

Between Us... BRIEFLY

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

Volume 16, #15 May 16, 2013

OANHSS Leadership Awards 2013 Recipient

Perley Rideau is proud to announce that our own Greg Fougère was recently honored by the Ontario Association of Non-Profit Homes and Services for Seniors (OANHSS) with its 2013 leadership award.



*Greg receiving the Award from Heather Galli,
Interim VP of Insurance Operations at HIROC*

Excerpts from the award presentation:

“It is given to an individual who has demonstrated exemplary leadership and has made an outstanding contribution to OANHSS and the long-term care sector.”

“In his role as CEO, Greg has led Perley Rideau to become more resilient and more relevant to the needs of its residents and the community.”

“Over the past few years, in partnership with its Board, he has been leading the first phase of a 15-year strategic vision to transform the home into a Seniors Village.”

“This has involved many initiatives, including gaining support for and building a respite care guest house for seniors with dementia; obtaining additional funding to support assisted living services for high-risk seniors; and constructing 139 seniors’ apartments, which, by itself, was a 42-million-dollar project with an ambitious timeline. All of these changes have required his vision, resolve and leadership to implement.”

“Even with his many responsibilities, Greg has still found the time and energy to contribute to OANHSS. He has served on the Board of Directors for eight years, first as a Member-at-large, then as Chair and Past Chair. “

“One of his greatest contributions was in carrying the Association’s advocacy message to media and the government. “

“A donation of \$500 will be made to the University of Ottawa’s Masters in Health Administration Program in Greg’s name.”

This award was no surprise to those who have worked with Greg. We wish him well and will miss him.

Volunteer Recognition Event at Perley Rideau



From left to right in photo: Akos Hoffer, Elia Touesnard, Nancy Creelman and Greg Fougère.

The recipient of the **2013 Volunteer of the Year Award** was **Nancy Creelman**. Nancy started volunteering in 1996 and has contributed over 5,900 hours as a clerical volunteer in administration. Staff says that she is “ready, willing, and able to pitch in, a pleasure to have around, always positive, works hard and has a great sense of humour, is attentive to detail, dependable, responsible, competent, dedicated and efficient.” Congratulations Nancy. What would admin do without you!

Other nominations for Volunteer of the Year were: Lovdy Desjardins, Liz Finnegan, Jerry Fryer, Amanda Giunti, Biruta Krumins, Madelien Lang, Gerry McGrath, Gerry McMahan, Jim Melanson, Sandra Melanson, Joy Simper, Cheryl Ranacher and Brian Wattie.

The **2013 Advocacy Award** was presented to the **2012 Resident Feedback Survey Team**. The 13 volunteers administered the survey to residents and families during a 1.5 month survey period, in addition to their regular volunteer duties. This past year, 233 surveys were completed. The results of the

survey will help Perley Rideau identify areas that need improvement. These dedicated volunteers recognized the value of the survey and how important it is for our residents to have a voice. Volunteers involved were: *Myra Baetz, Jack Dickie, Paul Durand, Rejeanne Fairhead, Lori Greer, Doug Harding, Joan Harding, Rosemarie MacFarlane, Jim McGrath, Kit McKay, Leona Miller, Lacey Rathwell and Nick Stoss.*

The **2013 Team Award** was awarded to our **Medical Escort Volunteers** who accompany our residents, who do not have family, to their off-site medical appointments by either taxi or Para Transpo. They arrive promptly, exercise a lot of patience and spend a lot of time reassuring the residents if things don't go as planned. Our current medical volunteers are: *Bill Atkinson, Marilyn Jensen, Dennis Kelleher, Linda King, Gerry McGrath, Lacey Rathwell, Katherine Stewart.*

Notable Mention:

Deborah Bennett and The Gift Shop Volunteers presented a cheque to the Foundation for \$30,000. Thank you so much for your donation to help improve the well-being of others!



(Front Row) Lillian Meehan, Joan Crocker, Teresa Moores, Judy Evans, Gail Lalonde, (Daniel Clapin – staff), Frances Boon, Elke Hickey, Heasley Juneau (Back Row) Pat Johnson, Olive Newman, Jenny Hasson, Millie Fyfe, Linda Robertson, Suzanne Tobin, Sharon Duby, Marlene Rideout, Nahie Bassett, Christiane Charron, Deborah Bennett

Volunteer Service Awards

5 Year Pin

Nahie Bassett, Bob Conrad, Donna Cundell, Judy Evans, Herbert Hardy, Norma Hardy, Jeannine Lebrecque, Georgette Landriault, James McGrath, Debra Nicol, Maria Thompson, Aashna Uppal, Mary Watson, Paula Woollam

10 Year Pin

Roger Fournier, Heasley Juneau, Helen McGill, Dorothy Moulds, Irene Parboosingh, Walter Sargent, Brian Wattie

15 Year Pin

Ann Blair, Audrey Cook, Douglas Harding, Sheila Pitt, Irene Plourde, Kay van Bridger

Palliative Care Volunteers

We have newly trained palliative volunteers! On April 9, volunteers interested in palliative care attended a one-day education session along with our current palliative volunteers. In the morning, Sherry Baker talked about Spiritual Care, Cultural Aspects of the dying person and techniques in communication. Doris Jenkins talked about what to expect in the last days of life and the vision for building the volunteers into the care team.

Our volunteers are ready to help, when family members need a break, or when a resident does not have family or friends available, to be with them at end of life. It is the hope and vision of the Palliative Volunteer Program to have volunteers engage with the care team at an earlier stage when the goals of care for the resident are changing.



*Standing, left to right: Doris Jenkins (staff) Mike Ross, Elia Touesnard (staff) Rebecca de Winter, Sherri Yazdani, Audrey Cook, Carin Anderson, Anne Gillespie, Rosemarie MacFarlane
Sitting, left to right: Madelien Lang, Joan Harding, Carole Perkins, Yen Nguyen, Ann Townsend*

In this way, relationships will have a chance to be fostered between the team members and our volunteers in order to better assist our residents.

Volunteers are a key piece of the puzzle in resident care!

Kathleen Johnson presented this song to volunteers on behalf of the Recreation and Creative Arts Staff.

Sung to the tune of MacNamara's band

***An essential piece of the puzzle that's
what volunteers here are,
Couldn't get on without you really
couldn't get too far,
You're here for parties and bingo
and for every fancy ball,
And when it comes to Christmas time
you really give your all,
Thanks to you...and you and you,
For all the many things you do,
So then today we celebrate you,
An essential piece of the puzzle
thanks for everything you do!***

The Arts Therapies at Perley Rideau

Perley Rideau is a very special place. We have three Music Therapists, a Horticulture Therapist and a Dance Therapist. There is no other program like this in Eastern Ontario and very few in Canada.

An arts therapist is a skilled certified, registered or accredited therapist who promotes mental, physical, emotional and spiritual health. An arts therapist is a therapist first, who uses the arts medium of her training to enable a resident in any of these ways. A therapeutic relationship is developed to facilitate contact, interaction, self-awareness, learning, self-expression, communication and personal development.

The arts therapist is one of a team who can often help when residents are experiencing the following (for example):

- Resistance to care
- Transition into the facility
- Palliative care for the resident as an individual, or for the resident with his or her family
 - Through life review through song writing or by creating a song collection
 - By enabling a sharing by singing songs and hymns with the resident and his family at bedside
- Support of restorative care goals
 - Perhaps a resident is not motivated to feed himself, but will happily work with a tool (gardening, mallet).
 - Perhaps they can no longer speak, but can sing words and this can help to promote speech.
- Isolation
- Agitation
- Wandering
- Depression

Often an arts therapist can help where other things have failed, because we are trained to facilitate a positive response through the arts. The main difference is that we use the arts with intent to work with issues that a particular resident is coping with.

Arts Therapies staff include:

Barbara Brown (Horticulture Therapist) BFA MA HTR



Barbara is a registered horticulture therapist who has worked at Perley Rideau for the past 24 years. Originally trained as a visual artist, she began offering a variety of textile based classes for the veterans at the Rideau Veterans Home. Barbara now offers a year-round program of therapeutic gardening for the residents. She sees her job as a way to enable the residents to connect with the healing qualities of nature and to find solace in the natural surroundings of the gardens. She offers a program that changes weekly to reflect the activities of gardening in the cycle of life. Her work enriches the lives of residents, especially those for whom growing has been an important part of their lives.

Benilda Formoso Ladouceur (Music Therapist) BMT BA MTA



Benilda is an accredited music therapist who has been working at the PRVHC since 2007. She earned a BA in Psychology from the University of Ottawa and a Bachelor in Music Therapy from Capilano University. Benilda recently returned from maternity leave and is currently pursuing a Masters in Social Work at Carleton University.

Kathleen Johnson (Music Therapist)

BA (psychology) MTA



Kathleen has been a music therapist since 1985 and has been working primarily with seniors ever since. She has a BA honours in Psychology from Carleton University and

Music Therapy certification from Capilano University in North Vancouver. Her strengths include song writing with seniors, and working in one-to-one sessions. She uses guitar and voice as her primary instruments. Kathleen has brought her beautiful voice and her lovely way of working with the residents to the Perley since 2001.

Mary Moncrieff (Dance Therapist)

BA (psychology) MSc BC-DMT



Mary has been a dance therapist since 1986 and has worked for Perley Rideau for the past 11 years. She is a Board Certified

Dance/Movement Therapist with the American Dance Therapy Association. You may remember her as the one who spearheads events such as The Maple Leaf Ballroom or The Valentine's Day Dinner/Dance. Mary leads her team and residents toward celebrations of life and spirit. Mary can also be seen on the units providing a more introspective element of her work to residents in 1-1 sessions and small groups. After recently retiring, she has returned on a part-time basis.

Nicola Oddy (Music Therapist and Arts Therapies Lead)

BMus MA MTA CCC



Nicola has been a music therapist since 1985. She has worked in over 40

different long-term care facilities as an independent therapist. She has been at Perley Rideau for five years. She has a bachelor of Music in Voice, a Master of Arts in psychology, and Music Therapy certification from Capilano University in North Vancouver. She is a Certified Canadian Counselor with the Canadian Counseling and Psychotherapy Association and a Music Therapist Accredited with the Canadian Association for Music Therapy. In addition to her work here, she's a faculty member of Concordia University and works in private practice. Her passion is the development of an understanding in others, of what we are able to accomplish through the arts therapies. Nicola will be leaving the Perley Rideau at the end of May as new adventures beckon.

Antonia Pigot (Music Therapist)

BFA Bed MTcert



Antonia is a music therapist at the Perley Rideau and a graduate of Acadia University's Music Therapy Program. She has been

working in long-term care for four years and brings her love of the jazz era to the Perley Rideau. As a music therapist, she also works with children with autism at the Ottawa Children's Treatment Centre. Antonia began her career as a voice teacher and jazz singer after graduating from Concordia University with a degree in vocal jazz studies. She has taught singing at both Carleton and Dalhousie University and has worked with amateurs and professionals for over 20 years. Antonia also has a degree in education and worked for the Halifax Regional School Board as a music teacher. Antonia is fascinated with the power of music to reach seniors struggling with dementia and Alzheimer's and enjoys bringing the joy of music to all seniors at the Perley Rideau.

Vee Shin (Music Therapy Intern)



Vee is a student at the University of Windsor, finishing up her Bachelor of Music Therapy and psychology degree. She is completing her internship at the Perley Rideau to become

an accredited music therapist with the Canadian Association of Music Therapy. You'll see her around with her red cart, toting the tone chimes, and her guitar. You'll also recognize her beautiful piano improvisations drifting through the air. When her internship ends in July, she plans to return to her home in South Korea and work as a music therapist there.

Presentation by the Wild Bird Care Centre on April 24th, 2013

(Sponsored by the Community Residents Council)

The Wild Bird Care Centre provides care for injured or orphaned wild birds that the public finds so that they may be released into the wild. They are open 8am – 4pm every day for people to drop off injured birds or call with any wild bird concern. The Wild Bird Care Centre is located at 734 Moodie Drive and welcomes visitors from noon until 3 pm daily.

Patty Summers from the Wild Bird Care Centre talked about what they do and about our local birds. She talked about the typical birds that people bring to the centre for healing after injuries or being abandoned, and showed photos of the variety of birds they have taken care of, including robins, cardinals, eastern phoebes, ducks, great blue herons, crows, and more. They even have taken care of birds which have strayed far from their natural habitat (such as a flamingo!) and had to be transported back to places where they could have a better chance to survive.

She answered questions about the ducks that make their nests in our courtyards. Mother ducks tend to lay their eggs in safe places away from predators but then the ducklings can't fly out when they are ready to forage. The vegetation in our courtyards is not the best for them so the mother duck may look to move them closer to water.

If they stay in the courtyard, they can usually find enough to eat to survive. Just put out water and change it regularly and keep a distance so they learn to stay wild. If we wish to move them, she suggested gathering the young within a few days of hatching, putting them in an open box and carrying it to the outer perimeter of the buildings. The mother will follow as long as she can hear them. She will then lead them to water herself.

Contrary to what we have thought in the past, handling baby birds will not keep the parent birds from caring for them. They have a poor sense of smell so will not be affected by the smell of humans.

What can we feed our wild birds and when? Patty says bread is not the best because of its low nutritional value. Wild bird seed is



great for the song birds/ feeder birds. Cracked corn, corn kernels, and inexpensive

ve wild bird seed is good to feed ducks. When using feeders, it is important to clean and disinfect the feeder regularly to prevent the birds from getting sick or dying from salmonella. Feeding birds from September until May is fine, afterwards they can find food themselves. Feeding hummingbirds all

summer from a hummingbird feeder, kept in the shade to prevent fermentation, will bring delight to any gardener.

She showed us parts of birds such as a hummingbird wing, a great blue heron beak, the talons of a predatory bird, and nests, as well as a stuffed owl.

This was a very educational presentation and we thank the Community Residents Council for sponsoring this event by the Wild Bird Care Centre (which relies totally on donations and payment for these presentations).



CRAVING CHANGE COMMITTEE

The “Dining Craving Change Committee” would like to invite all those interested to view the first of two newly renovated dining rooms in the Ottawa Building. Our committee has been working hard since September 2012 on a pilot project to improve the overall dining experience on O1W and O2W. The main objectives of our group were to establish a peaceful and relaxing environment at meal times, have all residents eat meals together at one sitting and create an esthetically pleasing environment. Please come join us for ribbon cutting and cake on May 23, 2013 at 11:30 am O2W dining room.

Hope to see you there!



As part of *Nursing Week*, Medical Pharmacies' CEO Ed Jamieson presented a cheque for \$3,000 to the Foundation's Managing Director Dan Clapin for the bursary programme to enable nurses to further develop their skills.

BUB Online Survey Results

A survey was recently introduced seeking feedback from readers on this publication. The results are in and they were very favorable in terms of content, frequency, format and style of the current BUB.

As you know I recently took this task over from **Judy Woodstock** so the favorable comments should go to her. One respondent did ask for more health oriented information to be added and we will be following up on this idea. Thank you all for your feedback and keep the articles, photos, comments coming.

Payroll Winners - \$100

Next draw: May 23, 2013

April 11 Draw:

Karen Gibson - Gatineau 1 North

Robin Tremblay - Food & Nutrition

April 25, 2013 Draw:

Mehri Bahreinzadeh - Laundry

Sabina Morris - Assisted Living Services

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