

The Perley Post

Vol. 14 - 2025



Perley Health, Ottawa, Canada

Transforming Scare for Seniors and Veterans!



Check out photos from our annual Halloween bash, featuring creative costumes from members of our community of care residents! Thank you to everyone who helped to celebrate the day and kudos to the event organizers and supporters from the therapeutic recreation and creative arts team, Perley Health volunteer services and the staff association.

News and Announcements

Courtyard Closures

- All courtyards, including the cafeteria and pub patios, are closed for the cold weather season.
- The courtyards will re-open next spring!

Catch Up on the Perley News

- Generations Connected Newsletter: PerleyHealth.ca/generations-connected
Scan QR Code with phone to visit page.



- Construction Newsletter: PerleyHealth.ca/public-announcement
Scan QR Code with phone to visit page.



Please Don't Feed the Ducks



We ask that you do not feed the ducks in and around our community's ponds and green spaces.

While it feels like a kind gesture, leftover food, even small crumbs, attracts rats and other pests, which creates health and safety concerns for both residents and wildlife. Human food is also harmful to the ducks' health and disrupts the natural balance of our local ecosystem.

Here's how you can help:

- Enjoy watching the ducks from a distance (consider taking photos or keeping a log of all the birds you see!).
- Help educate others about not feeding wildlife.
- Dispose of food waste responsibly.

Thank you for helping to keep our community clean and safe.

Remembrance Day Service



The Remembrance Day service will be held in the Cafeteria on **Tuesday, November 11**. Due to limited space, we ask that each resident be accompanied by only one guest. **Please be seated by 10:30 a.m.** Residents needing help to prepare should speak with their Unit Clerk. Designated staff and volunteers will support long-term care Veteran residents on the day.

The Hair Salon is open for special appointments on Sunday, November 9 and Monday, November 10. Please book through the normal process.

Garth Hampson and friends will perform a concert in Lupton Hall at 2:00 p.m.

For questions, please contact Michelle Proulx, Manager of Therapeutic Recreation & Creative Arts, at mproulx@perleyhealth.ca or 613-526-7170 ext. 2125.

Expanding Foot Care at Perley Health

Maintain your independence and comfort with specialized Nursing Foot Care services, now expanded to provide convenient expert care for our entire community.

Our dedicated team of Registered Practical Nurses (RPNs) provides comprehensive foot care assessments and treatments, adhering to best practice guidelines and strict sterilization standards.

- Services Include:**
- Comprehensive foot health and medical history evaluation
 - Nail care (including management of thick fungal nails and ingrown toenails)
 - Sensation assessment
 - Management of conditions such as corns, calluses, and diabetic foot care
 - Guidance on appropriate footwear and circulation
 - Personalized education

Who We Serve:

Client Group	Service Location
Long-term care residents	In-home (room)
Convalescent Care clients	In-home or Clinic-based
Senior Living apartment tenants	In-home or Clinic-based
Everyone in the community	Clinic-based services

- In-Home Service Details (Mon. - Fri.):**
- **Hours:** 8:00 am to 2:00 pm (last appointment at 1:00 pm)
 - **Location:** In your room/apartment

For Long-Term Care Residents: Request a referral through your unit care team. New admissions will receive information, and consent will be obtained for immediate access.

We're committed to keeping you comfortable, healthy, and on your feet!

Call us to learn more: 613.526.7170 x 2228



Book your next visit to the Care Clinic at Perley Health online!

The Care Clinic at Perley Health is using a new booking software called Jane App for most of it's services.

Jane App offers online booking as well as a more streamlined, user friendly experience for those booking appointments at the Care Clinic.

- Online booking for:**
- Audiology*
 - Physiotherapy Therapy
 - Massage Therapy
 - Foot Care Services
 - Speech Therapy (stuttering and cluttering)

To book please visit PerleyHealthCareClinic.ca, and click on the **"Book Now"** button.



Scan QR Code with phone to visit site.

*Audiology booked through MyHearingPortal.com

November is Falls Prevention Month

Preventing falls is a year-round priority at Perley Health, directly linked to the safety and well-being of our residents, especially for people living with frailty. Your daily efforts in implementing best practices are critical.

Our Perley Health Centre of Excellence in Frailty-Informed Care™ is at the forefront of this commitment. We are proud to partner in the multi-phase STEP (Supporting Transitions and Empowering Preferences Training) project, which is developing resident-centered tools to help residents and families make informed decisions about care after an acute event, such as a fall.

This work builds on established care processes like SeeMe®: Understanding frailty together and supports our commitment to driving innovation in resident-centered care.

- Read about our latest research and work in the newest Centre of Excellence newsletter: PerleyHealth.ca/centreofexcellence



Scan QR Code with phone to visit page.

Parking Rate Increase Effective January 1, 2026

Please be advised that effective January 1, 2026, parking rates will increase by 3% due to rising operational and maintenance costs. Our commitment is to provide a seamless experience for those picking up and dropping off passengers.

Vehicles on the property for 30 minutes or less will remain free of charge.

As of Jan. 1, 2026, the new rates will be:

Parking rates	2026 Rate
30-min or less	Free
Daily flat rate	\$13.00
Monthly parking	\$105.05
10 use	\$70.40 (\$7.04 per use)
20 use	\$130 (\$6.50 per use)
30 use	\$178.70 (\$5.96 per use)

For questions or concerns, please contact our Support Services team at 613.526.7170 x 2520. Access the new parking system resources: PerleyHealth.ca/parking



Scan QR Code with phone to visit page.

New Fall/Winter Menu

We are pleased to announce the launch of our updated Fall/Winter Perley-wide menu, effective Monday, November 3, 2025. This new menu was developed using valuable feedback from our Food Committee and community members.

- Key enhancements include:**
- Two protein selections offered at both lunch and supper, each served with accompanying sides and a dessert.
 - A consistent list of always-available items at all mealtimes.

This update reflects our ongoing commitment to:

- Increasing the availability of homemade dishes,
- Incorporating fresh, seasonal produce, and
- Prioritizing Canadian-made products whenever possible.

We extend our sincere thanks to everyone who contributed their feedback to the development of this menu. Your input plays a vital role in shaping our dining services, including menus for holidays, special events, and future seasonal updates.