



Spring 2019

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

Honour and Care

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



Denzil Sparks in 1942

Farm Fields and Battlefields

By Peter McKinnon

As his 100th birthday draws near, John Denzil Sparks relaxes in his room and thinks back over his remarkable life. Although he spent more time working on dairy farms than he did tending to wounded soldiers, he knows that he was forever marked by his five years in uniform.

"My wartime service affected me, there's no doubt," he says. "I've become more aware of it as I've gotten older."

"Mom told me that dad was never the same after the war," recalls daughter Bonnie Moodie.

On June 7, 1944 – DDay +1 – he waded ashore in France as part of the 23rd Field Ambulance, Royal Canadian Army Medical Corps. "We were supposed to land late in the afternoon of the invasion," he recalls, "but the tide had gone out, so we had to wait until morning."

As Allied troops fought their way through France, Belgium, Holland and into Germany, Denzil Sparks cared for the wounded just behind the front lines, narrowly escaping death on several occasions. "No matter what we were doing

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International Women's Day High Tea

By Peter McKinnon

More than 200 people attended the second edition of the International Women's Day High Tea fundraiser, now an annual event. Attendees honoured women Veterans, including those who call the Perley Rideau home, and raised \$4,755. Speakers included Deputy Minister of Defence Jody Thomas and Maj. (Ret'd) Sandra Perron, Perley Rideau Foundation Board member. The Canadian Military Wives Choir Ottawa and the Army Voices Choir serenaded the room with stirring renditions of old and new classics. Special shawls handmade by Mylène Levesque were presented to some of the Perley Rideau's newest Women Veterans.

During the Second World War, 50,000 women served as nurses, radio operators, truckers and in other military roles. Many more – 1.2 million – provided support on the homefront, in manufacturing and in the service

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**Perley Rideau
Foundation**

or where we were, we constantly had the feeling that the worst was yet to come."

On one occasion, attacking Nazi warplanes forced he and his comrades into their foxholes for cover. When one of his fellow orderlies saw that an officer had taken his foxhole, the orderly took cover under a jeep. It wasn't enough protection, though: a piece of shrapnel took his life.

The advancing Allies also faced the continual threat of long-range artillery; the Nazis turned their coastal guns – designed to fire at ships – toward targets on land. The stress caused Denzil Sparks to suffer a short-term breakdown. "I began to shake uncontrollably all over," he recalls. "My medical officer put me on light duty for a couple of days until it passed."

Denzil Sparks recovered and went on to serve overseas until the spring of 1946. Back in Canada, he took a job as a nursing orderly at a Veterans' hospital in Ottawa. The work didn't agree

with him. "One time, a Veteran experienced a psychotic episode and was threatening people with scissors," he recalls. "I had to disarm him."

The stress of dealing with injured veterans triggered another nervous breakdown. Faced with prospect of dealing regularly with patients suffering from similar issues – male nurses tended to be assigned to psychiatric hospitals during that era – Denzil Sparks decided to return to his roots.

He had grown up on a dairy farm along the Rideau River, near Osgoode Station (today Osgoode), a village just south of Ottawa. Denzil is a direct descendant of Nicholas Sparks, one of the original landowners and founders of Bytown (renamed Ottawa in 1855). As a teenager, Denzil met a shy young woman by the name of Edna Smith; they began to date and attended events together at the Lighthouse dance pavilion. After high school, Denzil started work at an electrical shop – something he had studied

his last year of school – while Edna worked as a secretary for the Government of Canada.

When they decided to marry in 1948, Edna was forced to leave her job, in line with the policy of the time. They bought a dairy farm about 20 minutes from the Sparks homestead and settled down to raise a family. They were blessed with three healthy, athletic children – a son and two daughters. He and Edna travelled, went to dances, played euchre with friends and enjoyed fiddle music. Denzil loved to fish, snowmobile and to tinker – he was a handyman who loved repair projects. He joined the Royal Canadian Legion and the Osgoode Odd Fellows.

When their grown son Brian showed no interest in taking over the family farm, Denzil and Edna decided to sell it in 1972 and found jobs in the city. Denzil worked at a metal shop and later at Agriculture Canada's Central Experimental Farm; Edna returned to secretarial work with



Family gathering at the original Sparks homestead, 1987



Denzil and George Sparks in London, March 1945

the federal government. Their children grew up and married. Two grandchildren followed.

In 1982, Edna was diagnosed with cancer and died six years later, two days before her 66th



Denzil Sparks in 2018

birthday. Denzil remarried 18 months later; he and second wife Lucy loved to travel and to play cards. She passed away in 2000 and Denzil moved to an apartment in the city.

In 2018, when his health began to fail, Denzil moved in to the Perley and Rideau Veterans' Health Centre. One day, he ran into Bud Hannam, a fellow resident who had also served in the 23rd Field Ambulance.

"We trained together, but never worked alongside one another because Bud served in the office and I served in dressing stations."

The two occasionally reminisce about the war years, although their stories focus on playful hijinks and pranks rather than on the daily grind of battles and casualties.

One story involves a trip to

London Denzil took in March of 1945 to visit his brother George, who had enlisted and was posted there. Walking along the street in his dress uniform, Denzil was confronted by two Military Police who challenged the fact that he was wearing a tie. "I told them: I'm entitled to wear a tie," Denzil says. "I said: In a couple of days, I'll be heading back across the Rhine. If you'd rather take my place, you're welcome to it. That shut them up."

Along with swapping the occasional story, Denzil spends his time at the Perley Rideau playing euchre regularly, attending the occasional exercise class, and going to concerts and sing-alongs.

"It's nice to live among others like me and there's something for us to do here everyday," he says simply. **HC**

Thank You

perleyrideaufoundation.ca



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

This summer, I will retire as the Foundation's Executive Director after nearly nine years in the job. My time with the Perley Rideau Foundation has easily been the most fulfilling of my 35-year career as a professional fundraiser. The Perley Rideau is indeed a special place, as anyone who spends time here quickly comes to recognize. Helping to improve the quality of life experienced by residents has been a deeply personal honour for me. And the generous support of donors like you – men, women and sometimes children from all walks of life – makes it all possible. Thank you.

From the day I started here, I have always been excited to get to work. The many seniors and Veterans I have come to know over the years have touched me profoundly. Some are now friends, others are new to me and sadly, many have passed. I have also been profoundly moved by the many acts of kindness by donors like you; again, many of you are now personal or virtual friends. You know who you are, because I always reach out with personal notes of gratitude. Your many acts of kindness are constant reminders of the meaning of fundraising and donor support. Individually or in groups, clubs and associations; Royal Canadian Legion branches, foundations and corporations – you are a life-affirming ocean of kindness.

It has been a privilege to work with Health Centre staff, volunteers and Boards of Directors in an environment of innovation and collaboration. They are all so very devoted. The constant support and friendship of past and current

Foundation Board Directors and Chairs benefitted me greatly. I will always be grateful for their guidance, wisdom, solidarity of purpose and willingness to share. And finally, I've enjoyed a close working relationship with the Foundation's talented staff; we've managed to work hard and smart while (mostly) having fun – this crew can handle any task.

When I accepted the position of Executive Director, I set a simple goal for myself: to lead the Foundation to new heights and to support the Perley Rideau through a key stage in its ongoing evolution. Evidence of our success can be found across the Perley Rideau campus. With your support the Foundation raised several millions of dollars to help fund the construction of 139 independent-living apartments for seniors, for example, realizing the Seniors Village concept. We asked for your support and you responded in spades. You also responded to other targeted fundraising campaigns, enabling the Health Centre to complete expensive infrastructure projects, such as the Nurse Call Bell System and more recently, the refurbishment of tub and shower rooms. Costing more than \$300,000 each, these are expensive projects not covered by government yet essential to top-quality care. Your support has also enabled the Foundation to increase its annual disbursements from an average of \$250,000 when I arrived to a minimum of \$400,000 in recent years and a record of more than \$1 million in 2018.

Your support makes it possible for the Health Centre to plan and implement current key strategic

initiatives, such as establishing the Centre of Excellence in Frailty-Informed Care, and the Interprofessional Clinic at Perley Rideau. These initiatives not only improve the quality of care delivered to Veterans and other residents, but also continually increase the Health Centre's contribution to the healthcare and long-term care sectors. Ultimately, all Canadians benefit.

You are responsible for the success of the Perley Rideau Foundation. Without you, it would be a very different Perley Rideau. For me, Perley Rideau has always been about people – the residents we care for and the many generous donors like you. I encourage you to keep giving and to know that your giving really matters.

As my career at the Foundation winds down, our many accomplishments fill me with gratitude, pride and joy, and demonstrate the value of passion and hard work. Thank you for your many gifts of human kindness.

The Perley Rideau Seniors Village is comprised of a 450-bed long-term care centre (including 250 beds for Veterans), 139 specially designed seniors apartments and community health care services.

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

**Please contact Delphine Haslé
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International Women's Day High Tea *continued from page 1*

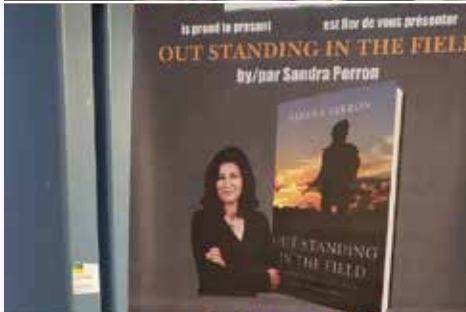
industry; an estimated 4,000 women worked in construction.

"While they worked these

full-time jobs, the women also raised children, and took care of households and the elderly;"



Resident Doris Hope with High Tea participant Diane Kirkpatrick



said Sandra Perron. "And in their spare time, they knitted mitts and scarves to help the war effort." Perron described these women as pioneers. "They paved the road for people like me to serve in the infantry and we owe them our admiration and respect."

Thank you to everyone who participated and showed their appreciation for the women who have served in the Canadian Armed Forces. Special thank you to our generous sponsors: Commissionaires Ottawa and Beechwood Cemetery. **HC**

WANT TO ORGANIZE AN EVENT OR VOLUNTEER FOR ONE?

Visit www.perleyrideaoundation.ca
or call Sara Francis at 613-526-7173 | email sfrancis@prvhc.com



Did you know? Each year, caring individuals and groups raise money by hosting events such as a lemonade stand in the park, dart or golf tournaments, curling bonspiels – to name but a few. If you are ready to organize your own event, call Sara! All it takes is a little creativity, some careful planning, and the desire to positively impact the lives of the seniors and Veterans who call the Perley Rideau home.



The 2019 Army Ball honoured three D-Day Veterans who call the Perley Rideau home: Gnr. Jack Commerford, Pte. Bud Hannam and Cpl. Denzil Sparks. L to R: Jack Commerford and his daughter Joan.



The Korean Veterans Association of Canada – Unit 7 continues to care for Veterans of the Korean War who call the Perley Rideau home, as evidenced by their constant presence and financial support. Their recent \$1,000 donation will go to the purchase of a new blanket warmer. Pictured are Korean War Veterans from the Perley Rideau, members of the Korean Veterans Association – National Capital Unit, Foundation staff and Col. Chang Bae Yoon.



Thank you to the Royal Canadian Mint for presenting their newly struck commemorative silver coins to Perley Rideau residents who were in Normandy for the 50th anniversary of D-Day on June 6, 1994. A highlight of the visit was when a Veteran told the designer: "I remember the house up the hill that is on the coin." Here, Gerry Bowen, Normandy Veteran and Perley Rideau resident, is flanked by Mint staff. L to R: Alicia Cook-Sapene, Product Manager; Alex Reeves, Senior Manager, Public Affairs; Yudi Harsono, Product Manager.



Chris Levesque celebrated his father Yves' birthday by hosting a benefit dinner at Fat Boys Smokehouse, where he works as a cook. L to R: Karen, Chris and Yves Lesvesque; Sara Francis, Foundation Development Coordinator.

Family of the late Hugh Jeffery gathered at the Tree of Life to celebrate a generous donation made in his honour. The family shared cherished memories and was pleased to know that their meaningful gift helps ensure the high standard of care that Hugh received will continue for all residents. L to R: Karen, Linda and Ellen Jeffery.



Babysitting proceeds – Philanthropy has no age limit. Olivia Brousseau, the granddaughter of Foundation Chair Doug Brousseau, donated the proceeds of her babysitting work to support the Perley Rideau.

Royal Canadian Legion Support



Thank you, members of Br. 632 Orleans for your generous donation of \$10,000 to provide medical Hi-Lo beds, ensuring safe nights for five Veterans. L to R: Wyn Fournier, RCL Br 632 Poppy Chair; Keith de Bellefeuille Percy, Foundation Vice-Chair; Delphine Haslé, Foundation Development Manager; Lucie Goderre, RCL Br 632 Poppy Trust; Daniel Clapin, Foundation Executive Director.

A generous donation of \$40,000 from the members of Br 462 Eastview funded the purchase of 10 medical Hi-Lo beds and five blanket warmers. This life-giving gift provides the comfort needed for restful, safe and calm sleeps. L to R: Sara Francis, Development Coordinator; Bill Redmond, Perley Rideau Legion Liaison and RCL Br 462 member; Delphine Haslé, Foundation Development Manager; Doris Bédard, RCL Br 462 Past President Ladies' Auxiliary; Daniel Clapin, Foundation Executive Director; Richard Campbell, RCL Br 462 Poppy Chair.



RCL Charitable Foundation: The Royal Canadian Legion Ontario Provincial Command Branches and Ladies' Auxiliaries Foundation donated \$5,307, funding two medical Hi-Lo beds. These comfortable and safe height-adjustable beds benefit both Veteran residents and staff. L to R: Delphine Haslé, Foundation Development Manager; Richard Campbell, RCL Br 462 Poppy Chair; Doris Bédard, RCL Br 462 Past President Ladies' Auxiliary; Sara Francis, Foundation Development Coordinator; Daniel Clapin, Foundation Executive Director; Bill Redmond, Perley Rideau Legion Liaison and RCL Br 462 member.



Thank you, members of Br 593 - Bells Corners for the generous donation of \$10,000. Due to your kind efforts, five Veterans now sleep more comfortably in Hi-Lo beds. L to R: Shawn Taillon, RCL Br 593 President; Doug Brousseau, Foundation Chair

Port Improves Care of Veterans



Thank you to Br 638 Kanata for the donation of \$6,000 to purchase a medical Hi-Lo bed and a blanket warmer. L to R: Doug Rowland, RCL Br 638 Poppy Trust Fund Chair; Doug Brousseau, Foundation Chair; Delphine Haslé, Foundation Development Manager; Daniel Clapin, Foundation Executive Director; Keith de Bellefeuille Percy, Foundation Vice-Chair; Moira Green, RCL Br 638 Poppy Campaign Chair.

A generous donation from Br 212 Kemptville funded the purchase of new furniture for the lounge areas. L to R: Delphine Haslé, Foundation Development Manager, Aubrey Callan, RCL Br 212 Hospital and Veterans Visiting Officer; Doug Brousseau, Foundation Chair; Julie O'Brien, RCL Br 212 President; Sharon Murray, RCL Br 212 Membership Officer; Daniel Clapin, Foundation Executive Director.



Thank you to members of Br 589 Osgoode for the generous donation of \$2,000. L to R: Elsie Hickey, RCL Br 589 Youth & Education Officer; Keith de Bellefeuille Percy, Foundation Vice-Chair; Delphine Haslé, Foundation Development Manager; Daniel Clapin, Foundation Executive Director; Peter Valdystyn, RCL Br 589 Poppy Chair.

Thank you, members of Br 480 - Westboro for your generous donation of \$10,000 from the Poppy Fund. The hard work and kindness of your members will fund the purchase of new Hi-Lo beds for five Veterans. L to R: Glen Fetherstonhaugh, RCL Br 480 Westboro member; Gerry Sinclair, RCL Br 480 Westboro member and Perley Rideau resident; Chris Murphy, RCL Br 480 Westboro Poppy Chair; Evelyn Brunton, RCL Br 480 Westboro Incoming President; Doug Brousseau, Foundation Chair; Delphine Haslé, Foundation Development Manager; Kris Birchard, Perley Rideau Chair; Roy Fetherstonhaugh, RCL Br 480 Westboro member and Perley Rideau resident; Keith de Bellefeuille Percy, Foundation Vice-Chair.



This year, Director General Aerospace Equipment Program Management (DGAEPM) of National Defence celebrated a milestone by surpassing the \$50,000 mark in total funds raised to support Veterans who call Perley Rideau home. L to R: Daniel Clapin, Foundation Executive Director; Sheila Venman, Foundation Board Director; Col. M.W.J. Rodgers, Acting Director, DGAEPM; CWO Brigitte Marley, DGAEPM Chief of Staff; Capt. Daniel Thompson, Operations Officer and Perley Rideau Fundraising Lead.



Net proceeds from the Fashion Show were \$1,600 -- thank you to all who participated! L to R: Delphine Haslé, Foundation Development Officer; Kathy Watson-Leblanc; Sara Francis, Foundation Development Coordinator; Carla Morden, Foundation Administrative Assistant; Daniel Clapin, Foundation Executive Director

Spring Benefit Fashion Show and Shop Event: The 2019 Spring Benefit Fashion Show and Shop Event was another success! Vendors specializing in women's clothing and accessories sold their wares, and a fashion show displaying Nygard's 2019 spring line wowed the crowd. All proceeds from the event will support music therapy in the Therapeutic Recreation and Creative Arts Program. Thanks to everyone who came out and supported the event!





Innovation and Sustainability

By Akos Hoffer, Chief Executive Officer
The Perley and Rideau Veterans' Health Centre



The Perley and Rideau Veterans' Health Centre has taken several steps recently to realize its strategic plan and to secure its long-term future. The first involves a significant expansion of our Seniors Village. The Board of Directors has approved the construction of a building attached to the Health Centre to house additional seniors. The project responds to the growing need for supportive housing for seniors.

Residents of the new building would access the additional services and therapies they need to live as independently as their health allows. They would then transition to higher levels of care as needed, fully realizing the continuum-of-care concept. The project supports the Government of Ontario's efforts to put an end to so-called hallway medicine and contributes to Perley Rideau's long-term sustainability. A design competition was conducted and construction is expected to begin in 2021.

The project is another example of the model followed by the Perley Rideau since its inception: to continually increase our contribution to the community by taking advantage of our many attributes – an expert staff, dedicated volunteers, supportive partners, generous donors and a beautiful facility adjacent to

the region's largest hospital and health-sciences complex.

Other recent developments, such as the establishment of Canada's first Centre of Excellence in Frailty-Informed Care, also align with this model. By focusing on research, education, partnerships and the implementation of evidence-based best practices, the Centre of Excellence will help to improve quality of care and to meet many of the imminent challenges facing the healthcare and long-term care sectors.

Another project that promises to improve quality of care involves a partnership with The Registered Nurses Association of Ontario (RNAO). In April, the RNAO officially designated Perley Rideau a Best Practice Spotlight Organization. Under an agreement signed with RNAO in 2016, Health Centre staff implement and evaluate best practices in care. The Perley Rideau also works with the RNAO to share success with best practices across the healthcare and long-term-care sectors. The project is a big success, further improving the quality of care delivered to residents not only of Perley Rideau, but also of other long-term care homes. It's yet another way that we increase our contribution to the healthcare system and to the community. It's also worth noting that the RNAO recognized Jennifer Plant, Perley Rideau's Director of

Clinical Practice, with an Honoured Friend of Nursing award.

I'm also pleased to share proof of the value of another partnership. In April 2018, Perley Rideau opened a 20-bed Specialized Behavioural Support Unit under a partnership with the Champlain Local Health Integration Network and The Royal. The Unit features a secure environment and provides safe, enriched care to people with dementia who exhibit responsive behaviours. During its first year of operation, the Unit has been a great success. In a recent survey of the family members of residents transferred to the Unit, all respondents gave the highest possible rating to both the Unit and the care provided.

Finally, I want to express my appreciation for the work of Foundation Executive Director Daniel Clapin, who retires this summer. Under his leadership, donations to the Foundation have increased significantly, helping to fund many of the projects that make the Perley Rideau a leader in the care of Veterans and seniors. On behalf of residents and their families, along with Health Centre staff and volunteers, we wish Dan the best in his retirement

Estate-Planning Seminar

Thursday, September 26

Are you confident that your will can fulfill your wishes to provide for the people and causes that matter to you most?

Two experts in estate planning—Heather Austin-Skaret and Andre Martin, with Mann Lawyers LLP—will deliver a presentation and answer your questions at Perley Rideau on September 26th. The session is free, and includes complimentary on-site parking and a light lunch. To register, please contact Sara Francis at sfrancis@prvhc.com or 613-526-7173. We encourage you to register early—before September 12th—as seating is limited.

Event: Estate-planning seminar with Heather Austin-Skaret and Andre Martin

Date: Thursday, September 26, 2019

Time: 9:30 a.m. registration; presentation 10:00 a.m.-12:25 p.m. followed by a light lunch

Location: Lupton Hall, Perley Rideau Veterans' Health Centre, 1750 Russell Road, Ottawa

July 13, Mooney's Bay Beach



The Perley Rideau is proud to be one of five recipient charities in 2019.

VOLUNTEERS NEEDED

All Perley Rideau volunteers will receive a deluxe Perley Rideau baseball cap, and much more!

2019 HOPE RECIPIENT CHARITY

Donations of Securities: A Primer

The advantages of supporting charities through donations of securities such as stocks—instead of cash—make it an increasingly popular option. To realize the potential advantages, though, requires at least a basic understanding of the tax implications.

Most people recognize that giving cash or securities to a registered charity entitles the donor to claim tax credits and reduce the amount of tax owing. Fewer people, however, understand the additional benefits of giving securities, such as stocks.

Under Canadian law, capital-gains tax applies to the sale of securities that have increased in value since their purchase. The increase in the security's value is subject to capital gains tax at the current rate of 50%. For a stock bought at \$10 and sold at \$100, the tax would be \$45: 50% of the \$90 increase in value.

There are exceptions, however. Securities held in a registered account, such as an RRSP, RESP or RRIF, are not subject to capital-gains tax, for example. Another exception applies to shares held in a non-registered account and donated to a Canadian charity. The charity receives the full value of the donated stock and issues a tax receipt for this amount—\$100, to use the above example. The exception applies only if the stock is donated, however; selling the

stock triggers the capital-gains tax.

“Donating securities is a great way to support a charity,” says Dawn Morewood, Vice President & Portfolio Manager at MPCD Wealth Management of RBC Dominion Securities. “It’s pretty easy and the tax credit can be beneficial. To maximize the potential advantages, though, you have to know which securities to donate and when to donate them.”

During her three decades in the industry, Dawn Morewood has helped hundreds of clients achieve their financial and philanthropic goals. When a client expresses an interest in donating securities to charity, she helps them to identify the best way forward.

“There are many factors to consider with a potential a gift of securities,” says Morewood. “Such as how much the various stocks in someone’s portfolio have increased in value, and how the donation would affect a client’s holdings and their overall financial plan.”

Like most experienced financial planners, Dawn Morewood works closely with clients to develop and regularly update their financial plans. This requires meeting at least once a year—or even quarterly—to better understand their goals for both saving money and donating to charity.

“Our goals typically change significantly over time, particularly

if we have children,” says Morewood. “Early in adulthood, for instance, a couple usually wants to amass wealth and structure wills to maximize their children’s inheritance. Once the children are well established in their careers, spouses are often inclined to leave more to charity and must update their wills. When it comes to giving, financial and estate planning intersect.”

Dawn Morewood encourages her clients to assemble a team of other trusted experts: including an accountant to help with taxation issues and a lawyer to align wills with each spouse’s wishes. The growing trends of early retirement and part-time work during retirement make this type of multifaceted planning increasingly important.

“I believe that education is a big part of a financial-planner’s job,” says Dawn Morewood. “Many people don’t have the financial literacy needed to manage their money really well. Donating securities to charity is a great idea when it’s done properly. By working with professionals, you can maximize the impact of your charitable donations and achieve your financial goals.”

To learn more about supporting the Foundation through a donation of securities, money, or a gift in your will, please contact Delphine Haslé at dhasle@prvhc.com or 613-526-7173.

Team Perley Rideau Ready to Run

As the popularity of Tamarack Ottawa Race Weekend continues to



10 members of Team Perley Rideau pose for the camera.

grow, so too does the number of runners representing – and raising money for – the Perley Rideau. This year's Team Perley Rideau roster boasts a record 28 runners, comprised of staff, volunteers and friends, as well as the friends and family of residents. As this edition of Honour and Care goes to print, the Team has raised more than \$12,600 in pledges. This increases the total raised since the Team formed in 2016 to an impressive \$48,000. By Race Weekend (May 25-26), the Team expects these totals to rise above \$15,000, respectively. Pledges to Team Perley Rideau can be made online until June 15th at perleyrideaufoundation.ca/events/upcoming/2019-ottawa-race-weekend/

The Team hopes to win this year's charity challenge, the Kichesippi Workplace Runoff.

Ottawa craft brewer Kichesippi awards the charity raising the most money a special lunch, along with tasty beverages and promotional items. For the record, Team Perley Rideau won the last two Race Weekend charity challenges – could it be the beer?

The impressive size of this year's Team Perley Rideau roster has inspired a new inter-departmental fundraising challenge. Five sub-teams (Assisted Living Services; Volunteers & Friends; Support Services; Finance; Occupational Therapy; Physiotherapy; and the Foundation) will each try to raise the most money.

Pledges for Team Perley Rideau directly support the quality of care received by residents such as Wally Herman. A lifelong runner, Wally completed more than 700 marathons in a total of 99 countries, earning a special commendation from the City of Ottawa. During the Second World War, he served as telegrapher aboard a corvette that escorted ships loaded with troops and supplies across the mid-Atlantic, helping to evade Nazi submarines. These days, he participates regularly in group-exercise sessions and is proud to support the Foundation's team in this year's Ottawa Race Weekend.

HC



Veteran and resident Wally Herman poses with Daniel Clapin, Foundation Executive Director and runner with Team Perley Rideau.

Doherty & Associates Presents: 18th Annual Perley Rideau Night at the Races

Sponsor List

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- KPMG LLP
- Perley Rideau Creative Arts Studio
- Canadian Golf & Country Club
- Ottawa Senators Foundation
- Shear Heaven Hair
- Kichesippi Beer
- Ingenium - Canada's Museums of Science and Innovation
- Robbie's Italian Restaurant
- Stirling Lodge
- The Trinity Foundation
- And generous individuals

The Perley and Rideau Veterans' Health Centre Foundation

Memorial Tributes

February 1, 2019 to May 5, 2019

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

Mrs. Jean Abra • Mrs. Muriel Boon • Mr. Leslie Bowley
Mr. Douglas Brown • Mr. Keith Carson • Mr. Fred E. Clark, Jr.
Mr. Harold Conlon • Mrs. Mary Cooper • Mrs. Ruth E. Corbett
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Mrs. Elizabeth Vineyard • Mr. Kenneth White

Perley Rideau Foundation

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

The Perley Rideau is an innovative Seniors Village with 450 long-term care beds and 139 independent-living apartments. Veterans enjoy priority access to 250 of the long-term care beds and to the apartments.

Doug Brousseau

Foundation Board Chair

Daniel G. Clapin

Foundation Executive Director

Kristan K. Birchard

Health Centre Board Chair

Akos Hoffer

Health Centre
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The Perley Rideau Foundation publishes
Honour and Care three times a year.

Writer/editor: Peter McKinnon

Layout: André Campeau

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Publications Mail Agreement No. **40069406**

Return Undeliverable Canadian Address to:

Perley and Rideau Veterans' Health Centre Foundation, 1750 Russell Road, Ottawa ON K1G 5Z6

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