

The Perley Post

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Perley Health, Ottawa, Canada

Celebrating Switzerland

Perley Health's Second Cultural Awareness Fair A Success

By Paul Norton, Manager, Human Resources

Perley Health hosted its second Cultural Awareness Fair on Wednesday, January 21, 2026. The event was led by the Cultural Awareness & Inclusion Committee in partnership with the Food & Nutrition Team and offered an educational and engaging opportunity to learn more about the traditions and history of Switzerland.

Traditional Swiss music filled the Cafeteria, featuring the alphorn and the Schwyzerörgeli—a Swiss accordion—creating a fun and upbeat atmosphere enjoyed by employees and residents alike. A large display showcased fun facts, historical information, and photos highlighting Switzerland's beautiful geography. Participants also enjoyed a playful “snowball fight in the Alps,” and Swiss chocolate was shared with everyone to complete the experience.

The Food & Nutrition Team prepared an incredible Swiss-inspired meal, including hot chocolate and a hearty Suurchabis-Härdöpfustock Gratin—a traditional Swiss casserole made with mashed potatoes, cheese, and sauerkraut—served with sliced ham and roasted beets. The meal was finished with a warm slice of apple pie, making it the perfect comfort food for a cold and snowy January day. Thank you to the Food and Nutrition team for preparing such a delicious and hearty meal for all to enjoy!



Michelle Proulx, Manager, Therapeutic Recreation and Creative Arts, and Perley Health resident, JP, get caught up in a flurry of cottony-soft snowballs during the Fair.

Is there a recipe or cultural celebration you would like to share? We want to hear from you!
Email: caicommitee@perleyhealth.ca

Open Information Session at Perley Health

The teams from Senior Living and Community Programs are pleased to invite you to the special presentation, Aging Well at Perley Health, hosted by the Active Seniors and Veterans Living Centre.

The goal of this session is to showcase the many ways Perley Health supports seniors across the continuum of aging. We will highlight how our diverse programs can assist you in aging well while remaining active and engaged in your community.

Details

- Date: Wednesday, February 4th
- Time: 10:00 AM - 12:30 PM
 - Presentations start at 10:15 AM
- Location: Lupton Hall

We will share information on a wide range of Perley Health services, including:

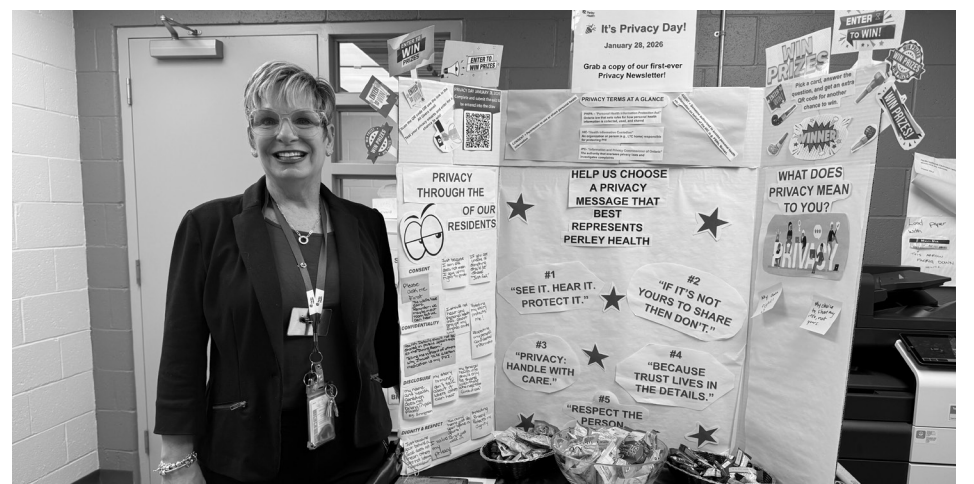
- The Active Seniors and Veterans Living Centre
- Living Well at Home, including The Adult Day Program, Respite House and Assisted Living Services for High-Risk Seniors (ALS)
- Senior Living independent apartments
- The Care Clinic, including Physiotherapy, Massage Therapy, Audiology, and Foot Care Services
- Cafeteria Services
- Volunteer Opportunities

All are welcome to attend this informative session.

Please note that staff are unable to accompany long-term care residents to attend this event. Residents requiring assistance, such as portering, should arrange for support with a family member or a private caregiver.

We look forward to seeing you there and exploring these wonderful programs together.

If you have questions or would like more information, please contact salcinfo@perleyhealth.ca.



First Privacy Day at Perley Health

Wednesday, January 28th, marked the successful launch of the first Privacy Day at Perley Health, where topics typically kept private became the talk of the town. Throughout the day, staff and residents engaged in various activities designed to increase awareness of privacy as a vital aspect of life within our community. The privacy team travelled across the facility with a Mobile Education Cart, offering interactive learning opportunities and distributing “thank you” treats to participants.

Staff were encouraged to complete a brief online privacy quiz accessed through either a QR code or email for a chance to win prizes, with an additional bonus entry available for those who answered question cards in person. The event also featured the debut of Privacy Matters, the first privacy newsletter, highlighting key initiatives and themes. To foster a sense of shared community values, the cart displayed resident comments on what privacy meant to them, while staff contributed their own perspectives and voted for their favourite privacy messages.

Thank you to Colleen Summerton, Privacy and Compliance Officer, along with the team of supporters who helped launch this important day of awareness and celebration.

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

Join the Innovation Advisory Group at Perley Health

Perley Health’s Centre of Excellence in Frailty-Informed Care™ is pleased to invite you to express your interest in joining our newly formed Innovation Advisory Group. This collaborative initiative aims to bring together a diverse range of perspectives—including residents, tenants, family members, staff, and volunteers—to help shape the future of our community. By sharing your unique insights and lived experience, you will play a vital role in ensuring that new ideas and improvements are grounded in what truly matters to those who live and work here, ultimately enhancing the quality of care and everyday life at Perley Health.

We currently seek participation from residents, tenants, family members, staff across all departments, and subject matter experts who are passionate about making a difference. The group will meet quarterly, with an inaugural session scheduled for the coming weeks designed to be both accessible and respectful of your time. If you are interested in joining or would like more information, please contact Danielle Sinden directly at dsinden@perleyhealth.ca (x 2424). Further details regarding the meeting format and timing will be shared with all respondents.

Your Voice Matters: The Perley Health Expansion Survey is Now Live!

Perley Health has taken a major step toward significantly increasing the number of people we serve. Earlier this month, Our Board of Directors approved the next phase of planning and design for a new on-site building that will provide long-term care (LTC) for an additional 120 residents.

With over 1,000 people currently on our LTC waitlist and local demand for care expected to rise by 43%, this expansion is vital to meeting the needs of our community.

We are committed to open and transparent communication as we move toward our target occupancy date in late 2028. We want to hear from you to help guide the project’s design and development.

This expansion is the latest evolution in Perley Health’s mission to care for Seniors and Veterans. From the recently opened Active Seniors and Veterans Living Centre to our upcoming 49-space intergenerational child care centre, we continue to innovate to benefit our community.

Funding for this project will be provided through provincial programs and the generous support from donations to the Perley Health Foundation.

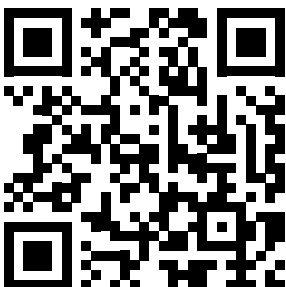
We appreciate your time and support in completing this short survey.

If you have any questions or comments regarding the expansion, please email us at info@PerleyHealth.ca.

- **Online:** The survey is officially underway! You can find more details and share your feedback right now at: PerleyHealth.ca/expansion
 - **In-Person:** For the convenience of our community members, paper copies of the survey will be introduced in the coming days.
 - **Survey Box:** A survey box will be prominently displayed within Perley Health shortly for easy submission.
- The survey will remain open until early March.

Online Survey:
Scan QR code or visit:
SurveyMonkey.com/r/2XHW22B

Sign up for updates:
PerleyHealth.ca/expansion



Winter Conditions



Please exercise extreme caution when walking on campus throughout the winter. Snow, moisture and high winds can create dangerous icy conditions on walkways, building entrances, and parking areas.

To reduce the risk of slips and falls, we urge everyone to:

- Allow extra time when traveling between buildings
- Wear footwear with proper traction
- Use cleared sidewalks and designated walkways whenever possible
- Remain alert for icy, uneven, or refreezing surfaces. Walkways may be clear but may be slippery.
- Salt bins are located throughout the campus for you to salt areas when you observe areas that are slippery.

Our contractor and maintenance team actively monitor conditions and address hazards. Your cooperation and attention to personal safety are critical during this time.

Upcoming Events

- **Resident Information Session**
 - Tuesday, February 3
10:30-11:30 am - Lupton Hall

Details:

 - Meet members of the management team
 - Learn about 2026 plans
 - Hear construction updates
 - Brief overview of resident survey results and nursing updates

All residents are welcome.
- **Superbowl Viewing (Seahawks vs Patriots)**
 - Sunday, February 8th
6:30 pm - Games Room
- **2026 Winter Olympics at Perley Health**
 - Wednesday, February 11th
 - 10:15 am: Opening Ceremony & Concert - Cafeteria
 - 1:00 - 3:30 pm: Olympic Activity Stations - Various Locations
 - 6:30 pm: Perley Pictures: Cool Runnings - Lupton Hall



Deborah’s Gift Boutique Christmas Draw Winners!



- First Prize** - The Teddy Bear : Clair Laroche
- Second Prize** - The Ginger Bread man: Jules Lalonde
- Third Prize** - The Christmas Gift Basket: Janet Craig

Exceptional care, research, education, and innovation at Perley Health is supported in part by the generosity of our community. To donate to the Perley Health Foundation, visit: www.PerleyHealthFoundation.ca