



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

# Between Us

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

WINTER 2011-12



Brant Scott photo

## Maurice Saulnier: The wireless air gunner who grew into social work

By Brant Scott

At about the same age that teens nowadays learn how to use the dishwasher, Maurice Saulnier was wedged into a Lancaster bomber dropping blockbusters on German cities in the inky black of night.

Maurice says clocking in now at 89 years old is "ridiculous." He is astonished at how quickly the years slipped by, and wonders if his health will improve enough to lose his recently acquired electric wheelchair. Not that long ago, Maurice was a top-notch RCAF wireless radio operator with an uncanny ability to scramble Morse Code messages. And, he knew how to hustle into a bomber turret to replace a hapless gunner who might have lost his battle with an enemy fighter.

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### MORSE CODE WIZARD:

Maurice Saulnier flew 30 successful bomber missions in WWII before returning to Canada. He enjoyed a long career as a federal government social worker. He now resides at the Perley Rideau and has created many interesting projects in the woodworking shop.

## Construction under way to build new Perley Rideau seniors' housing project

By Brant Scott

The shovels are now deep in the dirt beside Russell Road -- and the Perley and Rideau Veteran's Health Centre is poised to be forever transformed.

The Seniors' Village concept is leaping off the drafting board and onto the landscape as construction workers prepare to build two new seniors' residences abutting the Perley Rideau's main building and Russell Road. The housing project accommodates the province's pressing need to deliver assisted living services to seniors and the baby boomers following in their footsteps.

Construction is under way on 139 apartments split between two buildings that are as yet unnamed. They could some day bear the names

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of generous donors or in honour of a loved one. The \$44 million project will be funded through an Ontario Infrastructure and Lands Corporation mortgage, a contribution from the City of Ottawa, federal and provincial infrastructure funds, the health centre, and the Perley and Rideau Veterans' Health Centre Foundation.

Building A, which will be attached to the front of the existing Perley Centre building where the parking lot is currently situated, will be five storeys and contain 94 apartments scheduled to open in August 2013. Building B will be three storeys and sit on the abandoned baseball diamond near Russell Road and offer 45 apartments ready for tenants by January 2013.

The seniors' housing project is designed to promote independence with assisted living services available on an as-needed basis. Most residents will be 75 years or older and occupancy is estimated at between 200 and 225 seniors, depending on how many couples reside together. There is a lack of assisted living dwellings in Ottawa. More hospital beds can become available when seniors who are not seriously ill have access to housing with assisted living support.

Perley Rideau CEO Greg Fougère says discussions are under way for tenant access to the health centre's amenities and services.

"Consistent with creating a Seniors' Village, tenant access to our array of services is unique," he explains. "We will be putting together a plan while Buildings A and B are under construction. In some cases, a fee would apply because the Perley Rideau cannot fund programs to tenants through dedicated long-term care government funding.

"Veterans Affairs Canada will be approached to determine the services that will be made available to veteran tenants, such as our Creative Arts and Recreation programs and other services available to our veteran long-term care residents. Veteran tenants would automatically enjoy access to the Perley Rideau's dental program without cost, as well as other treatments and services covered by a veteran's Blue Cross coverage. A fee for the services will be determined for the broader seniors' community."

There are no health requirements, but potential tenants cannot need a level of care greater than the capabilities of the assisted living

## Assisted Living Services for High Risk Seniors Policy 2011

*The following excerpt from this policy provides the detailed assisted living services that will be available to tenants:*

- Personal Support Services including dressing, personal hygiene, assisting with mobility, assisting and monitoring medication use and other routine activities of living. These services shall be available at all times (24/7) both on a scheduled and unscheduled basis.
- Homemaking services including shopping, housecleaning, and meal preparation that are necessary to maintain people in their own residences but that they are unable to perform safely for themselves. These services shall be available at all times (24/7) both on a scheduled and unscheduled basis.
- Security checks or reassurance services including visits to assure client health or safety.

These services shall be provided to address the individual needs of clients based on their clinical condition or environment. These services shall be available at all times (24/7) both on a scheduled and unscheduled basis.

- Care Co-ordination including co-ordinating all elements of client care. The care co-ordination role shall include the assessment of applicants' needs, determination of eligibility based on the eligibility criteria set out in this policy, and the development, review, evaluation and revision of a plan of service relating to the provision of assisted living services.

**Note:** Additional services would be available to eligible veterans through the federal Veterans' Independence Program

*(Source: Government of Ontario)*



**PROUD CHIEF EXECUTIVE:** Perley Rideau CEO Greg Fougère has been the engine behind construction plans for two new residential buildings at the health centre's Russell Road site. Building is under way on 139 new apartments for seniors who will have access to health care assistance as required.

services. Tenants may also be independent and require no special care.

At this time, the construction plans do not include a dining room for meal service because tenants have full kitchens in one- and two-bedroom apartments. Individual studio apartments have been "clustered" for tenants with early stage dementia and will have kitchenettes. These tenants will share a common kitchen and dining room where meals will be prepared and served through the assisted living program. (see Open Forum on page 4)

"Supporting independence is a key goal in this type of accommodation and service," says Fougère. "Meal plans will be researched further to determine what may be possible. The main kitchen at the Perley Rideau can provide meals-on-wheels to interested tenants who live in the one- and two-bedroom apartments for an additional fee.

"There is a large second-floor events room and theatre available to tenants with a serving area shared between the two function rooms," he adds. "If other rooms like Lupton Hall are needed, these can be arranged for a modest fee. The chapel will be available for religious services to all tenants at no cost, except for weddings and

other events where a fee may apply for certain activities."

There is no Perley Rideau fee for assisted living services because they are funded directly by the provincial government for seniors. The Champlain Local Health Integrated Network (LHIN) is one of Ontario's 14 regional organizations to integrate and fund health care in this area. Details of assisted living services were made public through the *Assisted Living Services for High Risk Seniors Policy 2011*, which is available on the Champlain LHIN website.

There will be 45 of the 139 apartments available at below-market-rent for seniors in need.

Those units may be rented for roughly 80 percent of the going rate -- see the Social Housing Registry of Ottawa web site for application details. The 45 below-market-rent units will be added to Ottawa's registry inventory in the new year.

The Seniors' Village housing project has been on the drawing board for four years and was finally approved by the Perley Rideau Board of Directors on November 10, 2011. (See the Summer 2010 issue of *Between Us*). The health centre will be offering opportunities to local organizations to provide services relevant to the needs of tenants and the 450 long-term care Perley Rideau residents who reside in the Seniors' Village.

"We are very excited to see all the construction activity now," says CEO Fougère. "Residents, families, staff and volunteers are handling the temporary disruption very well so far and we know it will be worth it in the long run. We look forward to welcoming tenants to join our residents in the new Perley Rideau Seniors' Village. We're hoping some tenants will take an interest in helping out as health centre volunteers to provide a mutual benefit for everyone." **BU**

# Open Forum

By Greg Fougère, Chief Executive Officer  
The Perley and Rideau Veterans' Health Centre



## Introducing special housing for tenants with dementia

**W**e are very pleased to introduce an innovative approach to building new housing for seniors with Alzheimer's disease and related dementias.

The Perley and Rideau Veteran's Health Centre is proud to continue blazing trails by integrating a unique kind of accommodation into our new Seniors' Village housing project currently under construction. Recent visitors to our health centre have noticed that construction has begun on Buildings A and B connected to the front entrance of our main building and adjacent to Russell Road. We're on our way!

From the very first planning stages, we were careful to include dedicated housing for tenants with Alzheimer's disease and related dementias who are not at the higher care level provided for long-term care residents. The Perley Rideau has acquired a sterling reputation for understanding the needs of people affected by dementia. We already care for many residents affected by dementias in our health centre. And of course, we introduced the 12-bedroom Guest House to allow Alzheimer's disease caregivers some respite time on their own. Our popular Day Program for people affected by dementia has been operating for more than a decade. Carefor Health & Community Services is a valued partner in offering these services.

The seniors' housing project will incorporate four special "clusters" of 10 studio apartments where tenants with early-stage dementias can

thrive. These 40 modern and well-appointed apartments will be supervised by qualified personal support workers who specialize in assisting tenants affected by dementia. This living situation caters to those who don't yet require long-term care, but who do need a supportive environment.

Individual studio apartments will have a bed-living room, bathroom and kitchenette. Each cluster of 10 studio apartments will share a common kitchen and living area, library, den and dining room. A personal support worker will be present in each cluster to assist with daily living activities. Residents will be encouraged to assist with meal preparation and other day-to-day activities.

The cluster concept is designed to provide tenants with as much independence as they feel comfortable with, and as much assistance as they want at the same time. This balance of "freedom with support" gives tenants great satisfaction in knowing they can continue to live their private lives and still receive help as needed.

We at the Perley Rideau are well aware that most families feel some apprehension when they move a loved one into a new environment. Our four clusters are designed to give family members confidence as well, by assuring them their loved ones are getting the very best care available anywhere. It's what we have been doing at the Perley Rideau for many years, and this exciting advancement in clustered living will

come as welcome and exciting news for many families.

A rental office will soon be set up to accept applications from the public. In the meantime, for information and expressions of interest for the seniors' housing project, please contact Judy Woodstock, Executive Assistant, at 613-526-7170 ext. 2001. Well over 100 people have already added their names to the list of interested future tenants.

And may I wish all *Between Us* readers a safe and delightful holiday season.



Greg Fougère, CEO

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## Maurice Saulnier: Wireless air gunner ... *continued from page 1*

These would be other skills that our teenagers today – fortunately – will never know.



**YOUNG WIRELESS OPERATOR:** Maurice Saulnier joined the ranks of so many of his generation by signing on for active service in Europe. At just 16, he was determined to do his part to save the world from Nazi aggression. He was soon dropping bombs on the enemy and completed 30 successful missions.

When Canada's youth was racing to sign up for overseas duty, Maurice was a 16-year-old grade 11 student who was showing great academic promise. He decided to put the books away for a short time, because everyone knew the war would be a short one. Maurice made up his mind to head for Halifax to sign on for active duty, but the fireworks started even before he left home. His mother flatly refused to provide the fare to travel from his hometown of Little Brook NS to Halifax. She said he was too young and refused to encourage his lunacy. So he hitch-hiked.

"I was soon off to Brandon, Manitoba in the middle of winter for training," Maurice recalls. "There were hundreds of us sleeping in a hockey rink on bunk beds. I was a lowly AC 2 (Aircraftman 2nd Class) and they wanted me to learn to fix airplanes. I tried, but I hated it. I wanted to be in the planes, not under them. I applied to re-muster, but my lungs weren't up to capacity for flying. So, I ran around the perimeter of the camp every night for a couple of weeks and was finally able to blow hard and long enough to move the mercury up the tube on the testing equipment. I was in."

Maurice moved on to the University of Calgary to become a pilot, but he soon agreed that he wasn't suited to taking the controls because he lacked the coordination. Once settled

*See page 8*

# Perley Rideau Foundation Legacy Club lets us honour your future generosity

By Daniel Clapin, ACFRE, Managing Director  
The Perley and Rideau Veterans' Health Centre Foundation



**H**ave you ever wondered what your legacy will be?

Many of us ponder how our grandchildren will remember us after we're gone. We all hope their children and the ensuing generations will know we were here. As much as we want to leave a positive and lasting legacy behind us, let's consider how we might actually be able to affect how we are remembered.

The new Perley Rideau Foundation Legacy Club can help. We are launching this special club to provide the opportunity for our donors to be recognized for leaving a portion of their estate to the Foundation in their will.

For the first time, we are introducing a program for legacy benefactors. By being a charter member of the Perley Rideau Foundation Legacy Club, the Foundation will have an opportunity to honour you personally.

I will invite Club members to visit with me and a veteran or community resident so you can see the faces of the people you are helping at the Perley Rideau. As you know from reading our publication, *Between Us*, their stories are never boring! As always, the wishes of donors who want to remain anonymous will always be respected, too.

Most of us realize that settling our affairs now helps the legal process move more smoothly later on. I always agree that family should come first in a will. Next, many people choose to provide for their place of worship. The third beneficiary is often charity. You may wish to think of charity as an adopted child who needs nurturing during your life and beyond.

I intend to host a Perley Rideau Foundation Legacy Club reception at some point in the new year to honour those who donate to us through their wills. It will give me an opportunity to discuss how your generosity will be helping others long into the future. I hope future club get-togethers will feature special guest speakers and topics on the health centre. For the Foundation's part, we are here to help make the legacy proposition as comfortable and straight-forward as possible. We want you to feel good about the decisions you make.

If you have a will already, experts advise that you revisit it every few years to reflect the changes that occur in our lives. Many of us create a will when we're in our 40s or 50s, and the beneficiaries we choose can change significantly over the decades. Wills can require tweaking and an estate lawyer can suggest the best way to move forward.

The Perley Rideau Foundation has been the grateful recipient of many acts of kindness over the years, including wills that have been quite substantive. When donors choose us as their legacy charity of choice, we hope they will share that decision with us as soon as it's made. It helps us plan for the future and provides an opportunity for us to express our sincere thanks. Your generosity is legendary for the comfort and quality of life it provides to our residents -- this would be a very different place without your assistance.

Please let me know if you would like to be involved as a charter member of the Perley Rideau Foundation Legacy Club. Or, feel free

to contact me for more information on the club, without an obligation to join. I am always available to assist with your questions. I can be contacted directly at 613-526-7194.

Here's hoping you have the best Christmas ever with family and friends!



Daniel Clapin, Foundation Managing Director

*The Perley Rideau is home to  
450 residents, 250 of whom are war veterans*

*We appreciate your support in making a  
bequest in your will and/or  
making a donation*

*Please contact Daniel Clapin  
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# 11<sup>th</sup> Annual Perley Rideau Night at the Races

**Purchase your ticket early!**

**It was a SELLOUT the last ten years**

**We invite you to support this event by getting together with  
family, friends and colleagues and purchase a table for 4 or 6 people**

**May 4, 2012**

Dinner — 6:00 p.m.      Post time — 6:30 p.m.

Rideau Carleton Raceway and Slots, 4837 Albion Rd.

Have fun and support a great cause! There will be a silent auction and lots of great raffle prizes to win.

\$60 (includes a \$25 income tax receipt)

**Please see us at the Foundation office to purchase tickets or phone 613-526-7173.**

**Or send a cheque made payable to  
Perley Rideau Foundation at 1750 Russell Road, Ottawa ON K1G 5Z6.**

Buffet dinner features over 100 fine foods

Coffee or tea - dessert - Live race program - Entertainment vouchers for slot machines and races

Complimentary parking and valet parking

Gratuities included

**Maurice Saulnier: Wireless air gunner ...** *continued from page 5*

in England, he was first assigned to fly in Halifax bombers with the No. 427 Lion Squadron, and he later joined a Lancaster crew in the 428 “Ghost” Squadron. The latter was given its unfortunate nickname because the squadron had been completely wiped out twice.

“They asked if I wanted to be a navigator, but I wasn’t interested,” he says. “So they gave me a test for Morse Code and I creamed it. That’s when they told me, ‘you’re now a wireless air gunner.’ It took about a year to get good enough on Morse to learn 24 words a minute, but I got there. I would soon be assigned to a Lancaster with the best crew any where and we would fly a full 30 missions.”

The navigator sits behind the pilot and the wireless air gunner sits behind the navigator in a Lancaster. Maurice had his own small glassed-in cupola where he could stand up and watch for incoming fighters and flak. The tail gunner would

communicate with the pilot via headset to suggest evasive manoeuvres to avoid German fighters. When a fighter chose the bomber as quarry, good pilots could corkscrew their lumbering bomber downward to pick up speed and shake off the skilled German aviators. Even at times like these, Maurice says he was never afraid.

“We were very, very well trained,” he explains. “I wasn’t scared, because when we stepped into that aircraft, we were filled with confidence. Our pilot and navigator both got the DFC (Distinguished Flying Cross). They were both of German descent – their names were Swartz and Gilder. It was ironic that we were bombing the hell out of Germany, and I was French from Nova Scotia, and we bombed the hell out of some French cities, too.”

The wireless air gunner ran the radios to converse with ground command, the other planes in the air, and with crew members inside the

aircraft. Maurice was also trained in operating the gun turrets in case a gunner was disabled. As it turned out, he stuck by his radio through 30 missions and never needed to cram himself into a glass turret for all the world to shoot at.

Maurice flew with his crew many times to drop blockbuster and incendiary bombs on coastal submarine pens and targets farther up the Ruhr Valley. He has since received many compliments for his clear and concise flight book records, which often cited, “Whole city ablaze – Moderate flak barrage.” Maurice recalls public criticism arising over bombing Dresden and

Date	Hour	Aircraft Type and No.	Pilot	Duty	REMARKS (Including results of bombing, gunnery, exercises, etc.)	Flying Times	
						Day	Night
4-4-45		LANC. NA-O	S/J SWARTZ	"28"	OPS. MERSEBURG	1x4000 2x250 2x250	9:05
			F/O WILSON	AND DICKIE	BOMBED OIL PLANT 10% CLOUD HEAVY FLAK AND S/A CONCENTRATIONS.		
10-4-45		LANC. NA-O	S/J SWARTZ	"29"	DAY OPS. LEIPZIG	1x4000 2x250 2x250	8:45
			AIR COMMODORE	M'CBURNEY	"PASSENGER"	LIGHT FLAK - HIT MARSHALLING YARDS BANG ON. TWO LANCS SEEN GOING DOWN ON FIRE	
13-4-45		LANC. NA-O	S/J SWARTZ	"30"	OPS. KIEL (HARBOUR)	1x4000 4x100 2x250	5:45
					HEAVY FLAK BARRAGE. 10% CLOUD. FAIR PRANG! DIVERTED TO CHURCH BROUGHTON. RETURN FROM CHURCH BROUGHTON.		:40
14-4-45		LANC. NA-O	S/J SWARTZ	w/o p.			
SCREENED 17-4-45							
R.R. Sumner 1/16 p.m. O.C. B FLIGHT							
APRIL TOTAL						9:25	14:50
OP HOURS TO DATE						204:10	
GRAND TOTAL						24:15	
Total Time						475:05	444:50

**SCREENED AFTER MISSION 30:** The meticulous flight book kept by Maurice Saulnier shows he was “screened” after his 30<sup>th</sup> bomber mission on April 17, 1945. Screening allows airmen to stand down after their 30-mission tenure. Many would return home for training as instructors. On his 29<sup>th</sup> mission, Maurice writes, “Two Lancs seen going down on fire.” Small wonder airmen might hesitate to sign up for another 30 missions.



other undefended cities, but says sometimes the Germans just guessed wrong about where the allies would hit. An undefended target is still a target.

If concern over avoiding enemy fire wasn't enough, the nighttime bomb crews were in danger from their own people, too.

"There was all kinds of enemy flak over some of our targets, but you had to watch your own planes above you didn't hit you with their bombs," Maurice explains. "Over the target I would sometimes let

my radio go and stand up in the cupola and watch. There were times I had to yell at the pilot, 'Quick, left, turn left!' because the plane above us was dropping its bombs. This is the most dangerous part of the mission, because you could get bombed by your own people. It didn't happen often, but it did happen. And sometimes I would decode a message that said 'return to base' before we dropped our bombs because our target had just been taken over by our own army on the ground. If you miss that message, you end up bombing your own side."

After Maurice finished his 30 missions, he returned to Yarmouth near his home and trained as an instructor. When the war was over, and recognizing the value of a good education, Maurice picked up where he left off by entering St. Francis Xavier University. He chose social work as a prospective career and made the most of it for many years.

"I spent six years in university to become a social worker, paid for by the Canadian government," he explains. "I ended up working



**TICKET TO THE FUTURE:** Before Maurice Saulnier joined the RCAF at 16, he was a good high school student. Upon his return to Canada, Maurice took full advantage of veterans' university scholarships. He enjoyed a long and successful career as a social worker in different parts of Canada. He proudly displays this diploma in his glass memoir case at the Perley Rideau that shows his graduation from the Maritime School of Social Work on May 11, 1951.

for the federal government for many years in the Arctic with the Inuit and out west. There isn't a corner of Saskatchewan I haven't seen because my service area included the whole province. When I decided to leave Health and Welfare, I taught social services at Algonquin College for about five years. I liked that a lot."

Maurice married Alma Marie after university and they raised four children together. Maurice and Alma Marie enjoyed their union for 50 years until she passed away this year. He continues his woodworking pursuits at the Perley and Rideau Veterans' Health Centre and proudly displays the animals, bird houses and handcrafted jewellery boxes he makes for friends and family.

"It's wonderful to be able to just go upstairs and work on crafts," he beams. "The people who help and teach us are really nice guys. When you're doing something stupid, they help put us back on track. You can do as much or as little as you want here, so keeping busy is the way to go. You've got to believe there's always another bird house to build, just around the corner." **BU**

# Perley Rideau's Medical Director quarterback's an excellent health care team with special talents

By Brant Scott

Just as surely as winter follows autumn, declining health follows middle age.

The Perley and Rideau Veterans' Health Centre is a popular destination for seniors with long-term health care issues. They arrive with physical or mental maladies (or both) that aren't sufficiently serious to require admission to hospital, but they need more help than they can get at home.

The buck stops with Dr. Benoit Robert, who has been the Perley Rideau's Medical Director and Attending Physician since January 1, 2011. He's an upbeat 50-year-old who looks 10 years younger, probably because he practises what he preaches about exercise and smart diet choices. His knee is smarting these days from playing soccer, which can only help him to relate with the 450 residents he oversees at the health centre.

When residents are first admitted into the Perley Rideau, they are assigned to an attending physician. Doctors attend to the residents needs on a weekly basis, conduct annual care conferences with families to discuss action taken and future measures that may be required. This frequency of the visits



Brant Scott photo

**DR. BENOIT ROBERT:** The Perley Rideau's Medical Director and Attending Physician is the quarterback of the health centre medical team. Dr. Robert is completing his first year at the position and says the health centre has been very successful at attracting and retaining top-notch staff.

exceeds the Ministry of Health expectations.

“I’m promoting weekly visits with residents, which could be short if there are no pressing matters,” says Dr. Robert. “When there’s an urgency, the nursing staff will assess the situation and call in an attending physician if needed. Medication is reviewed every three months and each resident has a physical check-up every year.

“At about age 50, the muscles start to degenerate,” he explains. “To maintain the health you have at 50, you have to do more. People always underestimate the amount of time it takes to recover from an injury, and as you get older, the recovery time gets longer. The Perley Rideau nursing staff does the vast majority of work that adds to the residents’ quality of life here. The staff are such an important part of our team. The Perley Rideau has been excellent at retaining good staff, particularly at a time when there is a shortage of nurses out there.”

### **Health care and dementia**

Dr. Robert says quality assurance for seniors through fall prevention and careful allocation of medications are priorities. Despite the growing numbers of Canadians affected by Alzheimer’s and related dementias, he predicts the road ahead may not be as bleak and many fear.

“The vast majority of people with dementia are happy,” he says. “A lot of that has to do with the health care approach. When judgement, memory, and the ability to reason disappears from dementia, you’re really just living the moment. Unfortunately, if the moment is frightful, the response to the fright can last a few hours. And fortunately, when the moment is happy, that response will be lasting.

“The staff here are so good, it takes them very little time to figure out what the cues are,” he adds. “They know how to avoid problems and making things worse. They know that just a little change in routine or medications can make a huge difference. What stresses out people with dementia is not always clear. Suppose they have a sore knee. They might not be able to articulate it or appreciate what is causing the problem. The

staff would notice they are walking differently and fix the problem that is causing anxiety.”

Dr. Robert believes that the increased occurrence of dementias in today’s seniors is a result of them living longer and healthier lives.

“The brain is wearing out before the body does,” he explains. “It’s a problem associated with longevity. Our seniors lived through the depression when they ate healthy foods, but they didn’t over-eat. They were quite mobile and physically active -- it was still quite an agrarian society. We’ll find out in 10 years if my theory is correct. I expect longevity will start decreasing because younger generations are not as healthy as our current seniors used to be.

“Many of the children today are building their future with a very weak health foundation,” adds Dr. Robert. “At 50, I’m still fitter than many 18-year-olds. That’s very worrisome. My take-home message is don’t eat more than you have to, and exercise regularly for flexibility, muscle building and cardiovascular. Those three components are important.”

### **Youth need higher targets**

He warns that the younger generation is getting the wrong message about how to stay healthy.

“Television ads these days are telling kids they should be active for at least an hour a day. Personally, I think the targets are being deliberately lowered so kids will have less trouble trying to meet them. When you look at what’s required for longevity, adults should be exercising and staying active for an hour-and-a-half to two hours a day. They need to eat healthy, drink enough liquids and do all the preventative stuff. These are all motherhood issues, but that’s because they work. Make sure you sleep well and update your social networks and support systems. It helps to laugh. We know that people who exercise physically and mentally tend to delay dementia and other health problems later in life.”

Dr. Robert has a practice in the Hunt Club area, works at the Glebe Centre, and out of the Ottawa Hospital . BU

# The Perley and Rideau Veterans' Health Centre Foundation

**Perley Rideau  
Foundation**

## Memorial Tributes

October 24, 2011 to December 1, 2011

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

John Boon • Lorna Churchill • Roger Cooke

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John Fraser • Kathleen Johnstone • John Lelacheur

Gordon Reddick • Charles Sauve • Rayne Schultz

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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**  
Chief Executive Officer

**Peter Strum**  
Board Chairman

**Daniel G. Clapin**  
Foundation Managing Director

**Ray Desjardins**  
Foundation Chairman

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The poppy, as a symbol of remembrance, is a trademark of The Royal Canadian Legion. It is used here with the kind permission of the Legion.

