

June 2018 Edition

# The Perley Rideau News

Vol. 21-04

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

ACCREDITED WITH  
EXEMPLARY STANDING



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CANADA



## We Are On A Roll!

Read the June edition of the Perley Rideau newsletter to find out more.

### Inside:

- Perley Rideau joins cycling movement, Page 6
- A discussion on kindness with Dr. Brian Goldman, Page 15
- My Travels to Ecuador, Page 9
- News from the Foundation and the Family and Friends Council and More!

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





### Deborah Bennett

It is with a very heavy heart that we announce the passing of Deborah Bennett, Perley Rideau's volunteer Gift Boutique Manager.

Deborah began her volunteer service with our organization in 1992, as a member of the former Perley Hospital's Auxiliary. In 1996, Deborah was the lead volunteer in setting up our Gift Boutique at the newly formed Perley and Rideau Veterans' Health Centre. She volunteered nearly full-time hours over the past 26 years, ensuring the Boutique provided a pleasant shopping experience for all members of the Perley Rideau community, while raising over \$500,000 for the Perley Rideau Foundation.

She was appointed to the Perley Rideau Board of Directors at that time and served until 2006. Deborah had been an Honorary Director for the past twelve years. Deborah's extraordinary contributions to Perley Rideau were also recognized with the Governor General's Caring Canadian Award in 2007, a City of Ottawa Civic Award in 2008 and the Perley Rideau Volunteer of the Year Award in 2016.

Deborah passed away at home Tuesday evening, June 26, after a courageous battle with cancer. Our thoughts and prayers are with her family at this time and with the hundreds of Perley Rideau volunteers, staff, residents and families who have been touched by her kindness and generosity.



### Amanda Hansen, Clinical Administrative Assistant

I am a woman of many interests and passions. Fourteen years ago, straight out of high school, I met what would be my future husband. We have four children under the age of 12, one of which is medically fragile. It was during that time, between home and hospital, that I realized I had an interest in health and well-being and therefore began a career in both administration and in the non-profit/event field. I first obtained a diploma as a Wedding and Event Consultant and have since had the opportunity to plan, coordinate and designate a number of weddings in the Outaouais region since 2005. At 32 years of age, I have planned and organized over 30 events (small and large) and was the Chair of The Parent Participation Committee of our children's school in Gatineau, Quebec for over 4 years. I accepted a position at The Dementia Society of Ottawa and Renfrew County (formerly The Alzheimer's Society of Ottawa and Renfrew County) in 2016 and have since embraced The Perley Rideau as my new home. It's a pleasure to be part of a wonderful team.

Amanda



### Mihiret Sinkie, Summer Youth Student Assistant in Volunteer Services

Mihiret grew up in Ottawa and is currently pursuing a Bachelor of Science in Nursing at the University of Ottawa. She volunteered at the Perley Rideau through the Summer Youth Program in 2015 and 2016. She now volunteers with the Sunday Table Tennis program in the Perley Rideau apartments. Mihiret is looking forward to working with Perley Rideau staff and volunteers as our lead for the Summer Youth Program.

Volunteer Services gratefully acknowledges the ongoing support of Perley Rideau Foundation donors and the Canada Summer Jobs program, who jointly sponsor this student position.

Rachel Stoparczyk  
Coordinator, Volunteer Services



### Akos Hoffer

Congratulations to CEO Akos Hoffer, recipient of the Distinguished Service Award for the Canadian College of Health Leaders' (CCHL) Eastern Ontario Chapter. The award was recently presented at the National Health Leadership Conference (NHLC) conference, St. John's, Newfoundland.



# Perley Rideau Radio 1750 Memories



Here are some pictures of the *Perley Rideau Radio 1750* held on June 18th. An enthusiastic crowd filled Lupton Hall for this very special presentation featuring the Perley Rideau Choir, directed by Gertrude Létourneau "Trudy".

The Radio Show was hosted by Ross Imrie with special acting performances from Patricia Deek, Enrique Soto, Missy Fraser with special participation of residents Peter and Leonard. It was such a success that the Therapeutic Recreation and Creative Arts Team promise another one next year...



Just wanted to give you my feedback on this past Acrylic painting course (Representational Painting Techniques: An Introduction to Painting) I attended (as part of the Perley Rideau Lifelong Learning program).

One word, FANTASTIC! Your premises are wonderful and I could see all the artwork your Centre's residents had accomplished.

Also loved the large, bright room where we painted, the large easels provided, access to water etc.

Most of all your choice in instructor was perfect! Katherine McNenly is a wonderful and talented artist and instructor who changed my world and taught me the "right way" to paint with acrylics. Her instructions were very clear, her critiquing was gentle and helpful.

The only disappointment was that she takes the summer months off!

So, please ask her back to instruct another session in the Fall. I will attend again and mention the course to anyone I can think of!

Thanks for listening and thanks for offering such a great course!

Debbie C.



Ron Buck, Chair (centre), is thanked by Akos Hoffer, CEO (left) and Mike Jeffery, past Chair (right), for ensuring continuing service to a new generation of Veterans

“To say that it has been a year of accomplishment at the Perley and Rideau Veteran’s Health Centre is an understatement and all that while continuing to provide outstanding quality of care and quality of life for our residents and clients. It is addressing current and future challenges which will increase in the years ahead. However, as I hope you can see the Board and the management team are seized of the issues and are working diligently with government, partners and our stakeholders to find solutions that will ensure the sustainability of the Perley Rideau as a high-quality Health Centre and a vital element of the Health Care System going forward.”

*Annual General Meeting remarks of Ron Buck, Chair, The Perley and Rideau Veterans’ Health Centre (2015-2018)*

# Perley Rideau Joins Cycling Movement



Therapeutic Recreation and Creative Arts are very excited to share that we are now the proud owners of our very own Trishaw. We have joined the Cycling without age movement, “the right to the wind in your hair”.

Cycling Without Age is a movement started in 2012 by Ole Kassow, in Denmark. Ole wanted to help the elderly get back on their bicycles, but he had to find a solution to their limited mobility. The answer was a trishaw and he started offering free bike rides to the local nursing home residents. He then got in touch with a civil society consultant from the City of Copenhagen, and together they bought the first 5 trishaws and launched Cycling Without Age, which has now spread to all corners of Denmark, and since 2015 to another 38 countries around the world.

Staff and volunteers will begin training with the bike next week. If you and your loved ones are interested in participating in this new and innovative program, please connect with the Recreation Therapist in your building.

If you are interested in becoming a volunteer pilot and taking part in providing rides to our residents, please connect with Rachel Stoparczyk.

For more information on cycling without age, please click on the link below.

<http://cyclingwithoutage.org/about/>



# Yoga Pilot Evaluation

As we near the end of our 10-week yoga pilot, we'd like to take the opportunity to collect feedback from staff and volunteers. This will help inform decision-making and planning for future wellness initiatives.

Below is a link to a very brief survey. Whether you've attended a class or not, we'd greatly appreciate any feedback and suggestions you have. If you haven't been to a class, what have you heard about the classes? Is there anything that could be done to make yoga or other wellness initiatives more appealing or accessible?

<https://www.surveymonkey.com/r/PRVHCYogaEval>

Thank you for your support.

Rebecca Wilson (DesRoches), MBA, PMP  
Strategy, Transition and Workplace Consultant



*"This was my first yoga class and I discovered muscles I didn't know I had. I was relieved to find out that I can participate in yoga even though I am not all that flexible"*

Tania Paolini, RN BScN  
Manager, Infection Prevention and Control



Big news coming for the Perley Rideau and the University of Ottawa. In the coming weeks, watch this space for more details.

Thanks for today's visit, (left to right) Jacques Frémont, President and Vice-Chancellor, University of Ottawa; Akos Hoffer, CEO, the Perley Rideau; Paula Forgeron, Vice Dean Professional Affairs, University of Ottawa; Mary Boutette, COO, the Perley Rideau.



Sharleen Joynt, acclaimed opera singer, former participant in *The Bachelor* and creator of the blog *All the Pretty Pandas* visited recently to share some of her favourite folk songs and show tunes including *Danny Boy*. Thank you, Sharleen, for generously supporting our residents and families.



## **OUR INSTRUCTOR SHOW**

**A group exhibition featuring the work of:**

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

**JUNE 13<sup>TH</sup> - OCT 10<sup>TH</sup> MET GALLERY**



# My Mission Trip To Ecuador

## What I did on my Vacation

By Muriel Laughton, RDH, BA Psych

You may have noticed that I love my chosen profession- dental hygiene. So when I take time off from my dental operatory at the Perley Rideau, I have taken the opportunity to serve less fortunate people, in a few different countries. Most recently, in November, 2017, I travelled to Ecuador with a Christian group called Health Teams International (Canada) to look after mouths there. Our team consisted of 16 health professionals and helpers. We had physicians, dentists, dental assistants, nurses, eye glass people and me. Much to my husband's chagrin, he became my dental assistant for the eight days we worked in Riobamba and surrounding area. As a retired military engineer officer, this was quite different for him! This city sits high in the Andes Mountains.

The disadvantaged people that we served were varied in their needs, but most did not have access to any dental care. Our dentists, whose equipment allowed simply tooth extraction, were kept pretty busy. One oral surgeon from Sault St. Marie saw all the difficult extraction patients.

The lineup for dental hygiene cleaning was always very long so the dentists often would accept patients for preventive care. If the case was really tough, then they referred that person to me, as I had the best equipment! Working with a Spanish translator, I also was able to teach groups good brushing, place some fillings, and apply fluoride. In all, our team saw over 2000 patients.

The governor of Ecuador had requested that we would go into an Indian community and set up our clinic, and also we travelled to another community centre to see some disabled individuals.

We had a chance to have a couple days off so we travelled from 8200 ft. elevation down through the jungle where we got to do some whitewater dugout canoe rafting on a tributary of the Amazon River! We also travelled up to Chimborazo Mountain where we stood at the same elevation as Mt Everest if calculated from the earth's core.

Very fun. Very rewarding. I'll do it again!





# Caring for the Future

## 2018 Spring Update

The first part of 2018 has been an exciting and busy time at the Perley and Rideau Veterans' Health Centre. In late April, the Province of Ontario announced funding for long-term care and allocated 84 new beds to the Perley Rideau. We are now working to explore the feasibility of this opportunity.

Also in April, we opened a 20-bed unit to provide care to people with dementia who are exhibiting responsive behaviours. It is the only unit of its kind in the region. Our expertise in caring for seniors with early to mid-stage dementia will help ensure this unit maximizes its benefit to the region.

Another significant accomplishment came in March, when we opened an innovative, 20-bed unit to provide sub-acute care to frail seniors – the first unit of its kind in Ontario.

All of these developments demonstrate the Perley Rideau's continued value to the healthcare system and to the community. This is a major goal articulated in our 15-year Strategic Plan. The Plan will enable us to manage the significant challenges and opportunities emerging due to shifts in demographics and funding models.

### Other recent accomplishments include:

**Accreditation Canada** awarded the Perley Rideau Accreditation with Exemplary Standing, the highest level, in March. Accreditation Canada is an independent, not-for-profit organization that sets standards for healthcare quality and safety, and accredits organizations across Canada and around the world. The Perley Rideau met all 533 of the criteria Accreditation Canada evaluated for everything from infection control and emergency preparedness to safety and governance.



**Quality Improvement Plan (QIP) update.** The QIP is a roadmap to achieving excellence in resident care and services, while navigating challenges and opportunities in our environment. Annual QIP updates enable the Perley Rideau to apply best practices in seniors' care and to make specific improvements based on emerging trends. To support our commitment to openness and transparency on our journey of continuous improvement, the updated QIP is posted to our website.

In April, more than 50 staff from the Perley Rideau and Bruyère Continuing Care gathered for a workshop on the use of antipsychotics when caring for our residents. This research reinforces one of the key objectives in this year's QIP and supports our participation in the Canadian Foundation for Healthcare Improvement's Appropriate Use of Antipsychotics Collaborative.

**RNAO Best Practice Spotlight Organization:** Entering the third and final year of our journey to become a Best Practice Spotlight Organization of the Registered Nurses Association of Ontario, staff continue to develop and evaluate best practices. The Association shares proven best practices with other long-term care homes, the initiative promises to further improve



the quality of care delivered to residents not only of Perley Rideau, but also of other long-term care homes. It's yet another way that we increase our contribution to the healthcare system and to the community.

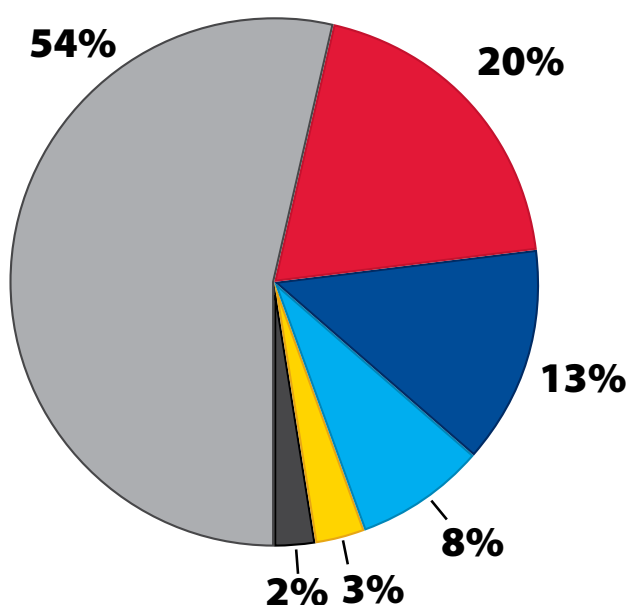
# Financial Highlights

The excess of revenues over expenses increased by approximately \$130,000 over the previous year as the decline in expenses (0.70%) was greater than the decline in revenues (0.50%) as the organization adeptly managed expenses as occupancy levels were slightly below the 2016 levels. Overall financial sustainability is being strengthened as we continue to diversify our sources of revenue as evidenced by the growth in ancillary revenue which is now 10.9% versus 1.8% in 2010.

The Perley Rideau continues to invest in and protect its infrastructure by spending approximately \$1,159,000 on capital expenditures to modernize and refurbish the facility.

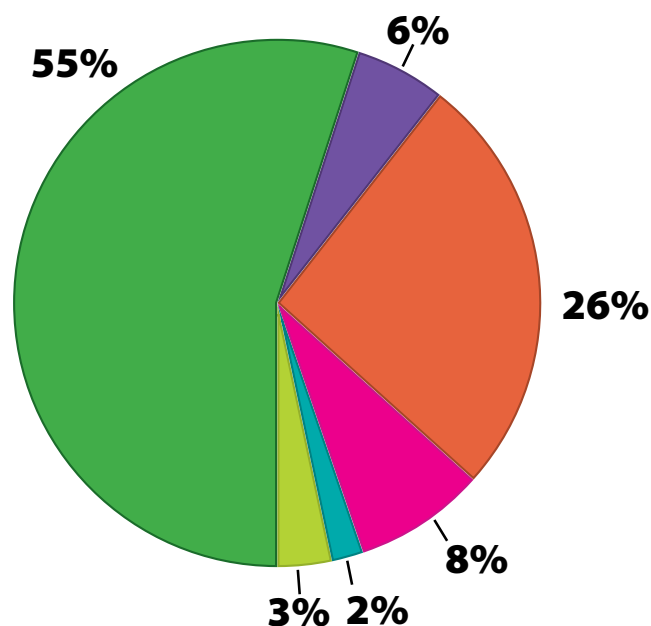
## Revenues (% of total)

**Total Revenues \$56.2 Million**



## Expenses (% of total)

**Total Expenses \$55.7 Million**



### Revenues (in Millions)

MOHLTC (LTC, ALS, CSS*)	\$30.2
Residents	\$7.2
Veterans Affairs Canada	\$11.3
Seniors Housing	\$4.4
Other services	\$1.8
Amortization of Deferred Contributions	\$1.3

### Expenses (in Millions)

Nursing and Personal Care	\$30.7
Program and Support Services	\$3.1
Accommodation Services	\$14.6
Seniors Housing	\$4.5
Other services	\$1.0
Amortization of Capital Assets	\$1.8

**Total Revenues**

**\$56.2**

**Total Expenses**

**\$55.7**

**Surplus/(Deficit) +\$500,000.00**

\*LTC: Long-Term Care; ALS: Assisted Living Services; CSS: Community Support Services



# Best Practice Spotlight Organization (BPSO):



RNAO  
BEST PRACTICE  
SPOTLIGHT  
ORGANIZATION

## Champions, Champions!

By Danielle Charbonneau, RPN, BPSO Liaison

With facility awareness of BPSO increasing, it's no surprise that the amount of staff, family, and volunteers wanting to be involved is also on the rise. Involvement in this program is primarily through Champion work. Champions are the driving force of this program and none of the work would be possible without them. While awareness of the program is on the rise, it is however, still very common for there to be a lack of awareness and understanding of what a Champion really is. Here's what you need to know:

### What is a champion?

- Champions are individuals who are trained to be agents of change on the front line, to help implement practice changes, and to help evaluate the outcomes of these changes. As a Champion, you are a voice for your colleagues, residents, and families



### Who can be a champion?

- Champions may be anyone who is passionate about providing the best possible care for their residents, and about improving the way we care as a facility (this means everyone, not just nurses!). You may already be doing much of what is expected as a Champion!



### How do you become a champion?

- Training sessions are offered in different versions ranging from in-person workshops, to virtual sessions, to online eLearning modules.
- You can be a Champion today! Go to <http://rnao.ca/bpg/courses/best-practice-champions-elearning-course> to get started. For full instructions on how to complete the online training, visit our BPSO Communication Board in the Perley Centre and grab an instruction sheet from the hot file.



### What does a champion do?

- It's important to understand the Champion involvement is individualized and based on Champion skills and interests. Some examples of everyday work Champions do are: advocating for best practice; being aware of and spreading the word about Best Practice Guidelines; providing feedback about practice change to the BPG teams, colleagues, and managers; being an active or affiliate member of a BPG team; being open to practice change and helping to create an evidence-based culture.
- Champions also have the option to be more involved by participating in or even leading projects and tasks. Some examples of this include: collecting data for the BPG teams; creating and co-creating tools and education materials for staff and families; giving presentations about an area they are interested in; and assisting BPG teams in implementation projects.



## How can I be more involved as a champion?

- If you are already a champion and want to know how to be more involved, reach out to a colleague, BPG team, manager, or BPSO Liaison to find out how! If you have an idea that you would like to see happen, or a project that you would like to be a part of, any of these people would be happy to help!
- Advocate! Even if this is the only thing you do, you are doing the work of a Champion. By being aware of best practice, the guidelines we are implementing, and the reasoning behind it, you are putting us one step closer to creating an evidence-based culture. Share your knowledge with a friend and support the changes you want to see!



## Recent Champion News

### Best Practice Champion Workshop

On May 30th, we had 20 of our staff attend the Champion workshop hosted by the RNAO held in our very own Lupton Hall! It was a full day of training open to Perley Rideau staff as well as external attendees. We had staff from all disciplines including nursing, housekeeping, maintenance, occupational therapy, human resources, food and nutrition, recreation and creative arts, and volunteers! This is extremely exciting because it means we are building a network of Champions with a wide variety of perspectives.

### Summer Institute

Being a champion brings many opportunities including the annual Summer Institute which is a more in-depth version of training for Champions, offered by the RNAO. This year we were fortunate enough to be able to send 2 staff members to each stream: Foundational and Advanced. Here, they learned how to implement, evaluate, and sustain practice change at their facility. Amber Rinfret, RPN, attended the Foundational Summer Institute this year and Danielle Charbonneau RPN, attended the Advanced Stream. We are so excited to be adding Amber to the BPSO team and want to give her a warm welcome!

*“Being a Champion to me, means I’m making a difference. It means I’m using evidence-based practice to positively impact and provide quality care to our residents. It means sharing knowledge, enthusiasm, and experiences to make a change.*

*I was fortunate enough to attend the RNAO Summer Institute this year which sees people from all over the country (and sometimes even farther – including Jamaica!). Our Comfort Care Rounding for Falls prevention was brought up and spoken very highly of from other homes. I had several people inquire about CCR which made me feel very proud. Not only are we positively impacting our residents but we’re now doing so all over the world, which is nothing short of amazing.”*



# Family and Friends Council



**Dementia Care – From the Inside Out**, the FFC's annual education day was opened by Heather Moxley, Chair of the Family and Friends Council.

The Family and Friends Council spring program culminated with our Annual Education Day. This event, sponsored jointly by the FFC and Perley Rideau's management, was an opportunity to engage in discussion and explore issues affecting residents, their families, Perley Rideau staff and volunteers.

The June event, **Dementia Care – From the Inside Out**, explored dementia from the perspective of the dementia sufferer and how we as caregivers can better tailor our approaches and provide effective responses. We appreciated the great insight and coordination of Jen Plant, Director of Clinical Practice, who coordinated a talented

panel of speakers including Dr. Ben Robert, Samantha Hallgren, Robyn Oraziotti, Patricia Deek, Kelly Donahue and Colleen Summerton. The event was opened and the panel moderated by Akos Hoffer, CEO. It was a great opportunity to get a broad perspective on Dementia and an appreciation of the vast variety within the team working with our loved ones.

Mark your calendars for our next meeting - September 20 at 7 pm in the Board room on the second floor. Jessie Stephenson will be continuing our sessions on Caring for the Care Giver with "Changing Roles and Identities".

## **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](mailto:familycouncil.prvhc@gmail.com)*



# Dr. Brian Goldman



Thank you to Jessie Stephenson, Spiritual Care Worker at the Perley Rideau, and to Dr. Brian Goldman, veteran ER doctor and host of CBC's *White Coat, Black Art* for the letting us eavesdrop on your conversation about empathy and kindness. Dr. Brian Goldman visited in support of his new book, *The Power of Kindness* and he honoured his promise to sign every book following the event.

A special thanks to the more than 100 attendees – many of whom were new to the Perley Rideau – attend the event sponsored by Perley Rideau Lifelong Learning. And a note of sincere appreciation to the organizers of the Healing Hearts Broken Hearts Bereavement Conference who facilitated Dr. Goldman's visit to Ottawa and made this memorable event possible.



Following a tour of the Perley Rideau and a break to experience the talents of the cafeteria chefs, Dr. Goldman visits with Jennifer Plant, Director of Clinical Practice (left); Doris Jenkins, Chief Nursing Officer; Dr. Brian Goldman; Dr. Benoit Robert, Medical Director.



Thanks to the International Association of Facilitators for hosting *The Altered Egos* during your 2018 conference. This amazing band donated the proceeds from their show to the Foundation – “facilitating” more life-giving programs and equipment!



The Foundation continues to provide support initiatives for the men and women of the Perley Rideau through our donors' generosity. In May, \$89,069.05 was disbursed for equipment, programs, and outdoor improvements. \$35,000.00 was also given for the renovation of the Tub and Shower Rooms. Your donations are truly life-giving!



Did you know that each new resident is given a handmade blanket? The Foundation relies on the generosity of volunteer groups and knitting clubs around the city to make sure that every resident receives this warm welcome - volunteers like Marie, who made this beautiful blue blanket! Thank you Marie and all volunteers who donate their time and talent to make seniors and Veterans feel at home.



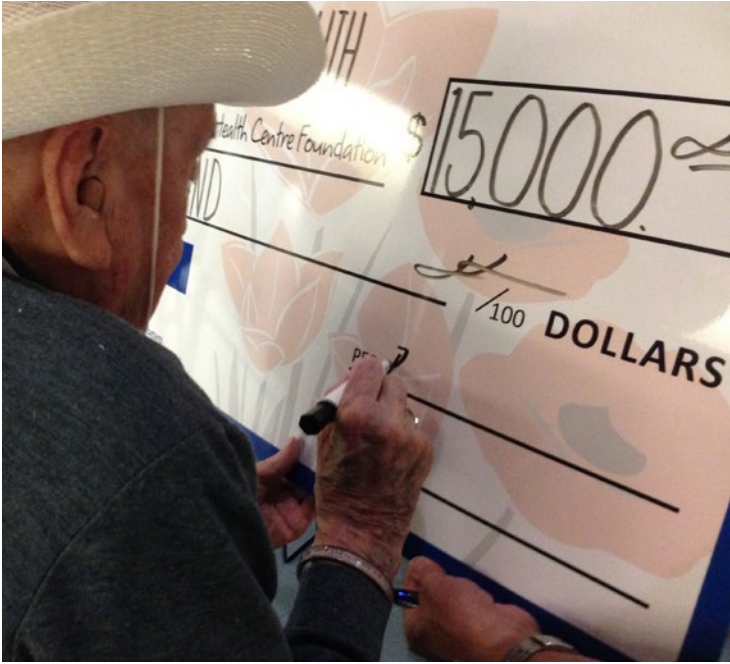


The Foundation hosted our annual Donor Reception and Strawberry Social - our opportunity to say thank you for your ongoing support! 160 guests heard from Chair of the Foundation Doug Brousseau and from the Chief of the Ottawa Police Charles Bordeleau, who spoke about the importance of giving back in your community. In 2017 \$1,592,793 was raised for the Perley Rideau Foundation. This is outstanding, and we are so grateful for your generosity all year long! Your gifts are truly life-giving to the men and women who call the Perley Rideau home. Thank you.



Thank you to members of the Ottawa Service Attachés' Association (OSAA) for sharing a beautiful evening with the resident of the Perley Rideau. The OSAA generously funded the renovation of one of the dining rooms, and we are so proud to show them the impact of their giving!





Burpee knew the value of education and volunteering. He felt strongly about the Health Centre’s bursaries for life-long staff learning and the Summer Youth Volunteer program, and very generously funded both for the 2018 year. His investment in the future of Perley Rideau staff and the volunteers of tomorrow is invaluable.



The next time you’re in front of the Rideau residence, check out the new canopy made possible by generous donors! Seniors and Veterans now have a new spot to relax in the shade.



Family and friends of the late Shirley Hart gathered at the Tree of Life to remember her, and to remember the time she spent at the Perley Rideau. The family particularly wanted to extend their thanks to the staff of R2N for the wonderful care that ‘Aunt Shirly’ received while living here.



The 20 members of Team Perley Rideau ended up raising a record-breaking \$17,744 in Ottawa Race Weekend! Congratulations to all team members and thank you to all who supported them. The Battle of the Sexes came to an exciting conclusion with the women sailing past the men – better luck next year, boys!



Thank you to Janet and John for honouring their father's life with a new Leaf on the Tree of Life. The family gathered to celebrate a life well lived and full of love!



After nine years of service on the Foundation's Board of Directors, we said farewell to Mr. Ken Dye and Mr. Alan Gill. Mr. Dye served as the Auditor General of Canada from 1981-1991, under the Trudeau, Turner and Mulroney administrations. Mr. Gill has held senior positions in financial and human resource management in highly diverse environments and initiated and managed pioneering work in the fields of export credits, capital market and private sector development.



The tradition of strong Legion support continues with generous gifts from Br. 641 Barrhaven of \$10,000 and from Br. 593 Bells Corners of \$4,900! This money will support the identified Veteran Priority Needs of the Health Centre, including the purchase of new Hi-Lo beds. Thank you Barrhaven and Bells Corners members for your tireless efforts on behalf of Veterans. L to R: (Barrhaven) Ross Stephen, Poppy Trust Treasurer; Ray Desjardins, Br. 641 Chaplain and Foundation Board Advisor; Delphine Haslé, Foundation Development Officer; Daniel Clapin, Foundation Executive Director; Bert Boehme, President; Angele Guy, Hospitality Chair; Stephane Guy, 1st Vice President & Poppy Chair. L to R: (Bells Corners) Brad Curtis, Seniors and Hospital Officer; Doug Brousseau, Foundation Chair; Ray Desjardins, Foundation Advisor; Shawn Taillon, President.

# 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 28<sup>th</sup>, 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](mailto: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.**



What could the Foundation do with \$10,000? How about ensure that all seniors living at the Perley Rideau continue to have access to the Therapeutic Recreation and Creative Arts programs? Donate this June to give the Foundation a chance to WIN the Great Canadian Giving Challenge! Learn more: <https://www.canadahelps.org/en/gcgc/36895>



**There's more to the  
Perley Rideau  
than you expect!**

Samantha Hallgren RN, GNC, Psychogeriatric Resource Nurse (centre), instructs staff on the Gentle Persuasive Approach (GPA)

## 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](http://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](mailto:jobs@prvhc.com)



## Topic of the month:

## Glaucoma

### RISK FACTORS



Family history of Glaucoma



Poor vision



History of eye injury



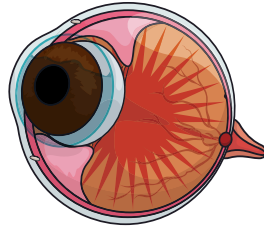
Certain medical conditions  
(e.g. Diabetes, High Blood Pressure)



On certain medications  
(e.g. Steroids, Bladder Control Medications)

### DID YOU KNOW?

There's no cure for glaucoma, yet it can be controlled with proper management. For glaucoma medications to work, you must take them regularly.



**Glaucoma** is a condition linked to a pressure buildup in your eye resulting in a damage of the optic nerve. If left untreated, it can lead to permanent vision loss.

### What are the symptoms of Glaucoma?

There are two types of Glaucoma:

#### CHRONIC OPEN-ANGLE GLAUCOMA (COAG)

This is the most common type, you might not have any symptoms until you lose a significant amount of vision:

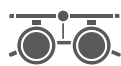
- **Loss of peripheral vision** - vision at the edges - usually in both eyes
- **Tunnel vision** - vision that has narrowed so you see only what is directly in front of you, like looking through a railroad tunnel

#### ACUTE CLOSED- OR NARROW-ANGLE GLAUCOMA

This type is a medical emergency. See a doctor immediately if you experience any of these symptoms:

- **Pain and redness** in the eye
- **Severe headache** (on the same side as the affected eye)
- **Blurry vision**
- **Halos** around lights

### Reduce your Risk



Get your eyes checked regularly: this will help identify glaucoma in its earliest stages and get treatment started to prevent, or limit, vision loss.



Consult your pharmacist before taking over the counter medications - some cold medications may increase your risk of Glaucoma

References: Glaucoma. <https://www.health.harvard.edu/vision/glaucoma> (accessed Jun 14, 2018), The Canadian Ophthalmological Society - <http://www.cos-sco.ca/vision-health-information/conditions-disorders-treatments/glaucoma/> (accessed Jun 14, 2018)

# Changes to Ontario Smoke-Free Legislation

We are working to comply with new *Smoke-Free Ontario (SFO) Act, 2017*, the new legislation that takes effect on July 1.

The SFO Act states that no person shall smoke or hold lighted tobacco, smoke or hold lighted medical cannabis, use an electronic cigarette or consume a prescribed product or substance in a prescribed manner, in a prohibited place.

- With regard to outdoor smoking, it is prohibited in the area within a 9-meter radius surrounding any entrance or exit of a LTC home.
- All outdoor ashtrays will be removed from the facility and replaced with only designated smoking receptacles for this purpose.
- Smoking is not permitted in any outdoor smoking shelter that has more than 2 walls and a roof. That structure cannot be composed of a flammable material, such as wood.

The gazebo outside the Ottawa building has been an identified smoking area but it has come to our attention that it does not comply with the Act. The structure will remain in place until we can work together to create an outdoor space for our Ottawa building residents, however smoking will not be permitted in this structure. The smoking receptacles and ashtrays will be removed before July 1.

As the Perley Rideau is home to our residents, we have committed to work directly with our residents to create a patio space with an awning for sun protection.

Thank you for sharing this message with the wider Perley Rideau community.



Mildred Ababio,  
Manager of Residents  
Care, Ottawa Building,  
welcomes families to  
newly renovated lounge  
on the SAFE Unit.

# Perley Rideau launches unique unit for complex dementia care

Once again, the Champlain region has a 20-bed 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>



Thank you very much to the awesome team of volunteers from Export Development Canada (EDC) who beautified the Ottawa 1 West courtyard, the mini-putt course and gazebo area yesterday. Weeds be gone!

And, special thanks to our friends at Volunteer Ottawa for helping EDC organize their third annual Community Investment Day. We are already looking forward to partnering with you again next year!

## Paypool Winners: \$100 each

### May 31

- Jay L: Assisted Living
- Linda M: SAFE Unit

### June 14

- Cindy H: Nursing Casual
- Marie-Gloriose M: Nursing Float Pool

### June 28

- Rath C: Gatineau 1 North
- Marlen V: Rideau 2 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](mailto:jinnes@prvhc.com). Please note that the newsletter is available online at [www.PerleyRideau.ca](http://www.PerleyRideau.ca).

All submissions are welcome.

## Want to stay in touch with Perley Rideau?

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