

Between Us... Briefly



Perley Rideau

The Perley and Rideau
Veterans' Health Centre

Vol. 18-7

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

The Summer Edition

*From Canada Day Concerts to Beach Volleyball Fundraisers,
Perley Rideau is in the Swing of the Summer Season*



Canada Day Concert



Memories and happy thoughts for a resident



HOPE Beach Volleyball



Summer BBQ for tenants



NEW: Easy online access to submit your work availability

Are you available to work? Are you ready to submit your availability online through QHRnet?

It's true – you can now submit your availability online through QHRnet. It is easy to do and the instructions are online. However if you need specific instructions, please come and visit Cindy or Karen in the Nursing Staffing office and they can demonstrate for you.

Please remember to always submit accurate availability. Accurate availability means only submitting availability for shifts you are available and willing to work. Having QHR at your fingertips allows you to change any availability you have submitted. We encourage you to edit your availability as soon as it changes.

Please do not submit availability for shifts you are not available or willing to work. Beginning in September 2015, the Perley Rideau is changing how it pre-books shifts – shifts will be assigned according to the availability you submit in QHR, and it will be your responsibility to check your schedule in QHR to see what shifts have been scheduled for you. The Staffing Office will not call employees to confirm that they want to work those shifts.

This is how the (new) pre-booking process will work:

1. Your availability for the following month must be submitted by the 15th of the month. (Example Sept. 15th is the deadline to submit availability to be pre-booked for October shifts)

HOOPP Enrolment

Elimination of part-time eligibility requirements

Here is what it means for you:

- Effective October 1, HOOPP is removing its part-time requirements making all part-time and non-full-time employees eligible to join the Plan immediately
- Enrolment, for all employees not considered full-time, is still optional

If you have any questions regarding this information, please contact Christine Blanchette at ext. 2103

Announcements

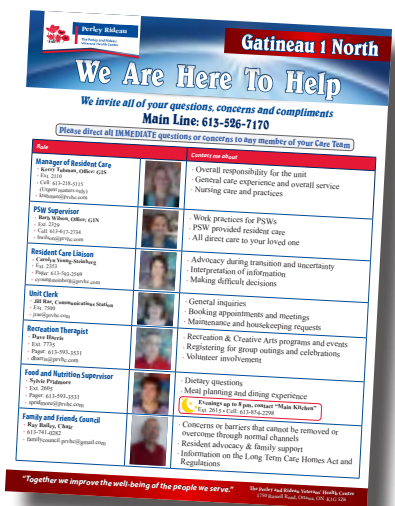
2. Staffing Office will assign available shifts based on seniority and the availability you have submitted to QHR. You will not be phoned to confirm whether you are OK with the schedule – you have already committed to work any shift that you indicate you are available to work.
3. Four (4) business days following the 15th of the month, you will be able to check QHR to see what shifts you have been assigned for the following month (this is the “published schedule”)
4. Please note that once the schedule is published, you are committed to work each scheduled shift.
5. We will continue to keep your availability for last minute calls, sick replacement etc. You will still receive a phone call to offer these kinds of shifts. Again, if your availability changes after the pre-booking for the month is finished, you must change it in QHR.

If you have any questions or comments about this process, please do not hesitate to speak with Kerry Tubman, Samantha Diceman, Ursula Lamoureux, Bonnie Soucie, Debbie Heika or Kim Soucie. We will continue to communicate this change throughout the summer.

Your availability for the following month must be submitted by the 15th of the month.

Putting a face and a name to your Care Team members

Watch for the new posters going up in the Gatineau Building introducing Perley Rideau staff and FFC leadership to residents and visitors. Contact information and job descriptions will be included alongside the photos as we invite questions, concerns and compliments. The posters will soon be posted throughout Perley Rideau.



End of the Red and White Health Card



In 2018 the Ontario Government will phase out the Red and White Health Card.

All residents in Long-Term Care facilities MUST have their Red and White Health cards replaced by the facility administrator.

The administrator is required to provide specific documentation.

Perley Rideau administration is asking that you avoid the rush by acting now to book an appointment to replace the Red and White Health Card for your loved one.

Please contact:

- Dianna Latulippe – Admissions dlatulippe@prvhc.com or 613.526.7170, ext. 2300

The first Stoplight reports to be released soon

Thanks to all staff for taking the time to answer questions and provide valuable feedback as we work to elevate the conversation. Although conversations are not complete with all staff, watch for the first Stoplight reports to appear later this month.



Two new handicapped parking spaces for staff only

Two handicapped parking spots have now been created for staff only. The spots are located in the lot across from the entrance to the Commissionaires Ottawa Place at 1720 Russell Road.

Handicap symbols have been painted on each spot and signs will soon be installed to let everyone know that these spots are reserved for staff. Please respect all other parking spots for handicapped drivers that are intended for tenants, residents and family.

Thank you!



Carrying a Tune, Honouring a Legacy

Perley Rideau Resident pieces together his past and pays tribute to his father

By Ann Rumin, Special to Perley Rideau

On most days you can find Lyle Trenholm in the Creative Arts Studio at Perley Rideau lovingly refurbishing the wooden violin case his father made 103 years ago in Cape Spear, New Brunswick. The case is a mosaic of thousands of slices of pine, oak, and mahogany that his father laboured over for the better part of five years under the light of a coal-oil lamp.

“Those were the days before radio and TV and my dad would sit down with a knife and a few tools,” says Lyle, proudly recalling his father’s attention to detail as he whittled and carved to realize his vision. At that time, Lyle’s father had a small factory where he filleted, pickled and smoked herring. Lyle’s uncle purchased a fiddle for \$5 from a local fisherman and the instrument was gifted to Lyle’s father who became a master fiddler. When the factory closed, Lyle’s parents decided to move on.

In Cape Tormentine, New Brunswick, his father began working in the woods. In the evenings, he would take out his fiddle, his mother her Otto Harp, and the parents would play at dances and eventually, Lyle and his brother joined the family “orchestra” on bass and keyboards. Lyle learned early from his father that trade-skills would always

Resident Lyle Trenholm is refurbishing the wooden violin case his father made 103 years ago in Cape Spear. Lyle is looking for a museum to accept the case when he completes restoration.



put food on the table and music would feed his soul. His father used the fiddle case for more than 50 years and when he died the case was stored in Lyle’s brother’s attic. Time and the attic’s dry conditions caused the case to expand and contract. Slivers of wood fell out. The finish faded. Lyle resurrected the violin case and little by little he is nourishing it back to life at Perley Rideau.

In many ways the violin case is not only a metaphor for

Lyle's life, but it's an opportunity for him to reconnect with his father, nick-named "Happy Thought", the man he says he "never saw get mad once in my life".

Every fragment is a memory of the father who taught him that as long as he worked with precision and commitment, whatever he did would be worthwhile and meaningful. Lyle remembers his own early days in New Brunswick where his father taught him how to build boats, craft armoires, fish for lobsters and master the art of taxidermy. As an adult, Lyle moved to Sackville, where he worked as a police constable, a career he transferred to the military. Lyle didn't go overseas during World War II because of a bum leg, but he joined the Corps of Royal Canadian Electrical Mechanical Engineers (RCEME) and served as a peacekeeper in Cyprus and Germany. He has four medals to show for the lives he saved. When he retired from the military, Lyle did two things: he helped create a monument in Cape Tormentine to those who had served in World War II, and in memory of his father he named a boat "Happy Thought".

Like his father, Lyle never stopped playing music or working with wood. At one point when Lyle was making 35 cents an hour at an aircraft company, he bought a guitar from a band member of the "Merry Islanders" who were in Charlottetown playing at a local radio station. He played it for 25 years, until his daughter wanted piano lessons, and then the son of "Happy Thought" traded the instrument for a piano.

Now, at 93, when Lyle isn't playing guitar or fiddle, he is working towards finishing and oiling the mosaic, fitting the inside of the case with red velvet, and looking for a museum that will welcome his father's fiddle case.



Lyle served as a peacekeeper in Cyprus and Germany.



Always busy on a project, often with connections to his roots, Lyle named a boat in memory of his father.



Lyle has four medals to show for the lives he saved and he helped create a monument in Cape Tormentine to those who had served in World War II.

All photos credited to Ross Imrie, Recreation and Creative Arts.

Korean War Veterans Day

July 27

The Korean War 1950-1953

Canada was the third largest contributor to the multi-national force in Korea: 26,791 Canadians served in Korea between 1950-1953. Although the Korea Armistice Agreement was signed on July 27, 1953, an additional 7,000 Canadians served between the cease-fire and the end of 1955, with some Canadian troops remaining until 1957. The names of 516 Canadian war dead are inscribed in the Korea Book of Remembrance in the Peace Tower, Parliament Hill in Ottawa.

We recognize and thank all our Veterans on July 27th and every day.



Hi Ursula,

Just wanted to touch base to say how much I am enjoying Perley Rideau. I know the position of casual dictates I go where needed but it has been a REAL BLESSING for me to be on Gatineau 1 North and 1 South on a somewhat consistent basis. I am slowly getting to know some of the residents, and that means so very much to me. I love the hands-on approach and love assisting with care when time allows. I initiated my first palliative care orders on the weekend.

This is my true calling - seniors and dementia issues -- and I have been able to intervene and assist in the de-escalation of behaviours. Staff on both units are hardworking, kind, and caring. Safety is my number one priority for all concerned, and I am doing the very best I can. I leave at the end of shift knowing each evening I have given my all. I want to say a BIG THANK YOU to you and Samantha for the smooth interview process, and for any input you may have had in trying to let me get used to one unit first in the Gatineau building.

FYI my great-grandmother worked at the Perley around 1915 and she was a cook there. I have a list of the patients, and archival picture of PR at that time. I wonder if you would know of anyone I could contact who may have more archival records. I think this 'keeping it in the family' may be a great read for the newsletter but not sure what the newsletter looks for.

I think we can all be so very proud of the care delivered by staff at Perley Rideau.

Sincerely,
Tina Colonnese

Last year, on the recommendation of Manager of Programming & Support Carolyn Vollicks, it was agreed the Council's December meeting would be replaced by a Summer gathering — this in recognition of the very full programme of December events scheduled for residents and their family — and Eureka, the July social gathering was created!

July 16th it happened: the Family and Friends Council gathered for its first ever social evening in The Pub — alias Jo and Denny's Pub. With our co-hosts Rachel Stoparczyk, Coordinator Volunteer Services, and Pub Manager Ken Green we learned how The Pub contributes to residents' enjoyment of their lives at Perley Rideau, had our questions answered and had a splendid opportunity in this relaxing environment to get to know our Council members Please remember we do not meet in August.

Even though Summer has finally arrived, your Executive has been busy looking ahead to the Fall and has planned what we hope you'll agree is another series of monthly meetings topics of interest to all members. Please take a moment to add these dates and topics to your calendar:

Future meeting dates and topics are:

17th September: A topic of huge importance to residents and family members alike: The Role of Pharmacy in Long Term Care. After outlining their roles Medical Pharmacies Clinical Consultant Pharmacist Dan Dalton, RPh, BSc, BScPhm. and Pharmacy Manager Lisa Reny, RPh, BScPhm, CDE, CGP, and those of their staff, they will describe how the pharmacy operates, staff responsibilities and the technology used to support their work.

15th October: Perley Rideau's Creative Arts Department may be described as one of a kind ingredient in the local Long Term Care Home community. With a team of dedicated staff, residents enjoy such activities as woodworking, silk screening, pottery, drawing, gardening, music and singing — to name but some of its many activities in which residents participate.

13th November: In addition to conducting Annual General Meeting business, plans are afoot to include a panel to address the Stages of Palliative Care: Residents' Rights and Family Responsibilities. The proposed panel would represent the following elements of care: spiritual, legal, medical, ethical and staff support. Please stay tuned for further developments.

Family members are invited to the monthly FFC meetings.

The Council is always looking for family members who would like to join the executive group.

To find out more, please contact Ray Bailey, Chair at 613-741-0282 or by e-mail at: familycouncil.prvhc@gmail.com

The Mission of the Family and Friends Council:

The mission of the Family and Friends Council [FFC] is to improve the quality of life for all residents by promoting an atmosphere of compassionate care and support amongst family members, friends, volunteers and staff. Participation is open to family 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 third 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 at: familycouncil.prvhc@gmail.com



Murder Mystery and Helps Establish Partnership

*Playwright and volunteer Emelie Perron-Chow releases **Dying for a Drink** and enlists help from Perley Rideau Residents and Staff*

Earlier this spring, a group of residents at the Perley Rideau began creating 25 ceramic jugs to be used in an upcoming murder mystery dinner-theatre. *Dying for a Drink* will be presented by Vintage Stock Theatre on August 8th and 16th as the annual fundraiser for the Cumberland Heritage Museum.

And it's Perley Rideau volunteer, Emelie Perron-Chow, who is the playwright and the person responsible for establishing a partnership that includes support from Perley Rideau residents, volunteers and staff from the Recreation and Creative Arts program.

Dying for a Drink is an original play set in prohibition-era Cumberland and written by Emelie, a long-time volunteer with links to Vintage Stock Theatre and the Cumberland Heritage Museum.

After years of supporting residents -- some with birth certificates that date back to the era of prohibition -- it occurred to Emelie that the Perley Rideau residents might recall the little brown jugs that contained the banned hooch and could help with her mystery. She approached Darlene Keffer from the ceramics studio and the two devised a plan to mass produce the jugs. Darlene threw the clay tops and bottoms on her pottery wheel and the residents assembled the jugs before painting all 25. Each jug is unique for the personal touches that have been added and all 25 will serve as centerpieces on the tables during the dinner.

Emelie's connection to the Perley Rideau began three years ago when she was scrolling through the Health Centre's website (www.perleyrideau.ca) and saw that there were volunteer opportunities available.

"I don't really have any talent in creative arts but that was where they wanted me," recalls Emelie, proud of her training as a military historian.

"I started almost right away and not only did I develop skills in pottery and mosaic, it was amazing hearing the stories from residents."

At about the time that Emelie started volunteering she joined the board of directors at Vintage Stock, where military connections popped up once again in the person of Peter Holt, the Ex-officio President of Vintage Stock and Army General (Ret'd). She began toying with the idea of writing a murder mystery.

"It took about two days for the characters to form in my



Brewing up a mystery: Emelie Perron-Chow (left) and Darlene Keffer devised a plan to mass produce the little brown jugs for the murder mystery.

head", she recalls saying it has been incredible to watch her play come to life over the last four months.

Emilie's colleagues at Vintage Stock knew of Emilie's experiences and the excellent reputation of the Recreation and Creative Arts Program, and it was suggested that the residents get involved in creating the little brown jugs.

On the grounds of the Montreal Road Museum that replicates Ottawa life in the '20s and '30s, the show runs for three hours and includes dinner. From the moment of arrival at the museum, audience members are expected to participate in solving the murder mystery and interact with the characters. At one point there's a mock murder followed by dinner and time is provided to solve the mystery. During the dinner, audience members can choose to watch scenes, interview characters to find and listen to songs from the 1920's with lyrics adapted to match the stories of each character. Emilie expects the night to be beautiful and lots of fun.

While the audience will watch and participate in solving the murder mystery and enjoy a gorgeous dinner, the cast party will be a closed event when the jugs will be handed out as thank-you gifts for cast and crew.

If past ticket sales are a measure of success, the show's two-day run will sell out quickly.

For more information and to purchase tickets please visit: <http://www.vintagestock.on.ca/ticketsales/>



Volunteer Ruth Imonikhe helps to porter residents from Rideau building to the pub for ice cream.



How's my form? A member of the summer youth volunteer programs lends a helping hand during a recent game of mini-putt.

The Summer Youth Program is rolling

From mini-putt to ice cream and portering throughout Perley Rideau, their smiles are appreciated.

During the months of July and August, 23 youths, ranging in age from 13 – 18, assisted residents and tenants to take part in a wide variety of activities.



Following physiotherapy class, Gautam Agrawal takes residents for ice cream.

Page-a-Porter

During the Summer Youth Program, from July 6 to August 28, a volunteer will be available by pager Monday to Friday 9:00 – 4:00 to porter residents. Call 613-593-3001 to request a volunteer to help escort residents to activities, appointments or for other needs within the Seniors Village.

Did you know?

The average length of service for active volunteers is:

Adult: 6.4 years

Student: 3 years



Tenants and Family Appreciate the Second Annual Tenant BBQ

A message from one tenant's daughter:

“Thank you so much for all your hard work in preparing yesterday’s residence barbecue. The cooks are awesome. Gary is so good with my mom & dad. It was a super day for us given their birthdays were on the same day. Thank you for helping us celebrate. We had a great time & the food was awesome as evidenced by how much was “not left” on our plates, even Mom’s!!! I think it would be great to also thank all of the staff and volunteers who helped make this a great success.”



Who: All Perley Rideau staff, students, and volunteers

What: Lunch and Learn – Bring your Lunch!!

A lunch and learn program allows staff to take some time, eat their lunch, and learn something new away from the unit.

Lunch and Learn sessions are one strategy designed to contribute to a culture of learning, inquiry, evidence-based practice, and knowledge translation.

Lunch and Learn sessions feature topics that apply to all staff, relating information from within the Perley Rideau and our community partners.

Where: The Boardroom

When: See below (* time will change in January to allow staff from different shifts to participate)

DATE	TIME *	TOPIC	SPEAKER	
Jun 16, 2015	1300 - 1400	Ethical Decision-Making in Long-Term Care	Joshua T. Landry M.Sc., CCE, Ph.D.(c) Regional Ethicist	✓
Sep 17, 2015	1300 - 1400	Detecting and Deterring Unauthorized Access to Personal Health Information	Melanie McCully, RPN RAI Coordinator	
Oct 15, 2015	1300 - 1400	Culture of Safety	Linda Hunter RN, MScN, PhD(C) Chief Nursing Officer	
Nov 19, 2015	1300 - 1400	Applying Ethical Decision-Making Frameworks at the Perley	Joshua T. Landry M.Sc., CCE, Ph.D.(c) Regional Ethicist	
Dec 17, 2015	1300 - 1400	Navigating the 8 “A”s of Dementia	Samantha Hallgren, RN	

Lisa Mallin, the Perley Rideau Staffer, Now Exhibiting in the MET Gallery

Lisa was born in Coventry, England in 1971. Along with her parents and two older sisters she immigrated to Brantford, Ontario in 1974. Lisa took her first photographs during a Caribbean Cruise vacation while in high school. Borrowing her father’s “fancy” camera she took some interesting photos of the beauty that is the Caribbean Islands. Her travel companion had one of her photos enlarged and framed.

Lisa bought her first camera in 2007 and started shooting everything in sight from Northern Ontario to Prince Edward Island.

Lisa started painting while living in Ottawa in the late 1990’s. Often her paintings were an obvious reflection of the splendour that is Northern Ontario where she spent her teen years.

Lisa wanted to share the moments in time she saw through the lens. Sometimes the photographs capture just that.

These are those photographs.

Lisa Mallin’s Exhibit opened on July 15th and runs until October.



ACTS OF KINDNESS

By Robyn Oraziotti, Recreation Therapist

On Saturday, July 4, the Perley Rideau Veterans went on an outing to the Constance Bay Legion. We go out to Constance Bay two times a year for a wonderful visit at the Legion. The Legion puts on a memorable afternoon of great food and great company. Our Veterans and their family members are entertained by EIO George and the beautiful dancing ladies of the Constance Bay Legion.

Before lunch the residents had a chance to sing some of their favorite songs and meet some adorable puppies. Who doesn't love puppies? After lunch there was more singing and opportunities to get up and dance. It is quite clear why this is a very popular outing amongst our Veterans.

This year, our outing was somewhat more of an adventure.

Upon our arrival to the Legion our staff and bus driver, Guy, noticed that there was something wrong with our bus. It turns out that our fan belt broke and we were not able to drive our bus back to the Perley Rideau. While our Veterans were enjoying their afternoon, we worked to secure a tow truck and arrange transportation back to the Perley Rideau.

Para Transpo to the rescue!! Within one hour of the phone call, Para had sent three buses to pick us up. Talk about timely service!

The Perley Rideau, staff and Veterans, would like to thank Eli El-Chantiry, Councillor Ward 5, West Carleton-March for also putting in a call to Para Transpo and for offering to cover the cost of our Bus Fare. He was present at the beginning of our visit when the Legion made a generous donation to the Perley Rideau Veterans' Health Centre Foundation.

In spite of the bump in road, we had a wonderful visit and everything turned out great. We are looking forward to going back in November!

Foundation





FOUNDATION

Recently, Thomas Lumby presented a very generous cheque (\$168,075.86) to the Perley Rideau Veterans' Health Centre Foundation during a beautiful BBQ lunch in Lupton Hall. Thank you, neighbour!



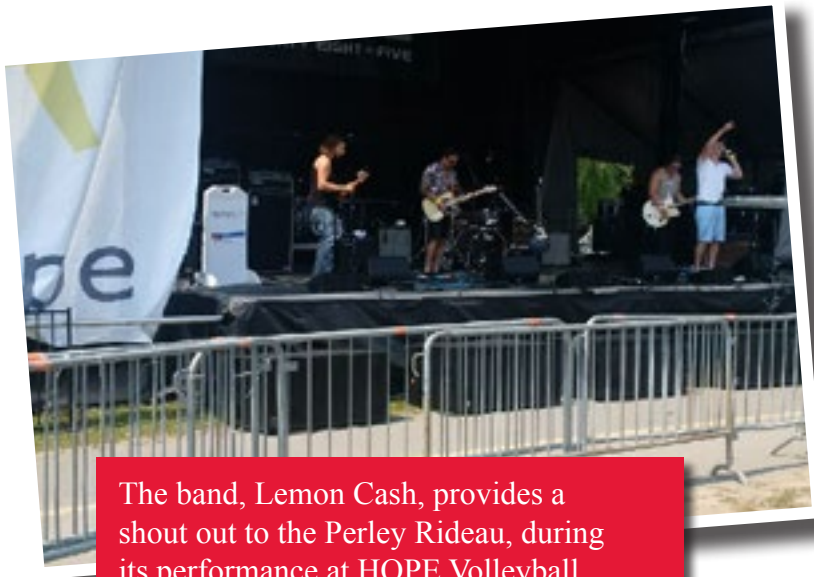
Sharing a laugh: L to R: Peter Lumby (son), Tom Lumby and Brigadier General (Ret'd) Charles Lemieux (Chair, The Perley and Rideau Veterans' Health Centre Foundation) enjoy a visit during a remarkable lunch.



Dan Clapin, Executive Director of The Perley and Rideau Veterans' Health Centre Foundation, offers a sign of good luck before our team takes to the sand.



Thanks for all your work and dedication to Dan Clapin (left) and Delphine Haslé (right) of the Foundation who welcomed more than 50 volunteers including Celia Innes.



The band, Lemon Cash, provides a shout out to the Perley Rideau, during its performance at HOPE Volleyball SummerFest.

HOPE Volleyball SummerFest

Thanks to 55 Perley Rideau volunteers, a team of staff members and the enthusiastic support more than 10,000 players and 15,000 fans, the day was a success and staff avoided sunburns.

The Perley Rideau volunteers supported with security duties and the band Lemon Cash helped to raise public awareness for our great work. The Foundation will receive \$25,000 that will be used to help renovate of one our courtyards.



About Hope Volleyball SummerFest

- June 11th
- +15,000 spectators
- +10,000 players
- 1,032 teams
- 162 volleyballs
- 86 courts



Village Fair Day

Saturday, Sept. 12, 2015 • 9:45am -3:00pm

AGENDA

- 9:45am** Highland Mist Pipe Band – **CAFETERIA**
Mini Putt Open All Day – **GATINEAU LINK**
- 10am** Family & Friends Council Table
- 10:15am** Music – Paddy Stewart – **CAFETERIA**
- 10:30am** BBQ Tooney ticket sales – **LUPTON HALL PATIO**
- 11am-2pm** Brad the Balloon Guy **LUPTON HALL PATIO**
Bouncy Castle **LUPTON HALL PATIO**
- 11am** Petting Zoo **LUPTON HALL PATIO**
CAS Craft **LUPTON HALL PATIO**
Games & Races **LUPTON HALL PATIO**
- 12:15pm** Tooney B.B.Q Lunch - **LUPTON HALL PATIO**
(\$2.00 while supplies last)
- 1-2:30pm** FREE Ice Cream –Thanks to the PRVHC Foundation – **PUB**
- 1-2pm** FREE PopCorn –Thanks to the PRVHC Gift Shop – **ACROSS FROM THE GIFT SHOP**
- 2-3pm** Music – Retro Rats Show Band – **CAFETERIA**

Please join us at our “2015 Village Fair”

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

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

Cleanup of Courtyards

by Lorie Stuckless, Director, Support Services.

Three of the Perley Rideau courtyards are being renovated to improve resident safety, provide more area for programming and allow Perley Rideau to adapt to the changing needs of our residents.

An assessment of all courtyards earlier this year revealed an immediate need to renovate several courtyards and make improvements. Exposed nails, rusting metal parts and overgrown greenery that blocked the walking paths were SAFETY hazards that we will not tolerate. We acted quickly to address these SAFETY issues.

In consultation with the leadership of Recreation and Creative Arts, Property Services is guiding our ground maintenance contractor to renovate several of our courtyards while expanding the space available for residents and their families.

After removing dead and dying trees, unsafe trees will be removed and repairs will be made to walking paths and the patios that pose a threat to residents. As the tree removal will reduce the amount of shade in the courtyard, the renovation plan includes a canopy and patio with interlock stone in each courtyard. For those requiring extra shade, pop up tents are available by contacting Recreation Therapists Robyn Oraziotti ext. 7435 pager: 613-598-8284 or Dave Harris ext. 7735 pager 613-539-3531.

In the past year, hedges were removed from the Gatineau first floor exterior main entrance because they posed several hazards. After removing the hedges, we received positive feedback for many reasons including the improved views from the residents' rooms. Prickly hedges in the Gatineau courtyard were also removed because some of our residents with dementia

were walking off the pathway, getting tangled in the bushes and falling.

To make the courtyards more inviting and brighter for residents, the overgrown gardens in the areas under the room windows will be replaced with grass. With these changes, the presence and colours of flowers will not be lost. Raised flower planters will be constructed on the grass area, providing residents with easier access to the flowers while retaining the look that residents and families enjoy. For a view of the future of the courtyards, view page 17 and the posters throughout our home.

The work is ongoing in the courtyards and will be completed by the end of summer. Thanks to fundraising events like this month's HOPE Volleyball SummerFest, led by The Perley and Rideau Veterans' Health Centre Foundation, new raised flower planters will be constructed for the GIS courtyard along with other renovations. Specific details of all renovations can be found in the list at the bottom of the page.

We hear your comments and concerns over these changes and thank you for your passion and commitment. We commit to provide to provide frequent updates and ask that you bear with us as we work toward realizing our vision for the courtyards.

We commit to provide frequent updates and ask that you bear with us as we work toward realizing our vision for the courtyards.

Courtyard Cleanup

If you would like to report a safety concern in a courtyard or if you have any questions, please contact:

- Lorie Stuckless, Director, Support Services, ext. 2603 or lstuckless@prvhc.com
- Chad Haffner, Manager, Support Services, ext. 2533 or chaffner@prvhc.com

Renovation Details and Schedule:

Ottawa 1 East Courtyard: There are significant renovations ongoing along with the installation of a new canopy and the installation of an interlock brick patio under the canopy.

Completion date: August, 2015

Gatineau 1 North: Walking hazards are now being addressed and the grass and flower planters are being added.

Completion date: August, 2015

Gatineau 1 South: Work is ongoing and in the coming weeks the grass, raised planters and flowers will be added.

Completion date: August, 2015

Lupton Hall: The hedges along the windows to the Rideau building will be removed.

Completion date: 2016

Although we acted quickly to address these safety issues and could have done a better job in communicating with staff, residents and family, we thank you for the patience and support as we work together to improve the well-being of the people we serve.



Three of our courtyards are now being renovated to improve resident safety, provide more area for programming and allow Perley Rideau to adapt to the changing needs of our residents.

DETAILS

- A canopy in each courtyard
- An interlock stone patio under each canopy
- New grass sod under the windows
- Raised flower planters for wheelchair access

LOCATIONS

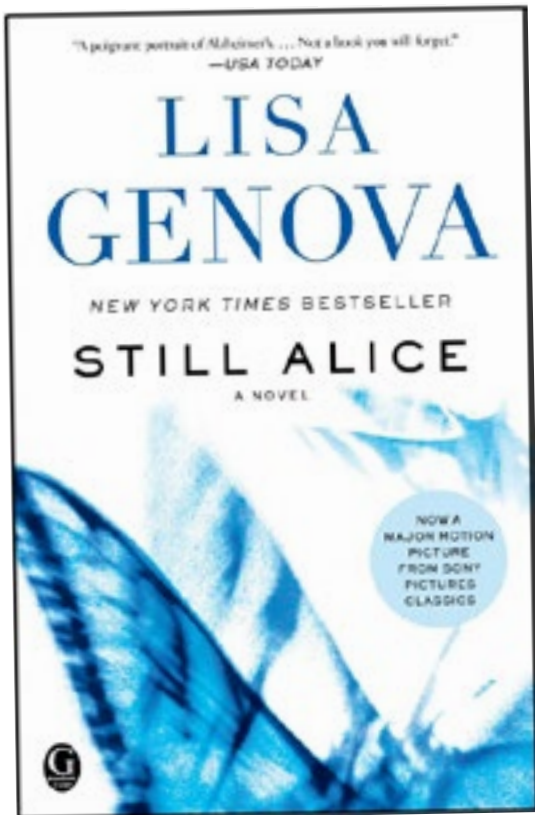
1. Ottawa 1 East Courtyard
2. Gatineau 1 North
3. Gatineau 1 South

Completion date: August 2015

Tents are available for those requiring extra shade. Contact Recreation Therapists:
Robyn Oraziotti ext. 7435 pager: 613-598-8284 or Dave Harris ext. 7735 pager 613-539-3531.

If you would like to report a safety concern in a courtyard or if you have any questions, please contact:

- Lorie Stuckless, Director, Support Services, ext. 2603 or lstuckless@prvhc.com
- Chad Haffner, Manager, Support Services, ext. 2533 or chaffner@prvhc.com



Ottawa Public Library, Sunnyside Branch,
1049 Bank Street

Thursday, August 13, 2015

7 p.m. - 8:30 p.m.

This book discussion is for people who have read the book *Still Alice* and who are caring for an individual living with dementia. The discussion will be facilitated by a Family Support and Education worker from the Alzheimer Society of Ottawa and Renfrew County.

The purpose of this meeting is to create a safe and supportive space for individuals to share their experiences of being a caregiver and how dementia has affected their lives and the people they care for.

“In Lisa Genova’s extraordinary New York Times bestselling novel, an accomplished woman slowly loses her thoughts and memories to Alzheimer’s disease — only to discover that each day brings a new way of living and loving.”

For more information or to RSVP:

Melissa Philpott 613-270-8067 mphilpott@asorc.org

Stephane Millette 613-369-5620 smillette@asorc.org

www.alzheimer.ca/ottawa

Perley Rideau Sights and Sounds



It's not Canada Day unless there are pipes and drums playing Scotland the Brave.



On Canada Day, the weather didn't dampen spirits of residents, tenants of family who showed up in the cafeteria to enjoy the Searson Band.

Paypool Winners - \$100



Thanks to all who took part in AON Hewitt's annual corporate volunteer day helping to refresh our mini-putt course and the grounds that are enjoyed by residents, family, staff and volunteers.

July 2nd

- Andrea Fabricius- Creative Arts
- Yuliya Kadochnikova – Gatineau 1 South

July 16th

- Cornelia Seguin – Rideau 1 North
- Shaun Deschamps – Food and Nutrition

Next draw will be July 30th, 2015.

Upcoming Performances at Perley Rideau

- **Friday Sept. 18** – Trillium Dixieland Jazz Band, 2pm
- **Sat. Sept. 16** – Forever Friends Concert, 2pm

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Newsletter credits

Thanks to everyone who helped with the June newsletter including: Anna Rumin (freelancer), Dave Harris, Robyn Oraziotti, Rachel Stoparczyk, Diana Hennessy (FFC), Debbie Seto (ASORC), Carolyn Vollicks, Delphine Haslé, Denise Lavoie, Jennifer Plant, Cheryl Kemp, Chris Blanchette, Manon Harvey, Rachel Dobson, Sean Muncaster, Bernadette Lee-Woo, Ross Imrie, Tom Lilly (T Graphics).

From the Editor: Thanks to everyone who contributed an item, shared a story or tip or just showed the interest in picking up or downloading the Perley Rideau Village newsletter.

Please email me at jinnes@prvhc.com.

Please note that Perley Rideau will not be publishing a newsletter in August.

The deadline to submit for the September newsletter is September 16th.

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.



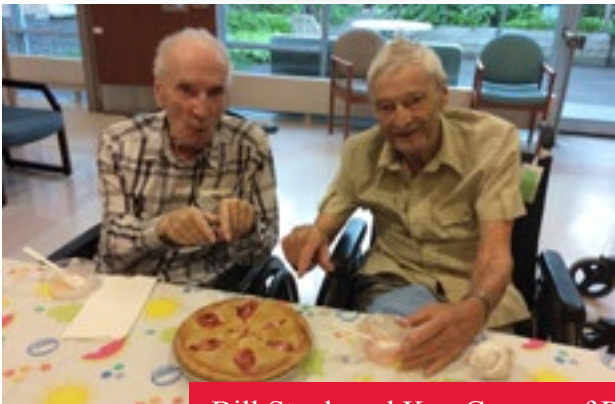
Perley Rideau



PerleyRideauSeniors;
@prvhc_seniors



Perley and Rideau
Veterans' Health Centre
/ Foundation



Bill Stock and Ken Cooper of R1N

Residents from the Rideau Building enjoyed some well-deserved Rhubarb Pie! A few residents from R1N helped to harvest Rhubarb from the Rideau North Courtyard at the beginning of the summer. On Sunday July 19th residents and recreation programmers, Rachel Dobson & Winsome Hayle, baked two Strawberry Rhubarb Pies. Residents shared memories and laughter while eating the hot homemade pie and ice cream!!

Handling Wheeled Equipment

Please remember to always push/pull or move only one piece of wheeled equipment at a time and when entering a corridor (via elevator or doorway) always pull the equipment so that you can see down the hall before entering and always push the equipment into elevator or doorway when exiting the corridor after ensuring the way is clear.

Safety-We Are Worth It

Cheryl Kemp
Employee Health Coordinator