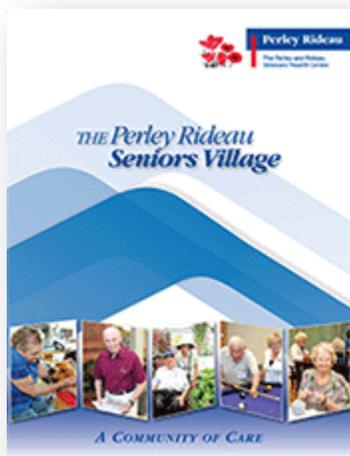


Between Us... BRIEFLY

Newsletter for Residents, their Family and Friends, Staff and
Volunteers of the Perley and Rideau Veterans' Health Centre

Volume 16, #11 February 12, 2013

New Seniors Village Publication



Perley Rideau has updated its *Seniors Village* publication to reflect progress to date on implementing our vision. This is a refresh of the document and does not reflect a change in the underlining strategy as approved by the Board of Directors.

The original report was issued in 2010 to announce the new strategic direction for Perley Rideau.

In addition to detailing the progress to date, the report features a section on the need for change, and explains how Perley Rideau intends to remain sustainable. It includes a table highlighting programs and services complemented by a site map showing where

these services are offered in the Seniors Village, and provides more details on the expansion of health oriented services. The look has been refreshed with new graphics, photographs and a modernized colour scheme.

The *Perley Rideau Seniors Village* document will be widely distributed to our stakeholders and key partners to make sure that they understand our plans and are aware of our progress to date. Their support and your active involvement are important as we move forward with the implementation of the overall strategy. The report is available on our website or pick up a copy from one of the tables at Perley Rideau.

www.perleyrideau.ca/seniorsvillage



“Together we improve the well-being of the people we serve.”

Highlighting the New Organization

As part of our continuing process to showcase the new organization, we are highlighting the following areas of responsibility.

Support Services include Housekeeping, Linen, Materials Management, Food and Nutrition, Property Services including security and Information Technology.

Kerry Kelly is the Director of Support Services, and reports to Ross Quane, Chief Financial Officer. He is responsible for the cost-effective development of the facilities to meet the organization's business, residential



and clinical needs. Kerry works closely with the Directors of Residential Care to ensure quality care and services and manages the security and information technology contracts.

Kerry has over 30 years of service, starting at the former Perley Hospital on Aylmer Avenue. Kerry will tell you that his development and progression through the years is a tribute to the team of dedicated employees he has had the opportunity to work with and of whom he shares a common goal, and that is to provide excellent care and services to everyone who lives, visits, volunteers or works at Perley Rideau.

Since joining the organization in 1998, **Lorie Stuckless** has held the positions of Food and Nutrition Supervisor, Support Services Coordinator, Assistant Manager Support Services, and now Manager, Support Services.

In her new role, Lorie oversees the daily operations in Food and Nutrition, Housekeeping, Laundry, Materials Management and Property Services and reports to Kerry Kelly. Lorie is dedicated to delivering a high level of service for seniors living at Perley Rideau.



Lorie holds a diploma from the College of the North Atlantic Food Service and Nutrition Management program. Lorie is an active member of the Canadian Society of Nutrition Management and a certified trainer under The National Food Safety Training Program.

Human Resources provides support and guidance to the organization to ensure that it attracts, engages, and retains high quality employees who enjoy caring for and serving seniors.

Russ Tattersall is Director, Human Resources, reporting to Akos Hoffer, Chief Operating Officer. He is also responsible for the management of volunteer services.



Russ has 23 years of experience in Human Resources in both the public and private sectors, including health care, manufacturing, and real estate development, with a strong background in labour and employee relations, and a wealth of experience in organizations undergoing significant change.

Programming and Support is responsible for the integration and co-ordination of programs provided by Recreation and Creative Arts Service,

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

Occupational Therapy, Spiritual Care and Social Work.



Reporting to the COO, **Carolyn Vollicks** is the Manager of Programming and Support. She is a Recreation Therapist, holds a Bachelor of

Recreation and Leisure Studies from Brock University, and a post Graduate Diploma in Recreation for Special Populations from Georgian College.

Her career in recreation began at the age of 15 when she started a “Learn to Swim” program for seniors over 70. She has spent the last 24 years’ working in recreation and health care in a variety of settings including Corrections & Young Offenders, Mental Health Inpatient and Community Mental Health Clinics, Geriatrics and Long Term Care.

After a move to Ottawa late in 2003 she joined the Perley Rideau in January of 2004 as the evening/weekend Recreation Therapist, took on the role of Coordinator of Recreation and Creative Arts Service in 2010 and is presently the Manager of Programming and Support.

She lives in Ottawa with her husband Chuck, enjoys curling, the theatre, camping, golfing and keeping up with her 6 hockey crazed nephews!

Starting in April, we will highlight frontline staff within Perley Rideau. I’d love to hear your suggestions or ideas. Please email smoncion@prvhc.com.

Expanding health services at Perley Rideau



We now have a Dental Hygienist on site. On Tuesdays, Muriel Laughton works at Perley Rideau as an Independent Dental Hygienist in the dental clinic.

Since December, she has been working with the veterans assessing their teeth and gums, cleaning, fluoridating and referring residents to a dentist when needed. To our nursing staff, Muriel has provided valuable information and techniques about prevention of periodontal disease and decay.

Residents in both community and veterans areas and staff or family members who are interested in dental care may contact her at

muriel.laughton@gmail.com

or by calling 613-526-7171 ext. 2365 or 613-722-7108.

As Registered Dental Hygienists follow the Ontario Dental Hygienists’ Fee Guide, costs for dental care are more affordable for those who do not have dental insurance. For a list of fees, go to www.muriellaughton-dentalhygiene.ca. You can also drop in for an estimate.

“Together we improve the well-being of the people we serve.”

Preparations underway to expand convalescent beds by April 1

“It’s amazing how many different activities are happening in Ottawa 1 East to make this a smooth transition” says Cheryl Homuth, Director, Community Outreach. This includes ensuring a seamless transfer of the 9 long-term care residents to another community unit; decreasing the number of respite clients from 9 to 6; erecting a wall in the double rooms so the living space is private – clients will continue to share a bathroom; making arrangements to adjust the staffing to accommodate the increased number of convalescent clients – nursing, OT, PT, Social work, Pharmacy, Support Services, Rec/CAS, dietary, clerical, medical and Admissions; and, keeping everyone informed as we move forward.

Because some of these activities depend on many factors, some beyond our control, it is not possible to give specific dates for the required activities, so please do not hesitate to ask questions. Everyone is doing their best.

All this hard work by the team is well worth it! When someone moves from acute care to Convalescent Care, a much needed hospital bed becomes available. The value of Convalescent Care beds was emphasized in January 2013 when the Ontario Government announced 250 more short-stay beds in long-term care homes across the province, bringing the total to 750. This expansion of Convalescent Care beds is a recommendation of Dr. Sinha’s report, *Living, Longer, Living Well*, on how to help seniors stay healthy and live at home longer.

\$250,000 raised by Alzheimer Society Walk for Memories

Walk for Memories, held in support of the Alzheimer Society of Ottawa and Renfrew County on January 27th inside Carleton University Fieldhouse, broke all previous records raising over \$250,000 with the participation of 592 walkers and 85 teams.



The success of this 18th annual event was made possible with the generosity of dozens of sponsors (**including the Perley Rideau Veterans’ Health Centre**), thousands of donors, and over 150 event volunteers who combined forces to make an incredible difference in supporting families living with Alzheimer’s disease and other dementias. Event proceeds will support the Alzheimer Society of Ottawa and Renfrew County’s work in providing information, support, education, and promotion of research to help the 15,000 people with Alzheimer’s disease and other dementias in our community as well as their families. For a listing of the Walk for Memories’ top fundraisers, go to www.alzheimer.ca/ottawa or call 613-523-4004.

Still want to contribute? Donations received before February 28 will be added to this year’s total!

“Together we improve the well-being of the people we serve.”



The beginning of a new year affords an opportunity for reflection on past accomplishments. The FFC was launched in February 2010; deliberations and actions have been guided by a Terms of Reference, a Code of Conduct and a three-year strategic plan approved in November 2011. Recognizing the efforts of staff and volunteers has been a priority. The Council has participated in Nurses Awareness Week, Volunteer Appreciation Day, and Family Fun Day.

Every June, the Council celebrated the province-wide Family Council Day with an "open house" where residents, their family and friends, staff and volunteers joined council members for cake and coffee in the cafeteria. Furthermore, members of the executive have supported the Alzheimer Society of Ottawa and Renfrew County's annual 'Walk for Memories' and the PRVHC annual 'Night at the Races'. Two members of the executive, Doreen Rocque and Ray Bailey, were elected to the Champlain Region Family Council Network Board of Directors. The FFC provides families and friends of residents with a forum for discussion, learning and mutual support. These monthly meetings provide an opportunity to discuss a range of topics of interest to family members and residents.

Lately, the FFC has written position statements on Christmas gift-giving, staff rotation, and the resident controlled smoking area. The Council also invites external speakers from time to time. The December meeting featured Dr. Manal Guirguis-Younger, a Professor at St. Paul University, who spoke on ethics and palliative care.

Inquiries about the Family and Friends Council can be directed to Dave Doherty at 613-825-6548 or Ray Bailey at 613 741 0282; or by e-mail to familycouncil.prvhc@gmail.com.

Are you considering attending Algonquin College?

Algonquin College provides "credits" that can be used by our staff to cover the cost of tuition for specific courses. The classroom or theory courses in the following programs are eligible:

Foot Care for Nurses
Practical Nursing Certificate to Diploma
RN Critical Care Program
RN Emergency Program
RN Mental Health Nursing
RN Perioperative Program
RPN Operating Room Program
RPN Mental Health Nursing

Points are different from the Perley Rideau Foundation Bursary Fund, in that they have to be applied at the time of registration not after you take the course. If you think you may be interested in career development or changing careers, please contact **Ursula Lamoureux** at extension 2119.

Payroll Winners - \$100

Dec. 20, 2012 Draw: Marcia Brown – Gatineau 1 North and Sylvia Volkmer – Laundry Dept.

Jan. 3, 2013 Draw: Lalis Dinka - Gatineau 2 North and Nelson Lavigne - Housekeeping

Jan. 17 Draw: Sherri Coates - Foundation Office and Rizalina Mendez – Ottawa 2 West

Jan. 31 Draw: Aminata Fynn - Ottawa 1 West and Melissa Tait - Ottawa 2 West

Next draw: February 14, 2013

Between Us Briefly, Vol. 16-11

Editor: Sylvie Moncion

Contributors to this issue: Jo-Anne Doherty (FFC), Cheryl Homuth, Ursula Lamoureux, Muriel Loughton, Denise Lavoie and Debbie Seto (Alzheimer Society)

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