




# Community Report January 2022

News on our new brand, our new look, awards and achievements that affirm our commitment to continue to transform care for Seniors and Veterans.

Look for an invite to submit your personal story, a photo or your favourite Perley memory to fill our time capsule before we seal it for the next 25 years.

This is a companion to the CEO Video report and includes news not shared in the video. Look for  indicating news not shared in the video.



## CEO Report

As 2021 drew to a close, the Omicron variant began to cause a huge spike in cases of COVID, and strict public health measures have been imposed at Perley Health and across Canada. To better protect our residents, we have increased testing, restricted non-essential visitors and will soon begin to administer another round of vaccinations — a fourth shot. Respecting these measures and continuing to work together offer our best hope of minimizing the impacts of the ongoing pandemic.

While the new measures may restrict the freedom of residents and their families, they seem necessary to protect the health of the entire Perley community. Throughout the pandemic, our primary goal has been to protect the health and safety of our community while maximizing residents' quality of life. For the latest about COVID-19 and Perley Health, visit our [website](#).

Staff and students continue to do a wonderful job of managing the impacts of COVID-19. Thanks to the selflessness and dedication of staff — and to

increasing numbers of volunteers — our residents and tenants are able to live life to the fullest.

During the fall months — before the Omicron variant began to spread through our region — several social and recreational activities resumed, respecting all relevant precautions and public-health guidelines. Some residents enjoyed outings to the National Gallery and Aviation Museum, for instance, as well as bus tours to take in the fall colours. Our Remembrance Day concert and ceremony were also successful.

Before the spread of the Omicron variant, tenants of the independent-living apartments also benefited from activities planned and delivered by staff. With more than 97 percent of all tenants fully vaccinated thanks to the on-site clinics organized by staff, the number of safe social activities underway began to grow. During the summer, student volunteers and Personal Support Workers hosted a talent show. These efforts helped to minimize the effects of social isolation caused by the pandemic.

**To view the CEO Video please visit our [web page](#).**

## Psychological Health and Safety Initiative

The pandemic has been particularly difficult on frontline staff. Along with adapting to new procedures, many staff members are rightfully concerned about the risks due to COVID-19. As a result, the psychological health of frontline staff is of particular concern. An initiative is now underway at Perley Health to foster a culture of psychological health and safety. The initiative is a top priority, as our success absolutely depends on the mental and physical health of staff. The initiative began with a survey of staff and the results of the survey have informed a series of targeted actions.



**Gillian King**  
Perley Health Art Instructor

## Art Project

During the Fall, Perley Health Art Instructor Gillian King engaged residents in a special art project. Residents created drawings and text in response to the question: “What or who has given you strength during the pandemic?” The resulting artworks and text were carved into a large piece of linoleum, then printed onto fabric using a cement roller in a process known as linocut printmaking. The finished work will soon be on display in our art gallery and again next spring at the Ottawa Art Gallery.

The project explores the impacts of art therapy on long-term care residents during the pandemic and aligns with Gillian’s thesis for a Master’s Diploma in Art Therapy. Five years ago, Gillian earned a Master’s degree in Fine Arts. The work of professionals like Gillian helps to advance our understanding of how creative activities can benefit older Canadians.

## Century Club

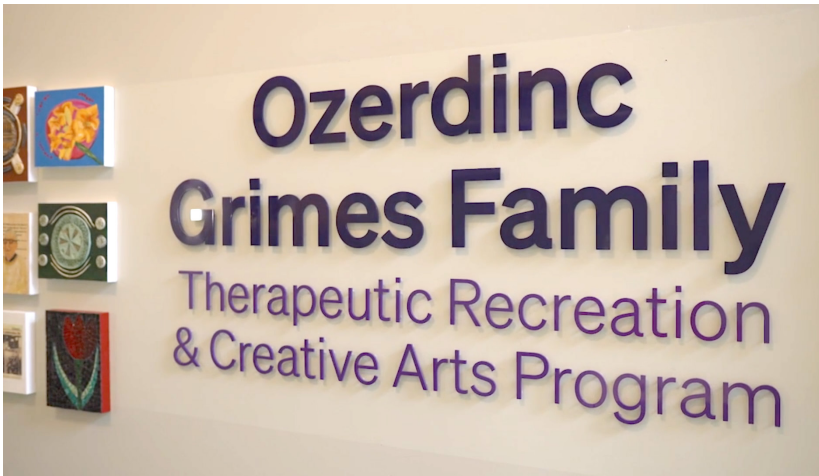
During the Summer, 22 residents joined Perley Health’s Century Club. About 50 people gathered in Lupton Hall to celebrate the 100th birthday of these men and women. The event featured performances from two of our musicians and an address from Margaret Tansey, the new Chair of our Board of Directors. Congratulations to the newest members of the Century Club!

Congratulations to all centenarians including 106-year-old Jill C. and Bravo Zulu to the 15 Veterans in this esteemed group.



# Ozerdinc Grimes Family Therapeutic Recreation and Creative Arts Program

The Perley Health Foundation has some exciting news to share: The family of Kathleen Grimes and Ersin Özerdinc has made an exceptionally generous donation of \$500,000 to help fund our Therapeutic Recreation and Creative Arts Program. The couple, co-owners of Site Preparation Limited, are proud to give back to the community, and recognize that therapeutic recreation and creative arts activities make a valuable contribution to quality of life. In honour of their generosity, the program has a new name: The Ozerdinc Grimes Family Therapeutic Recreation and Creative Arts Program. On behalf of the Perley Health community, thank you.



## Centre of Excellence News

The Centre of Excellence in Frailty-Informed Care, established two years ago at Perley Health, supports our ability to develop, evaluate and share evidence-based best practices in care. A prime example of this is a recent training program designed to prevent falls, a leading cause of injury and hospitalization among residents. With the help of her colleagues, Daniela Acosta, a Collaborative Practice Leader at Perley Health, developed and delivered specialized training to staff. The Centre of Excellence analyzed the results and the Journal of Nursing Care Quality published them in its September, 2021 issue. As a result, the work of Daniela and the rest of our team will help to reduce falls among residents of not only Perley Health, but also of other long-term care homes.

The Centre of Excellence also published a study documenting the use of Virtual Reality (VR) therapy on Veterans and Seniors living with dementia who exhibited responsive behaviours. The study focused on the experiences of Recreational Therapists, who administered more than 100 sessions of VR therapy. The therapy has shown some promise in reducing the incidence of responsive behaviour.

The Centre of Excellence also shares the latest practical research through its monthly webinar series and other presentations. To learn more, visit the Centre of Excellence [website](#) and subscribe to its newsletter.

Perley Health Centre of Excellence in Frailty-Informed Care™

# News

Newsletter Issue #2 – November 2021

Susan Davies (right), a tenant in one of Perley Health's independent-living apartments, completes an in-person survey with CoE Research Coordinator Nikita Rayne.

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**Perley Health**  
Centre of Excellence  
in Frailty-Informed Care™

## Staff Awards

Since the last update, four members of the Perley Health team have earned prestigious awards. In June 2021, the Registered Nurses Association of Ontario presented its Award of Merit to Daniela Acosta, RN, Collaborative Practice Leader. For its Leadership in Nursing Administration Award, the organization selected Tania Paolini, Manager of Infection Prevention and Control. Samantha Diceman, Manager of Resident Care for the Rideau Veterans Residence, earned the Award of Excellence and Innovation from WeRPN. The Healthcare Housekeepers' Association chose Shahid Yasin among its first recipients of the organization's Frontline Award of Excellence. On behalf of the entire Perley Health community, congratulations!



## Childcare Program Survey

We are exploring the possibility of establishing an on-site childcare program to better meet the needs of staff and other members of the Perley Health community. Our research efforts include the recently completed online survey of staff and select members of the community. Many survey respondents stated that an on-site childcare program would benefit not only staff, but also residents, tenants, volunteers and visitors. We continue to analyze the results and to explore options.

## Time Capsule

To mark the grand opening of our building 25 years ago, staff, residents, volunteers and other members of the Perley Health community created a time capsule. They filled a wooden bench with mementos and asked that it remain sealed until 2021. In November, we held a small ceremony to open the bench and examine its contents. Some of the items are now on display in the hallway across from the Physiotherapy and Massage Therapy Clinic.

This year, we will create a new time capsule by filling the bench with tributes and mementos provided by the Perley Health community. We plan to include photos, artwork, stories, video and audio files, and any other items that describe some aspect of your relationship with Perley Health. To submit an item, or to ask a question about the project, please email [info@perleyhealth.ca](mailto:info@perleyhealth.ca).





**Perley  
Health**  
Community of Care

 compassion

 excellence

 integrity

 respect



## New Brand

As you no doubt recognize, this update is the first to feature our new name — Perley Health — and brand identity. The new name and brand, along with updates to our strategic plan, enable us to continue to transform care for Seniors and Veterans.

Evolving to better meet the needs of the people we serve has been a constant throughout our history, as well as the history of the organizations amalgamated in 1995 to create us: Perley Hospital, Rideau Veterans' Home and the Veterans Wing of the National Defence Medical Centre. During the last 25 years, we have continually developed, implemented and refined new models of care and housing. This work of evidence-based innovation must continue to help Canada cope with key demographic challenges.

In the next two decades, the number of Canadians aged 85 and older will more than double, for instance, and the surge could well overwhelm healthcare and long-term care systems across the country. During the pandemic, the need for change has taken on a new sense of urgency. Perley Health's future lies in continuing to empower Seniors and Veterans to reach their full potential and live their best possible life at every stage of the aging process. We must both advocate for better care, and conduct, validate and disseminate the research needed to improve care. We must also help resolve the full spectrum of related issues: human resources, training, housing and more. And we must continue to honour and serve Canada's Veterans.

Perley Health is blessed with a wealth of attributes: a talented and dedicated workforce, exceptional community support, effective partnerships with leading academic and healthcare institutions, and a strong reputation for innovation and excellence in care.

Together, we are transforming care for Seniors and Veterans. Our new brand enables us to better leverage these attributes and increase our contribution to the community.

## Rideau Veterans Residence

To honour the central role that Veterans play in our history, we plan to unveil the new name for the Rideau building as the Rideau Veterans Residence. This will improve our ability to meet the unique needs of Veterans. In coming months we plan to open a secure unit to better accommodate Veterans living with dementia.

# Rideau Veterans Residence





## Samantha Hallgren CHPN Certification

Last year, Samantha Hallgren completed Certified Hospice and Palliative Nurse [CHPN] certification, a grueling four-hour exam requiring months of preparation. Participants must apply to take the exam (after having completed at least 500 hours of hospice and palliative nursing hours within the last 12 months) and need to score a minimum of 75% to pass. The content of the exam is directly related to work performed by hospice and palliative nurses as identified through a role delineation study that was conducted by the Hospice & Palliative Credentialing Centre [HPCC]. She is currently the only member of the Perley Health staff to be CHPN certified. On behalf of the Perley Health community, we congratulate Sam on this incredible achievement and thank her for her continued commitment to providing excellent, resident-first care.



**Samantha Hallgren,**  
**GNC(C), CHPCN(C)**  
Psychogeriatric Registered Nurse



## David Harris Feature

Upon opening the Perley Health Memory Bench last November, staff, volunteers, residents and caregivers were quick to identify a familiar face amongst many of the photographs that had been sealed in the time capsule. Dave Harris has been a friendly face in our community for more than 30 years, evidenced in the photos in the Memory Bench and often photographed smiling during recent Canada Day and halloween celebrations. Beginning his career at National Defence Medical Centre [NDMC], Dave was one of the staff who moved over to the newly named The Perley and Rideau Veterans' Health Centre upon it's amalgamation with NDMC, the Perley Hospital, and the Rideau Veterans Home more than 25 years ago. We invite the Perley Health community to contribute memories and memorabilia to the Perley Health Memory Bench, which will be resealed on November 21st. Please email [info@perleyhealth.ca](mailto:info@perleyhealth.ca) to submit. Watch for a feature on Dave's Perley years, why he finds his job so fulfilling, and some of his fondest memories, coming soon to the [web page](#).



**Dave Harris**  
Recreation Therapist



## Advocating for the greater good

The Government of Ontario consults with a variety of groups prior to enacting new legislation. In December, CEO Akos Hoffer had the opportunity to present to the Standing Committee on Legislative Affairs in regards to Bill 37, Providing More Care, Protecting Seniors and Building More Beds Act, 2021. In his presentation, he expressed Perley Health's support for the envisioned Long-Term Care Quality Centre and offered to help shape and deliver the services of this important new resource. In January, CEO Hoffer had the opportunity to participate in another consultation session as part of the government's budget planning process. A focus of his presentation was how to realize the Government of Ontario's pledge to significantly increase the number of long-term care beds in the province. It's a big problem across Ontario. In our region, more than 3,000 people are on the waiting list for long-term care at any given time. Due to rising construction costs caused by the pandemic, however, the funding to construct new long-term care beds is insufficient, making it unfeasible for Perley Health to grow. During his presentation, he described a few specific actions that the Government of Ontario could take to create the conditions needed to address the problem.



## Memorialize Your Connection to Perley Health

We are excited to announce that this fall, we will be once again immortalizing Perley Health by turning our Memory Bench into a time capsule to be opened again 25 years from now, and we want you to be a part of it!

Since its creation 25 years ago through the amalgamation of The Perley Hospital, The Rideau Veterans Home, and the Veterans wing of the National Defence Medical Centre, Perley Health has continuously evolved to meet the needs of the people it serves. This includes expanding its services and programs to welcome and care for more Veterans — a long-standing tradition. We are proud of who we are as an organization and look forward to memorializing Perley Health now just as the Perley and Rideau Veterans' Health Centre did in November of 1996.

When the previous cohort of Veterans, Seniors, staff, volunteers, and members of The Perley and Rideau Veterans' Health Centre filled the original memory box, they ensured that we would be able to celebrate how far we have come as an organization. We are excited to have the opportunity to continue celebrating and sharing our progress for years to come. We've come such a long way, even since 1996. Our organization's transformation has been underway since 2010, with major growth in our service offerings over recent years and leading up to our rebrand. One of our proudest examples of growth and focus on innovation was the launch of Perley Health Centre for Excellence in Frailty-Informed Care, which conducts applied research and identifies, develops and shares best practices in the care of older adults living with frailty at Perley Health and the wider community as well.

In order to successfully capture Perley Health as it is today, we first must ensure that your participation is included! We invite you to submit your own memories to be sealed in the Memory Bench this fall.

Space is limited, so we encourage the use of technology when sharing. We encourage you to submit through a variety of media (tributes to family members, photos, video files, USB files, CD and DVD discs, and audio recordings are all welcomed) so that we can successfully inform the world in 2047 about the life at Perley Health in 2022 and the preceding years. Perley Health will review every submission and follow up with all who submit. We look forward to continuing this tradition, and we encourage participants to submit prior to October 21st, 2022. Please email [info@perleyhealth.ca](mailto:info@perleyhealth.ca) if you have any questions or to submit your memories. We will update our community regarding the event details surrounding the resealing of the Memory Bench later this year.

Visit [PerleyHealth.ca](https://PerleyHealth.ca) to view the CEO Report Video.