

June 2017 Edition

# The Perley Rideau News

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



Perley Rideau

The Perley and Rideau  
Veterans' Health Centre

Vol. 20-05



## Presenting The New Diversion Doors

### Inside:

- The Gatineau Building looks different, find out on page 7
- Implementing Best Practice: Recreation and Creative Arts, page 10
- Maintaining Privacy and Confidentiality in Long-Term Care and More!

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





### Kathy May

Welcome to Nurse Practitioner Kathy May!

Prior to starting with the TOH NP Outreach Team Kathy's NP career centred on the needs of marginalized and rural populations. In consultation with an off-site physician she managed a clinical practice delivering care to an underserved farming community for several years. This, combined with extensive work within Northern remote communities, with the homeless, disenfranchised seniors, and children within the community and tertiary care settings has sculpted her approach to health care delivery. Kathy's nursing background is diverse and includes emergency care, academic teaching, program development, management, and provincial/national nursing representation. In addition she is certified with the CNA in gerontology and has LEAP and PATH training. She is well suited to the unique NP outreach consultation role.



### Aleksandra Samociuk

We are pleased to welcome Aleksandra Samociuk to our Staffing Office.

Aleksandra will be working part time as a Staffing Clerk, as the Perley Rideau extends operating hours to provide coverage on Saturdays and Sundays, and takes on staff scheduling functions from Support Services and the Assisted Living Services program.

Aleksandra has provided administrative support in health care environments over her career, and comes to us most recently from a medical clinic. We know you will enjoy working with Aleksandra, and we look forward to her contributions!



### Shannon Soucie

We are pleased to welcome Shannon Soucie to our Staffing Office.

Shannon will be working part time as a Staffing Clerk, as the Perley Rideau extends operating hours to provide coverage on Saturdays and Sundays, and takes on staff scheduling functions from Support Services and the Assisted Living Services program.

Shannon is a student at the University of Ottawa, and has been working for the City of Ottawa for the past four years. We know you will enjoy working with Shannon, and we look forward to her contributions!



Board Chair - Ron Buck & CEO – Akos Hoffer

Excerpts from the remarks of Ron Buck, Chairman of The Perley and Rideau Veterans' Health Centre Board of Directors.

"Let me welcome you to the 119th Annual Meeting of the Corporation. I am pleased to provide the Chairman's report for the period from the last General meeting."

"The past year has been a busy time of transition, consolidation and accomplishment at Perley Rideau as we continue to not only provide high quality care for our current residents but also to innovate to meet the needs of future residents and the health care system while striving for sustainability in challenging times. To give you the full picture of the last year, my report will touch on some recent achievements announced in 2016 and in the months since that time.

Thanks to the dedication of more than 800 staff and 390 volunteers supported by the Perley and Rideau Veterans' Health Centre Foundation and generous donors, I can report that the Health Centre continues to provide outstanding care and quality of life to our 250 Veterans, 160 Community residents plus our respite care and convalescent care patients. As the province's third-largest Long-Term Care centre, Perley Rideau is the home of choice for the hundreds of seniors requiring long-term care each year" ...

"The Perley Rideau's successes, which are also detailed in the 2016 Community Report,

reflect a commitment to be innovative, to be indispensable to the region's healthcare system, and to honour our Veterans.

As you know Perley Rideau is in year six of a 15-year multi-phase plan that commenced in 2010 anchored on four broad strategies.

1. Excellence in resident care and services;
2. Ensuring sustainability, particularly financial sustainability of the Perley Rideau;
3. Maintaining a quality work force and making sure we can attract and retain the right people; and
4. Leading and advocating for change.

The first phase guided Perley Rideau to broaden the spectrum of care beyond the provision of long-term care by diversifying the Health Centre's services and adapting to support the Province of Ontario's Aging at Home strategy by creating our Village. This included the seniors' apartments along with Assisted Living Services for high-risk seniors and more recently several new clinics have been added including a physio and massage therapy clinic, a stuttering clinic and a dermatologist's clinic. We anticipate more to come.

The current phase, Phase 2, is called Veterans Transition starting in 2015 in which Perley

Rideau is taking steps to adapt to the decline in numbers of War Service Overseas Veterans. Up until earlier this year Veteran beds were limited to Veterans of the Second World War and the Korean Conflict. It seemed inevitable that once the number of these Veterans declined that the beds would revert to be community beds. While in large part that will happen, the challenge is to ensure these beds best meet the needs of future residents with more complex care needs and are financially sustainable. I will highlight several initiatives that do exactly that shortly.

Meanwhile our original focus of Phase 3 to begin in 2020 was to Be Recognized as a Centre of Excellence for Long-Term Dementia Care. As the Board of Directors and management confronted the challenges and opportunities Phase Three loomed on the horizon. There were decisions to be taken and work to be done in the lead up to 2020 and the commitment to the establishment of a Centre of Excellence.

Accordingly, the Board and senior management looked four years ahead and on closer examination of future residents' needs, acknowledgment of demographic shifts, recognition of the changes in the healthcare sector and in government policies resulted in a decision to revisit Phase Three and as necessary adjust the strategic plan.

As the strategic plan was being revisited, many will recall that a Palliative And Therapeutic Harmonization (PATH) program for frail seniors was being implemented here at the Perley Rideau. This in combination with concepts such as person centred and frailty informed care came to the fore. These concepts provided an opportunity to broaden our approach from just dementia care to a Centre of Excellence in frailty informed care.

As part of the work on Phase Three, a series of consultations with residents and their families along with healthcare authorities and stakeholders, complemented research efforts that were undertaken.

With this adjusted strategic plan, the Perley Rideau aims to become Canada's first recognized centre of excellence in frailty-informed care. The adjusted plan also recognizes that there will be future rolling phases yet to be identified. The revised strategic plan will be known as Whither the Perley II. This adjustment will ensure help support Perley Rideau's goal of sustainability while cementing a reputation as an innovative centre for seniors' care.

The work on the strategic plan is now complete and the Vision and Mission have been updated.

**Our Vision:** Leading innovation in frailty informed care to enable Seniors and Veterans to live life to the fullest.

**Our Mission:** To achieve excellence in the health, safety and well-being of Seniors and Veterans with a focus on innovation in person centred and frailty informed care and service.

Drawing from the Core Values of the updated strategic plan which are: Compassion, Respect, Integrity and Excellence I quote "The Perley Rideau operates under the belief that ageing well is rooted in living well – that there is joy in living every day. We also believe that each person is unique and valuable, and is entitled to purposeful, person-centred and compassionate healthcare." Unquote. Our core values and the expected behaviours that flow from them will guide the implementation of our strategy and the realization of our vision.

To read the Perley Rideau 2016 Community Report, look for copies throughout the Health Centre or read the online version at: <http://bit.ly/2sro3xm>



*Garden Club volunteers receive Ottawa South Volunteer Initiative Certificates Cynthia Hoisak (left of Rachel) and Dianne Breton (right of Rachel).*



*Winner of the St. John Ambulance Therapy Dog Team of the Year. The award is shared this year (2016) with Lynn Kitchen (on the left) and Avalon (not in photo) (Perley Rideau Volunteer Pet Therapy Team) and Bernadette Patton and Lizzy.*



Perley Rideau

The Perley and Rideau  
Veterans' Health Centre

# Summer Youth Program

The 2017 edition of the Perley Rideau Summer Youth Program is set to launch with orientation for new teen volunteers on July 4. We are looking forward to welcoming about 35 youth, including 15 returnees from 2016, who will be assisting residents throughout the home during July and August.

Volunteer Services is very pleased to welcome Lili Roussakis back to the Summer Youth Student Assistant role, funded by Perley Rideau Foundation and Canada Summer Jobs. Lili will coordinate all youth volunteer activities this summer. Contact her with your requests at extension 2206.

### **Back, by Popular Demand: Summer Page-a-Porter Program!**

From July 5 to September 1, 2017, a Summer Youth Program volunteer will be available by pager, Monday to Friday 9:00 AM – 4:00 PM, to escort residents and tenants to & from activities and appointments or for other needs within the Seniors Village.

Call 613-593-3001



# Ontario Volunteer Service Awards

Each spring, the Government of Ontario recognizes volunteers for providing committed and dedicated service to community organizations. At a ceremony held June 2nd, the following Perley Rideau volunteers received the Ontario Volunteer Service Award from Ottawa South MPP John Fraser. Congratulations, and thank you, to:

**Bernie Arbuthnot**

*20 years*

**David Burke**

*12 years*

**Audrey Cook**

*17 years*

**Réjeanne Fairhead**

*19 years*

**Michael Gagnon**

*Youth Award – 2 years*

**Philippe Lepage**

*14 years*

**Madeleine McCann**

*12 years*



*Pictured from left to right: Audrey Cook, Bernie Arbuthnot, Philippe Lepage, Réjeanne Fairhead*



*Thanks to Ottawa South MPP John Fraser for honouring some of Perley Rideau's finest at the 2017 Ontario Volunteer Service Awards/ June 2nd. Always a great event!*

# Diversion Doors Transform Gatineau Building

By Anna Rumin, Special to Perley Rideau



If you are walking down the corridor of Gatineau one North or one South Units looking for the exit door you may find yourself somewhat confused. The exit doors have been transformed and disguised to look like furniture in a home setting. The “*tromp l’oeil*” illusions, or Diversion Doors, were created by staff artist Andrea Fabricius with input from family, friends and residents who voted on the six proposals that Andrea put forth once receiving grant funding from Eldercare Foundation of Ottawa. “We didn’t think we’d get it as we received a grant the previous two years for iPads and Music Therapy,” says Carolyn Vollicks Director of Community Outreach and Programming. She adds that the Fire Department, who was involved for risk management purposes, now use the doors at the Perley Rideau as a resource for others who want to learn about their potential and role in community living.



“We spend our whole life going in and out of doors” Carolyn says, so for residents on the secure units, exit doors can become a source of frustration and anxiety. The Diversion Doors were not only created as an illusion to divert residents, but also to give the corridors a homier look which is more pleasurable for everyone. Andrea worked on the doors between her classes over a four month period and says, “I was live entertainment!”

The process of creating the doors was as powerful as the end result because Andrea devised the conditions for resident participation. To begin, four chairs were placed at each of the doors so that residents could watch her paint. “It was a real bonus because I work on those units, know the residents and was able to include them and work around them.” One former Ottawa Rough Rider suggested Andrea include a football on the bookshelf; another came by and said she liked Charles Dickens so an entire collection was added; when Andrea began replicating a painting of flowers one of residents began reminiscing about her wedding bouquet.

“Men got excited about tools, levels, tape measures; the women would get upset that I was on a ladder or sitting on the floor; I was told when I missed a spot and one man happily helped me varnish”.

Every detail was taken into account when creating the Diversion Doors: a fire-alarm was turned into a lamp, a keypad was turned into a building, and windows were recreated. Andrea is particularly proud of the skills she has honed at painting various grains of wood, her Van Gogh replica, and the keypad she turned into an art-deco clock radio. As a result the Diversion Doors have been a huge success. Carolyn says that a decrease in “exit-seeking” behaviour was observed almost immediately and that people are continually amazed by the illusions. The doors are included in corporate orientation and the carefully disguised key-pads and windows must be revealed to new staff members and visitors. While there are no immediate plans for more Diversion Doors, Carolyn would like to see other spaces used in creative ways so as to bring even more warmth to the community unit/residence living at the Perley Rideau.

# Maintaining Privacy and Confidentiality in Long-Term Care

By Joshua T. Landry M.Sc., CCE, Ph.D. (c)

Regional Ethicist • The Champlain Centre for Health Care Ethics



When entering into the health care system where one will be cared for outside of their own home, patients/residents must expect some changes to the amount of privacy they can be afforded. For example, if you're admitted to hospital, and do not request or are unable to pay for a private room, you may have another patient (or more!) next to you, perhaps only separated by a curtain. Other examples can be readily thought of when/if we lose the ability to look after some of our own care needs. Bathing, for example, may require support from a health care worker or family member if we have a decrease in mobility, balance, or dexterity. Additional examples could be thought of that apply to long-term care more specifically, and questions often come up about the degree to which a resident's privacy can or should be respected in this setting.

To better understand when and how a resident's privacy ought to be respected, consider first the Long-Term Care Homes Act "Fundamental Principle" that: "a long-term care home is primarily the home of its residents and is to be operated so that it is a place where they may live with dignity and in security, safety and comfort and have their physical, psychological, social, spiritual and cultural needs adequately met." In addition, the Residents' Bill of Rights contained in this Act states that "Every resident has the right to be afforded privacy in treatment and in caring for his or her personal needs." What does this mean, though, for how respect for privacy and confidentiality should be applied in the home?

There are two main areas where privacy and confidentiality provisions are typically applied in long-term care. First is regarding the personal health information (PHI) of residents, and how it is to be shared and maintained. Provincial legislation provides

clear guidance on what must be done in with this information. Second has to do with the privacy and confidentiality given to the actual resident in the activities they pursue while living in the home.

## Personal Health Information

On privacy and confidentiality of personal health information, the Personal Health Information Protection Act sets out rules for the collection, use and disclosure of personal health information by health information custodians. Health information custodians are specific people that have the right to access PHI based on their role in an organization, in the delivery of care, or in decision-making for the resident, and personal health information is any identifying information about an individual that relates to their physical or mental health status, and includes such things as the person's health card number, and substitute decision-maker (if applicable).

In general, capable (or competent) residents have a right to control the use and further disclosure of their personal health information, and a right of reasonable access to the information contained in their medical record. When the resident becomes incapable of making his or her own medical decisions, this right is transferred to a substitute decision-maker (SDM) or formally appointed power of attorney (POA). Consent must always be obtained before disclosing personal health information to anyone that is not a health information custodian. This would even include family members of capable residents, and family members of incapable residents who are not the designated SDM or POA.

## Privacy in Resident Life/Activities

Even though the Residents' Bill of Rights affirms a right to privacy for every resident in long-term care, this is not possible, absolutely, in practice. One reason for this is that

the doors to resident rooms do not have locks on them. Another is that a home may require limitations on privacy in exceptional circumstances for medical or other safety reasons. Consider the following example:

Mr. J is a resident at his local long-term care home. He has long-standing difficulty swallowing, and staff have, on a number of occasions, had to intervene when Mr. J choked on his food. Despite these challenges, Mr. J's substitute decision-maker insists that his door be closed at dinner time so that he can be afforded some privacy and eat at peace. In this instance, the home would need to consider the right of an SDM to make decisions for the resident, determine whether that would include taking such a significant risk on the resident's behalf, and the duty the home has to protect and act in the resident's best interests. In this case, the home may be able to require

that the resident's door be left open during meals, but could respect that it be closed at other times.

In most cases, capable residents have the right to private activities, or to meet with visitors privately if they choose. Because of this, staff and visitors should always knock on a resident's door and announce themselves when this door is closed before they enter. In addition, the capable resident is not obligated to disclose the nature of any visit, or relationship with the visitor, to the home. This right does not, however, prohibit visitors from being required to sign in when they enter the home, nor does it guarantee continued access to that visitor if they are found to be, for example, engaging in illegal activities at the home.

To speak to the ethicist (Josh Landry) about any ethics-related issue, contact Gayla Desjardins at ext. 2015, or e-mail Josh directly at [joshlandry@toh.on.ca](mailto:joshlandry@toh.on.ca).



RNAO  
BEST PRACTICE  
SPOTLIGHT  
ORGANIZATION

## BPSO: Not Just For Nursing

By Daniela Acosta, RN

The Perley Rideau's partnership with the Registered Nurses Association of Ontario (RNAO) to create a culture of evidenced-based practice and improve the quality of care for our residents is not only for nursing. It is true that the Best Practice Spotlight Organization (BPSO) initiative was proudly created by nurses, but Best Practice Guidelines (BPG) reflect the literature and were developed to transcend various scopes of practice to ensure residents receive a comprehensive and evidenced-based approach to care. Here at the Perley Rideau we have many professions involved in leading the way to improved resident outcomes!

This month we hear about the invaluable contributions that Recreation and Creative Arts Professionals to implementing best practices at the Perley Rideau. Recreation and Creative Arts offer a unique set of knowledge and skill – and fun! – to healthcare, contributing greatly to the multifaceted solutions to improving resident care.

# Implementing Best Practice: Recreation and Creative Arts

By Dave Harris, Recreation Therapist

Hello, my name is Dave and I'm a Recreation Therapist here at the Perley Rideau. I'm glad to have this opportunity to discuss my involvement with BPSO. I sit on the steering committee where I represent the Recreation and Creative Arts perspective to the implementation plans for the BPSO program across the home.

One question which often arises is "what is a non-nursing staff doing on a committee under the auspices of the RNAO?" The important thing to remember about the BPSO program is that it is focused on providing the best care for our residents as evidenced by research. Regardless of who you are at the Perley Rideau, we are all responsible for the provision of care to our residents. This program guides all professions, including Recreation and Creative Arts, in providing the best care for our residents. By having a representative from Recreation and Creative Arts on the BPSO steering committee, we can also ensure that the implementation plans align with the goals of the recreation team and can be easily adopted by this unique discipline.

The second question which comes to mind is "how do we ensure we are delivering the best care". To this end the RNAO has created guidelines directly from the research and literature. These guidelines have been so successful that they are broadly accepted and used in various healthcare settings to enhance individuals

and organizations to deliver better care. At the Perley Rideau, we are currently implementing the following best Practice Guidelines:

- Dementia, Delirium, and Depression in the Older Adult: Assessment and Care
- Prevention of Falls and Fall Injuries in the Older Adult
- Risk Assessment and Prevention of Pressure Injuries
- The Assessment of Pain Management

Each team that is working to implement these Best Practices also has Recreation and Creative Arts staff members on them to ensure the front line interventions include their perspective and expertise. Furthermore, our discipline also brings bounding creativity to the promotion and education around BPSO, especially when it comes time to celebrate our successes! At the BPSO launch event last October, our very talented music therapist, Kathleen Johnson, wrote and arranged a theme song for BPSO at the Perley Rideau!

In closing I would like to say I'm glad to be a member of this multi-disciplinary group and applaud our facility for adopting an evidenced-based approach to care.

If you are interested in finding out more BPSO activities please contact Daniela Acosta, RN, ext. 7700.



*As part of the recent Nursing Week, we held a Leadership Fair for staff to showcase the unique and important work that they are doing to improve the health and safety of our residents. Our healthcare leaders set up displays in the Gatineau Link and they were well received by residents, families and fellow staff. Participants included: dental hygiene, recreation, infection control, resident care liaison, special approach PSW, PATH initiative, BPSO Champions and the Best Practice Guideline Implementation Teams: Falls, Skin and Wound, Pain, and Delirium, Dementia and Depression*

# New Banner Welcomes Veterans

During the May 9 celebration to officially open the 25 Specialized Veteran Beds at Perley Rideau, a new banner was unveiled to recognize these new Veterans. The original Perley Rideau banners were the brainchild of John Gardam, a soldier, author and historian who served as Chairman of The Perley and Rideau Veterans' Health Centre Foundation. Colonel Gardam, a recipient of the Order of Canada among his many distinguished titles, served in the Canadian military for 42 years and was on the first peacekeeping mission to the Middle East.

Here are the images explained:

**Perley Rideau**

**Hands**

- Symbolizes the care and compassion of staff at Perley Rideau
- Symbolizes the efforts of the Perley Rideau Community to support and combat the impacts of frailty – especially social frailty

**CF-18 Hornets**

- Canada's first multi-role fighter
- CF-18s have supported North American Aerospace Defense Command (NORAD) air sovereignty patrols and participated in combat during the Gulf War in 1991, the Kosovo War in the late 1990s

**Frigate**

- Representative of all Halifax Class Canadian Patrol Frigates;
- Designed and built in Canada, highly capable and the core of the Royal Canadian Navy's combat fleet.

**LAV III - Light Armoured Vehicle**

- Third generation of the Light Armoured Vehicle (LAV) family of Infantry fighting vehicle
- Developed in Canada and is the primary mechanized infantry vehicle of the Canadian Army

**Maple Leaf**

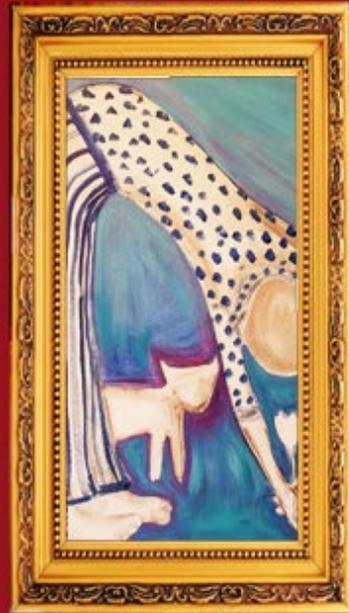
- No need for explanation

**Welcome Veterans A.D. MMXVII**

**A.D. MMXVII**

- Commemorates 2017 as the year that these additional Veterans were admitted as a result of this forward-looking decision made possible by the Federal and Provincial Governments





# GO FIGURE

*Featuring new art by Creative Art Instructors  
Ross Imrie & Missy Fraser*

MET GALLERY

June 20th - August 15th 2017

2nd Floor Perley Rideau

*Join us for the Opening Reception June 20th at 2pm  
Light Refreshments All Welcome*

# Family And Friends Council

The FFC has had a busy and productive year culminating in our Education Day session on June 8th on the theme of Managing Frailty using the **PATH (Palliative and Therapeutic Harmonization) approach to care**. Presentations were made by Dr. Ruth Ellen, a Geriatric Medicine Specialist, Perley Rideau nurses Samantha Hallgren and Loredana Nita and a caregiver daughter Kristine Haselsteiner, followed by a moderated panel discussion and question and answer period by Perley Rideau CEO, Akos Hoffer. The FFC wishes to thank the presenters and everyone who was able to participate in this very enlightening session. The presentation will be available in the Family and Friends Council section under Volunteers on the [PerleyRideau.ca](http://PerleyRideau.ca) website.

We look forward to welcoming family and friends back in the fall to our regular meetings on Thursday evenings. **Please save the dates of September 21st and October 19th, at 7:00 p.m.**, in the 2nd floor Boardroom. We are working with speakers to discuss projects of interest to the families and friends of Perley Rideau residents. There are no meetings in July and August.

**We wish everyone a happy and safe summer.  
See you this September!**

## **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 of residents, former residents of the Perley Rideau Veterans' Health Centre, and persons of importance to residents who are committed to acting as advocates. There is no membership fee. Current members of the Executive Committee have accumulated a combined total of over 66 person years' experience in the Long Term Care Health system. As well as their involvement with Perley Rideau, some members have knowledge of other Ontario long term care homes. We hope this experience and broad range of perspectives may serve as sources of information, assistance and support to all members of our long term care home community.*

*Council meets monthly except in July, August and December. Our meetings include updates by Senior Management, presentations on topics of relevance to residents and family members, budget reports, and opportunities to learn more about life at Perley Rideau. We look forward to welcoming family and friends of our residents and to their participation in the activities of the Council.*

*Please help us remain in touch with you by email or phone by advising us of any changes to your contact information.*

*For questions about the Council please contact*

*Ray Bailey by telephone*

*[613 741 0282] or by e-mail at:*

*[familycouncil.prvhc@gmail.com](mailto:familycouncil.prvhc@gmail.com)*



# Foundation



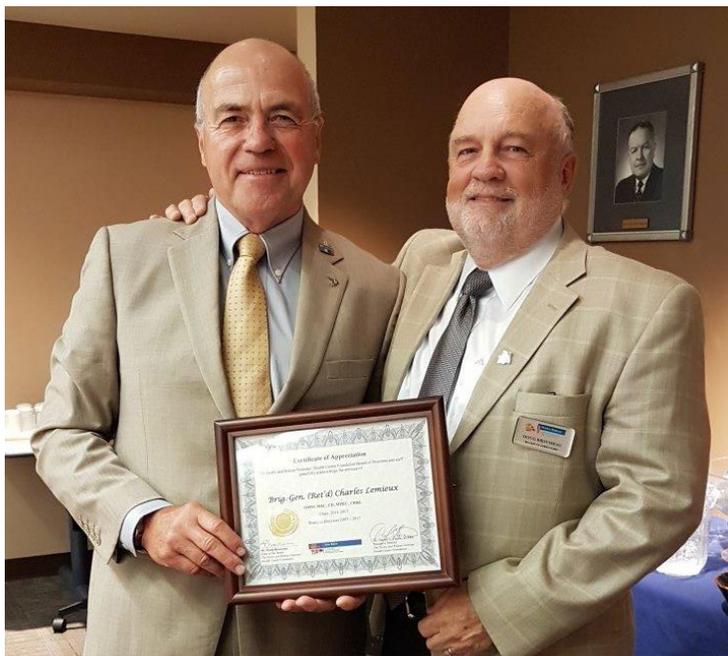
## Support our Troops

Canadian Forces Morale and Welfare Services – Support our Troops recently visited the Perley Rideau to see first-hand the impact of their generous donation in a ‘Seeing is Believing’ tour. At the Foundation’s annual Donor Reception in April, Support our Troops was pleased to present a cheque for \$33,950.00. The money will be used to replace 20-year old dining room furniture and flooring in one of the Veteran-occupied dining rooms. Doug Brousseau, Foundation Board Chair presented a certificate of appreciation to Commodore Cantelon, Director General of Canadian Forces Morale and Welfare Services. Pictured are Delphine Haslé, Foundation Development Officer; Daniel Clapin, Foundation Executive Director; Dominic McAlea, Foundation Director; Doug Brousseau, Foundation Chair; Lorie Stuckless, Director, Support Services; Jannine Atkinson, Foundation Development Officer, Leadership Giving; Doris Jenkins, Director of Nursing Operations; and members of Support Our Troops.



## Disbursement

The Foundation was pleased to disburse \$52,767.58 to the Health Centre at its June 14th Board Meeting. Thank you to our generous donors for your constant support – your giving truly does matter!



## Charles Lemieux

Brig. Gen. (Ret'd) Charles Lemieux stepped down as Chair of the Perley Rideau Foundation effective June 14th. Mr. Lemieux served three terms of three years each and extended his time on the Board an additional year, for a total of 10 years as a Director. The last three years Mr. Lemieux held the position of Chair and has left a legacy of leadership that will be continued by in-coming Chair, Mr. Doug Brousseau. Thank you Charles for your many gifts of time – talent – treasurer, most of all thank you for your constant caring for those we serve, Seniors and Veterans here at the Perley Rideau.



## Ottawa Race Weekend

Fourteen dedicated Team Perley Rideau members participated in Ottawa Race Weekend, raising money for the Perley Rideau while they walked and ran in the 5k, 10k, and Half Marathon races. The Team celebrated Canada’s sesquicentennial with a challenge to raise at least \$150 each; many team members also chose to dedicate a kilometre to a particular resident or volunteer. Over \$7,800 was raised by Team Perley Rideau! The money will be used to provide more comfortable and accessible furniture in resident courtyards. Thank you to each team member for your hard work and support, and to all who sponsored a team member! Pictured are (1) L to R: Melissa Needham, Occupational Therapy Aide; Kimberley Needham, team supporter; Monica Bourque, Occupational Therapist; Lisa Bourque, team supporter. (2) L to R: Daniel Clapin, Foundation Executive Director; Melissa Needham, Occupational Therapy Aide; Landon Brady, Building Maintenance Worker; Manon Harvey, Assisted Living Services; Jenny Miller, Support Services; Monica Bourque, Occupational Therapist; Paul Slater, Finance; Joelle Thérien, Occupational Therapy Aide; Milkana Boeva, Support Services; Sara Francis, Foundation Administrative Assistant.



## DGAEPM

Resident Peter Brennan was recognized in a special ceremony by the National Defence Director General Aerospace Equipment Project Management (DGAEPM). The DGAEPM is a strong supporter of the Perley Rideau Foundation, having donated over \$5,300 in 2017 and some \$46,000 to date. Every year the DGAEPM selects Veterans living at the Perley Rideau to honour with a Leaf on the Tree of Life. L to R: Capt. Erik Frederikson, DGAEPM; Sara Francis, Foundation Administrative Assistant; Laura Brennan; Kathleen Brennan; Maggie Brennan; and (front) resident Cpl. (Ret'd) Peter Brennan. Thank you Peter for your service to our country, and thank you to the DGAEPM for your support of Veterans at the Perley Rideau.



## Royal Canadian Legion Br. 108 Winchester

The Royal Canadian Legion Branch 108 Winchester presented a cheque for \$4,000.00 to The Perley and Rideau Veterans' Health Centre Foundation. The \$4,000.00 will go toward the replacement of furniture in a Veterans' dining room. Ensuring the dining rooms provide a more functional and comfortable dining experience for residents is among the Foundation's 2017 priorities. Thank you to RCL 108 Winchester members for your support! L to R: Daniel Clapin, Foundation Executive Director; Doug Brousseau, Foundation Director; Delphine Haslé, Foundation Development Officer; Janet Morris, RCL Branch 108 President; Charles Lemieux, Foundation Chair; and Jannine Atkinson, Development Officer, Leadership Giving.



## Ronan Tree of Life

Members of resident Tom Ronan's family assembled from all over the country to mark the placement of a Gold Leaf on the Tree of Life, in memory of the late Mrs. Betty Ronan. Family remarked that the Perley Rideau is truly a place that feels like 'home'—where the residents and staff know each other's names, and where family is involved in every step of residents' care. A reception was held afterwards in the Pub. Thank you to the Ronan family for your generosity! Pictured are resident Tom Ronan and family.



## Welsh Tree of Life

Members of the Welsh family came together to honour their parents and grandparents, with the placing of a Silver Leaf on the Tree of Life. The Tree of Life ceremony presented an opportunity for the family to express their appreciation for the care given to their father, and the respect shown to him as a Veteran. L to R: Terry Welsh, Pat Welsh, Tim Welsh, and Jennifer Dean.

# Pedestrian Crossovers

New to Ottawa



## Pedestrians

- Indicate intention to cross
- Wait for traffic to stop
- Make eye contact to ensure driver sees you



## Cyclists

- When riding with traffic, follow rules for drivers
- When crossing with pedestrians, dismount and walk your bike across road



## Drivers

- Stop behind the yield line
- Make eye contact to ensure pedestrian sees you
- Wait until pedestrian completely crosses road before proceeding



## Fines and penalties

Up to \$500 and 3 demerit points

For more information on pedestrian crossovers  
visit [ottawa.ca](http://ottawa.ca)



**ottawa.ca**  
**3-1-1**     
TTY 613-580-2401

2016-126



Perley Rideau

*Safety-We Are Worth It*

# \$afety Bonus is back

## You could win an \$80 gift certificate

Complete your Health and Safety Training

Each time you complete a Health and Safety Module you are entered into the draw.

May 25- winners were Marie McCarthy, Evelyn Delos Reyes and Cynthia Bernardo

Next Draws: September 22 and December 13.

**Each date we will draw 3 names from the completed Health and Safety training records in Surge. Those 3 employees will receive a \$80 Gift Card to be presented by your Manager.**

### Why?

Because the Perley Rideau would like to recognize your positive safety behaviour.



## Join us on July 1 to celebrate Canada Day in Perley Rideau style.

Decorations made by Perley Rideau residents, tenants and staff are complete and many now adorn the Perley Rideau Cafeteria where the celebrations will take place at 2 pm on July 1. Everyone is invited to enjoy the music, performances and merriment as we celebrate Canada's 150th!



## Adaptive Nightwear for Residents Available for Sale at the Gift Shop

The gift shop now has sample adaptive nightwear for viewing and ordering.

The photo shows two women's samples and two men's samples.

There are also socks with gripper feet to assist residents who choose to sleep in socks and may wish to get up in the night. Safety first!

Socks that don't slip on the floor!

Thank you to the Gift Shop team for being so responsive to the needs of our residents and families.



## New Parking Restrictions on Botsford Street South

Please be advised that new parking restrictions will be introduced by the City of Ottawa for Botsford Street South from Smyth Road to the multi-use path. Parking will no longer be permitted on Botsford Street S. on weekdays Monday to Friday, from 8 a.m. to 5 p.m.

The parking restriction will be implemented this summer.

We ask that the Perley Rideau Community continue to respect our neighbours and to help foster excellent relations with the entire neighbourhood.

# A message for employees who are enrolled in Canada Savings Bonds Payroll Savings program here at the Perley Rideau

The Government of Canada has announced it will discontinue the sale of Canada Savings Bonds as of November 2017. If you are enrolled in the Payroll Savings Plan, you should have received written communication from the program announcing the program changes.

## What it will mean for you:

- All current automatic payroll deductions will remain unchanged unless you decide otherwise.
- Employees currently enrolled in the program will continue to have their contributions deducted from their pay and deposited into their Plan **until 11 October 2017**.
- The funds in employees' Payroll Savings Plans are **safe, guaranteed and will be honoured**. Bond series in their plans will continue to earn interest until redemption or maturity, whichever comes first.
- As each bond series in their plan matures, the funds (principal and interest) associated with that series will **automatically be paid** out to the employee by cheque or direct deposit, according to their account information.
- Employees will continue to have access to their funds 24/7 through CSB Online Services.
- After all the bond series in a plan have been redeemed or paid out, the plan will be closed.

If you have any questions, please read the Questions and Answers regarding this announcement at [csb.gc.ca](http://csb.gc.ca).

## Thinking about your retirement? Get to know your HOOPP pension!

As a member of HOOPP at The Perley Rideau, you know the importance of a secure retirement income. But there are other considerations to think about when planning for your life after you've stopped working. Attend a seminar in your area to learn about the benefits of your HOOPP pension and find out how the decisions you make today can impact your retirement.

You will also learn about:

- Steps to take once you have decided to retire
- Annual Statement
- How to get a retirement estimate
- The HOOPP Fund
- Early retirement options and the bridge benefit

Visit [hoopp.com/preretirement](http://hoopp.com/preretirement) for dates, locations and registration.

Seminars are held outside traditional work hours to accommodate differing schedules and provide the opportunity for you to bring your spouse or partner.

For additional information, please call HOOPP Client Service at 416-646-6445 or toll-free at 1-877-434-6677 between 8 a.m. and 5 p.m., Eastern Time, Monday through Friday.





*Images from the Republic of Korea Ambassador for Peace Medal Ceremony and Appreciation Concert for Veterans at Perley Rideau. Expressions of appreciation from the Korean government, the medals were presented by the Ambassador, Shin Maeng-bo, and Col. Chang Bae Yoon, Defence Attaché. Congratulations to the seven medal recipients, including Mr. Wellman and Mr. Griffiths. Thanks to the Montreal Korean Women's Choir for an excellent performance to cap off the ceremony.*



*Perley Rideau welcomed 21 Export Development Canada volunteers this morning to beautify our grounds. Thanks to this great team of hard-working individuals and to Volunteer Ottawa for helping organize the 2nd annual EDC Community Investment Day! Your impact will be enjoyed by residents throughout the summer.*



## **We have a new name! We are now “The Dementia Society”**

### **What was the reasoning for the name change of the Alzheimer Society of Ottawa and Renfrew County?**

The main impetus is to have our name more properly reflect the constituency we help and the sphere of our expertise. When the organization came into being, 35 years ago, Alzheimer disease was the best known and most prevalent form of “dementia”. This has changed and Alzheimer disease is now thought to represent less than 30% of all dementias.

Our organization has always worked with people challenged by Lewy Body, Frontotemporal, Vascular, Parkinsonian and other dementias but this has not been reflected in our name.

We are also cognizant of the growing tide of interest in dementia as reflected by the recently announced Ontario Dementia Strategy and the call for a National Dementia Strategy. We are also active participants of the Champlain Dementia Network, etc.

Dementia is the nomenclature now consistently used throughout the health and community services sector.

### **With the name change, will it affect the services provided?**

No. As above, we have always provided education, information, referrals and support for caregivers of people with all forms of dementia. Our education content has, over the past ten years, kept current and therefore inclusive of information about the broad range of dementia related conditions.

### **Will the organization’s personality change?**

Our name will now more accurately represent the breadth of our expertise and perspective. This organization has always been perceived as a leader in Ontario (one of the first Alzheimer Societies founded, founder of one of the first Adult Day Programs, founder of the Guest House, founder of the Champlain Dementia Network, etc.). The move to The Dementia Society as our name is in the same vein.

Of course our organizational personality is (as it should be) continually evolving. We are working on a number of initiatives that broaden and diversify our reach into “new” constituencies (low income, new Canadians, diverse communities) and the new name aids in that process.

### **A summary of our name change is simply this:**

“We are now **The Dementia Society** reflecting our commitment to provide support to people impacted by all forms of dementia”

**Info:** The Dementia Society, 613-523-4004



# We Want Your Input

Are you a senior living in the community, or someone that supports a senior in the community? We are working on a SPARK project named “Making therapeutic recreation available to seniors through a multi-media interactive model”, and we would like 5 minutes of your time to help us understand your needs and preferences. Complete to win \$100 gift card of your choice.

[www.SurveyMonkey.com/r/webrec](http://www.SurveyMonkey.com/r/webrec)



## Paypool Winners: \$100 each

### June 1

- Lori B.: O2E
- Kerry T.: Manager, Gatineau Building

### June 15

- Gayla D.: Executive Offices
- Mehret T.: R1N

**Next Draw Will Be June 29<sup>th</sup>, 2017**

## Vol. 20-05

### Newsletter credits

Thanks to all who supported the newsletter with contributions and permission to share these stories and information with the general public.

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](mailto:jinnes@prvhc.com).

Please note that the newsletter is available online at [www.PerleyRideau.ca](http://www.PerleyRideau.ca). All submissions are welcome.

## Want to stay in touch with Perley Rideau?

Follow us on these social media sites and watch for frequent updates:



Perley Rideau



Perley Rideau



PerleyRideauSeniors;  
@prvhc\_seniors



Perley and Rideau  
Veterans' Health Centre  
/ Foundation