

Between Us... Briefly



Perley Rideau

The Perley and Rideau
Veterans' Health Centre

Vol. 18-10

Newsletter For Residents, Tenants,
Family and Friends, Staff and Volunteers of Perley Rideau

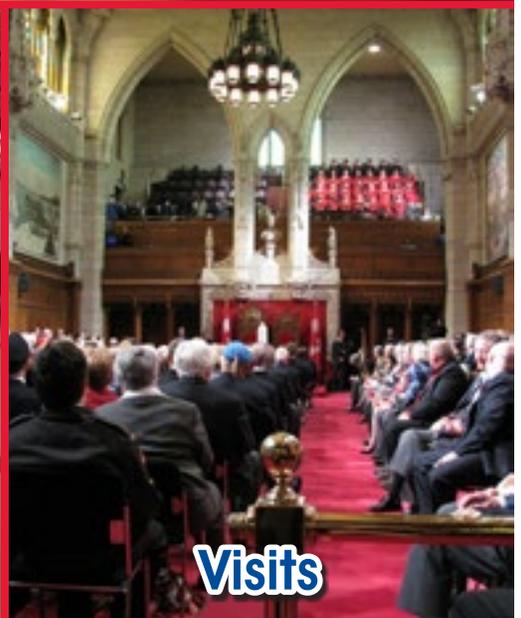
November We Haven't Just Been Sitting Around...



Veterans Week



Halloween



Visits

"Together we improve the well-being of the people we serve."



Announcements

Cheryl Homuth, Director of Community Outreach, has retired from Perley Rideau after 12 years of service. Cheryl will be greatly missed!

With Cheryl's departure, we have made the decision to re-allocate responsibilities and eliminate a management position.

We are pleased to announce the following leadership changes for the Community Outreach programs.

Carolyn Vollicks is assuming the role of Director, Community Outreach and Programming. In this capacity, Carolyn will provide leadership for:

- Seniors Housing;
- Assisted Living Services for High Risk Seniors;
- The Guest House;
- The Day Program;
- Carolyn will continue to provide overall leadership for recreation, creative arts and allied health

Carolyn's strong leadership, warm demeanour and resident/client first philosophy make her a natural fit for this role. Her background in community mental health, and her years of experience at Perley Rideau, will be an asset to the program. Carolyn will report to Mary Boutette, Chief Operating Officer, for all areas of responsibility.

Robyn Oraziotti is assuming the role of Coordinator, Recreation and Creative Arts Service. In this capacity, Robyn will coordinate the recreation and creative arts team as well as continuing to act as the Recreation Therapist for the Rideau building. Robyn's 13 years of experience as a Recreation Therapist and her calming presence will serve her well in her new role. Robyn will report to Carolyn Vollicks, Director Community Outreach and Programming.

Ursula Lamoreux, Manager Resident Care for the Ottawa building, is expanding her responsibilities and assuming leadership for Ottawa 1E and the Convalescent Care Program. Ursula is familiar to many in Convalescent Care, both as Manager in the Ottawa Building and from her previous involvement with the program as Assistant Program Manager. Ursula is a strong leader and team player and will be effective at continuing to build strong partnerships and support Convalescent Care. Ursula will report to Doris Jenkins, Director of Nursing Operations. Reporting changes that these moves create are as follows: all RNs and RPNs and the unit clerk on O1E will report to Ursula. The PSWs on O1E will report to Colleen Barbier. All 12 units at Perley Rideau will be under the administrative responsibility of Linda Hunter, Chief Nursing Officer.

Please join us in welcoming Carolyn, Robyn and Ursula to their new roles and thanking them for their support!



Winner – Veterans Weeks Photo contest

"This maple tree (located right beside Perley Rideau) represents our country, its beauty, our veterans' strength, and freedom."

Muriel Laughton

My Hope is that the Memory of Sacrifices Made Does Not Fade

Working with veterans who had overseas service was a way to remain close to the lost brothers

By Jill Rae



This photo is of my father and his three younger brothers taken in Brandon, Manitoba. The brothers are Donald MacDuff, James Douglas, John MacCauley and Ronald Archibald Rae. The brothers were prairie boys born and raised in Manitoba. They were excited to find training

and employment after a so many years of hard scrabble living in rural Manitoba. They were excited and anxious to serve their country in the war overseas and on the homefront.

My Dad, Donald MacDuff, did not join up with the younger brothers at first as he was the bread winner in the family which also included his widowed mother and his younger sister. Dad did join up later during the war years but was not sent overseas. His younger brothers were all overseas one already in the RGAF -MIA and presumed dead. Dad's mother, my grandmother stomped off to the war office to "reason with them" and allow her remaining son to remain closer to home and make his contribution to his country on the home front.

The three younger brothers did not return. Jim with RCAF, MIA presumed dead in 1942, Jack (John) also with RCAF MIA and presumed dead in 1945, Ronald, the baby at only 21, with the Cameron Highlanders blown up by enemy bomb in Holland in 1944. Dad continued on with the RCE in Winnipeg. One family member was able to visit a military cemetery in Holland several years ago. He located the grave of Ronald Rae and was able to leave flowers and bring back a photo. He said the cemetery had row upon row of grave markers – of young men who had made the ultimate sacrifice He found it a totally overwhelming experience.

I grew up an army brat living on the base with hordes of other post war babies. What a wonderful life we



The Rae brothers gather for the last time. In the front row is Ron and Jim and back row is Jim and Don. The brothers celebrate in 1941 after Jim completes training and receives his navigator badge. Standing outside their home in Brandon, Manitoba, this was the last time the brothers would be pictured together. Soon after this photo was taken, Jim left for England and would be MIA and presumed dead in less than a year. There is Commonwealth Air Training Museum located in Brandon, Manitoba, that is a worthwhile visit.

Jill Rae

had there – kids everywhere to play with, we ran free like a pack of wild dogs from one end of the base to the other. We were pretty oblivious to the sacrifices and contributions made by our parents and family. We were living the life of well cared for children living in a free country

My Dad was never well after the war ended – it turned out he had a heart condition -- possibly a broken heart, he was in and out of hospital, Of course we lived with an underlying sense of sadness and loss. We remained in Manitoba to be close to my grandmother and access to health care for my Dad.

Dad died in 1963 in Winnipeg.

As a mother of 4 grown children I sometimes wonder how my grandmother survived such grief in her life, it would break the heart and spirit. Grandma Laura Rae Pepper was made a silver cross mother of Canada. She was asked to present the wreath for the national Remembrance Day service in Ottawa during the early years of that program. Grandma said she would not be able to withstand the emotion of such an event and declined the ‘honour’.

Grandma and my Dad’s sister - Margaret, big sister to the 3 younger brothers lived in Winnipeg after the war to be close to what was left of the family. Grandma passed away in 1974 and Margaret, who never married, remained very close with me and 2 brothers, James and John. She was a great raconteur, recounting the many memories of

her brothers, ‘the Boys’ as she always referred to them. She told and retold stories of growing up on the prairies with little money or opportunity until the war years, of the life they made and the fun and mischief that 4 brothers and a sister could get up to. Every year on November 11 Aunt Margaret would remember the brothers and turn on the Christmas lights as a memorial to them. Margaret passed away in 2008 at 93 years of age.

By some mystery of synchronicity I ended up working with veterans some 23 years ago even though my education directed me on an entirely different track. It felt right to be with the veterans, first at Rideau Vets and then at Perley Rideau. The experience of working with veterans who had overseas service was a way to remain close to the lost brothers whose lives were ended just as they were beginning. It is a way to honour the memory of Dad and “the Boys” and honour our own Perley Rideau war veterans by serving them by contributing to improve their quality of life.

This is my story about my family and the tremendous sacrifice made by one family. There must be many such stories from other families in our country. These stories often fade with time. My hope is that the memory of sacrifices made does not fade, that we appreciate the freedom we have and at what cost. Our veterans are remembered for their bravery, those who are still with us and those who have passed whether we know them personally, in our hearts or as names and statistics.



Remembrance Concert

Gertrude Létourneau “Trudy”, musician at Perley Rideau with two other members of the Ottawa Chamber Players, Guy Edrington, French horn and Garry Elliott, guitar presented a Remembrance Concert on November 4th. The program included our veterans’ favorite songs such as White Cliffs of Dover, All the Nice Girls Love a Sailor and Lili Marlene. The concert was preceded by Veterans Affairs Canada unveiling to the Remembrance Poster 2015.

Remembrance Day an Intimate Ceremony: Personal Reflection

By Anna Rumin, Special to Perley Rideau

The Remembrance Day ceremony at the Perley Rideau was like none other I have attended. At the end, after the wreaths had been laid, after I watched family members leave with residents, I said my good-byes and thought about the privilege I had had in attending a ceremony that is closed to the public. Only closed because there wouldn't be enough room for everyone. That evening, my family shared our Remembrance Day memories; I heard about the military doctor who recounted her time in Afghanistan and the tremendous challenge our soldiers face in the current climate, I heard about the 90 year old veteran who talked about life on board a ship and who, at the end of his talk, took out a harmonica and began playing to the clapping and hollering of students, I heard about the ceremony on Parliament Hill and when I was asked to describe what I had experienced at the Perley Rideau, the first word that came to mind was "intimate".

Like other Canadians, I have attended many Remembrance Day services in different venues. Perhaps the most poignant was at Menin Gate in Ypres, Belgium, where I remember standing with thousands of others in silence, holding the hands of my two small children as we watched and honoured the procession of veterans. Living in Europe at the time, I remember often thinking about the wars in our travels, particularly when I stood in train stations, aware of the victims and ghosts around me. When I saw vast fields of poppies for the first time, I was astonished at my reaction that I could not look at these perennials without thinking about young men and women who have given -- and continue -- to give their lives for their countries. And like other Canadians, the stories of war are part of my family history.

On November 11th, I was asked to wait, greet and point the media in the direction of the Perley Rideau ceremony but I spent most of the time saying hello to arriving family members and chatting with my mother in law's old high-school friend whose husband was Canada's oldest living vice-admiral and had died here at the Perley Rideau at the age of 95. At one point I walked over and said



hello to the veteran who is always at the poppy stand at the Metro in my neighborhood. After the media arrived, and moments before the ceremony began, I found a spot on the balcony. Truthfully I was disappointed because my view of the ceremony was limited. However, when the familiar bugle called out and asked us to listen, I saw before me: a sea of 800 people in uniform joined by those in civilian clothes sitting beside them holding their hands. I only knew a handful of the people at the ceremony but to be a part of this collective gathering of families who had experienced war directly or indirectly was truly an honour. It was impossible not to look down and wonder what their stories were; who had lost friends, who had been a prisoner of war, what their lives had been like overseas, and what their lives had been like knowing their loved ones had been or still are, overseas. And so, that evening, when my family talked about our experiences on Remembrance Day 2015, although there was a great deal in common, in my case, it was the first time I could say that I experienced what could only be called "intimate". Thank you!

Veterans Week

Credit: Sgt Ronald Duchesne, Rideau Hall

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Perley Rideau Music Therapist Releases Tributes

Tribute includes two songs directly connected to Perley Rideau families

By Anna Rumin, Special to Perley Rideau

On Wednesday October 7th, artist-residents at the Perley Rideau joined staff and guests to view the new exhibit of works including mosaics, sculpture, hand-built models and paintings. Above the chatter rose the harp-like voice of Kathleen Johnson who stood with her guitar singing *Blue Moon*, accompanied by a crooning male resident. When they finished, she moved on to sing with another resident. Kathleen is one of three music therapists at the Perley Rideau where she has been bringing music and song to residents for 14 years. “Music is an easy way in with individuals and groups, and here, people generally want to hear what they know.” This month she is especially excited as her newest CD “Tribute” includes two songs directly connected to Perley Rideau families.

For Kathleen, who is at the Perley Rideau once a week, Gatineau 1 South, is a space where music sparks and energizes the residents, many of whom otherwise communicate very little, if at all. “Music creates an opportunity for normalcy” she says, and recounts the story of the woman who seemed to connect only with her doll, and yet sat up and sang out every word to *Home, Home on the Range*.

This song is particularly poignant for Kathleen as it is one of the first songs she learned as a teen when her Kenmore guitar arrived in the mail as a gift from her parents. She was self-taught until she realized she needed RCM grade 8 qualifications to be admitted to a Music Therapy program. Luckily for Kathleen, a teacher with mild Cerebral Palsy whose own life had been positively changed by a music therapist, agreed to take on the student who knew almost no theory. Now, she composes music, sings and says that of all the songs she has performed with the residents in Gatineau 1 South, *Heartbreak Hotel* has been the most successful.

While Kathleen has been composing music to poems for well over a decade, her connection to the stories

and poems of residents and their families began in 2007 when she was asked to participate in another gallery opening. It just so happened that she was visiting with a veteran who told her his brother had written a poem that in his mind would work beautifully as a song. *After Dieppe* by Ainslee Kerr begins with the words:

*We send you maple leafs today
To strew upon your graves,*

The song is both melodic and haunting; Kathleen is accompanied by the late Lloyd Brown, a Veteran, and a lone military drum. She performed *After Dieppe* at that gallery opening eight years ago. It isn't difficult to imagine the silence in the room as she sang:

*No words to thank those stalwart men
Who traded games for guns*

Darlene Keefer, a potter in the Recreation Centre and a colleague of Kathleen's, then shared a poem her father, a vet, had written called *My Blue Suit*. The song appears as the eighth recording and begins:

*Can it be true? Did I hear the drum?
Board a train for Edmonton.
Learn to march, and to salute
Issued with a new blue suit.*

Darlene later told Kathleen that her father played the song on a loop. Again, one can only imagine his thoughts of those who went missing or whose lives were lost, as he sat listening to:

*Home again to family and friends
Adventure over; at an end
Time to hang up the suit of blue
Back to civvies,
Can it be true?*





For Kathleen, poetry is powerful because it's concise and lends itself to music because of the often powerful images like that of a solitary figure of a woman praying in a church. She reads a poem, gets an idea for a composition and "feels fortunate – I don't know how that works". She credits her producer Greg Geeves with whom she collaborates on the arrangements. Kathleen's father was a vet, although he never spoke of his war years. Perhaps the most moving tribute on the CD is Time Expired Men, a piece she wrote and composed based on her personal experiences at Perley Rideau.

*Singing the same songs again and again
Pack up your troubles
Homefires burning my friend
White cliffs of Dover
That's where they've been
Tipperary and back again
Spend any time with these battle-scarred men
Spend any time that was now this is then
The scars may be hidden
But the walls they are thin
They carry their wounds till the end*

The refrain calls out,

*Heavily laden with time expired men
The long and the short and the tall
We sing the same song again and again
Bless them all Bless them all Bless them all.*

Kathleen has two grown sons of her own and it is after this first refrain that she turns inward as a mother, but speaks for all mothers:

*I look at my sons, can't fathom the thought
At that age so many had joined and had fought
Raise them as babies, nurture their souls
And hope that they live to grow old*

On Sunday afternoon November 8th, Kathleen performed pieces from "Tribute" at the Aviation Museum accompanied by the Governor General's Foot-guards and the Central Forces Band. Some audience members were there having heard Kathleen interviewed by Hallie Cotnam on CBC radio. "It was such an honour to perform with them – so professional and very warm. I was told by the conductor Major Dave Shaw that this was a fitting collaboration because of the people I work with at the Perley Rideau and am attempting to honour – it was a day I'll never forget."

Kathleen hopes to continue composing music and songs to the poems written by the vets and residents at the Perley Rideau. She welcomes any contributions and would be happy to meet with anyone who has a poem they would like to share. Who knows, her next CD might very well be a full tribute to the Perley Rideau!

To contact Kathleen, please email:
kathleenjohnson1@gmail.com

Vice Admiral [Ret'd] Ralph L Hennessy Commemorative Street Naming

By Diana Eloise Hennessy



Thanks to everyone who made the Candlelight Tribute to Veterans the memorable night it was.

We were honoured to be accompanied by His Worship Mayor Jim Watson, Minister of Veterans Affairs Kent Hehr, CWM Vice President Chantal Schryer, Deputy Minister of Veterans Affairs General Walt Natynczyk, VCDS Lieutenant General Guy Thibault, Commander of the Royal Canadian Navy Vice Admiral Mark Norman, Perley Rideau CEO Akos Hoffer, Foundation Board Chairman BGEN [Ret'd] Charles Lemieux, Foundation Executive Director Dan Clapin with Associate Delphine Haslé with Hennessy family and friends.

Background to Commemorative street naming for Veterans

In 2005, as part of the celebrations for the Year of the Veteran, the City of Ottawa launched a street-naming initiative to honour our local veterans. The initiative is a partnership between the City of Ottawa, Veterans Affairs Canada, the Royal Canadian Legion and local private developers.

Applicants/nominees proceed through the City of Ottawa's commemorative street naming process, and once approved,

the Office of Protocol liaises with Veterans Affairs Canada and the Poppy and Remembrance Committee of the Royal Canadian Legion who grant permission to utilise the Poppy on the approved street sign.

...The permanent street sign, installed during the final last stages of construction of the subdivision, bears the Poppy — the ultimate sign of sacrifice.

... The presentation of the street sign takes place during the Candlelight Tribute for Veterans every year during the month of November. The event is co-hosted by the City

of Ottawa and the Department of Veterans Affairs with approximately 800 guests in attendance. As part of the Ceremony, the Mayor presents the family with a replica of the actual street sign.

At the end of October, I was surprised and very honoured to receive a phone call from His Worship Mayor Watson advising me that the City of Ottawa and Veterans Affairs Canada wished to honour my late husband Vice Admiral Ralph Hennessy's memory with a commemorative street naming. What an enormous tribute!! I couldn't have been or be more touched or prouder of this recognition...

In preparing to respond to the singular honour the Mayor's proclamation represents, I was struck by a number of relationships:

- **First, the number 11:** As we approached the 11th hour, of the 11th day, of the 11th month, this historical number had now acquired additional significance: My husband was the 11th person to be honoured by a commemorative street naming and he served as the 11th Commander — or Principal Naval Advisor as it was then termed — of the Royal Canadian Navy.
- **Next, the setting:** The proclamation — in the outstanding creation dedicated to all who served and gave sacrifice — completes a circle which began well over a decade ago when my husband served as a member of the Advisory Council of the Canadian War Museum. During that period, he saw a dream evolve into the wonderful reality that is today's Canadian War Museum and such an ideal setting for the annual Candlelight Tribute to Veterans.
- **Last** — Ralph Hennessy Avenue — will include 2 parks and a school. Since a significant part of my

husband's military career entailed teaching/training and as he retired as Chief of Personnel, the planned school represents another appropriate link. As well, it connects with his lifelong interest and participation in learning. Upon retiring from the Navy, and subsequently as founding Executive Director of the Standards Council of Canada and Vice President of the International Standards Organization, he was graduated from the University of Waterloo — having spent the duration of his Bachelor of Arts studies on the Dean's Honours List — at the age of 77.

My husband was noted for how he cared for those he led; he had a long standing concern and interest in people's welfare and was a gifted listener. Until shortly before his death in June 2014, he continued to participate in such activities as Remembrance Day and the Battle of the Atlantic.

This past November 11th serving men and women, Veterans, families, and citizens from youth to seniors gathered in various locales, or quietly paused alone, to reflect on the price which had been paid for the freedom, liberty and quality of life we Canadians enjoy today. It was a date which held particular memories for my husband — reflecting upon the losses he personally saw during his long years as a participant in the Battle of the Atlantic and after his Father was killed in action in the defence of Hong Kong.

In recognizing Mayor Watson's remarks on behalf of my family, I emphasized "how extremely honoured we are to acknowledge the profound tribute paid to Vice Admiral [Ret'd] Ralph Hennessy, DSC, CD and through him, all those who serve, and have served, our country in war and peace"

Veterans Week Concert

Pegi Jenkins, vocalist, and Patricia Deek, pianist, of Perley Rideau performed a concert on Saturday, November 7th at St. Stephen's Presbyterian Church. "Songs of Faith and Inspiration", was dedicated to past and present Perley Rideau residents to mark Veterans Week. The music was well-received by the audience of 25 and a reception followed the concert, allowing performers to meet and mingle. Described by one audience member as "ethereal", audience members also appreciated hearing remarks on the music selections that helped to provide a better understanding of the music.

Harold Jones-Delcorde Awarded France's Chevalier dans l'Ordre national de la Légion d'honneur

By Cindi Delcorde, Daughter



It was a special occasion for Harold Jones-Delcorde to be awarded France's Chevalier dans l'Ordre national de la Légion d'honneur on November 16, 2015 in the company of his wife, Donna, children, Mary Ann and David, and grandchildren, Cpl. Cole Jones, Dr. Adam Jones-Delcorde and Brooke Linden.



Harold Jones was born only five days before his father, an Ottawa Streetcar conductor, was tragically killed in a street car accident. His young mother later remarried, but Harold remained an only child and he grew to be an affable and independent young man. After high school Harold worked at Ottawa Car & Aircraft as an aircraft assembler for 1½ years. While working days, he attended night school to take the three year course in architectural and mechanical draughting. In 1942 he was working at the National Drug & Chemical Co. in Ottawa, and had joined the G.G.F.G on April 21, 1942.

Harold enlisted on April 29, 1942 in Ottawa, Ontario and was enrolled in the Royal Canadian Engineering Corps for active wartime duty as R.C.E. Draughtsman. He would serve in Canada, the United Kingdom, and France.

He completed his basic training in Saskatchewan, and was trained in Petawawa, Ontario as a Fitter Group "A", Grade "2" and was issued an embarkation warrant on February 5, 1943.

Harold was with the 86th Bridge Company 2nd Division when they landed at Cannes, France. They moved from there to Nijmegen, Holland and from there into Germany itself. His job was to blow up bridges.

Harold was wounded during an explosion triggered by aircraft fire. Apparently the aircraft were shooting at the convoy of trucks. He was driving a truck with his arm out of the window when the explosion occurred and he ended up with an arm full of shrapnel. The wound was field dressed, but later became infected and Harold was subsequently sent to a hospital in Holland.

Harold's memory of where exactly he was on the day of the French Liberation is vague. He remembers that it became suddenly very quiet. He tells of how the troops left all the equipment behind, including the trucks, and that they watched the exchange of prisoners. He also talks of how the men all went to the pubs and drank a lot of beer, and how that one day they were enemies of the Germans, and the next day they were all drinking buddies.

Harold received the 1939-45 Star, France-Germany Star, Defence Medal, and Canadian Volunteer Service Medal and Clasp. He was discharged on January 24, 1946 in Ottawa, Ontario under Routine Order 1029(5c) (1) in order "to return to civil life (on demobilization)".

In 1948 he met and married Donaldine "Donna" Fraser. Harold had a lengthy career in the Government of Canada, working with Parks Canada and Fisheries and Oceans for approximately 27 years. Donna and Harold had two children, both who have remained in Ottawa. Son, David married and had a family of three children, of which the eldest son has also joined the Canadian Forces and serves in the same branch and trade as his grandfather.

I always knew that the staff at Perley Rideau were special. I just didn't know how special until my own father moved in. I would like to say that they were more caring and dedicated because they knew he was my father but they didn't. They remained the same caring, dedicated, loving staff they always were.

My father was a giver... of his time and his respect, whether it was delivering meals on wheels to the "old people", canvassing for Alzheimer's, cancer society, heart and stroke campaign, the legion or the Knights of Columbus. He taught his children, by his example. To do for others and to treat all others with respect and dignity. Nor matter your economic status, job, colour or religion. He continued that spirit to the day he died.

Going to the hospital with pneumonia and an oxygen mask on he looked at me and asked if I had made sure Nadia got to her room ok. Nadia is one of Dad's neighbours on R2S.

My father was a huge fan of a good laugh and a good joke. Although he could never tell one right if his life depended on it.

His last few days in room 253 on Rideau 2 South were filled with stories of something he did or said, residents and staff from all over the facility coming to say good-bye or to just impart a kind word about him to his family.

One of the PSW's, Astin, told his family that " He's not just your family, you know, he became our family also".

I would like to mention every person who came into my dad's life this last year but I'm afraid I would miss someone.

Every one of them should be very proud of the work they do day in and day out. No matter how small you think it was it was noticed and appreciated by my father.

If I could I would clone these wonderful caring and dedicated people to staff every nursing home and hospital. I cannot think of any other place I would want my father to be and no other people I would want to look after him.

There is a special place in our hearts for all of you.

The George St. Denis family

Dear Volunteer,

Thanks you for your help on the day when we moved my mother into Ottawa 2 West. You were indeed a "lifesaver".

In fact, I don't know how we would have managed without you, given my mother's state and my attention needed for the admission procedures. It was a long day for you, and I am so grateful for your help and your kindness to my mother.

Sincerely,

Daughter of a resident

ReThink Dementia Conference

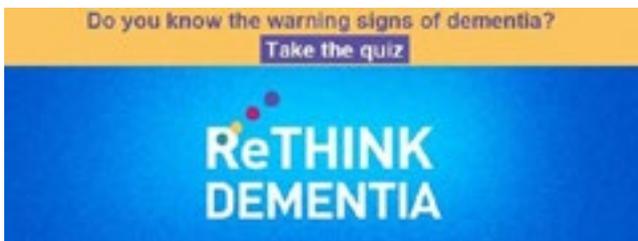
The Perley Rideau team exhibits at the November 3rd ReThink Dementia Conference organized by the Alzheimer Society of Ottawa and Renfrew County and Champlain Dementia Network. The event attracted more than 300 participants. (Left to Right) Jen Plant, Manager of Education and Projects, Samantha Hallgren, Psychogeriatric Resource Nurse and Linda Hunter, Chief Nursing Officer.



- Watch the video that had everybody at the conference talking: “Living Well – ReThink Dementia” launched at the ReThink Dementia Conference featuring people living with dementia and their caregivers sharing information on how they live well with dementia www.youtube.com/watch?v=UE5Q2e3tnwU

Know the Warning Signs of Dementia?

- You are invited to take a quiz on the Warning Signs of Dementia



o ReThink Dementia www.rethinkdementia.ca/



o Les Démences, On Y Repense www.demencesonyrepense.ca/

Plan on Attending the Workshop with Teepa Snow (March 3, 2016 in Ottawa)

More info to come!

Welcome to the Perley Rideau Village
A Growing Dementia-Friendly Community

A dementia-friendly community that welcomes all seniors including those with dementia. Seniors are empowered to have high aspirations and feel confident, knowing they can contribute and participate in activities that are meaningful to them.

- Community Based Solutions:** Guest House: A 12-room bungalow provides short-stay guest rooms
- Responsive Services:** Assisted Living Services provides care in the Village and to the outside community
- Easy to Navigate:** 6 courtyards and more than 1 km of indoor walking within the Perley Rideau Centre
- Accessible Community Activities:** The Recreation and Creative Arts program employs more than 35 including music therapists, artists and recreation programmers
- Person-Centred Care:** The full-time Psychogeriatric Nurse (left) and Special Approach PSW (right) coordinate care and share knowledge by consulting, teaching and supporting staff to address dementia issues and responsive behaviours
- Practical Support:** 40 studio apartments share common kitchens, dining and entertainment areas to provide a safe and sociable environment

Source: Building Dementia-Friendly Communities: A Priority for Everyone, The Alzheimer's Society (2013)



Family and Friends Council

Report for November 2015

Members might well wonder “where has the past year gone ??” We’ve just concluded the business of another Annual General Meeting where the following members were elected to the Family and Friends Council Executive Committee:

- Ray Bailey
- Mark Bowman
- Frances Cordukes
- Diana E Hennessy
- Brent Mersey
- Heather Moxley
- Joan Olinik
- Doreen Rocque
- Brenda Tobin

We welcome Joan Olinik, a long standing FFC member, who kindly agreed to step in to complete James LaPlante’s term. Jim had to resign from the Executive due to business commitments.

November’s meeting featured a panel on **Stages of Palliative Care: Residents’ Rights and Family Involvement**. Moderator **Chief Nursing Officer Linda Hunter** introduced the topic with a quotation: *“It is about life: living the best quality of life right up until death!”* [Nadine Valk, ED CHPCP] and identified Perley Rideau’s Palliative Care Committee members, its objectives and Action Plan for Palliative Approach to Care and Advance Care Plan. She outlined volunteer and friendly visit activity describing the number of requests received and filled. Explaining what is required in terms of People [attitude, skills, behaviours], Process [clinical, support and administration] and Infrastructure [bricks, mortar, equipment and IT], she went on to note the importance of various elements of education and training, specifically identifying PIECES training in dementia, Gentle Persuasive Approach, LEAP, orientations, etc. Co-panellists then detailed what they do in relation to the palliative approach to care and discussed some of the challenges they face in providing that support

and care. **Medical Director Dr. Ben Robert** began by noting 90% of people want to die at home, however 65% actually die in hospital. He described the physician’s role as one of ensuring people live the best possible life they want and described the World Health Organization approach “to improve the quality of life for people and their families which neither impedes nor hastens death” and how it can be applied early in patient care in conjunction with other treatment plans. He explained the importance of Advanced Care Planning and identified its four Levels. Ethicist Joshua Landry described the various roles of the Health care ethicist: clinical [ethics consultations which can be requested at any time], organizational [policy development and revision and governance], education and capacity building and research. Spiritual Care Worker Jessie Stephenson portrayed how spirituality is singularly unique for each individual and how people often associate it with specific sacraments, however, she and Father Paul readily adapt to individuals and their families. She also dealt with “liminal” in death and dying — the transitional stage of a process or a threshold between two separate states of being — and how spiritual care can accompany people during this journey. As one of Perley Rideau’s two Resident Care Liaison, Carolyn Young-Steinberg

introduced the services they provide for our 450 residents: advocacy on behalf of residents and family members, education and emotional support, psycho social assessments, Advanced care planning and enabling better decision making. At the conclusion of panelist’s remarks, Linda Hunter stressed the importance of comprehensive, coordinated, compassionate, holistic care for residents and their families. She noted that “palliative” is often associated with “end of life” but is so much more than that. In summarizing the presentations she identified some of the challenges they face: Medical predicting life projectory based on disease and finally end of life; Ethical involving consent, capacity and substitute decision making and Spiritual where there is the need to understand the historical and present roles of the chaplain. At the conclusion of question period, two attendees spoke about the particularly outstanding care received by members their families when it came to the end of their respective lives.

At October’s meeting, Perley Rideau CEO Akos Hoffer introduced Build Green Solutions Consultants representatives who went on to conduct a workshop for members of the Family and Friends Council, the Veteran Residents Council and the Community Residents Council. The objective of the Workshop was to

obtain input from members of these councils into the Perley Rideau Village Master Plan. Similar workshops have been held for staff and volunteers.

21st January 2016: When it comes to distinguishing one Long-Term Care home from another, Perley Rideau's Recreation & Creative Arts Programme is truly unique. Substantially supported by Veterans Affairs Canada and the Perley Rideau Foundation, it plays a particularly significant role in enhancing the lives of our residents. As a special treat this evening, our meeting will take place in the 2nd floor Creative Arts Studio when we'll see first hand where the creations — many of which you've seen exhibited or for sale — of our talented residents originate. Our presenters will be two familiar folks: Studio Lead Ross Imrie, BA [Hons], BEd, and Robyn Oraziatti, BA, Coordinator, Recreation and Creative Arts Service. Thirteen years ago, chance brought Ross Imrie to Perley to fill a temporary position. Thankfully, he's still here happily working with those he refers to as: "Perley's wonderful residents, families, staff and volunteers". His background in theatre, teaching, farming and with the GCTC equips him well to lead a very closely knit team where he's responsible for the studios, overseeing organization, supplies, woodworking,

clay, mosaics, silk screen painting, water colour painting and large object painting — and — teaching wood working and clay, playing music and telling bad jokes !! In the thirteen years since her graduation, Robyn Oraziatti has worked in Mental Health in community and hospital settings. On her arrival at Perley Rideau she started as a part time Recreational Programmer and then became a Recreation Therapist in the Ottawa Building. By the end of this evening, participants will have a much better understanding of the benefits for residents, and the wonderful exchange which occurs, when art is produced. Examples of art work will be available for participants to see and examine first hand. This promises to be a not to be missed evening.

In 2016, we'll meet Thursdays at 7:00 pm on:

- January 21st
- February 18th
- March 17th
- April 21st
- May 19th
- June 16th
- July 21st
- September 15th
- October 20th
- November 17th

2016 topics and speakers are in the planning stage and should be finalized early in the New Year.

Council meets the 3rd Thursday of each month at 7:00 pm, except in August and December. Meetings include monthly updates by Senior Management, presentations on topics of relevance to residents and their family, opportunities to learn more about life at Perley Rideau, share experiences and support one another. We look forward to welcoming new members at all our meetings and to their standing for election to the Executive.

Families and friends are asked to help us keep in touch by email or phone by advising us of any changes to their contact information.

For questions about the Council please contact Ray Bailey, by telephone at 613 741 0282 or by e-mail at: familycouncil.prvhc@gmail.com

With Christmas preparations around the corner and the New Year on their heels, it's time to wish all our members and readers Merry Christmas, Season's Greetings and every Health and Happiness in the New Year.

The Mission of the Family and Friends Council:

The mission of the Family and Friends Council [FFC] is to improve the quality of life for all residents by promoting an atmosphere of compassionate care and support amongst family members, friends, volunteers and staff. Participation is open to family members of residents, former residents of the Perley Rideau Veterans' Health Centre, and persons of importance to residents who are committed to acting as advocates.

Council meets the third Thursday of each month at 7:00 pm, except in July and August. Meetings provide opportunities to learn more about life at Perley Rideau, to share experiences and to support one another.

For questions about the Council please contact Ray Bailey, Chair at 613-741-0282 or by e-mail at: familycouncil.prvhc@gmail.com





2015 FAMILY EXPERIENCE SURVEY

To better understand the experience of family members and friends of our long-term care residents, we will be administering a Family Experience Survey.

The brief survey contains 16 questions covering topics ranging from “respect” to “activities” and “staff responsiveness”.

The survey period will run from November 16th to December 11th and will be available electronically and in hard copy (please see details below):

- Electronic surveys will be sent by email (if we have a valid email address on file)
- Hard copy surveys will be available at seven (7) different locations throughout the Home. Look for tables set-up at Main Reception as well as at the six (6) entrances to the Resident Buildings (in the links)
 - Hard copies of the survey will also be made available at the Family and Friends Council’s AGM on November 19th.

If you have any questions or concerns about the Family Experience Survey, please contact:

Melissa Norman,
Performance Improvement
Consultant
(613) 526-7170 ext. 2205
mlorrain@prvhc.com



Perley Rideau

The Perley and Rideau
Veterans' Health Centre

Perley Rideau Foundation News



The Order of St. George Investiture Ceremony
The Perley and Rideau Veterans' Health Centre Foundation
November 2, 2015

Order of St George

Order of St. George Investiture for 2015: Fifteen residents, tenants, volunteers and friends of the Perley Rideau who were placed in "harms' way" in serving their country were honoured with being invested into the Order of St George on November 2, 2015

RCL Pointe-Gatineau Cheque presentation

The Royal Canadian Legion Pointe-Gatineau Branch 58 donated \$3,000 to allow The Perley and Rideau veterans' Health Centre Foundation to carry on the tradition of outstanding care of veterans. L to R: Daniel Clapin (Foundation Executive Director), Clive Weagant (Foundation Director), Germain Leduc (Committee member Quebec Command representative Perley and Rideau Veterans Liaison Committee), André Bérubé (Br 58 Welfare Officer), Paul Gendron (Committee Chairman Quebec Command representative Perley and Rideau Veterans Liaison Committee), Charles Lemieux (Foundation Chair), Herman Croteau (WWII Veteran and Br. 58 Member), Delphine Haslé (Foundation Development Officer)



Candlelight Tribute:

After the Candlelight Tribute ceremony at the Canadian War Museum on November 4, Daniel Clapin, Foundation Executive Director congratulated The Honourable Kent Hehr, Minister of Veterans Affairs and Associate Minister of National Defence on his appointment. During the ceremony, Mrs. Diana Hennessy received a duplicate of the street sign named in honour of her late husband, Vice-Admiral Ralph L. Hennessy, DCS, CD, RCN.

Masons' cheque presentation:

The Ottawa Masonic Association made a generous donation to the Veterans' Council during the Remembrance Ceremony at the Perley Rideau. L to R: R.W. Bro. Angus Gillis, D.D.G.M., Ottawa District 1, W. Bro. Richard Reeve, President, Ottawa Masonic Association, Mr. Bill Cooper, President of the Veterans' Council, Daniel Clapin, Foundation Executive Director, and R.W. Bro. Richard Loomes, D.D.G.M., Ottawa District 2



RNECQ

On Remembrance Day, The Royal Naval Engineers' Quart Club presented a record donation of \$7,000 to the Perley Rideau Foundation to purchase an urgently needed lift, essential equipment used constantly throughout the day to make everyday activity a lot easier.

Vets at the Sens Game

Gen. Jonathan Vance, Chief of Defence Staff visited the Perley Rideau veterans who attended the Senators Game on Canadian Armed Forces Appreciation Night. A special thank you to Trinity Development Foundation for hosting us that evening.



OCT 7th - DEC 31st

RESIDENT ART SHOW

MET GALLERY
2nd Floor Perley Center

OPENING RECEPTION
2pm OCT 7th 2015



Many thanks for once again providing CNIH student dental hygienists with the opportunity to participate in the DH Health Fair at the Perley Rideau.

Halloween at Perley Rideau



Table Tennis: A Sport for Any Age

Table tennis is a sport that knows no age restrictions. It is never too early or too late to start

By Jenny Hasson, Volunteer



Here are six reasons to try table tennis:

- 1) Health and Fitness
- 2) Gentle on the body
- 3) Keeps you mentally sharp
- utilizes several areas of the brain
- 4) Indoor sport - no worries about UV rays, rain, snow, or icy surfaces
- 5) No age or gender barriers
- everyone can play
- 6) Socialize and have fun

When Commissionaires Ottawa Place (Building A) was constructed at the Perley Rideau, it included a large storage room in the Great Hall that was used for storing Christmas decorations and other seasonal items. Who knew that it would become the perfect venue for table tennis! The transformation of the dormant storage room into a vibrant sporting venue began last July, and The Perley Rideau Table Tennis Club was opened with tenants playing every Sunday afternoon at 3PM.

It has become a source of joy for the tenants who participate in this program. Everyone cheers each other on, whether they are participants or spectators. They are a very supportive group. No keeping score; just have fun, socialize, and get some mental and physical exercise. Spectators are always welcome to drop in.

Three volunteers support this program: Muhammad Khan, Ann Shiao, and Jenny Hasson.

We are so excited to have 14 year old student volunteer Ann Shiao, who competes in National level Table Tennis tournaments. She has made a great contribution to this team. Ann has found volunteering at the Perley Rideau Table Tennis Club to be a positive and inspirational experience.

We are also grateful for the support of Tony Campbell, a grade school teacher here in Ottawa who started the program off with beginner skill coaching, Steve Lambruschini of Pong Shop Table Tennis, and Lisa Johnson, a graphic designer who volunteered her time to create a beautiful logo for the Perley Rideau Table Tennis Program.



Reasons for enjoying Table Tennis in the Perley Seniors' Village:

1. When so many of my former skills have been lost, it is great that some part of what I learned more than 80 years ago can still be revived.
2. My social life has been much brightened by the friends I have made around the TT table.
3. The aim here is to play cooperatively, to keep rallies going, rather than competitively, to win.

George Leir
Tenant



Special thanks to Jenny Hasson, a volunteer with over 12 years' service in the Perley Rideau Gift Shop, for sharing her love of table tennis with seniors living in Commissionaire's Ottawa Place. Jenny has shown tremendous leadership in spearheading this program and has created an exceptional club experience for the players. We are truly grateful.

Volunteer Surveys: Have your say by November 27!

As part of our continuing effort to support and improve the volunteer experience at the Perley and Rideau Veterans' Health Centre, all volunteers have been invited to complete a Standardized Volunteer Opinion Survey and a Rewards and Recognition Survey.

The Standardized Volunteer Opinion Survey is special because 40 health centres/sites across Ontario are using the same tool to provide improved opportunities for benchmarking, and over 17,600 volunteers will be invited to participate. The Perley Rideau will also be able to compare our results against those received using this same survey in 2013. The second survey is an internal tool we have developed to dig a little deeper on the topic of rewards and recognition. We hope it will help us better understand what makes our volunteers feel appreciated for all they do to make the Perley Rideau a better place to live and work.

The survey process is confidential and the data collected will remain anonymous. A summary of the survey results will be reported back to volunteers and staff. In order for the survey to be successful we need every volunteer to participate; your opinion counts!



Take Our Kids to Work™

THE LEARNING PARTNERSHIP

On November 4, ten students participated in the annual “*Take our Kids to Work Day*” at the Perley Rideau. They learnt about job-finding skills and volunteer opportunities before shadowing their parents on-the-job or supporting residents in Creative Arts and Recreation programs. It was a fun and educational day for everyone involved.

Take Our Kids to Work™ is an annual program in which Grade 9 students are hosted by parents, friends, and relatives at workplaces across the country every November. The program supports career development by helping students connect school, the world of work, and their own futures.



PERLEY RIDEAU

PHYSIO & MASSAGE THERAPY CLINIC

In partnership with University of Ottawa Health Services

Physiotherapy



Massage Therapy

Monday to Friday, 9 am to 5 pm

Phone: (613) 526-7175 | Fax: (613) 526-7160

physioadmin@perleyrideauphysio.com

www.perleyrideauphysio.com

Town Hall Follow Up: The Perley Rideau Village is Evolving

By Steve Dulmage, Associate, BuildGreen Solutions / Windmill Developments

In September, our company, BuildGreen Solutions, a local real estate consulting company, was engaged to begin the development of a Blueprint -- Master Plan -- for the Perley Rideau campus.

The work, which is ongoing, is aimed at helping Perley Rideau make more informed decisions about the utilization of its real estate assets to effectively deliver the care and services its clients and community expect. As the health sector continues to change, having a framework to help make these decisions is important and Perley Rideau must plan appropriately in times of uncertainty, changing demographics and funding constraints.

For an organization like the Perley Rideau, the planning process is critical. Reminded of popular cultural hits from 1985 (remember Golden Girls ?), those who attended the Town Hall realized just how quickly 30 years can fly by. Considering what the next 30 years might hold is key to ensuring the right planning decisions are made today.

During October, a number of stakeholder engagement workshops were organized, generating more than 1,500 comments during the process.

Some of the Stakeholder Engagement Workshops

- Friends and Family Council
- 6 Staff Town Hall meetings
- 2 Tenant meetings
- Community Liason Committee
- Operations Management

Comments addressed a number of topic areas, including:

1. What do tenants and staff like the most / least about the Perley Rideau?
2. What services are missing from the Perley Rideau?
3. What services should the Perley Rideau do more of?
4. How would you design your own Seniors Village?

The feedback received is critical to understanding what more should be done, where improvements can be made and the vision for a successful seniors village.

For example, many comments reflected positively on the amount of natural daylight in the buildings, while others noted that landscaping could be improved. Thanks to all who participated.

Once we complete reviewing and synthesizing your feedback, we will begin the process of looking for common themes. These themes will form the basis of guiding principles, helping guide future investment decisions related to development of the campus. The guiding principles will be further supported by a series of specific objectives based on some of the comments received in the engagement sessions.

Watch for more information in the next newsletter.



Falls Kaizen Event – November 27 & 30, 2015

Every year, the Perley Rideau is required to develop a Quality Improvement Plan (QIP) that outlines the Home's priorities and objectives for quality improvement (QI). In this year's plan, Reducing Resident Falls was identified as one of the top priority areas.

The Perley Rideau Falls QI team has been working together for a number of months to better understand the Home's current processes and practices related to fall prevention and management, to collect internal data related to falls, as well as to evaluate the Home's current practice against best practice guidelines.

In an effort to accelerate the great work already completed by the Falls QI team, the Home will be holding a 2-day Falls Kaizen Event (improvement event) on November 27 and 30, 2015. During this improvement event, a 16-member interprofessional team will be using a variety of quality improvement methods and tools to identify different ways to minimize the risk and impact of resident falls at the Perley Rideau. As part of the QI process, team members will be testing their changes out on the units. If you are approached by a member of the team, please take a few moments to provide your feedback.

Learnings and outcomes from the Kaizen event will be communicated widely with staff, volunteers, residents and families. Stay tuned!

Falls Kaizen Team:

Co-leads: Jennifer Plant (*Manager, Education & Projects*) and Melissa Norman (*Performance Improvement Consultant*)

Crystal Belanger (*RN*), Martine Alphonse (*RN*), Melanie Francoeur (*RPN*), Jeannine Zaconi (*RPN*), Regie Abenojar (*RPN*), Neda Golfam (*RAI RPN*), Ricardo Vega (*PSW*), Marie McCarthy (*PSW*), Guitre Lochan (*Rehab Assistant*), Monica Bourque (*OT*), Carol Leach (*PT*), Stephanie Farnham (*Pharmacy*), Barb Wilson (*PSW Supervisor*), Samantha Diceman (*Manager, Resident Care*)

Comfort Care Rounding at the Perley Rideau

Comfort Care Rounds or "hourly rounding" means checking on residents every hour and performing specific actions during each encounter.

Comfort Care Rounding is not new at the Perley Rideau. PSWs have been rounding hourly on residents for quite some time; however, the opportunity was identified to improve the structure of the rounds to improve resident outcomes and staff experience.

Literature has shown that rounding on residents hourly in a more structured way can result in decreased falls, decreased skin breakdown, improved resident satisfaction and decreased call bell use. Generally, residents receive better care.

The structure of Comfort Care Rounding will be enhanced to include 8 key behaviours/steps that need to be performed during every hourly round,

unless the resident is sleeping.

As of November 16, 2015, the enhanced structure for Comfort Care Rounds will be piloted on three units (O2W, G2N, and R1S). Following an evaluation of the pilot, changes will be made to the process (as needed) prior to spreading the enhanced structure across the Home.

Residents and family members on the three pilot units can support Comfort Care Rounding by recognizing great rounding by PSWs, or reporting concerns about rounding compliance (e.g. rounding log not completed) with the appropriate PSW Supervisor.

If you have any questions about enhanced Comfort Care Rounding, please contact Melissa Norman, Performance Improvement Consultant at 613-526-7170 x 2205, or Jennifer Plant, Manager of Education and Projects at 613-526-7170 x 2408.

The eight key behaviours are:

1. Using opening key words and/or actions to reduce resident anxiety, e.g. PSWs will let the resident know who they are, what they are there to do, etc.
2. Performing scheduled tasks, such as personal hygiene, dressing, hydration, etc.
3. Addressing pain, toileting needs, and positioning.
4. Assessing additional comfort needs.
5. Assessing the personal environment.
6. Using closing key words and/or actions, e.g. "Is there anything I can do before I leave? I have the time."
7. Explain when they or others will return.
8. Document the round on the log, located by the resident's door.



Ethics Says – ‘Get the shot!’

Josh Landry, MSc, PhD (candidate) – Regional Ethicist

We have all been told that getting our ‘flu shot’ is an effective way to prevent the spread of the flu. While we often think of the flu shot as a matter that Infection Prevention and Control and employee health and safety ought to address, it is an important ethical issue as well!

Why is it an ethical issue?

All people (staff, family members, other visitors) that enter a health care environment have a moral responsibility to health-vulnerable patients/residents to prevent harm. Staff in particular have an additional professional responsibility to protect residents from acquired infections, as well as an ethical obligation to decrease risk, and prevent harm to residents.

- Not receiving your flu shot can increase the risk that you will contract and spread the virus, which increases the risk to residents that they will contract the flu also.
- We all have a duty to residents to ‘do no harm’, and further, to prevent harm when an effective means exists to do so.
- Therefore, since residents are harmed by acquiring infections, and we all have a duty to prevent harm (and a safe, effective way to do so – getting the flu shot!), we have an ethical obligation to get vaccinated against the flu.

The Champlain Centre for Health Care Ethics and Ethics Advisory Committee of the Perley Rideau, in collaboration with Infection prevention and Control (supports safe and effective means of protecting residents against infection, and urges all staff and visitors to adhere to their ethical (and for staff, professional) obligation to get vaccinated against the flu!

Remember, ‘just get the shot!’

Thanks to all staff who have received a flu shot and took the time to enter our raffle. We appreciate your commitment to protecting our residents, tenants, staff, volunteers, families and visitors.

Although the Perley Rideau clinics are over, we strongly encourage you to get your flu shot and let us know about it. This is vital information, so please forward proof of vaccination to Cheryl Kemp via email ckemp@prvhc.com or Fax (613-526-7201) or drop off in-person.

The original document is not required as long as the information includes:

- 1) Name of Person
- 2) Signature
- 3) Date

Facts:

Getting the flu shot is the most effective measure to:

- Prevent getting the flu and prevent spreading it to others
- The older population we serve is at most risk of harm from the flu. Death from influenza related complications prevails in this population.
- Last year Perley Rideau had an immunization rate amongst staff of 50%.
- Last year Perley Rideau had an influenza outbreak that affected 4 units and a total of 55 residents.
- The year before Perley Rideau had an influenza outbreak that affected 6 units and 56 residents. The Immunization rate was 60%.

This is preventable!
Do your duty and get your flu shot today.

Flu Shot Clinic Raffle Winners:

- Andrea Fabricius: 2 vouchers for the cafeteria
- Lorraine Douglass: 2 tickets to the Staff Christmas part, donated by the Staff Association
- Josiane Laferriere: \$50 VISA prepaid card, donated by Medical Pharmacies
- Mark Bradley: \$50 VISA prepaid card, donated by Medical Pharmacies
- Manon Harvey: One day off with pay
- Maria Leonard Smith: 2 hockey tickets for the Feb 4, 2016, Senators game vs Edmonton

Upcoming Survey on Advance Care Plans

On behalf of the Palliative Care committee, we will be implementing an Advance Care Plan Program to increase staff awareness of healthcare decisions made by our residents.

We will be implementing a survey, with confidentiality maintained, to assess knowledge on Advance Care Planning and to guide teaching on the subject.

This short, 6-question survey will take 5 minutes to complete!

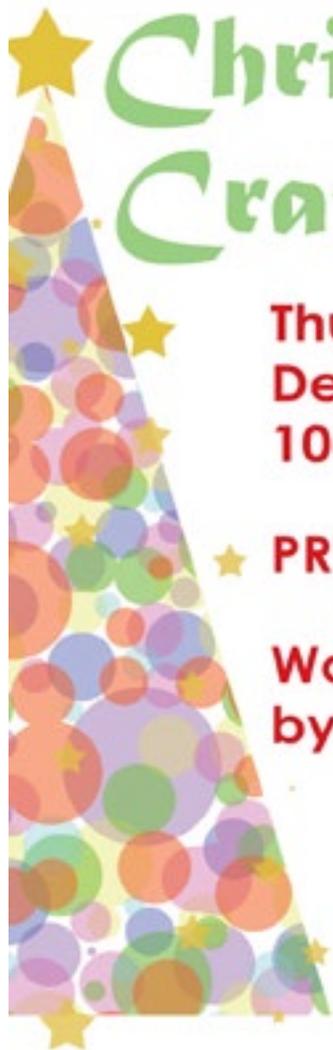
This survey will be available via a desktop icon on all HR kiosk computers and through email and paper copies on the unit, for 2-3 weeks.

This program will benefit Perley Rideau residents as will it will allow for concrete, future decisions to be put into place – such as whether or not the resident wishes to be on Do Not Resuscitate (DNR) status or if they would like to receive nutrition through a feeding tube.

We would greatly appreciate your participation to help us launch our Advance Care Plan Program at the Perley Rideau.

Sincerely,

The University of Ottawa Nursing students (Katie, Rabiati, Heather)



**Christmas
Craft Sale**

**Thursday
December 3rd
10am-3pm**

PRVHC Cafeteria

**Work made
by Residents**

Christmas Season Liturgical Schedule

There will not be any Anglican services during the Christmas season. The liturgical schedule is as follows:

Thursday, December 24th

10:30am - RC Mass

Friday, December 25th

10:30am - RC Mass

(open to all staff and residents)

Sunday, December 27th

10:30am - RC Mass

2:00pm - Ecumenical Service

Thursday, December 31st

10:30am - RC Mass

Friday, January 1st

10:30am - RC Mass

(open to all staff and residents)

Sunday, January 3rd

10:30am - RC Mass

2:00pm - Ecumenical Service

Ice Block Carving Exhibition on December 5



On Saturday, December 5 the Perley Rideau will have a unique group of artists visit the Perley. These artists are from the Canadian Ice Carvers Society and they will be transforming 300 pound blocks of ice before our very eyes. The Canadian Ice Carvers society is a non-profit, volunteer based organization that works with federal agencies and community groups to deliver ice carving demonstrations.

Through an accessibility grant from the City of Ottawa, the Perley Rideau has been chosen as a venue to bring blocks of ice to life. During the afternoon of Dec. 5, several ice sculptors will be in the Lupton Hall courtyard bringing ice to life. Please stay tuned for more details on exact timing of events and join us in watching the magic happen.

Paypool Winners - \$100

October 22

- Cindy Hagley – Nursing Casual
- Avonelle Lewis – Rideau 1 North

November 5

- Rosie Doyle - Support Services
- Chris Masembe – Nursing Casual

November 5

- Rosie Doyle - Support Services
- Chris Masembe – Nursing Casual

Next draw will be December 3rd, 2015.



Perley Rideau



PerleyRideauSeniors;
@prvhc_seniors



Perley and Rideau
Veterans' Health Centre
/ Foundation

Breakfast with Santa



December 5, 2015 – 0900-1200

In the Cafeteria

Deadline for signing up: November 27, 2015

- Should you prefer to drop off your gift the day before, please contact TJ at x7400.
- Please keep the gift as inexpensive as possible, that would be greatly appreciated..

Vol. 18-10

Newsletter credits

Thanks to all who supported the newsletter with contributions and permission to share these stories and information with the general public. Photo credits to Andréa Fabricius, Ross Imrie, Rachel Stoparczyk and the Office of the Governor General.

Excerpts from the newsletter will be treated with the utmost respect and shared through our various social media channels

For questions, concerns or to share story ideas, please contact Jay Innes at jinnes@prvhc.com.

Coming in the December edition of the Perley Rideau newsletter:

- The Elves in the Workshop at Perley Rideau: Who are they and what are they up to?
- Christmas dinners and celebrations of the season

