



Perley Rideau

The Perley and Rideau
Veterans' Health Centre

Family and Friends Council Minutes of Meeting

May 19, 2016

Boardroom, 2nd Floor

7:00 PM

Attendees: Akos Hoffer, Neil Rozon, Doreen Rocque, Mark Bowman, Carolyn Young-Steinberg (PRVHC Staff Liaison), Hubert Rechnitzer, Frances Furmankiewicz, Margaret Becker, George Leir, Marnie Crossley, Irene Diacol, Stephen Lawrence, Jim LaPlante, Fran Cordukes, D.L. Featherstone, Beverly Lowe, Brenda Tobin, Doris Jenkins, Jenny Hasson, Alyssa Gauthier, Georges Couillard, John Whitney, Royden Richardson, Maureen Mersey, Joan Olinik, Heather Moxley

Regrets: Diana Hennessy, Ray Bailey, Brent Mersey

1. Welcome and Roundtable Introduction
2. Review and Approval of the May 19, 2016 Agenda, and April 21, 2016 Minutes.
 - a. Motion to adopt Agenda
 - i. Motion – Joan Olinik
 - ii. Seconded – Fran Cordukes
 - iii. Approved
 - b. Motion to adopt Minutes
 - i. Motion – Mark Bowman
 - ii. Seconded – Marni Crossley
 - iii. Approved
3. PRVHC Management Update – Akos Hoffer, CEO
 - a. Organization undergoing change – example – working more closely with Educational institutions – Algonquin, Ottawa U, Carleton and others. These are ideas that have surfaced and will be explored further.
 - i. Algonquin College is considering creating an Algonquin campus at the Perley Rideau – this is an idea that will be explored.
 - ii. Ottawa University, Faculty of Health Sciences is looking for a community facing interdisciplinary clinic (family medicine, social workers, dieticians etc.). It would be a teaching clinic.

- b. Sub acute unit status – the meeting with the Ministry of Health and Long Term Care is scheduled for June. A collaboration with the Ottawa Hospital to transfer sub acute patients to the Perley for up to a 30 day stay before they go home/retirement home. The pilot will be for 20 beds in Ottawa west, potentially expanding to 40 beds. The pilot needs 3 months lead time, after approval, to complete the planning and setup. CCAC will have a dedicated resource to help the placements.
 - c. The Perley Rideau just turned 20, the Perley Hospital was over 100 years old. On June 21st, there will be a special event in the cafeteria, similar to the format for Remembrance Day. May 31st there is a resident and family dinner.
4. Presentation – The Caregiver’s Journey: Neil Rozon, Family Support and Education, Alzheimer’s Society of Ottawa and Renfrew County. The following is a very high level summary. Neil’s presentation is available to share.
- a. Neil provided some sample definitions of self care, they all have independence and self direction at the core.
 - b. Strategies for self care – be realistic, set goals and know your limits
 - c. Strategies include mediation, breathing, practice gratitude, visualization of a happy event or place
 - d. Make a plan – balanced between mind, body and spirit, who are supportive people in my life, what do I want to accomplish.
 - e. Educate yourself in the condition of your loved one. There are many different organization that can help provide information and classes.
 - f. Educate yourself in how to work with/ be with your loved one with the examples provided more specifically to those with dementia. Connect not correct.
 - i. Validate the person’s reality, join what the person where they are, distract if the conversation is not possible, redirect to something that the person finds enjoyable
 - g. Visiting loved ones – your visits are important, it is a time to reconnect, active listening, plan your visits – when both you and your loved ones are in the best condition to enjoy the visit. Assist with meals or drink, bring a treat (food, flowers), personal contact (grooming, hand massage), participate in activities, pets.
 - h. Decorate the persons room, what did you enjoy together, read a book, silence
 - i. Burnout – it is not unusual to feel overwhelmed as the disease progresses
 - i. Signs of stress – denial anger, withdrawing socially, anxiety, depression, exhaustion, sleeplessness, emotional reactions, lack of concentration, health problems, role confusion etc.
 - j. Resources – The contact numbers for these groups are in the presentation.
 - i. Education, one to one support, groups – all offered through the Alzheimers Society of Ottawa and Renfrew County.
 - ii. Grief support of Ontario
 - iii. REACH Canada – legal support
 - iv. Crisis Line
 - v. Royal Ottawa Hospital – outreach service to long term care
 - vi. The Ottawa Hospital – Supportive and Palliative Care team
 - vii. Private Care Agencies
 - viii. Living a Healthy Life with Chronic Conditions – an 8 week course coordinated through the LHIN
 - ix. Community Mediation Ottawa
 - x. Ontario Ministry of Health and Long Term Care.

- k. Questions and Comments
 - i. How to support people who have sight problems. The needs of these residents are particular. There was some discussion and the contact for the Veteran Residents Council suggested they add the topic to their next meeting.
 - ii. How to get more information on mediation – there are a number of CDs available.
 - iii. Carolyn Young Steinberg highlighted that she and Sarah Tellier have experienced some really great support for Perley family members at the Alzheimer’s Society.

- 5. Family and Friends Discussion - This standing item on the agenda is a confidential discussion family and friends on the quality of care provided to residents, unless otherwise noted. It was noted by some of the newer participants that this section of the agenda was very important to them.

- 6. Introduction of proposed FFC By-Law changes/clarifications. A package of proposed changes was presented. The package was shared at the previous meeting and sent by email to the general FFC membership before the meeting.
 - a. Motion made by Joan Olinik
 - b. Seconded by Mark Bowman
 - c. Approved

- 7. Report of the Treasurer, presented by Brenda Tobin, FFC Treasurer
 - a. Motion to approve the Statement of Funds for April, 2016. Total funds available as of April 30, 2016 - \$1,342.45.
 - i. Motion by Brenda Tobin
 - ii. Second by Fran Cordukes
 - iii. Approved

- 8. Report of the FFC Executive
 - a. June 8th next meeting – 2:00 – 4:00 in Lupton Hall, Co-hosted with Perley Management, Panel discussion with Family, Volunteers, Staff and a Wellness expert. Watch for posters around the Perley!
 - b. July 21st – we are looking for ideas for an event to have a fun gathering that will get families involved. If there isn’t a great interest in this event then we will defer our next evening meeting to September.

- 9. Other Business
 - a. Question about whether there is a specific problem with the internet connections in the computer room. Carolyn Young Steinberg said she would inquire.

- 10. Adjournment – 9:00 pm