

Between Us... BRIEFLY

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

Volume 16, #14 April 18, 2013

Energy and Facility Renewal Program at the Health Centre

Energy is one of the largest operating expenses at Perley Rideau. That's why the Health Centre developed a program with Honeywell to save energy and operating costs and at the same time reduce our environmental footprint.

Phase one of the program, which includes the following, is now complete.

Building Envelope:

All exterior doors have been weather-sealed to help reduce drafts and improve comfort.

Water Conservation:

We have replaced 550 toilets and washroom fixtures with low flow type models which will reduce our water costs by 1/3. Our water usage will drop by close to 21,000 m³, enough water to fill approximately 8.3 Olympic size pools.

Lighting Systems:

Over 5,500 lighting fixtures, lamps and ballasts (electronic device) were replaced with new generation high efficiency models throughout the facilities. The new lighting systems and controls will reduce the amount of electricity required.

Building Automation:

The building automation system was upgraded to include more efficient control of heating, cooling and ventilation systems.

Central Heating and Cooling Plant:

The new central heating and cooling plant located between the Gatineau Link and the Perley Centre has been installed to improve our heating and cooling reliability while reducing operating costs. Windows have been installed on both floors of the Link to allow residents, staff and visitors a view of the new plant in operation.

We are now working on the second phase of the program which includes:

Air flow:

Currently, the systems are being optimized so that the air flow closely matches the building occupancy needs for maximum comfort.



Solar Panels:

1,200 solar panels that will generate over 300 MWh of electricity per year, enough to

power 27 average households will be installed on 3 of the 4 roof tops this summer (excluding Rideau Residence).

The overall cost is \$6.6 million. The annual savings are estimated at \$600,000 in utility and operational costs resulting in a payback of 11 years and a simple return of 9% on the investment. These improvements will also lower our carbon dioxide emission by 320 metric tonnes annually – equivalent to removing 53 medium size cars from the road each year.

If you have any questions or concerns, please contact Akos Hoffer (ext. 2109).

Nursing Week May 6 - 10



Perley Rideau will be celebrating *Nursing Week* May 6- 10, 2013. Watch for upcoming news on what will be taking place.

The Nursing Week Committee has been working hard to plan activities for staff's enjoyment. The funds collected from our 50/50 draws have allowed the committee to purchase things needed for the week's events. There will be a reception once again, along with other planned activities and events. ALL staff is welcome to the reception.

In planning for *Nursing Week*, we would like to recognize our residents who worked as nursing staff. If your loved one was a nurse or personal support worker or care aide, please pass her of his name along to:

Jennifer Ellis at jellis@prvhc.com or
Tel: (613) 526-7170, ext. 2408.

Keep your eyes open for more news updates and have FUN!"

Dental Care at Perley Rideau

Muriel Laughton and Liz Macfie, two Registered Dental Hygienists, are promoting prevention of dental caries and gum disease. Multigen, with Dr. Bahraini, provides restorative services one day most weeks.



Muriel is now accepting new patients on a fee-for-service basis on Tuesdays. Full time staff and veterans need not take out their wallets as the insurance claim is submitted by her. Community residents, veterans, staff and their families can book an appointment - email mllaughton@prvhc.com or call 613-526-7171 ext. 2365.

The dental hygiene services that Muriel provides at the Perley Rideau clinic include: complete oral assessments, tartar and stain removal, individualized oral hygiene information and provision of the tools needed for good plaque removal, desensitization, fluoride treatments to prevent decay, teeth whitening or bleaching, fissure sealants, custom mouth guards, and referrals to dentists and specialists.

In the presentations that were given at PRVHC from November through the end of January, we learned how good oral health is important if good overall health is desired. As April is oral health month, let's all work together to ensure our residents are getting the best oral care possible. By understanding the role of plaque in disease, we can better do this! Veteran's Affairs has provided more funds to allow Muriel to continue working with residents and teaching in the next few months.

Communications Activities

Some of you may have noticed a film crew around Perley Rideau and wondered what is going on. A promotional 4-minute video is being produced by Steve Hunt which will highlight our tradition of care within an expanding Seniors Village. The video will be ready in June.

Also in development is the 2012 edition of the Health Centre's *Report to the Community* and, for the first time, a *Report from the Foundation*, which is celebrating donors who have given to the Foundation which has been fundraising for the Health Centre for over 25 years.

Various events are also in the works including the traditional *Annual Night at the Races* hosted by the Foundation and an *Opening Celebration for Building B* being scheduled in June of this year.



12th Annual Night at the Races – Thursday, May 09, 2013, at the Rideau Carleton Raceway and Slots

Great Silent Auction and Raffle Items! We have a \$10 slot voucher and \$2 horse betting voucher this year. If you are a Staff Association Member, your tickets are \$30.00 each and one guest ticket is \$30.00. Hurry up and reserve your tickets now so you are not left out of the cold!

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 among family members, friends, volunteers, staff and of a resident or former resident of Perley Rideau or a person of importance to a resident who is committed to acting as an advocate.

At the FFC's meeting on April 11, 2013, the guest speaker was **Carolyn Vollicks**, Manager of Programming and Support, who spoke on restorative care. The purpose of restorative care is to increase independence, and ultimately a resident's self-esteem and self-image through improved mobility and better physical functioning. A restorative care program promotes wellness and prevents debilitation; it maintains or improves a resident's functional abilities in mobility, dressing, grooming, bathing and eating; and, it assists the resident to function as independently as possible with a minimum amount of staff assistance.

The FFC encourages families to support the restorative care program. The FFC will celebrate the province-wide Family Council Week June 8-14, 2013, with an invited guest speaker on Wednesday, June 11. Detective **Isabelle Coady of the Ottawa Police** will address elder abuse issues. The time and the location of the presentation will be confirmed. The presentation will be open to residents, family members, staff, volunteers, Board members and members of family councils within the Champlain Network of Family Councils. Inquiries about the Family and Friends Council can be directed to Dave Doherty at 613-825-6548 or Ray Bailey at 613 741 0282; or by e-mail to familycouncil.prvhc@gmail.com

Annual Golf Tournament

It's that time of the year when we start thinking of beautiful days on the golf course!

This year's golf tournament will be held on June 10, 2013 at Meadows Golf and Country Club, 4335 Hawthorne Road. Tee off costs and dinner prices will be available shortly. Staff can join us for the dinner, if you do not wish to play.

It's also time to think about organizing your team for this special event. Please note that individuals are welcome too.

As in the past, if you can help us spread the word to your contacts for prizes or are able to contribute any gifts for this event, it would be greatly appreciated. This event would not be as successful without the generosity and support of these people. We are grateful for any assistance you can offer.

If you have any questions or require any further information, please do not hesitate to contact Chris (ext. 2103).

National Denim Day

The 17th National Denim Day for breast cancer will be held on Tuesday, May 14, 2013. Perley Rideau encourages employees, residents, friends and family members to wear denim and receive a CURE pink flower or ribbon in exchange for a donation.

This is a great campaign, please mark your calendars. With your support, just imagine the difference we can make....

Help make a difference and join us in the fight against breast cancer. Cans will be distributed to collect donations.

Physiotherapy Funding Changes Announced

The Ministry of Health and Long-Term Care has announced changes to OHIP-funded physiotherapy services. Effective Aug.1, 2013, access to physiotherapy and exercise and falls prevention classes for seniors will be directly funded through Long-Term Care Homes, Community Health Centres and other locations. Currently, physiotherapy services provided at Perley Rideau are directly billed to OHIP by our physiotherapy provider.

The impact of the Ministry's announcement on physiotherapy services in Long-Term Care is unclear. Perley Rideau is working with our physiotherapy provider, Family Physio, to determine how these changes will be implemented for our residents. We remain committed to providing the highest level of care possible within the funding available. We will communicate further once we have assessed the changes that may come into effect on Aug. 1st.

Payroll Winners - \$100

March 28 Draw:

Wilma Feenstra-Vassil – Housekeeping and Clara Mandiveyi - Gatineau 2 North

April 11 Draw:

Greg Fougere – CEO – and Althea Johnson – Rideau 2 South

Next draw: April 25, 2013

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