

The Perley Post

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Perley Health, Ottawa, Canada

Creating music from the heartbeat to leave a legacy.

By Atul Jaiswal, PhD, Research Lead, Centre of Excellence & Research Operations

Every so often at Perley Health, I witness something that reminds me why this community is unlike any other. This week, it came out strongly in the form of seeing music literally created from the heartbeats of our residents, with help of our wonderful Music Therapists, Timothy Cote and Patricia Deek.

Through our new initiative, Rhythms of Remembrance, we are transforming Veterans' heartbeats into musical legacies. This innovation combines a person's recorded heartbeat with songs, music, or words of our Veteran residents, into a personalized composition that reflects a Veteran's life, service, and journey. Watching someone hear their heartbeat turned into melody for the first time is truly unforgettable. I heard one resident quietly said, "I didn't know my heart could make something so beautiful."

But the heart of this project goes beyond technology. Rhythms of Remembrance is built on a co-creation approach where Veterans, families, and care partners come together to shape something deeply meaningful. These compositions become bridges of understanding, sparking conversations, evoking memories, and strengthening bonds.

The initiative also carries a lasting legacy. Because each heartbeat is unique, each music composition becomes an enduring keepsake that families can cherish, and communities can celebrate. Participants can choose to keep the composition personal to them and their family, while others can share it widely. In every case, the stories and spirit of our Veterans are preserved for generations to come. At the same time, Rhythms of Remembrance enhances confidence among participants, using creative technology as a tool for self-expression and connection.



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

Our work doesn't stop at Perley's doors. At the Perley Health Centre of Excellence, we're committed to knowledge translation, capturing what we learn and developing a practical toolkit so that other care homes and health settings can bring similar experiences to their communities. In doing so, this project's impact can spread far beyond our walls.

At Perley Health, we lead programs that combine innovation, compassion, and creativity to celebrate individuality and honour those who served.

Funded by the Government of Ontario and supported by the Perley Health Foundation, Rhythms of Remembrance reminds us that every heartbeat tells a story, and every story deserves to be heard.

Special thanks to Gail Fugere, Timothy Cote, and Patricia Deek for their generous participation in sharing this story with the media.

Sharing SeeMe® With Long-Term Care Partners

By Daniela Acosta, BScN, BSc (Hons.), RN, GNC(C), Manager, Knowledge Translation, Perley Health

Wednesday, February 25, was the culmination of a long journey – years in the making - to transform resident care by bringing our 'made-at-Perley' expertise to homes across Ontario for the first time.

I was proud to welcome 18 healthcare professionals representing homes from across a dozen communities to our first virtual workshop.

As the Manager, Knowledge Translation at Perley Health, my passion has always been improving the quality of care through continuous learning. On this day, years of team innovation, advocacy and hard work came together to share SeeMe®: Understanding frailty (Italics) together with our partners from across the province.

SeeMe® is an innovative method of establishing goals of care and care plans through close collaboration between residents, their families, and their care teams. Originally created, operationalized, and evaluated right here at Perley Health, SeeMe® has already benefited the lives of every resident at Perley Health. This frailty-management system will help to empower residents, family and care teams with the information and autonomy necessary to make key decisions about their medical interventions. Most importantly, this resident-centred support will help residents live life on their own terms.

At Perley Health, we believe that innovation only truly matters if it reaches the people who need it most. Thanks to our partnership with the Champlain Hospice Palliative Care Program and funding from Ontario Health, we are now able to share this work.

By sharing these evidence-based best practices through our Centre of Excellence in Frailty-Informed Care, we are helping other homes implement a shared-decision-making model that honours the values of every resident.

I hope the workshop empowers all participants to collaborate more deeply with residents, ensuring they live life to the fullest with the dignity and respect they deserve.



Daniela Acosta, BScN, BSc (Hons.), RN, GNC(C), Manager, Knowledge Translation, Perley Health hosts the "Improving Goals of Care Discussion in LTC Workshop"

2026 Perley Health Winter Olympics

By Rachel Dobson, CTRS, Recreation Therapist

The 2026 Perley Health Winter Olympics kicked off with warmth, excitement, and a strong sense of community spirit. Recreation Therapist, Rachel Dobson, opened the ceremony by welcoming residents, tenants, staff, families, and friends, highlighting the global Winter Games underway in Milano Cortina, Italy.

The morning began with a proud procession of flags. Representatives from the Rideau, Gatineau, Ottawa, and Tenant buildings carried their banners to the front of the room, followed by the Canadian flag and the Olympic flag, each presented with dignity and ceremony. The audience then joined together in singing O Canada, filling the space with shared pride and unity.

Next came the recitation of the Perley Olympic Oath, adapted from the traditional Olympic pledge. Led by recreation programmer, Xia Wiseman, participants rose, lifted their right hands, and promised to take part in the Games with sportsmanship, honour, and a commitment to having fun.

The energy shifted to celebration as music therapist, Tim Cote and creative arts instructor - musician, Dan Campoli, took the stage for a lively Canadiana-themed concert that had the crowd smiling and singing along. The ceremony concluded with the dramatic entrance of the Olympic torch to the iconic Chariots of Fire theme, followed by the official declaration that the Perley Olympics were open.

In the afternoon, participants explored five Olympic Activity Stations: Medal Making, Curling, Biathlon Ski Track, Hockey Shoot, and a refreshing stop at the Gelato Parlour featuring local favourite Stella Luna Gelato. Each participant collected stamps in their Olympic Passport, with a photo opportunity in Lupton Hall for those completing at least three events. The day wrapped up with a 6:30 pm movie night featuring the winter classic Cool Runnings.

The event was a fitting showcase of the creativity, and dedication to person-centred care from the recreation team during National Therapeutic Recreation Month.



We Want to Hear From You on Expansion: Surveys Now Available

To meet the needs of all members of the Perley Health community, we are pleased to announce that paper versions of our survey on expansion are now available. While our online survey remains open, these paper copies ensure that every resident and family member has the opportunity to share their vital input before the end of March.

Your feedback is essential as we reach several February milestones for our new 120-bed long-term care residence, which is currently on track to welcome new residents in 2029. Following the Board of Directors' approval in 2025, we have officially submitted a preliminary drawing package to the Ministry of Long-Term Care in partnership with Neuf Architecture to ensure our design meets all provincial standards. Additionally, we have worked with Kadus Group to submit our Site Plan Control application to the City of Ottawa. We remain committed to transparency as we grow the Perley Health Community of Care and invite you to find further details and project updates at perleyhealth.ca/expansion.

You can find the paper surveys at the communications sub-stations on each resident unit or at the Main Entrance Atrium, on the table across from the Admissions Office (if you pass the William Perley banner, you have gone too far!). Completed surveys should be folded and placed in the Atrium survey box; however, if you have difficulty returning yours, please speak with a staff member or email info@perleyhealth.ca to arrange a personal pickup.

More News!

We frequently produce two newsletters: one provides construction updates and the second is dedicated to all topics related to the Intergenerational Early Learning Centre.

Print: Copies are available throughout the Perley Health community.

Online:

1. Visit our Generations Connected webpage for updates, FAQs and more: PerleyHealth.ca/generations-connected
2. Access the Construction Newsletter: PerleyHealth.ca/public-announcement

Upcoming Events

- **Ottawa Woodbrass Parley Concert**
 - Tuesday, March 3
7:00 pm - Cafeteria
- **Red Woodshed Concert**
 - Saturday, March 7
2:00 pm - Cafeteria
- **RCMP Pipes & Drums Band**
 - Tuesday, March 10
7:00 pm - Cafeteria
- **Perley Pictures: The Quiet Man**
 - Sunday, March 15
6:30 pm - Lupton Hall
- **St. Patrick's Day Concert**
 - Tuesday, March 17
2:00 pm - Cafeteria
- **Vince Halfhide & Band Concert**
 - Sunday, March 22
2:00 pm - Cafeteria
- **Ottawa Carleton Choristers**
 - Wednesday, March 25
7:00 pm - Lupton Hall
- **Concert by Trudy**
 - Saturday, March 28
2:00 pm - Cafeteria
- **Barrhaven Community Concert Band**
 - Tuesday, March 31
7:00 pm - Cafeteria

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