

October 2016 Edition

The Perley Rideau News



Perley Rideau

The Perley and Rideau
Veterans' Health Centre

Vol. 19-09

Between Us... Briefly:
Newsletter For Residents,
Tenants, Family and
Friends, Staff and
Volunteers of Perley Rideau



Respect and Remembrance



Inside:

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



Shevon Ghorashi

Shevon Ghorashi joins the Perley Rideau team as RAI MDS Coordinator. Following graduation from Algonquin College in 2002 with a certificate in Practical Nursing, Shevon worked at the Salvation Army Ottawa Grace Manor, entering as a Unit RPN before becoming the RAI Coordinator from 2009 until earlier this year.

In her role as RAI MDS Coordinator, Shevon was responsible for all aspects of the program including education, implementation and evaluation. Throughout this time she also held leadership roles as chair of the Palliative Care Committee, chair of the CQI Committee and as a member of the Behaviour Support Committee.

Following graduation in 2002, Shevon worked at Carlingview Manor and Parkwood Place Retirement Home. She went on to become a Clinical Instructor at Algonquin College between 2007 and 2010 while continuing to uphold her duties to the Salvation Army Ottawa Grace Manor. In 2013, Shevon earned her diploma in Practical Nursing from Algonquin College in 2013 and she is now working to complete her BScN through Nipissing College (University).

Tania Paolini

Please welcome Tania Paolini, the new Manager, Infection Prevention and Control at the Perley Rideau. Tania is a Registered Nurse with knowledge and experience across the health sector. Tania's experience includes clinical practice as well as quality improvement, patient safety, and infection control. Tania recently served as an Assistant Director of Care within the Extendicare organization following three years as a Regional Manager with Ontario Telemedicine Network. As a consultant, Tania worked as a project coordinator supporting four LHINs in their efforts to securely share and access personal health information. Tania also worked at The Royal from 2006-2010 as a Patient Safety Analyst where she designed and implemented an electronic incident management system and framework for reporting and managing patient incidents. She also assisted in the development of the policy and procedure infrastructure, a corporate pandemic plan and led the development of several high risk polices - skills that will enhance the Perley Rideau team.

A graduate of the nursing program from the University of Ottawa, Tania expanded her skill set by completing a Computer Programmer Diploma, a certificate in Computer Information Systems, and a Lean Green Belt among several other professional development accomplishments.

Look for Tania supporting the flu shot clinics throughout Perley Rideau, often she is the one with the chocolate!

Recreation and Creative Arts

Look for a new brochure sharing the history of the Veterans' Recreation and Creative Arts program. Find out about the program's origins as an arts and crafts program provided by the Red Cross and its evolution to become the hub of daily social life for our Veterans and dozens of the seniors in the Perley Rideau Village.



As a volunteer for more than one year here at the Perley I witness many acts of kindness, friendships being built as well as some very special or as I like to call them precious moments. One in particular comes to mind.

I feed and visit some of the residents in Ottawa 1 West and on one particular day as a resident was being portered back to her room another resident gestured for the staff that was doing the portering to bring her closer as she wanted to say hello. She called her, her friend and she just wanted to say hi. What some of the staff and I witnessed was a very precious moment and I recall hearing one staff say "This is what makes my day" or something to that effect. I know for myself it was one of those "Ahh!" moments.

The resident took her friends hand and while holding her hand she asked how was she, that she missed her and loved her. The two of them conversed back and forth even though they couldn't hear each other very well and I believe one was speaking a different language. These two things did not deter them and you could see in their eyes and their smiles that this was a very important moment for them.

What also struck me was that instead of only giving them a minute to visit, one of the staff suggested that they be allowed to enjoy each other's company while they portered the rest of the residents back to their rooms.

This is only one example of many precious moments that make it rewarding to volunteer at the Perley.

Colleen Lusignan

Hello,

Please pass along to Gertrude Letourneau that my husband, daughter and I heard her sing last Sunday at the Battle of Britain concert evening at the Church of the Ascension, and we thought she was great!

She sang all the old WWI and WWII songs that she sings with residents and Vets at the Perley Rideau (made us cry!), the same songs my mom used to sing. She recounted touching stories from Perley Rideau Veterans to help animate the evening...Very lovely! Her husband and the quintet chose very rousing songs and we loved the whole evening. Congrats to her!

Gertrude's caring, creative and imaginative nature and real interest in residents and Vets at the Perley Rideau, and that of all the many professionals like Missy, Ross, Jen, Madeleine and others who organize activities there every day, is the one of the main reasons my mom and probably many residents have a wonderful experience living there.

Thank you again to everyone for being so amazing!

All the best,
Michèle

Perley and Rideau Staff Recognition Awards

Congratulations to all current staff and recent retirees who were recognized for significant milestones during the recent Annual Employee Recognition Day in Lupton Hall.

Akos Hoffer, CEO, presided over the event along with Ron Buck, Chairman of the Board of Directors and Russ Tattersall, Director, Human Resources. Perley Rideau leadership who helped to recognize the outstanding dedication of staff included Doris Jenkins, Director, Nursing Operations; Lorie Stuckless, Director, Support Services; Colleen Summerton, former PSW Supervisor now Assistant Coordinator ALS and Tenant Relations and Barbara Wilson, PSW Supervisor.

Thanks to the staff of the Human Resources department for organizing a classy celebration that appropriately matched the commitment of Perley Rideau's outstanding staff.



Ahmed, Amran
Allen, Kirstie
Alvarez, Rosemarie
Bernardo, Cynthia
Boi, Kormassa
Caguioa, Magie
Camhit, Alicia
Campbell, Lorna
Castillo Alfaro, Jessica
Chhoeung, Rath
Dau, Roza
Dayal, Seema
Dool, Regina
Feshchenko, Nina

Fraser, Mary E. (Missy)
Guce, Estela
Hersi Abdullahi, Khadra
Iyere, Dominic
Joseph, Erica
Kadochnikova, Yuliya
Kamara, Cecelia
Kitatsuji, Sachiko
Kline, Mike
Kwizera, Innocent
Lang, Amanda
Lemus, Farem
Licarte, Erma
Lukin, Oleg

Madamombe, Chenai
Manalo, Ida Grace
McCormick, Melanie
Mendez, Rizalina
Nangonzi, Rhonah
Nankanja, Agnes
Ndahiro, Dominique
Ngorima, Wendy
Nita, Loredana
Norman, Melissa
Oguntade, Florence
Ong, Gloria
Oraziotti, Robyn
Penitrante, Mary Grace

Schneider, Richard
Sekhon, Sukhwinder
Sharara, Prisca
Smith, Natalie
St. Denis, Patricia
St. Louis, Chrystine
Stewart, Geri
Stewart, Megan
Stitt, Kaitlyn
Torres, Rhodora
Tremblay, Robin
Udechukwu, Lovina
Upreti, Surendra
Vega, Ricardo



Aboagye-Gyan, Kofi
 Beauchemin, Marlyn
 Cadangen, Sheila
 Czyrkiewicz, Jan
 Deshommes, Yvrose
 Duan, Yiting
 Gusarenko, Stanislav
 Gyamfi, Maxwell
 Hassan, Zeinab
 Homuth, Katherine
 Isak, Halimo

Keffer, Darlene
 Kumari, Renu
 Masilang, Don
 Molani, Ali
 Mukakarageya, Virginia
 Narcisse, Jemmie
 O'Brien, Cynthia
 Patino, Arlene
 Ryder-Jones, Jennifer
 Tolentino, Genevieve
 Sabir, Avan

Campbell, Nicola
 Charbonneau, Cheryl
 Clarke, Lisa
 Deschamps, Shaun
 Downey, Johanna
 Gallagher, Nancy
 Holmes, Tanya
 Ilukhor, Ngozi
 Inns, Vicki
 Jenkins, Pegi
 Johnson, Kathleen

Letourneau, Gertrude
 Lewis, Pearline
 MacDonald, Monica
 Maldonado, Frida
 Mulunhe, Yilma
 Osamor, Patricia
 Ouattara, N'Golo
 Smith, Chris
 Tolete, Herminia
 Uwera, Beatrice
 Zentner, Marianne



Brown, Marcia
 Carpentier, Joemi
 Curvan, Barbara
 Cyrille, Marie
 Dass, Veena
 Forde, Jennifer
 Frederick, Donna
 Gardner, Gloria
 Hagi-Abukar, Fathia
 Leroux, Alain
 Liaw, Fanny
 Mallin, Lisa

McReynolds, Lisa
 Miller, Kathy Ann
 Onwuachi, Antoinette
 Parish, Sharon
 Pecek, Anamarija
 Pridmore, Sylvie
 Pryce, Paulette
 Richardson, Anthoniatte
 Sedillo, Catherine
 Smith, Lorraine
 Stewart, Jean
 Viegas, Nelson



Johnson, Desmond
Matheson, Eva
Pereira, Joseph

Tackman, Nancy
Tran, Hai
Williams, Lawrence

Faber, Pat

Presentation of Retirement Awards



For 17 years of service, Kingston Akor is thanked by Barbara Wilson and Akos Hoffer.



Colleen Summerton and Akos Hoffer thank Mohammed Beleattar for 15 Years of Service.



For dedicating 34.5 years to Perley Rideau, Brenda Denike is recognized by Doris Jenkins and Akos Hoffer.



Lorie Stuckless and Akos Hoffer thank Barbara Keyes for 15 years of service.



Daniel Parent is recognized for more than 35 years of service by Lorie Stuckless and Akos Hoffer.



For his 36 years of service, Denis Parent is presented with his certificate by Lorie Stuckless and Akos Hoffer.

Thanks To These Recent Retirees

Benito Alam
Roger Bombales
Shirley Filiatrault
Cheryl Homuth

Devon Leith
Mary Mueller
Bonnie McAllister
Sofia Nesterovich

Jill Rae
Mary Ann Smith
Sylvia Volkme



Perley Rideau Celebrates BPSO Pre-Designation with Launch Event and Champion Open House

By Daniela Acosta BSc., BScN, RN

More than 50 people came to Lupton Hall on Oct 20, 2016 to celebrate the Perley Rideau's commitment to improving resident care through evidenced based practices. A fun and informative event, guests had an opportunity to learn how the Perley Rideau has already started making practice changes. It was also a chance to meet and network with the Champions who are leading the project.

This Launch event marked the beginning of the Perley Rideau's partnership with the Registered Nurses Association of Ontario (RNAO) in order to systematically implement recommendations from the Best Practice Guidelines (BPGs). Should all the deliverables be met over the next three years, along with evidence of improved resident health outcomes, the Perley Rideau shall be designated a Best Practice Spotlight Organization (BPSO).

The event included vibrant displays from each of the four implementation teams, highlighting their work in pain management, fall prevention, skin and wound management and screening for delirium, dementia and depression. The RNAO was also represented at the festivities by Ibo MacDonald, the Perley Rideau's BPSO coach.

Akos Hoffer, CEO, Doris Jenkins, DNO, and Margaret Tansey, the Chair of Perley Rideau's Quality of Life and Safety Committee, addressed attendees with inspiring messages on the importance of quality care on resident's lives, staff culture and even the impact it can have on the Perley Rideau's future as a Centre of Excellence. To promote knowledge exchange, the event was also opened up to neighbouring healthcare facilities in the LHIN. Guests from other homes were present to share their insight into their BPSO journey. Judith Boileau, for example, came from the Montfort Hospital to deliver

an enthusiastic, keynote speech on the Montfort's successes in BPSO, champion engagement, and creating a culture of change within their facility. She also offered mentorship and support, on behalf of the Montfort, to assist the Perley Rideau on its BPSO journey.

A highlight from the event definitely includes an interactive, musical interlude from music therapist, Kathleen Johnson. As audience members tapped their tambourines and shakers to the rhythm of her guitar, she sang "Champion you, Champion me, Champion Perley Rideau family," reminding us that improving resident care requires the collective efforts of everyone involved.

Of course, the event ended on a sweet note: snacks, cake and refreshments!

Thanks to all who attended the event and for saying "Yes" to practice change!

Stay tuned for a Night Shift Mini-Launch Event to follow.





Doris Jenkins, DNO, and Ibo MacDonald, RNAO, coach prepare to meet and greet staff.



Kathleen Johnson, music therapist debuted her original composition, Champion you, Champion me, Champion Perley Rideau family.



Staff and visitors were invited to cake and refreshments while networking and discussing the importance of quality care on resident's lives.



Along with vibrant displays, staff were invited to complete questionnaires to test their knowledge.

Photo credits: Brittany Elder



THANK YOU FOR HELPING TO ELEVATE THE CONVERSATION.

The Year to Here: 2016 Update

8 Town Hall meetings over 15 hours **151** staff and volunteers attend **43%** surveys completed

Staff and volunteers were surveyed and asked to rank their responses between 1 (poor); 2 (fair); 3 (good); 4 (very good); 5 (excellent).

Note that at Perley Rideau we always strive for a score of 4 (very good) or better!

4.3 Clarity and completeness of presentation **4.23** Were you able to get the answer to something you had been questioning?

4.2 Were the presentations helpful to you in understanding the issues that were addressed? **4.3** Overall rating for the session

Thanks to all staff and volunteers who took the time to attend the Town Halls and complete surveys. Your questions will be addressed in upcoming newsletters and Town Hall meetings.

2016 Employee Engagement Survey

Thank you to everyone who participated in the 2016 Employee Engagement. We're excited to share that both participation and results have improved since last year. Some highlights from the survey are presented below.

345

Survey responses received (80 more responses than 2015)

5%

Improvement in the overall engagement score compared to 2015

19/19

Questions where scores improved since 2015

We were pleased to learn that, on average, employees feel strongly that:

- The work they do matters;
- They try to find better ways of doing things;
- They are proud to work at the Perley Rideau; and
- They know how to do their jobs safely.

While scores have improved in all categories since last year, we understand that many employees continue to feel that:

- They do not have time to do their jobs adequately;
- They do not receive recognition or praise for their work; and
- They are uncomfortable giving feedback about things that matter to them.

We are committed to ensuring that the Perley Rideau truly is a great place to work for people dedicated to enriching the lives of seniors, and will act on the results of this survey. Please stay tuned for updates as we define our employee engagement priorities and action plans for 2017.



Flu Shot Clinics

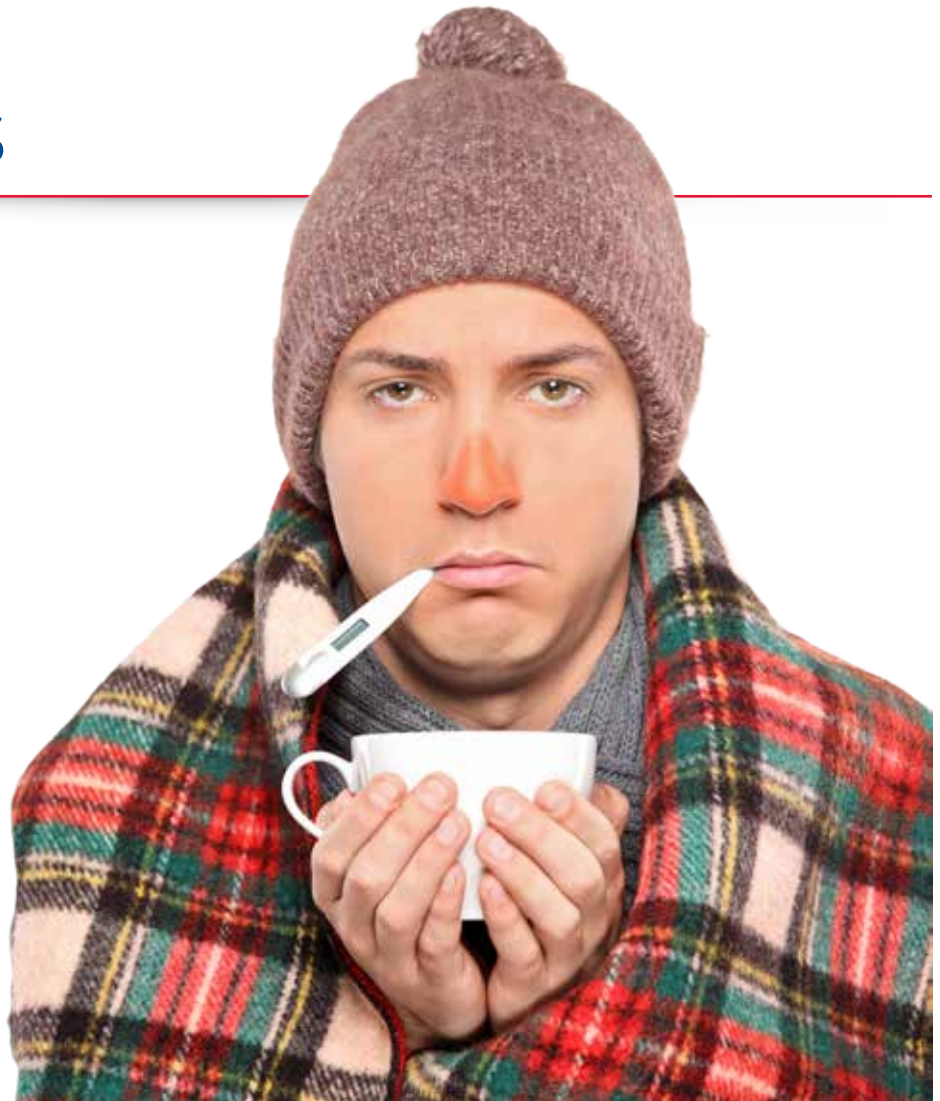
Recently, Perley Rideau kicked off our annual influenza campaign with our first flu clinic.

At the first clinic, with help from Thy, Danielle, Brooke, Eunice and Joyce (Nurses from the New Grad Initiative), 137 individuals received their flu shots. 75 of those individuals were staff members.

In addition to the clinic, there will be more clinics scheduled over the coming weeks.

Tips to prevent outbreaks:

- Implement additional precautions when symptoms are identified in residents
- Meticulous hand hygiene
- Cough and sneeze into your sleeve
- **GET THE FLU SHOT**



UPCOMING FLU SHOT CLINICS

Date	Time	Location
November 07, 2016	2300 – 0700 (November 08)	Mobile (unit to unit)
November 08, 2016	2300 – 0700 (November 09)	Mobile (unit to unit)
November 16, 2016	1430 - 1930	In collaboration with Ottawa Public Health

Staff Christmas Party



**Pancake Breakfast with Santa
for all Employees of Perley Rideau**
(Sponsored by Perley Staff Association)

Dec 10, 2016
9:00am - 12:00pm

In the Cafeteria

Registration will start Nov 7, 2016

Please contact TJ Murdock
(tmurdock@prvhc.com)

The Perley and Rideau Christmas Dinner and Dance



Location: RA Centre

2451 Riverside Drive

Date: Saturday, November 26, 2016

Time: 6:00 pm–Cocktails

7:00 pm – Dinner & Dancing to Follow

Cost: Staff Association members (& spouse, etc.) - \$25.00

Non-Staff Association members - \$55.00

XMAS PARTY MONEY DRAWS

\$500 • \$400 • \$300 • \$200 • \$100

The draws will be held on Nov 26 @ our Xmas Party.
You do not need to be in attendance to win.

Tickets will only be on sale for 2 more weeks and you get them by payroll deduction
(so you don't need to have cash to get them).

Tickets must be picked up by November 18th from the following individuals:

See TJ (Unit Clerk on R2S), Janice (Unit Clerk on O1E), Steve (Lead Hand),
or me, Neda (RAI-RPN on O1W) before it's too late.

You can also find me in hallway in front of the pub almost every weekday during lunch.



A Remarkable Man, A Singular Journey



Lupton Hall was filled to remember and pay tribute to Ed

Edward John Mastronardi, who passed away at the Perley Rideau in October, led a remarkably full and accomplished life. This loving husband, father and grandfather was also one of Canada's most decorated soldiers, earning no fewer than nine medals. Ed saw active service in both the Second World War and the Korean War. He was also an accomplished writer with six books to his credit.

Born in Toronto, Ed served in the Royal Canadian Navy during the Second World War before returning to school and earning a Bachelor's degree from the University of Toronto. He re-enlisted after the outbreak of the Korean War, serving with the Royal Canadian Infantry Corps from 1950 to 1953. During this conflict, on the night of his 26th birthday, Ed distinguished himself with preternatural leadership. He was a lieutenant in charge of a platoon of 28 men stationed some 600 metres behind enemy lines. Suddenly, Chinese soldiers launched an all-out attack on the platoon's position, firing shells, mortars and small arms.

For eight long hours, Ed inspired his men to repulse charge after charge from what they would later learn was a force of perhaps 1,000 soldiers. When finally ordered to withdraw, Ed did not leave the position until all 15 of

his wounded comrades had been evacuated. The next day, Ed returned to repatriate the body of the only member of the platoon killed in the attacks. His actions on that night earned him a Military Cross for conspicuous gallantry, along with the Republic of South Korea's Order of Military Merit. More than five decades later, he was also invested into the Order of St. George.

"I was meant to be there," he was later quoted as saying about his experiences in Korea. "There is no glory in killing people; it is nothing to be proud of."

He somehow managed to put his war experiences behind him and enjoyed a stellar civilian career, first with the Dehavilland Aircraft Company and later with the Treasury Board Secretariat. After retiring from the public service in 1987, Ed worked for several years as a consultant. Along the way, he married Margaret Marion and together they raised two children. A grandson would later follow. Ed and Margaret loved music—Frank Sinatra and 17th Century composer Monteverdi were among their favourites. Not one to rest on his laurels during retirement, Ed took a series of online courses and began to write novels. He wrote six in all.

One of Ed's closest friends late in life was Pat Yaternick,

a fellow resident of the Perley Rideau. She describes him as the Perley's writer-in-residence who loved to tell stories. "I don't know where these characters will take me," Pat recalls Ed once saying, "and I didn't think the story would turn out the way it did." After publishing one of his books, Ed signed copies in Indigo Books, revelling in the opportunity to speak with young people. He continued to write for the rest of his life; only days before he died, he received the writer's copy of his sixth book.



Photos from Ed's life greeted visitors arriving for the Celebration of Life

Late in life, Ed's religious faith took on new fervour. After moving into the Perley Rideau, he began to attend mass regularly and spent many hours consulting with Father Paul Tennyson. The two had many discussions about mortality and Father Paul describes Ed as both humble and fully engaged in life. Ed's personal hero was St. Michael the Archangel, the bearer of light and fighter against evil. Father Paul considers the choice a natural one, because while Ed may be best remembered for his bravery on the battlefield, he also stood up for those facing mistreatment or disrespect.

Another one of Ed's regular visitors at the Perley Rideau was Bill Black, President of the Korean Veteran's Association. Black recalls that Ed liked to re-enact a Navy ritual he had observed during his wartime service in the Atlantic: a daily tot of rum. Often, Ed would insist that Bill join him for a second drink to mark another ritual: sailors who "spliced the mainbrace"—one of the most difficult and dangerous emergency repair jobs onboard ship—were issued a second tot.

When failing health forced Margaret, the love of Ed's life, into the Élisabeth Bruyère Residence, he visited her at least twice a week. When she passed away earlier this



More than 40 members of the 3rd Battalion of the Royal Canadian Regiment in Pettaᓃᓃᓃᓃ came to honour Ed.

year, Father Paul noticed that Ed's energy began to wane. One day in October, Ed asked Father Paul to administer him the Anointing of the Sick, the holy sacrament once known as the last rites. "It was clear to me that he knew he time was near," said Father Paul.

Dressed in a suit and tie, Ed was on his way to mass when he passed away at the age of 91. Those who knew him well like to refer to the anonymous prayer Ed included in the dedication for one of his books, *Mock The Haggard Face*.

**Help me, O God when death is near,
To mock the haggard face of fear,
That when I fall – if fall I must,
My soul may triumph in the dust.**

The Writings of Edward John Mastronardi Alphabetical order

- Beware the Demagogue!
- Dancing around the Hill: Part 1 The Gregorian Affair Part 2 The Syndicate
- Justice Not Denied
- Mock the Haggard Face: A Canadian War Story
- More Stories of Life and Tales of the Korean War
- Stories of Life

On November 11th, we remember, in a special way, all the Veterans who lived at Perley Rideau and passed away between November 1st, 2015 and October 31st, 2016.

James McCarthy	Peter Cornell	John Clarkson	Harry Loop
John Trant	George Wade	Eric Harmer	James Rennie
Walter Bregg	Thomas 'Ted' Harris	Karl Aspelund	Archibald Graham
Edith 'Dee' Clearwater	James Campbell	David Calderwood	Donald Boyce
Alexander Tobin	Cameron Baker	Wesley Smiley	William Nichol
Norman Lackey	Joan Howe	William Skitterall	Roland 'Rocky' Cousineau
Fernarnd 'Fern' Bastien	Doreen McLennan	Martin McKenna	Patricia Tench
James Mazerall	Donat Gagnon	Edward Read	Maurice Pauze
Aseph 'Jack' Ferris	John Lloyd	Maurice Bilodeau	Harold Chase
Robert George	Arthur Tinker	Allan Sovran	Royle Wolfenden
James 'Jim' Kelleher	James McMurray	Hugh Braceland	Staley Chambers
Layton Duffett	Douglas Carruthers	Martin Morris	Douglas Bothwell
Bernice Roback	John McEvoy	Kenneth Brown	Bertram Wharton
John Parr	Norbert 'Bert' Laviolette	Owen Osborne	John Downing
Ernest Sargeant	Glen MacDonald	Arthur MacDonald	Jerauld 'Jerry' Wright
James Sunderland	Frederick 'Fred' Read	Maynard Darch	Howard 'Scotty' Scott
Norman Haynes	Kenneth Collins	John 'Stan' Wilson	Hubert 'Jim' Wendover
George Reynolds	Harry Waters	Rodolphe Struthers	Isabelle Guthrie
James 'Jim' Lu Langley	Stuart Taylor	Gordon Howard	Victor 'Vic' Henry
George Monson	John 'Percy' Bradley	Douglas Christy	Robert McBride
Wilfrid Paquette	Frederick Hicks	Lorine Clement	David Farr
Kenneth Harwood	Gerard 'Gerry' Lanouette	Vincent Berlinguette	Edward Mastronardi
Clifford Morse	Edward 'Ted' Lisle	Edgar Viau	Peter Taylor
Joseph Roby	Walter Cherry	Allan Lawrence	Herbert Mallalieu
George Dunn	Desmond Bender	Clifton Montgomery	Anthony Golab
William 'Bill' Mountain	Kenneth Cooper	Hazel Havelock	Isabella 'Bunny' Metcalfe
John Maxwell	Gerard Piche	Helen Baxter	Thomas Treherne
Lucien Meloche	Daniel McLaren	Joseph Breatross	Lloyd Simpson
Thomas Little	Irene Sullivan	John McLeod	



Honouring Veterans

From the Royal Canadian Legion's Poppy Tea in Lupton Hall to a visit to the residence of the Governor General for the launch of the annual poppy campaign and the Take A Vet To Dinner event followed by the CDA Institute's Vimy Award Gala Dinner, the Veterans and staff of Perley Rideau have been busy in the lead up to Remembrance Day.



On Wednesday, October 19 a group of residents visited Rideau Hall for the launch of the annual poppy campaign. The day started off with a lovely bus ride along the parkway surrounded by vibrant leaves proudly showing off their fall colours. At the ceremony our residents took up the first row and received poppies from the Governor General. Immediately following the ceremony, residents gathered in the Tent Room where refreshments and snacks were served. The Governor General and his wife made sure to come and chat with all of our residents and staff, even posing for some photos in between. After the reception some of the residents received a tour of Rideau Hall, learning some interesting facts! A very lovely outing. Residents look forward to next year's visit to Rideau Hall!

**Stephanie Deschamps, Recreation
Programming Staff**





Photo Credit:

Sgt Johanie Maheu, Rideau Hall, OSGG.

©Her Majesty The Queen in Right of Canada represented by the Office of the Secretary to the Governor General, 2016.

CDA Event



Veterans Jim Peck (front, left) and Claude Mckenny (front, right) are joined by Perley Rideau staffer Stephanie Deschamps and Foundation Board member Colonel (Retired) Dominic McAlea at the CDA Institute's Viny Award Gala Dinner. The audience, made up of Canada's past and present CAF leadership, academics and industry supporters gave Jim and Claude a resounding standing ovation.

Poppy Tea

Hosted by the Royal Canadian Legion, the annual poppy team is highlight for many Veterans at Perley Rideau who receive their poppies and then return to the favour by pinning a poppy on the Legion members.



Doris Jenkins awaits her first poppy.



Veteran Gib McElroy pins a poppy on Joel Vansnick



Bob and Terri Hanley enjoy the festivities

Cross Walk Coming

Our Dear Veterans, Seniors, Residents, Staff, Families and Friends of the Perley Rideau Veterans Health Centre,

I am so happy to share this wonderful news with you all: As you know our Councillor Jean Cloutier and our Mayor Watson shared great news with me on Thurs. Night at a town hall meeting.

I was thrilled to receive the news, from our Mayor, that our request for a PXO (Pedestrian Cross Walk) crosswalk will be installed by July 1st 2017. Great efforts were made by so many people and I thank everyone for your support and efforts to make this happen. Thank you also to our Veteran Doris Jenkins for the initial meeting held in July of 2015.

Our dear Doris got the ball rolling and had us all meet on the side of Russell Road, with our Councillor, staff members and volunteers..

After that initial meeting... Doris said "OK Joan... Now you are going to do the follow-up and make it happen."... and I agreed I would get it done for her and the other dear Veterans and Seniors that I care about.

After many hours, e-mails, meetings etc. I am thrilled to share, that this safety issue will finally be addressed. Also, just to let you know, I am still working on having the sidewalks repaired and stay tuned for a celebration of the Ground Breaking and the Ribbon Cutting for the PXO.

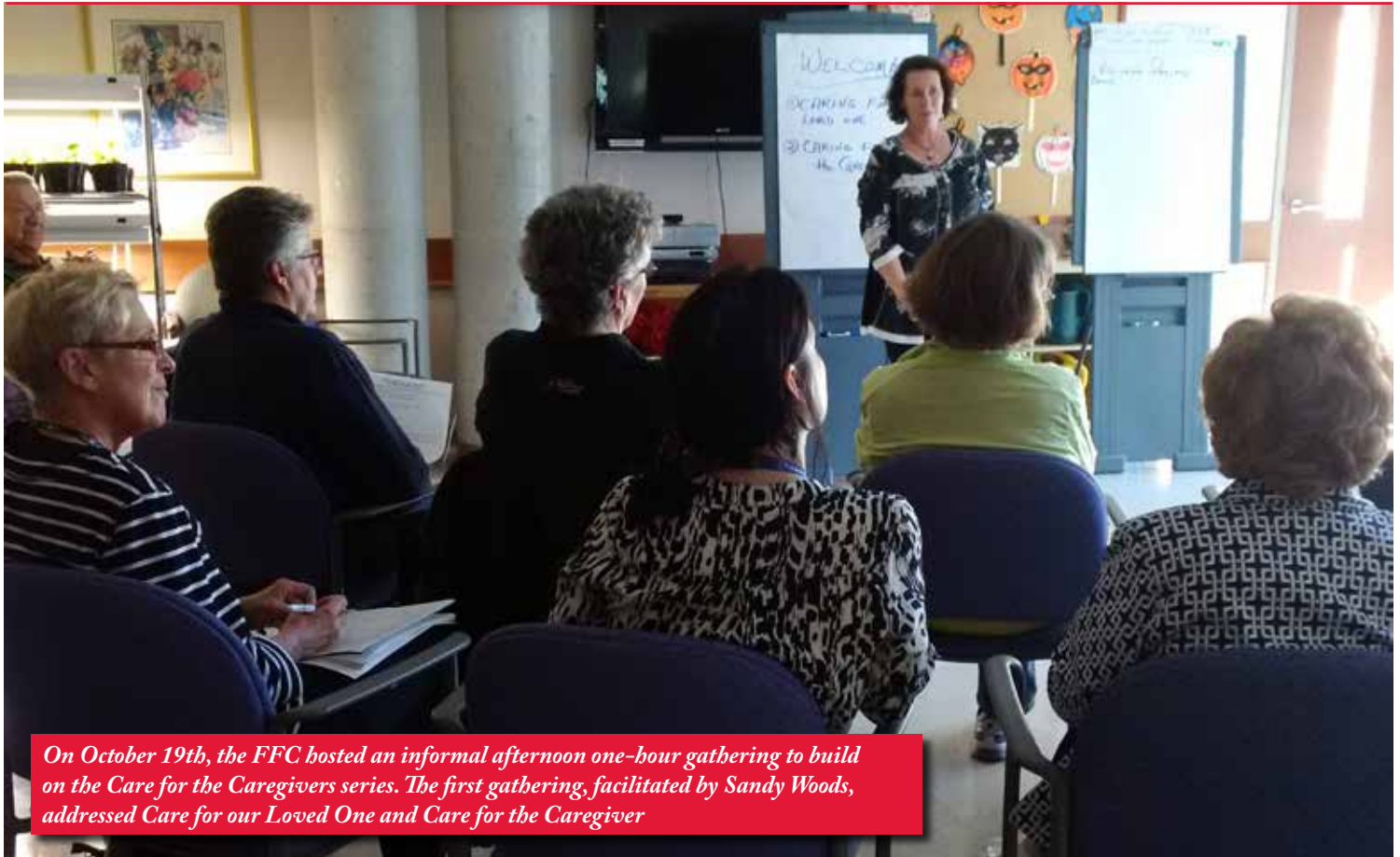
Again, I am so happy for our Veterans, our Seniors, our Staff, our Families and our Friends that enter our Perley home every day.

P.S. I am still doing my happy dance.

Joan



Family and Friends Council



On October 19th, the FFC hosted an informal afternoon one-hour gathering to build on the Care for the Caregivers series. The first gathering, facilitated by Sandy Woods, addressed Care for our Loved One and Care for the Caregiver

The final meeting of the 2016 calendar year will be of particular significance to family and friends of residents. Not only is it the Council's Annual General Meeting where we report on our year's activities but we will feature a presentation by PATH expert Dr Ruth Ellen. Please note these details on your calendar: November 24th - Thursday at 7:00 pm., 2nd Floor Games Room. We're looking forward to giving a very warm welcome to Guest Speaker Dr Ruth L B Ellen, BScH, MD, FRCPC, who will address Managing Frailty the PATH way: Conversations and Care. This presentation will discuss the condition of frailty and what it means for you and those you love. We will look at the Palliative and Therapeutic Harmonization [PATH] model of care. Dr Ruth Ellen is a Geriatric and Internal Medicine Specialist. She has worked in an Academic Teaching Hospital and a rural outpatient clinic. She is passionate about improving care for the frail older adult in Ottawa, Ontario and Canada as a whole. She is a Certified Palliative and Therapeutic Harmonization [PATH] Clinician and educator. She has

trained at Carleton University, the University of Ottawa, and The Ottawa Hospital. She is currently working on her Masters of Public Health [MPH] at the University of British Columbia. This is a not to be missed opportunity to hear Dr Ruth Ellen, Geriatric Medicine Specialist, accompanied by Kristine Haselsteiner, a caregiver daughter, who will talk about how a PATH approach can make a real difference.

On October 19th, our first informal afternoon gathering took place. The concept was to build on the Spring Care for the Caregiver series. Thus Circles of Care — Your Voice Matters has been designed to consist of one-hour gatherings providing opportunities to join other family and friends to discuss care giving matters. At this first gathering, facilitated by Sandy Woods, the group addressed Care for our Loved One and Care for the Caregiver. While the attendance was relatively small, the participation was large. It certainly appears to be both an attractive format and a convenient time of day for family and friends.

Roughly equal time was devoted to exchanging views about Care for our Loved One where topics included the importance of communication between staff and families/friends, care plans, and the PATH initiative. When it came to Care for the Caregiver, topics such as caregiver stress and feelings of guilt, relationships with staff, and relationships with family members around care of their loved one were raised. Lastly, topics for future gatherings were suggested. The Executive looks forward to reviewing the participants' feedback given at the meeting and on the completed questionnaires and to sharing those results.

Topics for our Winter 2017 programme are in the process of being finalized and will be announced in the coming months. It is expected that February's Thursday evening Council meeting — February 17th — will feature Care Plans: how they are created, how they are updated and how they are maintained for resident care. Another topic under consideration is Physiotherapy Services.

Due to the numerous pre-Christmas events taking place at Perley Rideau, the Council will not meet in December.

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. Current members of the Executive Committee have accumulated over 66 person years' combined 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. It is our hope this experience and broad range of perspectives may be viewed as a source of information and assistance to all members of our long-term care home community.

Council meets monthly except in July, August and December. Formal meetings, which will alternate with informal gatherings, will 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; moderated informal gatherings will provide opportunities for participants to explore their roles in collaborating with health care providers in long term care settings for the benefit of their loved ones. In both cases, sharing experiences and supporting one another are the objectives. We look forward to welcoming family and friends of our residents, to their participation in the activities of the Council and to them volunteering to stand for election to the Executive.

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



Halloween

Perley Rideau's community wrapped up October with a fun party to celebrate Halloween. There were costume contests for residents, volunteers and staff, and a concert by the Perley Hillbillies. Thank you to the event sponsors, the Recreation and Creative Arts Programming Service along with the Staff Association and Volunteer Services.

In the Halloween spirit. Here are a few of the sights from the costume parade.



The girls are golden and were welcomed to the festivities with a live rendition of the show's theme song.



Sugar Skull Girl and 60's Go-Go girl. Best staff costume winner for Sugar Skull Girl.



The three winners for best costumes by our very talented volunteers



Laurel and Hardy share one of the top three prizes for staff costumes



Although he looks surly, the pirate was prepared to make way if someone had to exit quickly!



OT gnomes found hiding in a courtyard. Second place for best staff costume.



Full house for another energetic afternoon of song, dancing and laughs.

Christmas Tree Sale



All proceeds go to local charities, including the Perley and Rideau Veterans' Health Centre Foundation

1877 Innes Road (between Cyrville and Blair)
3798 Bank Street (between Lester and Conroy).

Prices start at \$45



16th Annual

Perley Rideau Night at the Races

Thursday, May 4, 2017

Buffet dinner 6:00 p.m. Post time 6:30 p.m.

Rideau Carleton Raceway and Slots

\$60 includes \$25 income tax receipt, live race program, \$2 betting voucher, \$10 slot token

Silent auction and great raffle prizes to win!

Purchase your **TICKET** today online at

www.canadahelps.org/en/charities/PerleyRideauFoundation/events/2017natr

or phone 613-526-7173. Deadline is Friday April 21 for tickets.





Photograph by Joanna Crilly

BETWEEN THE CROSSES

09 November, 2016 - 7:30pm

*St. John's Anglican Church, Ottawa
154 Somerset St. West*

Special Guests:

*Brigadier General (retired), The Venerable John Fletcher
Harmonia Choir of Ottawa, director Kurt Ala-Kantti*

Adults \$20; Seniors/Students \$15.

Tickets available at the Church Office, & at the door

***Cara Gilbertson-Boese, soprano
Joanne Moorcroft, piano***

*All proceeds go to The Perley & Rideau Veterans' Health
Centre*

Painting a Picture of Exceptional Care

Jack Dods' latest painting connects past, present and future. A veteran of the Second World War and a resident of the Perley and Rideau Veterans' Health Centre, Jack spends much of his time painting scenes from his wartime experiences. His latest work, Christmas 1942, will adorn greeting cards sold to raise funds to support the exceptional quality of care delivered at the Perley.

Watch for the full story on Jack's life and passion for the paintbrush in the upcoming Perley Rideau Foundation Newsletter, Between Us.



Various Legion Members came to the Perley Rideau to learn about the impact of their giving on Veterans' lives! Thank you to all who attended.



Elizabeth Lockhart, LL.B., spoke about the importance of insuring your wishes for family and charity at the joint Estate-Planning Seminar, hosted by the Foundation and six other charities.

A Large and Splendid Fleet

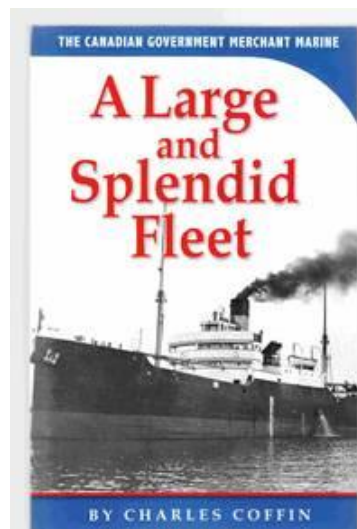
The Story of the Canadian Government Merchant Marine

By: Charles Coffin

Includes profiles of 63 ships

\$20.00 each

All proceeds go to the Perley Rideau Foundation



Thank you to Royal Canadian Legion Branch 638 – Kanata! Your generous donation will be used to help purchase a tilt-recline wheelchair, which helps to reduce pressure. L to R: Lorie Stuckless, Director of Support Services; Lorraine Lapensée, President, RCL Br. # 638-Kanata; Brig-Gen (ret'd) Charles Lemieux, Chair, Foundation Board; Doug Rowland, Chair, Poppy Trust Fund Committee, RCL Br. 638-Kanata; and Pilot Officer (Ret'd) "Gib" McElroy, Perley Rideau resident and Veteran Council President.

Veterans Publications

Family Histories, Recollections and Memoirs



www.alzheimer.ca/ottawa

Special Learning Opportunity

Focus On: Mild Cognitive Impairment

Learn about strategies to preserve your brain health. We can answer your questions such as: What does it mean? What are the symptoms?

November 24, 2016 | 6 p.m. - 8 p.m.

Rideau High School Library, 815 St. Laurent Blvd., Ottawa

Register: www.alzheimer.ca/ottawa and go to "Register Now!"
or call 613-523-4004



Speaker:
Dr. Lisa Sweet
Neuropsychologist,
Bruyère Memory Program

Focus On is a series of specialized learning opportunities offered by the Alzheimer Society that concentrate on one topic at a time. The goal is to increase knowledge and understanding as well as to provide opportunities to connect with others living a similar experience. Register today!

Soci t  Alzheimer Society
OTTAWA AND RENFREW COUNTY

Webinars

Skills and tools for caring for a person with dementia

Use your computer, internet connection and phone to participate in a live presentation.



**Wednesday
October 19
2016**

Changes in Mood & Behaviour in Dementia

Learn more about the middle stages of dementia, and what types of changes in mood and behaviour might occur. Learn strategies to minimize stress and triggers for the person with dementia, and approaches to different types of behaviours, such as apathy, agitation, and late day restlessness.

**Wednesday
November
30
2016**

Home for the Holidays – Tips when caring for a person with dementia.

Holidays can be memorable, but they can also be busy. The change from routine life, for the person with dementia, and for family and friends seeing the changes in the person can be challenging. We will discuss common triggering issues and tips for making this holiday season a positive experience for all.

PRE-REGISTRATION REQUIRED

Register Online:

alzheimerottawa.ca/register-on-line

Register by Phone:

613-523-4004 (Ottawa)

1-888-411-2067 (Renfrew County)

Time: 6 p.m. - 7:30 p.m.

Cost: Free

Commencing November 1st, 2016:

1. Salt bins are now available at all of the entrances. Please use them to promote safety for our residents, staff, volunteers, visitors and the entire Perley Rideau community.
2. All courtyard doors are locked for the season and the Perley Rideau Centre Block doors are now closed for the season.

Paypool Winners: \$100 each

October 6

- Marilou Gomisa: Gatineau 2 North
- Miranda Tabi : Rai-Ridv-Gat

October 20

- Christine Beals: Ottawa 2 East
- Meca Vidal: Food & Nutrition

November 3

- Candida Baird: Ottawa 2 East
- Kanlaya Makerd: Ottawa 1 West

Next Draw Will Be November 17, 2016



The Perley Rideau community is encouraged to wear red on Fridays to support our troops.

Vol. 19-09

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.

Please note that the newsletter is available online at www.PerleyRideau.ca. All submissions are welcome.

The deadline to submit to the October newsletter is November 16, 2016.

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