

Between Us... BRIEFLY

*Newsletter for Residents, their Family and Friends, Staff and
Volunteers of the Perley and Rideau Veterans' Health Centre*

Volume 16-23 November 22, 2013

Project Completions



Building “A” Tours –

As covered in last month’s edition, the second of the two apartment buildings, especially designed for seniors, has opened. The response from seniors has been very gratifying, and new tenants have been moving in steadily over the past month and a half. Staff are very busy welcoming the new tenants, setting up Assisted Living Services for those in need, holding orientation sessions to acquaint the new tenants with the services in the Village, and a myriad of details that are so important to make the new tenants feel at home.

Tours of Building A for staff, residents and volunteers on Monday, Nov 25 from 2 – 4 pm. Meet at junction of Perley Centre and Building A on second floor.

We encourage all of you to take this opportunity to see the new apartments with their many special features.

Energy Day –

Energy is one of the largest operating expenses at Perley Rideau. That is why the Health Centre implemented a comprehensive energy reduction program in collaboration with Honeywell. Included in the program were a whole range of small and large projects, which are anticipated to generate some \$600,000 each year in energy and operating cost savings now that they are complete.

To celebrate these accomplishments, an Energy Day has been organized for Wednesday, Nov 27th from 11:30 to 3:00 in the cafeteria.

Akos Hoffer will make opening remarks followed by **Luis Rodrigues** of Honeywell who will give more details on the project. A “Toony” lunch is offered from 12:00 to 1:30 with a set menu at the nominal price of \$2.00; all proceeds will be donated to the Perley Rideau Foundation. An information booth highlighting the different aspects of the program will be set up in the cafeteria by Honeywell. Enter to win an I Pad Air!

All are welcome!

Remembrance Day at Perley Rideau



“Remembrance Day at Perley Rideau was quite impressive this year”, recalled Bill Simms, a 92-year old World War II veteran who lives at the Centre. Over 700 people attended the ceremony including some 250 World War II veterans dressed in suits and medals.

Below are facts on Remembrance Day as published by Veterans Affairs Canada.

- Remembrance Day commemorates Canadians who died in service to Canada from the South African War to current missions. It is held every November 11.
- The first Remembrance Day was conducted in 1919 throughout the Commonwealth. Originally called Armistice Day, it commemorated the end of the First World War on Monday, November 11, 1918, at 11 a.m.: the eleventh hour of the eleventh day of the eleventh month.
- From 1923 to 1931, Armistice Day was held on the Monday of the week in which November 11 fell. Thanksgiving was also celebrated on this day.

- In 1931, MP Allan Neill introduced a bill to hold Armistice Day on a fixed day - November 11. During the bill's introduction, it was decided the word "Remembrance" would be used instead of "Armistice." The bill passed and Remembrance Day was first conducted on November 11, 1931. Thanksgiving Day was moved to October 12 that year.
- The poppy is the symbol of Remembrance Day.



What Do You Think About the White Poppy? What Our Vets Had to Say...

This year, a controversial article appeared in the news about a group of university students who preferred to wear the “white poppy” to promote a pacifist ideology. Rather than ‘celebrating war’, these students preferred to wear a white poppy to work for peace. This article sparked a heated debate. Many people argued about whether or not the white poppy was offensive. So, one of our staff, **Benilda Formosa**, decided to ask some of our World War II veterans what they think about the white poppy. Here are some of the comments that Benilda received.

“It’s so easy to talk about peace, when you’ve never been exposed to war.”

“Both poppies are about love. We cannot condemn them.”

“In a way, it is hurtful, not recognizing the efforts of those who fought.”

*“Unfortunately, we will never have peace without war. While the idea behind the white poppy is enviable, it’s unachievable.”
“I suppose I don’t understand the rationale behind the white poppy for peace because the red poppy is already for peace.”*

“The reason the poppy is red is because over a million soldiers died in fields of red poppies.” [Me: Do you find it disrespectful?] “Yes.”

“In a way, it is hurtful, not recognizing the efforts of those who fought.”

“We can’t condemn the students for wanting peace.”

“Soldiers don’t create war. Politicians do. Soldiers just fight the war.”

“Put all the political leaders in the world in a great big cage, give them each a club and tell them to go to it. And only then will we have world peace.”

I think about what a privilege it is to be able to work with our veterans as well as those who lived through such times.

Peace is exactly what our war veterans fought for. For that, we are thankful.

Thank you to World War II veterans Gerry Bowen and Bill Simms, as well as the other dear World War II veterans who shared these quotes with me.

Employee Recognition

On November 7, employees were recognized for having achieved the milestones of 5, 10, 15, 20, 25, 30 years and 35 years of service as well as recent retirees.

Thank you all for your invaluable contribution to improve the well-being of the people we serve.



35 Years

Kerry Kelly (in photo with Michael Jeffery, Health Centre Chair on left and Akos Hoffer, Health Centre CEO on his right)

30 Years

Gordon Andrew Gall, Mervin Taylor-Morin, Mark J Walton

25 Years

Kim Armour, Sandra Forget, Helen Gunn, Nelson Lavigne, Caroline Pitt

20 Years

Elvis Beaudoin, Andre Charron, Shirley Coombs, Susan Davidson, Evelyn Delos Reyes, David Harris, Marie McCarthy, David Morris, Mary Mueller, Elizabeth Ngorima, Rufina Rosete, Earl Thompson, Geoff Thompson, Michelle Wilson

Employee Recognition (continued)

15 Years

Shelley Beaulieu, Leon Brady, Deborah Buth, Louise Cronin, Ingrid Davidson, Teresa Doskoch, Christi Dudiak, Stephen Forrest, Neda Golfam, Elena Hillyard, Carmen Jennings-Gordon, Yvonne Johnson, Nelvin Lavadia, Maria Leonard Smith, Olga Malinina, Joseph Masuku, Bonnie McAllister, Frank Mercier, Emmanuel Mintah, Alex Ohene-Adu, Brenda Pilon, Rebecca Quainoo, Donna Richards, Juliet Salcedo-Talosig, Cornelia Seguin, Dawn Smith, Lorie Stuckless, Randi Lee Whitmore

10 Years

Bonnie Baird, Carlos Benitez, Sinan Buljubasic, Frank Chamberlain, Gary Chamberlain, Patricia Clarke, Jessica Ferraris, Aminata Fynn, Wieni Gebrmicheal, Chad Haffner, Ross Imrie, Merlita Masicap, T.J. Murdock, Emmanuel Musa, Sandra Namutereza, Fay Norman-Lemieux, Lucilla Polius, Bhanmatie Rajkumar, Regina Safariants, Jasna Savic, Deborah St Hill, Martha St-Pierre, Alicia Tagimacruz, Tigest Tilahun, Loretta Torontow, Janice Wignal

5 Years

Ikhlas Abdelgadir, Tracy Abeysundera, Faduma Ahmed, Aneeta Bali, Joseph Bothamley, Chantale Cameron, Darlene Cameron-Yue, Terri Carter, Mulumabet Damtee, Mary Jean Divina, Kelly Donahue, Suzan Dudu, Rene Escobar, Benilda Formoso, Denise Gisa-Gahamanyi, Kristie Haman, Akos Hoffer, Rosemary Imonikhe, Allen Katushabe, Aynalem Kibret, Edward (Ted) Kingdon, Stacey Laviolette, Matthew Lemieux, Priscilla Mabvaro, Clara Mandiveyi, Joe Manu, Nima

Maygaag, Anona Menard, Corina Mihailescu, Bekhal Mohamed, Mabel Mohammed, Margit Moreau, Praxides Otan, Martine Pilon, Lorraine Proulx, Miguel Sevillano, Hellena Shayok, Sia Kebeh Soriba, Ibtissam Teriaky, Ly Thoun, Marie Vante, Courtney Villeneuve, Caroline Watson, Seifu Wondimagnehu

Recent Retirees

Denise ALEXANDER
Sr. Accounts Receivable Administrator, 25 years

Rhoda BURTON-LEVERT
Registered Nurse, 11 years

Norma CATIN
Registered Practical Nurse 22 years

Renée DE HAAN
Personal Support Worker 17 years

Elizabeth DENT
Social Worker, 11 years

Greg FOUGÈRE
C.E.O. with 27 years

Kofi GYAMFI
Rehab. Assistant, 15 years

Philippa HANES
Executive Secretary, 25 years

Mary KEON
Registered Nurse, 21 years

Betty LACEY
Registered Nurse, 5 years

Mary Catherine MONCRIEFF
Instructor, Creative Arts Service, 11 years

Temy NGUYEN
Personal Support Worker, 7 years

Nicola ODDY
Art Therapies Lead, 5 years

Arthur PREMATUNGA
Personal Support Worker, 13 years

Lorna RANKIN
Registered Nurse, 14 years

Margo RODEN
Registered Nurse, 13 years

Karen SAVERY
Registered Nurse, 29 years

Harriet Robson TIMMERMANS
Rehab. Assistant, 27 years

Lucy TRACEY
Personal Support Worker, 17 years

Sharon TREMAINE
Recreation Therapist, 34 years

Maria VALLE
Housekeeping Aide, 37 years

Internal Communication Audit continues!

The audit of internal communication has continued this month with completion of the focus group sessions with staff and volunteers, and the gathering of examples of internal communications within Perley Rideau. Now underway are steps to obtain input from other stakeholders in the Seniors Village including tenants, residents and co-providers.

“Although a good deal of analysis still needs to be done, we are still on track to provide some feedback on the audit findings by year end”, says Sylvie Moncion.

Happy Feet Program



The Happy Feet Program is a team of volunteers who spend an hour or two a week bringing a little sunshine to our residents. Volunteers take our residents for short walks within the building or on the grounds. The pleasures of our efforts are great! A simple smile or laugh can make anyone's day.

We are in **NEED OF YOUR HELP** to build our program. With only a handful of volunteers, we are rather limited in what we can do.



For more information, please contact:
Brunilda Vasquez
at: (613) 526-7171
ext. 2416

The goal is to bring the Happy Feet program to the entire Gatineau building.

Please consider giving an hour of your time to make a difference in someone's life. The hours are flexible so we are sure we can work together to meet everyone's needs.

Taking residents for walks is a good idea. Today one of the nurses asked me if I could take a certain resident to a sing along program. The resident was relatively new here, and very restless but said she enjoyed music. So I took her, we sat together and I did help her find songs in the song book. The resident and I did not do a great deal of walking but she felt relaxed. I have taken some residents outdoors and that also has been a very positive experience for both of us.



**Ho! Ho!
Ho!**

We are only one month away from **Tea by the Tree**, our annual Christmas

party/concert in the Cafeteria. It is your chance to shine on stage and sing your favorite Christmas carol. You can sing by yourself or with a group of people. We will be happy to accompany you at the piano and to schedule a rehearsal. There will be a sign up sheet in the cafeteria early December. If you already know what you would like to sing, send me an email at gletourneau@prvhc.com. This is open to everyone, residents, staff and volunteers,

Looking forward to hearing you sing!

“Trudy”

PARKING – Please note signs have been posted to indicate the row of traffic next to the Main Entrance is ‘Reserved Parking for Senior Visitors.’

Payroll Winners - \$100

October 24 Draw

Elsa Rey – Nursing Float

Carolyn Andrews – Chief of Resident Care

November 7 Draw

Amanda Lang – Food & Nutrition

Lisa Garrard – Ottawa 1 East

November 21 Draw

Lorraine Douglas - Ottawa 2 East

Tatjana Predovic - Ottawa 2 East

Next draw: December 5, 2013

Between Us Briefly, Vol. 16-23

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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:

Thursday, December 12, 2013.

Articles can be emailed to Smoncion@prvhc.com