



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

Between Us

The Perley and Rideau Veterans' Health Centre ♦ OTTAWA, ONTARIO

SUMMER 2006



Photo: Canadian War Museum

The Perley Rideau's second annual Tour of Duty gala will be held at the Canadian War Museum on October 25.

Tour of Duty fundraising gala features Canadian casualty from Afghanistan

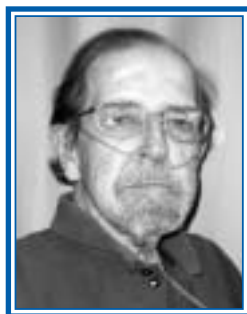
The Perley Rideau's second annual Tour of Duty gala this fall at the Canadian War Museum features a keynote speaker who has experienced the horror of war first-hand.

Master Corporal Paul Franklin's life changed forever when he lost both legs to a suicide bomber last January near Kandahar, Afghanistan. MCpl Franklin, who was serving as a medic in the Canadian Armed Forces, has accepted an invitation to speak at the gala on October 25.

"We are most fortunate that this brave man is coming from Edmonton with his family to share his experience with us," said The Perley and Rideau Veterans' Health Centre Foundation managing director Paul Finn. [See page 2](#) ▶

Hank Healy: WW II torpedo boat writer-in-residence

By Brant Scott



Hank Healy

It was a fine line between being a writer and a fighter in 1942.

That's when Frank "Hank" Healy was assigned to wage the war of words on behalf of the Royal Canadian Navy. World War II wasn't very old before the navy realized it was losing the public relations battle back home to the army and air force. Perplexed that Canadian naval exploits were going unnoticed in the public eye, a 22-year-old reporter named Hank Healy was shipped overseas to find the news and send it home.

Now at 85, Hank needs oxygen to fend off a lung ailment, but he remembers his time on a Canadian Motor Torpedo Boat (MTB) like it was yesterday. Sitting in his wheelchair near the window at The Perley and Rideau Veterans' Health Centre in Ottawa, Hank says he wrote thousands of stories about young naval crewmen that were printed in newspapers across Canada.

As a staffer at Canadian Press in Toronto in 1942, Hank made a decision that would change his life. "I had an old editor at CP and he said, 'you know Hank, if I was a young man, I'd get the hell out of here and join the navy,'" he explains. "Sometimes something like that sparks you." [See page 7](#) ▶

The Perley Rideau pays tribute to donors

Perley and Rideau Veterans' Health Centre Foundation donors were recognized for their generosity at a June 12 ceremonial luncheon.

Hosted by foundation chairman Colonel John Gardam and managing director Paul Finn, Lupton Hall was full to overflowing with invited donors.

Keynote speaker Senator Anne Cools delivered a heartfelt address on the crucial role that veterans have played in the lives of all Canadians. She has travelled with veterans' delegations overseas in recent years to battlegrounds that honour the Canadian war dead.

"Many men during World War I were found dead with their hands over their hearts," said Senator Cools. "Apparently, many

of them kept photographs of their wives and their babies in that jacket pocket. Generations of men gave their lives in a remarkably unquestioning way."

Col. Gardam noted that the Royal Canadian Legion has been very helpful to Perley Rideau over the years.

"The Legion in Eastern Ontario has always kept the Perley Rideau very close to its heart," he told the crowd. "That's why we have an enormous Mercedes bus right out here bought specially for the veterans. Without that support, those who have gone before would not have had the luxury you have given them."

Col. Gardam told the assembly that volunteer gift shop manager Deborah Bennett and her

team were instrumental in raising \$25,000 this year in much-needed funds. He also delivered kudos to Wally Parsons, who organized the annual Night at the Races, which raised \$27,000 in a single evening.

He reminded the guests that after three years of planning, the Perley Rideau got the green light for the *Guest House - a home away from home*, in consultation with the Alzheimer Society and the Victoria Order of Nurses. Enough funding has been raised to start the specialized facility, which will provide short-term accommodations for Alzheimer patients while their caretakers enjoy a respite.

In the wake of raising \$70,000 last year at the Tour of Duty gala held at the Canadian War

Tour of Duty fundraising gala... *continued from cover*

"Although his misfortune is very recent, he wants to pay tribute to armed forces personnel across the generations. This is the greatest gift of all."

Finn says the event is an important fundraising component for the health centre and it is unlikely to disappoint. It will feature the Canadian Armed Forces "big band" dance band and string ensemble, auctions, a sumptuous four-course banquet and much more. Organizers hope the gala will raise \$100,000

for the *Guest House - a home away from home*.

"This year we are saluting the 150th anniversary of the Victoria Cross for heroism in combat," explains Finn. "We will pay tribute to the 91 Canadians who have received the VC over the years. This event will help us to think about where we came from, and where we are going. The Guest House is an innovation to provide dementia caregivers with some time to take care of themselves - this fundraiser can make it happen."

Cocktails will be served at 6 p.m. and dinner is at 7 p.m. Tickets are available for \$175 per person from the foundation at (613) 526-7173. Corporate sponsors are invited to inquire about the range of participation levels being offered from \$15,000 to \$3,000.

Tax receipts will be issued to cover a portion of the donation. All guests will have access to the museum during the evening and dress is business attire, with medals welcome. **BU**

as the engine that powers the machine

Museum, another special evening is planned for October 25 at the same venue. The theme for the event will be the 150th anniversary of the Victoria Cross.

Col. Gardam delighted in announcing that this year's featured guest will be Master Corporal Paul Franklin, the Canadian Armed Forces medic who lost both legs in January to a suicide bomber in Kandahar, Afghanistan.

"One of the gentlemen on the foundation came up with an idea that I didn't think we should touch with a ten-foot pole," Col. Gardam explained to the gathering. "I called the Chief of Defence Staff office to ask if they minded if we approached Master Cpl. Paul Franklin, and the answer was 'no, but don't

bring any pressure to bear on him.' I approached the General in Edmonton and he approached the Master Corporal, who was still lying in a hospital bed. He said, 'I'll do it - I think it's a great idea.' Master Cpl. Franklin has now been issued a pair of legs and he's going to come with his wife and six-year-old son to help us celebrate this event."

Col. Gardam assured those in attendance that their donations are instrumental in maintaining the excellent care that residents have come to expect at the Perley Rideau.

"I want to thank you so much for your generosity," he said. "You help make life so much better for the 450 residents who call this place home. Your loyalty to us is incredible. Some have been

with the foundation, sending money in every year, since 1988. Today we have over 27,000 names on our database. This is a 120 percent increase since 1998 and it demonstrates that people care."

Perley Rideau assistant executive director Janet Morris reiterated Col Gardam's comments: "Your support for the Perley Rideau makes this a better place to live. It brings people together and allows them to explore their interests through the creative arts program, the recreation program and it provides the equipment that helps people be more independent and able to do things for themselves. We're about trying to make residents' quality of life better, and your support for the foundation allows us to do that." **BU**

Perley Rideau

Tickets:
\$175 per person

Corporate sponsorship
packages available

For ticket information
please call
the Foundation Office
at 613-526-7173

The Perley and Rideau Veterans' Health Centre Foundation

proudly presents its second annual

TOUR OF DUTY GALA FUNDRAISING EVENING

Wednesday, October 25, 2006

at the

Canadian War Museum

1 Vimy Place

6 p.m.

Special guest: Afghanistan casualty MCpl. Paul Franklin
of the Canadian Armed Forces

Perley Rideau's full-time dental team keeps seniors healthy and smiling

It's one of life's simple realities – good teeth enhance the quality of life.

That's why the dental team at Perley and Rideau Veterans' Health Centre is on a mission to provide the best possible care for residents in the facility and out in the community. The Perley Rideau is the only seniors' residence in Ottawa with full-time dental staff and there are very few elsewhere in the country.

The team of Dr. Sam Carson, dental assistant Hélène Brisson, and dental hygienist Liz Macfie provide teeth and gum care that are essential to seniors' overall health. Bad teeth can diminish seniors' quality of life by causing malnutrition and infection.

The team sees patients in well-equipped offices set up on the first floor at Perley Rideau. Veterans Affairs Canada ensures that the local veterans population has access to dental care. Non-veterans can take advantage of the services at the Perley Rideau Dental Clinic by covering the cost through individual health plans or personal payments.

Chain reaction of illness

"Every patient gets a thorough dental exam and any necessary x-rays so we can determine their needs," explains Dr. Carson, who has been a dentist for

25 years. "We make sure their oral health is in good condition. For emergency cases, we do our very best to see the patient the same day."

The most commonly occurring problems include pain, swelling, infection, and loose or broken teeth. Many seniors use dentures and bridges that require periodic maintenance and adjustment to remain comfortable.

Ms. Brisson, who has been a dental assistant for 21 years, warns that poor oral health can start a chain reaction of illness. Both Ms. Brisson and Ms. Macfie advocate that good dental hygiene is an essential element in seniors' health.

"You have to keep the mouth very healthy, or bacteria can cause pneumonia and all kinds of other medical problems," says Ms. Brisson. "Dental care is very important for elderly people, especially with all the medication they take that can cause a dry mouth. Saliva plays a big role in keeping the mouth healthy."

Ms. Macfie warns that seniors ignore tooth and gum care at their own peril: "All recent research indicates that good oral hygiene can help to prevent some cardiovascular diseases, aggravation of diabetes, and various respiratory diseases."

While the dental profession advocates a check-up every six

months or so for the general population, the Perley Rideau Dental Clinic may book patients as often as once a month for preventative hygiene and cleaning. The clinic team encourages two-way communication with Perley Rideau nursing staff to ensure proper hygiene measures are taken between appointments. It also helps when staff can help identify potential problems before they become critical.

When patients refuse treatment

If providing dental care for elderly patients sounds like a walk in the park, think again. Clinic staffers are frequently faced with seniors – often those suffering from dementia – who want nothing to do with dental hygiene. Some will retaliate at the notion of tooth brushing, let alone drilling cavities or fitting dentures.

To avoid the health of these patients from deteriorating, the team has to be innovative. In a field without reference books on how to deal with elderly dental patients, Dr. Carson and his team should think about writing one. They use a gentle touch, conversation, and reassurance to preoccupy anxious patients. In the worst case where a non-compliant patient requires emergency dental care, a sedative may be required.

"Some dementia patients live in constant fear and they need to feel secure all the time," says Ms. Brisson. "They don't like foreign objects coming at them, so we have to approach them from the side and keep talking to them. We have to find the right approach for each patient, so it makes dental work here very specialized and sometimes very difficult. It can be a slow process. But, I love it and wouldn't dream of doing anything else. It feels really good to know you helped somebody."

Some dementia patients find comfort in the chair

Not all dementia patients resist dental assistance. In fact, sometimes residents who display anxiety elsewhere in the facility will find solace in the dental chair.

"I've seen some people who might be having trouble with staff on the unit, but when they come into the dental clinic, it's like a far away memory," explains Ms. Brisson. "It's strange. They come in and sit down and open their mouth and never say a word. Perhaps they remember doing it as a child."

Dr. Carson and his team aren't predisposed to give every senior citizen a Hollywood smile. Their goal is to ensure patients are pain-free, comfortable and able to eat. The patients who attend the dental clinic are often satisfied with the status quo as long as their health is not in jeopardy.



The Perley Rideau Dental Clinic is renown for helping seniors with teeth and gum maintenance. Dr. Sam Carson, dental hygienist Liz Macfie and dental assistant H  l  ne Brisson welcome seniors from the health centre and the rest of the community.

"Often we could make a partial denture or a bridge for a patient, but are they going to get used to it after living many years without a full set of teeth?" Dr. Carson asks rhetorically. "We might make the nicest set of dentures, but the patient may not be able to get used to them. So, we try to keep them comfortable with what they have."

Families grateful for dental assistance

Ms. Brisson adds that introducing dentures to dementia patients isn't an option because they don't have the capacity to learn how to use them. Many dementia patients discard dentures they have worn for years because they are a source of irritation and frustration. Occasionally, family members insist that an elderly relative with dementia should be given

dentures and dental staff will acquiesce, but the success rate is limited.

"After 25 years as a dentist, I feel very privileged and honoured to provide dental care for this population," says Dr. Carson. "I've never worked with any group where the families are so grateful that their father or mother has access to dental care. It's a big relief for Perley Rideau patients because they don't need to travel to see a dentist."

Dr. Carson often travels locally to other Ottawa seniors' residences and private homes when patients can't get to the health centre. Veterans seeking dental care can reach the Perley Rideau Dental Clinic at (613) 526-7178. Non-veterans are invited to enquire about the services available by calling (613) 526-7171 extension 2365. **BU**



Open Forum

*By Greg Fougère, Executive Director and CEO
The Perley and Rideau Veterans' Health Centre*

Daily life at the Perley Rideau is rather like making a Hollywood movie – there are lots of important people behind the scenes whose names don't appear on the marquee.

Most of the time our centre runs so smoothly, we tend not to publicly recognize the support and administrative staff who work tirelessly to keep residents comfortable and happy.

A large long-term care home like ours requires delicate indoor environmental monitoring. Our Building Systems Operators do a fantastic job of keeping the air clean and comfortable. They maintain the heating and air conditioning systems that we take for granted. Maintenance helpers hang pictures of loved ones for residents, and they go to great lengths to repair and maintain the buildings. Security staff are entrusted with keeping residents safe and secure both day and night.

Housekeeping aides and cleaners are also an integral part of the Perley Rideau family. They clean residents' rooms and common areas so we may all take pride in our surroundings. As they interact with residents and staff, housekeeping personnel are a familiar and comforting sight for all.

The laundry aides and helpers at Perley Rideau are tireless – they wash and sanitize an endless cycle of personal items to make sure everyone is well dressed. The materiel management staff are yet another important cog in the machinery by ordering and delivering a variety of essential supplies to provide the best care for our residents.

No tribute would be complete without recognizing the essential role of a host of people who prepare food for the table. Hats off to our food and nutrition aides, cooks, and food services supervisors. Theirs is a balancing act of special meals for special needs, wholesome snacks and culinary variety. Mealtimes are the highlights of the day for many residents and our dietary staff bring creativity and expertise to work with them every day.

Our nursing staffing office ensures replacement employees are called in for vacationing nurses and they deal with last-minute staffing matters on a routine basis. The Admissions Coordinator coordinates all the necessary details to ensure a smooth transition when new residents join us at the Perley Rideau.

We are most fortunate to have dedicated people who toil quietly in human resources, finance, administrative support, transportation, employee health and much more. We intend to bring some of these folks to the forefront in future issues of *Between Us* because we believe you'll enjoy reading about them as much as we enjoy working with them.

Have a safe and relaxing summer.

A handwritten signature in black ink that reads "Greg Fougère". The signature is written in a cursive, flowing style.

Greg Fougère

Hank Healy..

continued from cover

About a dozen writers were recruited to send a steady stream of naval news back to headquarters in Ottawa, where it was edited and distributed to Canadian media. Although every government had propaganda machines running full bore, Hank tended to write profiles on crewmen that would ultimately run in their hometown papers. He wrote about the daily lives of many people back in those days, and he still has a thick stack of yellowed newspaper clippings to prove it.

"Just after D-Day, I had a story on the front page of *The Toronto Star* with a byline," Hank beams. "I was so excited. I told some stories of my own about hunting German e-boats, r-boats and u-boats."

The MTBs were heavily armed and very fast. They were designed to hunt under the cover of night for enemy e-boats (similar to the MTBs), r-boats (minesweepers) and submarines. In the waters off the coast of England, these fleet craft hunted each other relentlessly. It was a complex and dangerous game of hit and run where the first strike often depended on which crew saw the radar blip first.

The life of an MTB crewman was mostly nocturnal. After laying ashore all day, the ship would be readied in the evening and head to sea after the sun was slipping below the horizon. Meanwhile, German crews were making the same run from the



Hank Healy was chosen by the Royal Canadian Navy to write news stories on the boys and men who worked on the high seas during World War II. Healy's stories appeared in newspapers across Canada to shed some light on the navy's important contribution to the war effort. He wrote about that it's like to hunt the enemy after dark, and be hunted at the same time.

shores of Europe. The high-speed craft ran like black ghosts in the night as crewmen huddled over the lit dials looking for enemy craft.

Hank Healy explains that the first ship to spot an enemy on the scope would launch a star-shell that lit the surface of the sea like a midnight sun. As soon as the enemy was lit, the gunners would blast the craft with five-pounders and torpedoes in hopes of delivering it to the ocean floor. Depth charges were perched along the deck for u-boats that failed to evade the sonar operator. MTBs were not the posting of choice for the faint-at-heart.

"We'd go out about seven o'clock in the evening," says

Hank. "It was eerie, cold and black. I remember the first time I went onto the bridge to watch every move the captain made. Suddenly the sky would light up. We'd be going one direction and the e-boats would be moving toward us. It was a great when the star-shell was ours, but it was a terrible feeling if they sent up the star-shell. We were predators and so were they. We were a little faster, we thought. One night we brought down a plane with our anti-aircraft guns."

About a month after D-Day, the tables turned against Hank and the crew. They came under attack by German e-boats and r-boats and the air was suddenly filled with flying ammo.

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Perley Rideau donors help improve



Need a lift? The Perley Rideau needed a lift to assist residents and the Royal Canadian Legion Stittsville Branch came through big time with a cheque for \$8,000. **Michael Joubert** (left), program manager of our Rideau Building, accepts the donation from branch president **Judy Campbell**. They are joined by **Pat Warford**, president of the Ladies Auxiliary and deputy commander for Zone G-5; **John Leroux**, 1st vice-president; **Bev Currie**, Stittsville branch Poppy chair; and Zone G-5 commander **Ron Currie**.



New equipment: **Ivan Hawley** (left), president of the Royal Canada Legion Kanata Branch presents a donation to **Col. John Gardam**, chair of The Perley and Rideau Veterans' Health Centre Foundation. They are joined by **Reg Redknapp** (right), Poppy chair with the Kanata branch. The \$5,000 donation will be used to purchase medical equipment.



For the veterans: **Linda Wyman**, Poppy chair with the Royal Canadian Legion Greely and District Branch, presents a \$3,500 cheque to **Col. John Gardam**, chair of The Perley and Rideau Veterans' Health Centre Foundation. The donation will be used for equipment to help make veterans more comfortable at the centre.



Sweet dreams: A cheque for \$3,500 from the Royal Canadian Legion Bells Corners Branch 593 will provide bedside tables for veterans. From left to right are **Pat Nichols**, branch president; **Paul Finn**, managing director of The Perley and Rideau Veterans' Health Centre Foundation, **Phil Herbst**, branch member; **Col. John Gardam**, foundation chair; and **Shawn Taillion**, branch member.

the quality of life for our residents



Clear the track: Perley Rideau recreational therapist **Dave Harris** (left) joins **Paul Finn**, managing director of The Perley and Rideau Veterans' Health Centre Foundation in the annual Tour Nortel cycling event. In the past 13 years, the Tour Nortel fundraising event has contributed about \$200,000 to the health centre. Keep those pedals turning!



He shoots, we score: Col. John Gardam, chair of The Perley and Rideau Veterans' Health Centre Foundation, receives a generous donation from **MBdr. Derek Baylis**, organizer of the CFB Kingston Ball Hockey Tournament. Despite preparations to travel overseas for military operations, six teams competed in the tourney and raised \$1,700 for the health centre.



Naval artwork donated: The Perley and Rideau Veterans' Health Centre Foundation managing director **Paul Finn** (right) is pleased to receive renderings of the four HMCS Ottawa ships. **Commander Larry Jones** of the current HMCS Ottawa presented the artwork that now hangs in the Perley Rideau pub to the delight of patrons.



All hands on deck: Crew members of the HMCS Ottawa have visited veterans in the ship's hometown namesake for three years running. The Perley Rideau is a proud and willing host when the crew comes ashore.

continued next page ►

Perley Rideau donors... *continued from previous page*



Canada's golden girl: Canadian 1948 Olympic gold medallist figure skater **Barbara Ann Scott** and her husband **Thomas King** present a cheque to Perley Rideau foundation managing director **Paul Finn**. Perley Rideau residents remember her award-winning skate with pride and take great pleasure in meeting one of our national icons.



Tree of Life donation: Members of the Airborne Regiment Association of Canada make a generous donation to Perley Rideau Foundation managing director **Paul Finn** (centre). The Tree of Life has been a very successful fundraiser for the health centre.



Zone G-5 Veterans Gala: The Perley Rideau foundation received a \$7,000 cheque from the Zone G-5 Veterans Gala held in September. From left to right are Zone G-5 commander **Ron Currie**, Ottawa mayor **Bob Chiarelli**, Perley Rideau foundation chair **Col. John Gardam**, Gala chair **Ron Allaire**, and foundation managing director **Paul Finn**.



Trust the poppies: **John Cher**, chairman of the Poppy Trust at Royal Canadian Legion Branch 638 in Kanata presents a donation cheque to Perley Rideau foundation managing director **Paul Finn**. The donation is another reminder of the close relationship that exists between the Legion and the Perley Rideau.



Generosity has a domino effect

*By Paul Finn, Managing Director
The Perley and Rideau Veterans' Health Centre Foundation*

The public and corporate donations we receive have a significant positive impact on every single resident who calls the Perley Rideau home.

This would be a much different place without the generosity of so many people who share their good fortune with us. Donors help to furnish the programs, equipment and amenities that enhance the basic services provided by provincial coffers. Government allocations provide the necessities at a long-term health facility, but your donations provide the amenities that make residents comfortable and happy. Indeed, comfort and joy should not be underrated.

Many of our donors regard their gifts as returning a favour to the generations that helped to forge the Canada we have all come to know and love. They know that the legacy left by our parents and grandparents deserves their support and encouragement. Without the guidance and hard work of our forebears, none among us

would have the means with which to repay them.

As managing director of the foundation, I know that it is important to make the donation process efficient for all concerned. We treat our donors well by responding quickly with prompt deposits and receipts. We always tell our donors how their donations were used so they will know what kind of impact their money is having.

The Perley Rideau is regarded as one of the best long-term health facilities in the province and we work everyday to earn that distinction. Our donors should rest assured that their role in maintaining that respect is both necessary and much appreciated.

For details on how you can help, please give me a call at (613) 526-7194.

Have a great summer! **BU**

Publications Mail Agreement No. 40069406

Return Undeliverable Canadian Addresses to
The Perley and Rideau Veterans' Health
Centre Foundation
1750 Russell Road, Ottawa, ON K1G 5Z6

Donors make the difference

The Perley Rideau Foundation depends upon its donors' generosity of spirit.

Last year, your donations made these things possible:

- Creative arts therapy: \$115,000
- Wheelchair accessible bus: \$124,000
- Bursary and education: \$28,000
- Mini-putt golf course: \$25,000
- New beds: \$23,000
- Transportation services: \$23,000
- Courtyard upgrades: \$21,500
- New appliances: \$18,000
- Furniture upgrade: \$4,000
- Bathroom grab bars: \$3,100

Here are a few of our aspirations for 2006:

- Creative arts therapy: \$125,000
- Bursary in education: \$28,000
- Essential equipment: \$93,000
- Outdoor upgrades: \$50,000
- Dementia assistance: \$25,000
- Summer Youth Program: \$3,000

The Perley Rideau Foundation is grateful for your consideration in helping us help others. In this competitive climate of charities and organizations soliciting your donations, we do appreciate your carefully considered choice in helping to augment our health centre year after year. **BU**

Compassionate response to plea for books for Nigerian students

The quest of a Perley Rideau night-shift residents' assistant to provide reading materials for Nigerian students is one step closer to reality.



Innocent Chiasaokwu appealed to the local community for reading materials in the local media and he has been besieged with more than 300 boxes of reading material to date. His plea for books and magazines in the Spring 2006 issue of *Between Us* and the June 2006 issue of the *Riverviews* community association newspaper has resonated with many local people.

"I'm very happy and surprised with the way people have responded to it," says Innocent. "It shows that Canadians care about those outside. The amount of compassion surprises me - I never would have expected that. I hope we can make this a continuous project."

Innocent says he has been busy responding to calls from the people who have contributed the roughly 300 boxes of reading material he now has in storage. He believes there may be sufficient books and magazines to fill a 20-foot shipping container, which would cost about US\$3,500 to send to Nigeria. Negotiations to defray shipping costs are under way

with the Nigerian High Commission, but Innocent is hoping donations from the public will expedite the shipment.

Having moved to Canada in 1993, Innocent returned to his native Nigeria in 2000 to find school library shelves nearly empty. Since that time, he has been buying books and sending them to his alma mater and now he is appealing to all interested citizens to donate to the cause. He is seeking materials for all ages, including manuals, textbooks, paperbacks, magazines and anything else that is readable.

Persons with reading materials or donations are invited to call Innocent at (613) 797-1348. **BU**

Hank Healy... *continued from page 7*

"We had a hard go that night," he recalls. "They got to us first. They fought like hell and we fought like hell and when it was over, we sank two of their boats and we had a lot of casualties, but nobody was killed.

"About eight weeks later, I was in London and called into Buckingham Palace to cover an awards ceremony. I stood in front of King George VI as he gave medals to the guys I served with. They joked later that they received the awards because of me. When they got shot up that

night, I gave them shots of morphine in the back, which they said hurt more than the German guns."

Hank met his wife, Marguerite, in Halifax shortly after she had enlisted in the Wrens. They had a casual acquaintance until a lucky meeting later in London, England, where they would marry during the war. Hank and "Mickie" raised a family of six children. She passed on four years ago from the same lung ailment that Hank has today.

After the war, newspaper publishers were paying reporters less than the burgeoning companies in search of sharp-minded public relations staffers. Hank spent the rest of his career in PR with companies that included the Tea Market Expansion Board, Ford Motor Company, House of Seagram and the Association of Canadian Advertisers.

It is clearly evident after an engaging chat that Hank could be working successfully in public relations even still. **BU**



Donations are gratefully received

By Col. (Ret) John Gardam, Chair
The Perley and Rideau Veterans' Health Centre Foundation

Your donations make a real difference to the 450 residents, staff, doctors and nurses at the Perley Rideau.

We know that many organizations are competing for your charitable donations and we thank you for choosing the Perley Rideau.

Your generosity provides music and dance therapy programs, staff bursaries for skills enhancement, landscaped gardens and courtyards, decorated lounges, lobbies and bathrooms, and much more. The funds also provide respite and convalescent programs, and essential equipment for people with dementia.

Thank you for your wonderful support and for thinking of us in the future. **BU**

New Resident Assessment Instrument management tool will improve resident care

The Ontario Ministry of Health and Long-Term Care has chosen the Perley Rideau as an early adopter in the Long-Term Care Homes Common Assessment Project.

The Resident Assessment Instrument Minimum Data Set 2.0 (RAI MDS 2.0) is a leading care management tool used in over 20 countries to improve health care for people who are elderly, frail or disabled.

This evidence-based assessment tool examines each resident's abilities, preferences, and personal care needs. It supports interdisciplinary care with both the resident and family playing an integral role in the process. The province plans to use the RAI MDS 2.0 tool in all of its long-term homes in the future.

"The Ministry of Health and Long-Term Care expects to learn from the challenges faced at the Perley Rideau in implementing

this assessment," explains Dianne Hurren, Manager, Nursing Practice. "This comprehensive assessment tool has everything to do with improving resident care planning.

"Emphasis is placed on optimizing resident independence, restorative care and behaviour management," she adds. "It looks at what the residents can do, rather than what they cannot do. It will assess customary routine, cognition, communication and hearing, mood and behaviour, psychosocial well-being, physical functioning and rehabilitation, skin status, continence, nutrition status, activity pursuits and other important areas of assessment."

The assessment will be completed by all members of the interdisciplinary team on admission, quarterly and whenever there is a significant change in a resident's condition. Certain

responses in the assessment act as triggers to identify potential problems that may require further investigation.

All Perley Rideau residents will receive a full assessment over the summer, which is a massive undertaking for staff members.

"Implementation of RAI MDS 2.0 has resulted in changes in the way care is documented," says Ms. Hurren. "It requires significant amounts of staff education. Change is always difficult, but we are moving forward and continue to overcome the hurdles.

"The Perley Rideau is once again at the forefront of learning and implementing innovative ways to improve resident care," she adds. "I am confident that once this system has been fully implemented, the excellent care provided at the Perley Rideau will be clearly evident. And thanks to this new tool, it will also be measurable." **BU**

The Perley Rideau's route to future success is triumph over challenge

EXCERPTS FROM
THE 2005 REPORTS
TO THE PERLEY RIDEAU

Annual General Meeting

The report for 2005 tabled at the Perley Rideau's Annual General meeting by Chairman Richard Charlebois, and Greg Fougère, Executive Director and CEO noted, "2005 and the beginning of 2006 have been very active and for the most part successful times, with challenges we have dealt with positively and effectively. We are heading into a year with more funding challenges, but we commit to you to do our very best to provide and advocate for the best care for the people we serve and our community."

Tenth anniversary

The tenth anniversary celebrations last month were a resounding success, and we would like to thank Murray Johnston and a planning team of staff, volunteers and neighbours for their hard work. The resulting media coverage helps us to continue to build our profile in our community.

Resident care

We are pleased to report that the Perley Rideau continues to be a preferred long-term care home, as evidenced not only by the numerous positive comments we receive from residents and their families but also by our lengthy list of applicants waiting

for admission. In 2005, we also received Canadian Council on Health Services Accreditation renewal for achieving nationally recognized standards for care and service.

Staff and volunteers

Over 700 people work at the Health Centre, representing the equivalent of more than 500 full-time staff. In addition, close to 400 volunteers provide additional support to residents.

Strategic plan and program growth

At the Annual General Meeting one year ago we launched the Perley Rideau 2005-2010 Strategic Plan. In February 2005 the Strategic Planning Committee reported on the level of accomplishment of the 2005 Implementation Plan.

Partnerships and community

One key project which evolved over the past five 5 years and crystallized in 2005 was the collaborative work with the local Alzheimer Society and Victorian Order of Nurses to build and operate a 12-bedroom Guest House for respite for people affected by early- to mid-stages of dementia.

Government relations and advocacy

The Executive Director and several managers and staff have been involved in provincial policy matters related to various aspects of long-term care. Our active participation in our provincial not-for-profit Association and other government initiatives allows us to contribute to policy change related to long-term care.

Finances

The Board of Directors had approved a balanced budget for 2005, and we ended the year with a very modest surplus. Unfortunately, the financial picture for 2006 and future years does not look as positive. The Board had to approve a deficit budget of over \$300,000 for 2006. These financial pressures are of concern to the Board, and a funding advocacy plan is being considered to attempt to correct this situation.

Foundation support

In 2005 the Foundation provided additional funds from donors of \$548,000. As well, the Foundation is actively raising additional funds for the Guest House project. This support is very appreciated and allows us to go beyond what we would otherwise be able to do for residents and the community.

Board committees

The Board has eight active committees and task groups, including the Executive Committee, Audit Committee, Nominating and Governance Committee, Strategic Planning Committee, Quality of Care Committee, Public Relations Committee, the Local Health Integration Network Task Force, and the Community Liaison Committee. **BU**



Perley Rideau's Executive Director and CEO **Greg Fougère** (left) and Chairman **Richard Charlebois**

Medical Staff

| | |
|-------------------|------------------|
| Dr. P.S. Bhoi | Dr. J. Salcedo |
| Dr. D.R. Bishop | Dr. S. Sollars |
| Dr. L. Bloom | Dr. P.D. Stewart |
| Dr. H. Brown | Dr. D.J. Tobin |
| Dr. A.M. Hamilton | Dr. G. Uppal |
| Dr. C. Ngo-Minh | Dr. M.D. Yachnin |
| Dr. B. Robert | |

Board of Directors

for 2006-07

| | |
|----------------------------------|------------------|
| David Bell | Bill Leach |
| Satya Brink | Margaret Manson |
| Claudia Buckley | Peter Martin |
| Richard Charlebois (Chairman) | Myra McKeen |
| | Joan Pennefather |
| John Gardham | Susan Scott |
| Peter Harle | James Smith |
| Murray Johnston | Peter Strum |

Honorary Members

| | |
|------------------|----------------------|
| Deborah Bennett | Ken Johnson |
| Wayne K. Bond | Allan D. Lumsden |
| Arthur Collin | Sheila A. Murray |
| Gerald S. Conger | Margot E. Panet |
| R. Evan L. Gill | Edgar N. Rhodes, Jr. |
| John G.M. Hooper | Charles Watt |

The Perley and Rideau Veterans' Health Centre Condensed Financial Statements

Year ended December 31, 2005

Statement of Financial Position

| | |
|---------------------|----------------------|
| Assets | |
| Current Assets | 5,532,690 |
| Fixed Assets | 50,681,235 |
| Total Assets | \$ 56,213,925 |

Liabilities and Net Asset Surplus

| | |
|-------------------------------------------------------|----------------------|
| Current Liabilities | 4,074,993 |
| Long Term Debt | 741,244 |
| Employee Future Benefits | 2,607,500 |
| Deferred contributions related to capital assets | 48,299,328 |
| Net Asset Surplus | 490,860 |
| Total Liabilities and Net Asset Deficiency | \$ 56,213,925 |

Statement of Revenue and Expenditures

| | |
|---------------------------------------|----------------------|
| Operating Per Diem Revenue | 30,450,659 |
| Other Revenue | 6,245,936 |
| Prior year per diem grants adjustment | 341,818 |
| Total Revenue | \$ 37,038,413 |

Operating Expenditures

| | |
|-----------------------------------------------|----------------------|
| General Long term care facility operations | 32,252,019 |
| Other Expenditures | 4,714,751 |
| Total Operating Expenditures | \$ 36,966,770 |

| | |
|--------------------------------------------|------------------|
| Excess of revenue over expenditures | \$ 71,643 |
|--------------------------------------------|------------------|

The Perley and Rideau Veterans' Health Centre Foundation

Memorial Tributes

May 1 to June 29, 2006

Honour someone special with a donation to The Perley and Rideau Veterans' Health Centre Foundation

Mr. John (Jack) Baxter • Ms. Jeane Blaser
LCol. Lionel Claudis Brasseur (Ret'd) • Mr. Richard Buckingham
Maunsell Buckwell • Mrs. Rita Burke • Mr. Edward Burridge
Ms. Carrie Campbell • Mrs. Winifred Canty • Mr. Nick Carter
Mr. Frank Champion-Demers • Group Captain S.L. Chappell, CD (Ret'd)
Mr. Maurice G. Clennett • Mr. Gordon Cochrane • Mr. Maurice Corbeil
Mr. Harold Cunningham • Ms. Mary Currie • Mr. John Arthur Darling
Mr. Leo Desarmia • Mr. William "Bill" Dickie • Mr. Ernest Duern
Mr. William J. Elliott • Mrs. Elsa "Peggy" Endemann
Mr. Robert Faulkner • Ms. Edith May Flegel
Mr. Hal (Arthur M.) Hallonquist
Brigadier General O.A. "Hoppy" Hopkins • Mr. George Kennedy
Mr. John Kerr • Mr. Edmond Joseph Kilmartin
Mr. Andre Lalande • Mr. Kenneth Leathem • Mr. Robert MacMillan
Colonel Donald Fraser MacRae M.C. • Mr. Douglas Manary
Mrs. Ruth Marchington • Mr. Earl Mason • Mr. Edgar Mason
Mrs. Doris Mattice • Mr. Crighton Mitchell • Mr. Allan Moffatt
Ms. Loreen "Molly" Norton • Mrs. Colombe O'Keefe
Mr. Robert Alan Parry • Mrs. Bernice Patrick
Mrs. Mary Raymond-Shaw • Mr. Edward B. Ricketts
Mr. Alonzo R. Robinson • Mr. John G. Scott • Mr. Kenneth Shanks
Mr. John Ernest Shoultz • Mr. C. John Small • Mr. Hubert J. Snow
Mr. Maurice Soame • Mr. Benjamin Stafford • Ms. Annette Theriault
Mrs. Irene Vant • Mrs. Mary Woloschuk • Mr. Workman

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Perley Rideau

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

The Perley and Rideau Veterans' Health Centre is a 450-bed long-term care home with 250 beds designated for veterans

Greg Fougère

Executive Director and CEO

Richard Charlebois

Board Chairman

Colonel John Gardam

Foundation Chairman

Paul S. Finn

Foundation Managing Director

Between Us is published quarterly by the Perley Rideau Foundation to keep the community informed of the activities of the Health Centre

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Designer: Karen Kershaw

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