

The Perley Post

May 2024



Perley Health, Ottawa, Canada

100 years of the Royal Canadian Air Force

In honour of the 100th Anniversary of the Royal Canadian Air Force (RCAF), Perley Health proudly hosted a special celebration event for our community! Attendees enjoyed captivating violin performances, delectable refreshments, and received commemorative pins and other RCAF memorabilia. The highlight of the afternoon was the opportunity to hear from esteemed guests, including RCAF Major General Duff Sullivan (Ret'd) representing Boeing Canada, and Canada's first female fighter pilot, RCAF Major Dee Brasseur (Ret'd).

During his poignant speech, Major General Duff Sullivan (Ret'd) reflected on the brave men and women who have served in the RCAF over the past century, emphasizing their unwavering courage and dedication. Perley Health was privileged to welcome residents

and tenants who are RCAF Veterans, along with active members of the RCAF and representatives from Boeing Canada.

The event, initially conceived as a small social gathering, quickly evolved into a grand celebration that brought together residents, loved ones, community members, and 17 active RCAF members.

We extend heartfelt gratitude to all our special guests for making this occasion unforgettable. To the brave members of the RCAF, past and present, we salute your service and sacrifice. Special thanks to the Rideau Recreation team for organizing this memorable event (including Rachel Lavergne, Victoria Hammond, Rachel Dobson), as well as to our amazing Airforce Veterans and Perley Health volunteers, Jody Thompson, Ray Syed, and Jocelyn Niven;



Colonel Bill Penfold (ret'd), Royal Canadian Airforce, Perley Health resident, enjoys the RCAF 100th Anniversary celebration hosted at Perley Health in April.

the talented musicians from the University of Ottawa; and to our remarkable Air Force Veterans.

Did you know that Perley Health is home to 44 residents and 15 tenants who are Air Force Veterans, including three

Centenarians? Some of them even flew together while serving, and we have couples who both served in the RCAF. Truly, their legacy of service continues to inspire us all.

Four times the fun - Perley purchases three more Magic Tables



Danielle Cruise, Research Assistant, Centre of Excellence, demonstrates how to play games on the Magic Table to residents, tenants, staff, and caregivers.

We are excited to share that the Magic Table program will now be a permanent fixture at Perley Health! Thanks to Perley Health Foundation donor support and Deborah's Gift Boutique, Perley Health will soon be the proud owners and facilitators of four

Magic Table programs; one for each resident building, and one for the Louis Audette Games Room.

The Magic Table's innovative technology designed to enhance the well-being of Seniors and Veterans through interactive

games and programs.

Developed by Eugeria, the system offers over 40 different games across five levels, catering to various cognitive and physical abilities. The Magic Table uses projected light reflected on surfaces to track movement and award points, play musical notes, paint a picture, and other fun features for the player.

The Magic Table also provides opportunities for staff members to engage socially with residents, fostering stronger relationships and improving overall quality of life. With one unit currently in use and three more on the way, we anticipate even greater benefits for our residents and staff.

Since its pilot launch in May 2023, the Magic Table has demonstrated remarkable benefits for our community. Residents, particularly those

with cognitive impairments, have shown increased social participation and engagement, enjoying activities they may not have been able to participate in otherwise. Now, thanks to generous donor support to Perley Health Foundation, four Magic Tables will be available for use at Perley Health. The purchase of one of these Magic Tables was made possible by funding from Deborah's Gift Boutique, who's proceeds directly support Perley Health Foundation and is run entirely by volunteers.

We are thrilled to see the positive impact the Magic Table is having on our community and look forward to further enhancing the care and well-being of our residents through innovative initiatives like this one.

Perley Health Celebrates Volunteers!

Thank you to all those who joined us at the Annual Perley Health Volunteer Awards Ceremony as we celebrated all of our dedicated and hardworking volunteers who make such a big difference in the lives of those in our community, every day.

To cap off National Volunteer Week, Perley Health staff and volunteers congregated in the cafeteria for the annual Perley Health Volunteer Awards (the first big, public Volunteer Awards Ceremony since the pandemic!). Volunteers and their loved ones enjoyed dinner, a performance by the Therapeutic Recreation and Creative Arts team, and prize giveaways, all in honour of the exceptional contributions of Perley Health volunteers; with special recognition given to long-serving members and standout individuals.

The festivities began with 24 volunteers receiving their long-service volunteer pins; honouring 5, 10, and 15 years of dedicated service. A special congratulations to Gail Lalonde and Katherine Stewart, whose 15-year commitment reflects their deep connection to Perley

Health. You can see a full list of pin recipients on the Perley Health website.

Our “big” awards (presented in three categories) also recognized remarkable achievements of special volunteers that were nominated by peers, colleagues, residents, tenants, friends and loved ones, and members of the wider Perley Health community:

Congratulations to the Advocacy Award winner, Patrick Griffith, who’s commitment to enhancing residents’ quality of life is inspiring.

Congratulations to the Team Award winners, the Wood Shop Volunteers, who were lauded as a cohesive team, embodying dedication and skill in their woodworking programs.

Congratulations to the Volunteer of the Year Award winner, Jody Thomson, who’s compassion and proven initiative in supporting residents and staff alike leaves us in awe.

The evening culminated in a generous \$30,000 donation to the Perley Health Foundation, courtesy of Deborah’s Gift



Volunteer of the Year, Jody Thomson (centre), receives her award from 2023 Volunteer of the Year,, Christiane Charron (left), and Lisa Peuhkuri, Director, Human Resources (right), at the Perley Health Volunteer Awards.

Boutique. This longstanding partnership has significantly impacted Perley Health’s ability to provide transformative care for Seniors and Veterans. Since 1996, Deborah’s Gift Boutique (run entirely by volunteers!) has donated more than \$640,000 to transform care for Seniors and Veterans. Each year, the Boutique selects items from the Resident Priority Needs List to purchase with their donation.

This year, they directed their gift to the purchase of one Magic Table, a Sleeper Chair, and two palliative care carts. Thank you!

Perley Health expresses gratitude to all volunteers and supporters for their unwavering dedication, making every moment count in the lives of those we serve. We appreciate you, and all that you do to help us transform care.

Taste the Season Refreshed Menus

Perley Health is welcoming the warmer seasons with a fresh, new dining experience! Driven by valuable feedback from our engaged Food Committee, the Food & Nutrition team has worked hard to create new and enhanced menus to increase our offerings and delight residents.

The updated menus feature a range of delectable options including full breakfasts, two protein choices with lunches and dinners, new sides, and more. As part of the expansion of our sweets options, residents can now enjoy an additional fruit option at lunches, and two dessert choices at dinners (fruits or other delectables). Finally, and most excitedly, we’re introducing an “Always Available” selection that will be available for certain items during all meals in order to best increase options and choices available to our community.

The buck doesn’t stop here. Our commitment to elevating care extends beyond just larger menus and adding “more”; the Food & Nutrition team is working hard to renew our commitment to quality. We are now using more fresh, made-in-house items and incorporating seasonal produce into every meal.

We extend a heartfelt ‘thank you’ to everyone who contributed feedback. Your comments, concerns, kudos, and ideas are helping us create meals that better meet our community’s preferences and needs. We also share a heartfelt ‘thank you’ to the entire Food & Nutrition team, who worked hard to not only gather this feedback, but work to make sure we created menus and meal plans that best elevate care for those we serve.

Join us as we usher in a season of delicious dining experiences at Perley Health!

New Faces and Staff Achievements

Welcome Jessica Chong, Manager, Community Programs

In a new role at Perley, Jessica will manage Senior Living and community programs, including the Assisted Living Services Program, the Adult Day Program, and Respite House at Perley Health. Jessica comes from Waterloo, where she previously served as the Manager of Community Programs.

Congratulations, Samantha Boulrice, on joining Infection Prevention and Control (IPAC)

Samantha is the new IPAC Specialist, bringing with her a wealth of knowledge and a passion in providing excellent care. Many of you know Samantha as Perley’s Wound, Ostomy and Continence Nurse.

Bryana Baker returns as Nurse Practitioner

Many of you may be familiar with Bryana from her work at Perley as an RN. She is excited to use her expanded nursing knowledge (including Primary Care, and Emergency and Outpatient care) at Perley.

Introducing Michelle Proulx, Manager, Therapeutic Recreation and Creative Arts

We are excited to welcome Michelle as the new Manager of TRCA. Michelle has a rich 20+ year career focused on quality of life for older adults living in long-term care.

The Psychogeriatric and Palliative Care team welcomes Gethro ‘Larry’ Beaucejour, Special Approach PSW

Larry has been with Perley Health since 2018, and loves working with residents. With a focus on person-centered care, Larry works diligently to create special connections with residents.

Meet Emily Kewell, Clinical Dietitian

Emily received her undergraduate and Masters at the University of Guelph; completing research projects specializing in long-term care, celiac disease communities, and education. She started her career in private practice, and has worked in various long-term care homes in Ottawa.