

The Perley Post

Vol. 8 - January 2025



Perley Health, Ottawa, Ontario

Perley Health Makes a Difference

Just like Dinah Washington's timeless song - Perley Health's theme song - "What a Difference a Day Makes", even the briefest moments can transform lives in positive ways. At Perley Health, we're proud to provide first-class long-term care and so much more. Whether it's grabbing a snack in the Cafeteria or a drop-in to Deborah's Gift Boutique for a special gift of a unique cribbage board or handmade socks, Perley Health offers convenient, accessible amenities and a diverse offering of services within a welcoming, village-like community that feels like home.

This edition of the Perley Post highlights many of the services and programs that you may not know. From short-stay programs and specialized health services to day programs and family supports, we're committed to helping Seniors and

Veterans thrive at every stage and for however long they visit. Our accessible amenities, dedicated staff, and passionate volunteers make every effort to create a vibrant community where comfort and convenience are at the heart of our village.

This community of compassionate individuals works tirelessly to improve the physical, mental, and emotional well-being of those we serve. Our shared mission drives us to offer programs and services that make a real difference to you and, as Dinah sang, "And the difference is you!"

Enjoy the January edition of the Perley Post.



Watch the performance of "What a Difference a Day Makes" here: [Perleyhealth.ca/what-a-difference-a-day-makes-2024](https://perleyhealth.ca/what-a-difference-a-day-makes-2024)



Massage Therapy Now Offered at The Care Clinic!



Kayla Ferlatte, Registered Massage Therapist

On behalf of our community, we welcome Kayla Ferlatte, the new Massage Therapist at The Care Clinic at Perley Health. Kayla is excited to provide treatment in the clinic or in resident rooms or in apartments, when possible. With more than 10 years' experience working with older adults, Kayla specializes in a range of therapeutic techniques designed to meet a variety of needs, including:

- Myofascial release
- Active release therapy
- Deep tissue massage
- Manual lymphatic drainage
- Joint mobilizations
- Heated bamboo massage
- Cupping

Appointments are available Monday-Thursday, 8:00 am - 4:00 pm. To book an appointment, call 613.526.7125 or email careclinic@perleyhealth.ca.

Open to the public, The Care Clinic at Perley Health offers a wide range of services to our neighbouring community including audiology, physiotherapy, stuttering and cluttering services, and massage therapy.

Book an appointment today! **Visit:** PerleyHealthCareClinic.ca | **Email:** careclinic@perleyhealth.ca | **Call:** 613.526.7125

Palliative Care Family Suite Available for Families and Loved Ones

The Palliative Care Family Suite is available to families during end-of-life care. The suite is located on Ottawa 2 East (O2E) Unit across from the dining room. The room has a private bath/shower, a pullout futon, a kitchenette with small appliances (including a fridge), a television with cable and a telephone for local calls. Housekeeping provides towels, linens and toiletries.

- Room bookings can be made through the Commissionaire at the Main Entrance. The suite is available at no charge; however a \$20 deposit is required to obtain the room key.

Your feedback is important to us!

Let us know your thoughts on the Perley Post. The good, the bad and the ideas.
Email - info@perleyhealth.ca

Respite House Provides Short Stays

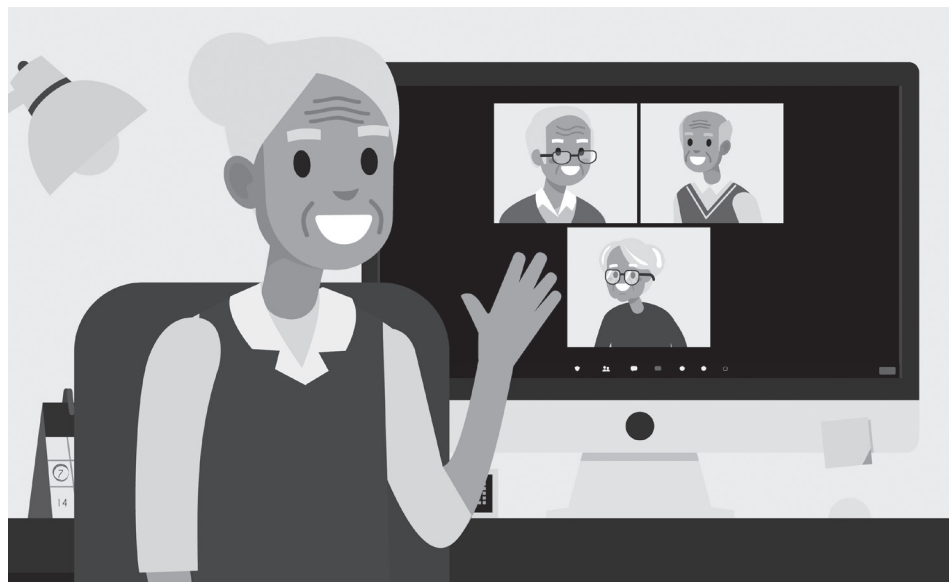
Respite House at Perley Health is open for overnight stays for adults with mild-to-moderate dementia. Not only that, but Respite House guests are able to stay overnight for up to 90 days a year!

This service is intended to provide respite to clients and support for caregivers, offering a safe and comfortable environment in this 12-bedroom bungalow.

All overnight guests at Respite House have access to a private room with a 3-piece bathroom, 3 meals per day with snacks, and housekeeping services that include personal laundry.

All clients of Respite House at Perley Health can also attend the day program and participate in engaging recreational activities, including, but are not limited to exercise classes, billiards, and music time.

Book an introductory day visit and find out more:
613.247.1664 x 1827 | RespiteHouse@perleyhealth.ca
PerleyHealth.ca/respite-house



You're Invited to Join an Online Discussion Group with Your Peers!

If you're over the age of 60, living in Ontario, feeling socially isolated, and looking to connect with others, join us for an online discussion group.

The online discussion groups take place over Zoom and promotes social connection, emotional health and well-being, and focuses on finding meaning in life.

Visit this link for more information and to participate:
MeaningfulGroups.com/omg



Discover the Best Little Boutique in Town

Come discover the best little gift boutique in town—Deborah's Gift Boutique! Step inside, meet the team of caring volunteers. Come and explore a charming selection of unique gifts and keepsakes, including cozy handmade socks, beautifully crafted cheese boards, and durable wooden games. It's the perfect place to find something special along with a wide selection of sweet treats, cards and seasonal gifts. Every purchase helps support The Perley Health Foundation, funding essential programs and equipment to enhance the lives of residents and tenants.

Hours of Operation:

Monday–Friday: 10:30 am - 3:30 pm
Saturday–Sunday: 12:00 pm - 3:30 pm

Enjoy the Vibrant Community at Perley Health

Explore the many activities, services, and experiences waiting for you at Perley Health. Come and join the fun!

Cheers at Jo and Denny's Pub! Stop by Jo and Denny's Pub for a refreshing drink, engaging conversation, and a chance to unwind. Operated by Perley Health Volunteers, every dollar supports activities for the Veteran's Council. The Pub is available as a retreat for residents at times, even outside of serving hours.

Pub Serving Hours:

Mondays, Tuesdays, Fridays, Saturdays, and Sundays – 1:30 pm - 3:00 pm
Thursdays – 1:00 pm - 2:30 pm

Note: The bar closes on Wednesdays for ice cream service.

Treat Yourself to Ice Cream Wednesdays! Craving something sweet? Grab a scoop every Wednesday from 1:00 am – 3:30 am at the Pub.

- Free for long-term care residents and volunteers.
- Just \$0.50 for tenants, visitors, caregivers, staff, and students.

Everyone is welcome!

Get a Fresh New Look! "Souls Parlour" by Beauty Profs offers top-tier hair and beauty services to residents, tenants, staff, and the public.

Hair Salon Hours:

Wednesday, Thursdays, and Fridays – 9:30 am - 4:00 pm
Book your appointment today: Call 613.526.7170 x 7153

Savour a Delicious Meal! Switch up your routine with a juicy chicken burger, a savoury wrap, or the daily special at the Cafeteria!

Open 7 days a week, 365 days a year—you'll never go hungry.

All-Day Breakfast: A crowd favorite!

- **Daily Special/Grill/Fryer Items:** 11:00 am – 6:30 am
- **Hours of Operation:** 8:00 am – 7:00 pm
- **Menu:** PerleyHealth.ca/menu

Stay Close and Save! Visiting a loved one? Enjoy a discounted rate at a local hotel through our partnership for visitors to Perley Health.

Rest easy knowing you're close by with a special rebate!

For Details: Email info@perleyhealth.ca.

Exceptional care, research, education, and innovation at Perley Health is supported in part by the generosity of our community. To donate to the Perley Health Foundation, visit: www.PerleyHealthFoundation.ca