therapy, please visit www.musictherapy.ca

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

Saying goodbye to two Perley Rideau Friends

Dr. Cosman

We are sad to report the passing of Doctor Herbert H. Cosman, known to countless residents and their families, staff, volunteers and Board members.

Dr. Cosman was born in 1926 and grew up in Winnipeg. He obtained his Doctor of Medicine from the University of Manitoba in 1949. He received his Fellowship in Internal Medicine from the Royal College of Physicians and Surgeons in 1955 and was admitted to the American College of Physicians and American Society of Internal Medicine in 2002. Between 1948 and 1955, he filled several internships.

Dr. Cosman was a pioneer in Geriatric Medicine. He was a founder and acting chief of the new Geriatric Assessment Program, Ottawa Civic Hospital, 1983-1984. He also served at the Perley Hospital and the Perley Veteran's Health Centre as the Chief of Medical Staff, 1959-1997.

He created and headed a Geriatric Rehabilitation In-patient Program at the Perley in 1960 and it stood as the only rehabilitation unit for elderly persons in Ottawa until 1986. He was also active in many aspects of community health care in Ottawa.

An annual Dr. Herbert H. Cosman Lecture in Geriatrics commenced in 1991. Teaching appointments included Associate Professor of Medicine, University of Ottawa, 1965 - 1991, and also a member of the Clinical Teaching Unit, 1965-1983, as well as full time teaching and supervision of residents training in Geriatric Medicine, 1983-1991, Ottawa Civic Hospital, 1965-1983.

Brant Scott



We are also very sad to report the sudden passing of Brant Scott, long-time editor of the Foundation's *Between Us* newsletter. He died at the age of 62 on September 16, 2014. He leaves behind his loving wife Susan (Presley) and two children in their early twenties.

Brant came from the community. Over the years, he wrote or edited countless articles showcasing the Foundation and its efforts to fundraise in the *Between Us* (BU) newsletter, in *Fifty-Five Plus* magazine and many other community newspapers. He personally took all of the photographs for the BU. Some of you may have spotted him around the buildings, interviewing residents and tenants, consulting and sharing a laugh with his good friend and colleague Daniel Clapin, Foundation Executive Director, taking photographs, attending Foundation meetings or simply chatting with the many volunteers and employees.

Brant was always bright and cheerful. His expertise in writing and communications will be dearly missed by the Foundation staff.

His last BU will be released this fall.

New Infection Control Coordinator



In mid-September, **Apolonia Sydor** joined Perley Rideau as Infection Control Coordinator while Caroline Merguerditchian is on a year-long maternity leave.

“As we are aware, infection control is very important for us at Perley Rideau. As such this position continues to report directly to the Chief Nursing Officer. I welcome

Apolonia to our team and ask that you give her your full support,” said Linda Hunter.

Apolonia brings more than 25 years of experience in nursing. In her most recent roles, she has been responsible for implementing best practices in long-term homes in many program areas including infection prevention and control. She has taken the lead in the implementation of numerous quality improvement projects in city homes and she brings a wealth of knowledge and experience.

Apolonia enjoys teaching and knowledge sharing, welcomes new ideas and feedback from staff and is looking forward to meeting many of you during her journey at Perley Rideau.

The Faces of Medical Pharmacy at The Perley and Rideau Veteran’s Health Centre



Nadet Sabry
Pharmacy Manager
R.Ph., B.Sc.Pharm., CCPRPh



Dan Dalton
Clinical Consultant
Pharmacist
R.Ph., B.Sc., B.Sc.Pharm.



Daiana Barbalata
Staff Pharmacist
R.Ph., B.Sc.Pharm., CDE



Stephanie Farnham
Clinical Consultant
Pharmacist
R.Ph., B.Sc.Pharm.



Allison Manion
Regulated Pharmacy
Technician
R.Ph.Tech.



Joyce Groot-Lipman
Pharmacy Assistant



Kim Bednarz
Pharmacy Assistant



Lizalie Gose
Pharmacy Assistant



Rachel Lee
Pharmacy Assistant



Rachel Pike
Pharmacy Assistant



Kristen Porras
Pharmacy Assistant



Christina Strickland
Pharmacy Assistant

We are your pharmacy team at The Perley and Rideau Veteran’s Health Centre and we are available Monday to Friday from 8:00 a.m. to 6:00 p.m. to assist you with all of your family wellness and medication needs.



MP47 - september 2014



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

Family and Friends Council (FFC)

Our **Thursday, October 16th** meeting will provide a perfect opportunity to learn about the vitally important role of **Pastoral Care** in the lives of our residents.

Chaplains Sherry Baker and Father Paul Tennyson will join us to describe how they interact with residents and families at various phases in their lives. Following their presentation, Mary Boutette will return to follow up on last month's meeting. As always, there will be ample opportunity for questions to our guest speakers.

The November 20th Annual General Meeting will have a full agenda with the election of Executive officers followed by a presentation entitled

“Living Large with Dementia”.

Speakers will include Jennifer Ellis, Director of Nursing Practice and Darlene Yue, Special Approach PSW at Perley Rideau and RN Debbie Foster of the Royal Ottawa Hospital.

The September 18th meeting set a new record for attendance when Council members were really happy to welcome families of recently arrived new residents.

Mary Boutette, BSc, MHA, Chief Operating Officer gave an illuminating description of plans and priorities for the year ahead, describing collaboration with similar organizations to learn about their best practices and their potential adoption for Perley Rideau. The presentation was followed by a series of insightful questions and answers from the floor.

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 members of residents, former residents of the Perley Rideau Veterans' Health Centre, and persons of importance to residents who are committed to acting as advocates.

Council meets the 3rd Thursday of each month at 7:00 pm, except in July and August. Meetings provide opportunities to learn more about life at Perley Rideau, to share experiences and to support one another.

For questions about the Council, please contact Ray Bailey, Chair at 613 741 0282 or by e-mail to: familycouncil.prvhc@gmail.com

Updates for our Website

www.perleyrideau.ca

New photos and updates look - We have been busy adding some new photos to our website and fine tuning the look of the Home pages. Please take a look at your convenience and let me know what you think.

Mobile format for phones – Also this month, we initiated the mobile format presenting a streamlined version of the desktop / tablet version of the Perley Rideau website, accessible automatically if using a smart phone. Over 10% of the 3,000+ per month traffic going to our website comes from a smart phone and all predictions say that this trend will continue. Research indicates that more and more users access websites using smart phones to complement their access by desktop depending on where they are.

Annual Employee Recognition Awards

Thursday, October 2nd, 2014

Lupton Hall at 1:30 p.m.

Please join us.

Canada Savings Bond

This year, over 900,000 Canadians will enroll in The Payroll Savings Program to save money. The Payroll Savings Program runs from October 1st to November 1st, 2014. To enroll, just follow these three easy steps:

1. Decide how much you want to contribute per pay. Automatic deductions will begin with the first pay in December and will continue until you advise your employer that you want to opt out.
2. Complete the application process online at www.csb.gc.ca/employees and indicate how much you would like to contribute.
3. Record and save your confirmation number.

If you have any questions, please visit www.csb.gc.ca or speak with Human Resources or contact CSB Customer Service at 1-877-899-3599.

If you are already enrolled, your current deductions will continue. Note that you can change your deduction amount in October by going online at csb.gc.ca/employees. You can also enroll using the QHR Kiosk in the Human Resources Room on the 1st floor.

New book to feature ambulance services

Under the direction of the Ottawa Paramedic Service, Lynea Finn is planning to write a non-fiction book on ambulance services that depicts our transition from stretcher bearers to a multi-faceted emergency response team that not only provides the transportation to hospital, but brings medical procedures and advanced treatment knowledge to the patient in distress.

She would like to speak with any veteran that worked as a paramedic or within a medical profession in a military capacity, preferably during the Second World War, Korean War, Cold war, Afghanistan and any other missions that are permissible to discuss. She is looking for information on how the calls are performed, what treatments, deployment, differences between civilian paramedics and military medics, and the social context of what a paramedic is in the military services.

If interested, please contact:

Lynea.finn@ottawa.ca

Or in writing to:

*Lynea Finn
2465 Don Reid Dr.
Ottawa, ON
K1H 1E2*



The parking lot signage is in place, and, therefore, the arrangements that were signaled in the May BUB are now in effect.

Two small changes have been made as reflected in the revised parking map attached: i) some parking spaces have been added for visitors near the entrance to the Gatineau residence and ii) tenant parking in front of 1720 has been extended a few spaces at the expense of visitor parking in the same area. Note that new stop signs have been erected at the main entrance when entering and exiting.

Increased parking for staff - The lot across from the Guest House is designated solely for staff parking and the old staff entrance has been opened to allow better access to the main building. The parking areas designated for staff are to be used by the day shift only when parking is at a premium. For other shifts, staff may also use the various visitor parking areas and are encouraged, for safety reasons, to park near the 1750 main entrance. Please do not park in the first row closest to the building on each side of the 1720 entrance.

Note that volunteers, students, and employees of other service providers should follow the same directions as indicated for staff. Parking areas for tenants should be respected at all times. In addition, kindly keep the fire lanes and parking next to the Hydro line clear at all times. Parking will be monitored for adherence between 7 am and 3 pm Mon. – Fri.

I am hoping that the signage is clear, and that the new arrangements, made with your input, will be an improvement.

Payroll Winners - \$100

August 28 Draw:

Leon Brady - Ottawa 2 West
Georgena Meldrum - Housekeeping

September 11 Draw:

Kameika Francis - Gatineau 2 South
Sam Wossene - Gatineau 1 North

Next draw: September 25, 2014

Mark your calendar

**Take your Kids to Work Day
November 5, 2014**

Between Us Briefly, Vol. 17-10

Editor: Sylvie Moncion

Contributors to this issue:

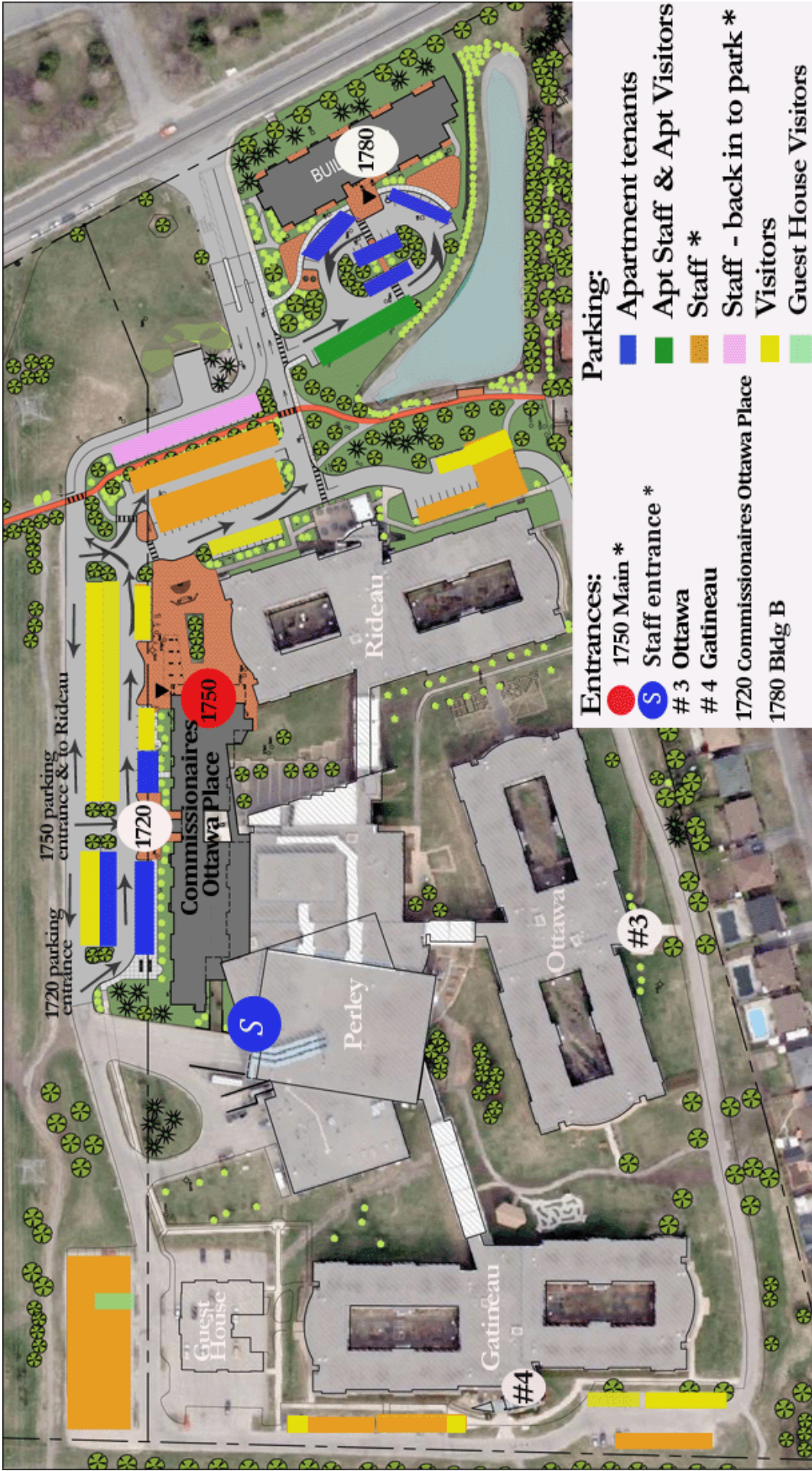
Benilda Formosa-Ladouceur, David Harris, Diana Hennessy (FFC), Ursula Lamoureux, Angela LeBlanc, Sylvie Moncion, Kim Soucie and Carolyn Vollicks

Regular editions of BUBs are typically published monthly, subject to content availability. Articles primarily come from staff and are due mid-month, following which the BUB is issued in the third week of the month or soon thereafter.

Deadline for submission of articles for next issue:

Friday, October 17, 2014

Articles can be emailed to
Smoncion@prvhc.com



- Entrances:**
- 1750 Main *
 - S Staff entrance *
 - # 3 Ottawa
 - # 4 Gatineau
 - 1720 Commissionaires Ottawa Place
 - 1780 Bldg B
- Parking:**
- Apartment tenants
 - Apt Staff & Apt Visitors
 - Staff *
 - Staff - back in to park *
 - Visitors
 - Guest House Visitors

***Also to be used by volunteers, students, and employees of other service providers**

Entrance and Parking Site Plan

Sept 2014