

# The Perley Post

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Perley Health, Ottawa, Canada

## We Remember. Remembrance Day 2025 at Perley Health.



In a message, released on November 11th, Perley Health Board Chair, Lt-Gen. Lloyd C. Campbell (ret'd) shared his Remembrance Day video message, speaking as a retired RCAF member and reflecting on a long family history of service.

In the video, he spoke about those who served our country and gave their lives in the defence of our nation – whether in wartime, on peacekeeping missions or in tragic accidents suffered while preparing for war. The selflessness of all of these Canadians, he said, reminds us that the freedoms we enjoy were hard-won and it is our shared duty to uphold the values that these brave Canadians fought to protect.

### Lest we forget.

Visit the Perley Health blog to view the video message:  
[PerleyHealth.ca/message-from-the-board-chair-remembrance-day-2025](https://PerleyHealth.ca/message-from-the-board-chair-remembrance-day-2025)



Remembrance Day news articles and video features available at [PerleyHealth.ca/in-the-news](https://PerleyHealth.ca/in-the-news)



Photos above by Andréa Fabricius, Instructor, Creative Arts, Perley Health.

**Your feedback is important to us!**  
Let us know your thoughts on the Perley Post. The good, the bad and the ideas. Email - [info@perleyhealth.ca](mailto:info@perleyhealth.ca)

## A Commitment to Safety: Code Green Drill a Success!

On the morning of Tuesday, November 26, Perley Health conducted a vital Code Green (Evacuation) Exercise on Ottawa 2 West (O2W). This drill, a mandatory requirement for long-term care homes, focused specifically on 20 rooms in Ottawa 2 West (O2W) and was essential for testing our emergency preparedness protocols.

The exercise allowed our team to practice and evaluate our procedures for safely relocating residents during an internal hazard. In this simulation, a weather event smashed windows and cut off heat to resident rooms. After the Code Green was announced, staff quickly and calmly managed the movement of residents, ensuring their comfort and security throughout the drill.

Residents were supported in various ways: some participated in the simulated evacuation, while others were accommodated on the unit or enjoyed special programming.

We are proud to announce the drill was completed smoothly and efficiently. This successful exercise confirms that Perley Health is well-prepared – and always working to improve – to achieve the highest standards of safety and operational readiness.

Thank you to residents, families, staff and volunteers for your understanding and participation. Your cooperation is key to ensuring our community remains a safe and secure home for our community of care.

## Rhythms of Remembrance (Heartbeat Project) Launch

Rhythms of Remembrance, a unique project co-created by Perley Health’s Therapeutic Recreation Creative Arts Program and Perley Health Centre of Excellence in Frailty-Informed Care™, was launched on November 25, 2025. Thirty-four residents, families, and a senior Ontario government representative participated in this launch of the initiative, which captures Veterans’ heartbeats and voices to create musical legacies. Music therapists, Tim Cote and Patricia Deek, with Atul Jaiswal, Research Lead, Centre of Excellence, presented the project and demonstrated the heartbeat recording process and answered questions. Participation is voluntary and prioritized for Veterans, with future plans to expand access to community residents of Perley. The event inspired genuine reactions—participants were interested reflecting the heartfelt impact of this legacy project.



**Members of the Therapeutic Recreation and Creative Arts Team and the Centre of Excellence attending the launch event : Atul Jaiswal, Dana Lawless, Michaela Adams, Patricia Deek, Michell Proulx and Tim Cote.**

For more details visit:  
[PerleyHealth.ca/rhythms-of-remembrance-launch](https://PerleyHealth.ca/rhythms-of-remembrance-launch)

## Unit Christmas Parties

Residents and families will be served a full turkey meal, accompanied by music & a special visit from Santa

- Tuesday, December 2  
G1S Lunch
- Wednesday December 3  
O1W Lunch
- Thursday December 4  
R1S Dinner
- Friday, December 5  
G1N Lunch
- Monday, December 8  
O2W Lunch
- Tuesday December 9  
R1N Lunch
- Tuesday, December 9  
O1E Dinner
- Wednesday, December 10  
G2N Lunch
- Thursday, December 11  
SBSU Lunch
- Thursday December 11  
R2S Dinner
- Monday, December 15  
O2E Lunch
- Tuesday, December 16  
G2S Lunch
- Friday December 19  
R2N Lunch

*Dates subject to change. Please view unit calendar boards.*



## Let the Holiday shopping begin!

It’s officially time to get organized! Stop by Deborah’s Gift Boutique in November and December for your holiday essentials.

We’ve got the unique gifts, the Christmas cards, delicious treats, and we can even make you a custom gift basket.

Don’t wait until the last minute! Plus, every purchase supports The Perley Foundation!

**Deborah’s  
Gift Boutique**



**Monday to Friday**  
10:30 AM - 3:30 PM  
**Saturday and Sunday**  
12:00 PM - 3:30 PM

## Give yourself the gift of happy, healthy feet.

**Foot care services now open to the public!**  
Book your appointment TODAY at  
The Care Clinic at Perley Health.

**Our comprehensive foot care services include:**

- Nail care
- Sensation assessment
- Management of conditions such as thick fungal nails, ingrown toenails, corns, calluses, and diabetic feet.
- Our nurses administer treatments such as nail trimming, callus reduction, and provide guidance on appropriate footwear and circulation.
- Education is also offered to meet your needs and keep your feet healthy.



**Accepting new clients. Book your appointment today.**  
**Book online:** [PerleyHealthCareClinic.janeapp.com](https://PerleyHealthCareClinic.janeapp.com)

[careclinic@perleyhealth.ca](mailto:careclinic@perleyhealth.ca) | 613.526.7125

Audiology | Physiotherapy | Massage Therapy | Foot Care Services  
Speech Therapy - Stuttering/Cluttering

**Foot care for Perley Health long-term care residents:**  
• Please speak with your unit care team to request a referral.