



Spring 2018

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

# Honour and Care

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

## A Blessed Life

By Peter McKinnon

Several birthday cards adorn Edith Goodspeed's room at the Perley and Rideau Veterans' Health Centre, marking her recent birthday. "This was number 99," she says with a smile, "for all my future birthdays, I won't count any higher...I'll just stay 99."

Edith has certainly earned the right to lie about her age. As a Nursing Sister in England during the Second World War, she experienced the horrors of Nazi bombing and helped countless soldiers recover enough to return home or back into battle. She later raised three children and today is blessed with seven grandchildren and two great grandchildren.

Born in 1919 as the second child of a farm family in Rosetown, Saskatchewan, Edith Mary Ferrall was named after her aunt. Edith's father died before she was three; her mother sold the farm and raised Edith and her brother Arthur in Cypress River, Manitoba.

"My parents both worked hard and did a lot for the community," she recalls. "I remember Dad organizing baseball games and inviting the players home

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Edith Goodspeed

## Ted Griffiths' Journey of Reconciliation

By Peter McKinnon

Major (ret'd) Edmund (Ted) Griffiths, CD, now spends much of his time reading, chatting with fellow Veterans and other residents of the Perley and Rideau Veterans' Health Centre, and visiting with his family: a daughter, eight grandchildren and eight great-grandchildren. After a lifetime of service to Canada, including horrific hand-to-hand combat during the Second World War, he is finally at peace.

Ted was born in 1922 in London, Ontario. His father, a Veteran of World War I, decided to immigrate to England, leading to separation and divorce. Ted's mother raised him, making ends meet through a combination of cleaning, dressmaking and teaching piano. At the age of 14, Ted joined the Non-Permanent Militia – also known as the Saturday night soldiers. Shortly after Canada declared war on Germany, he enlisted in the Royal Canadian Regiment.

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afterwards for some of Mom's homemade cake."

After high school, Edith trained as a nurse at Victoria Hospital in Winnipeg and upon graduation took a job with the city's public-health department. Like many young people, she applied to serve the war effort soon after Germany invaded Poland. Edith finally got the call on in 1943 and served at military hospitals in Winnipeg and in Brandon, where one day she was assigned to care for a brash young officer named Donald Goodspeed.

"He had broken his ankle while training to drive a motorcycle at night with no lights on," says Edith. "He had already served overseas and returned to Canada to earn his commission. He was a difficult patient, though, because he wouldn't stay in bed."

As a Nursing Sister, Edith outranked Donald and threatened to put him on charge if he didn't behave. She also convinced him to eat his vegetables. Six weeks later, they married.

"It was an exciting time, with troops moving in and out constantly, and we never knew how long anyone would be around," says Edith.

Shortly after their wedding, Edith was posted to England and served at various hospitals for the duration of the war. Donald



Edith Goodspeed with her three children

followed soon afterwards and saw action in Italy, Holland and Germany.

When Edith learned that they wouldn't send married nurses to the front lines, she was bitterly disappointed. Nazi bombing raids, however, soon brought the front to her doorstep. During one attack, a huge bomb fell into the courtyard of the Surrey hospital where she worked.

"Thankfully, it didn't explode, because many of us might have been killed," Edith says. "I was in the hallway and all of the lights were off because of the raid. I heard the whistling as the bomb fell, and then the thud as it hit the ground. Some soldiers came quickly and defused it."

Edith visited London several times during the war and was

touched to see mothers making beds for their children in the subway, where they would go every night to avoid Nazi 1944 bombing. Despite these experiences, however: "I don't remember ever feeling afraid," she says, "we knew we were going to win."

After the war, Donald completed a degree at Queen's University, then re-enlisted and the family lived on various bases across Canada and around the world, including a 14-month stint at Defence Services Staff College in Wellington, Tamil Nadu, India. The couple raised three children – a girl and two boys – and settled in Ottawa, near Canadian Forces Base Rockcliffe. Edith worked as a nurse first at the Base hospital, then at the Base school.

Donald became a distinguished military historian; he taught at Carleton University, wrote several books and eventually retired as a Lieutenant Colonel. Both volunteered: Edith taught home nursing to Girl Guides, awarding merit badges to those who passed the test, while Donald served on the Parent Teacher Association.

"It was a tight-knit community," recalls daughter Maureen Goodspeed. "Everyone knew one another and we

couldn't get away with anything."

Soon after Maureen, the eldest, left home, Donald accepted a job with Brock University and the family moved to Niagara-on-the-Lake. The children went on to successful careers: Maureen in the public service; Peter as a foreign correspondent with the Toronto Star; and Michael as an author and officer in the Canadian Forces. After Donald passed away, Edith regularly hosted children

and grandchildren in Niagara-on-the-Lake. Her daughter later convinced her to move back to Ottawa, where she continued to live independently until her health began to fail.

She has been impressed by the staff at Perley Rideau, and attends church services and exercise classes regularly.

"I've been very lucky to have such a blessed life," she says simply. **HC**

## Women and Strength

**M**ore than 120 people gathered for high tea in the Perley Rideau cafeteria on March 6<sup>th</sup> as part of International Women's Day celebrations. The event honoured the 44 female Veterans who live in the Health Centre or in the apartments. Each Veteran was presented with a handmade shawl – described during the event as a Wonder Woman Cape – sponsored by attendees. Members of Cadet Corps 2644, The Hull Regiment served tea at tables adorned with placemats created by students of local elementary schools in partnership with The Memory Project. The event also featured speeches from: Rear-Admiral Jennifer Bennett, Defence Champion for Women; Elizabeth Stuart, Assistant Deputy Minister, Veterans Affairs Canada; and Major (Ret'd) Sandra Perron, Author and Foundation Board Member. The gathering was such a success that it will become an annual event.



← Veterans Lt.-Col. (ret'd) Jessie Chenevert (left) and Connie Taylor (right) proudly wear their handmade shawls as they flank Cadet Commandant Chief Warrant Officer Julie Bégin.

A cadet presents a gift from Rear-Admiral Bennett to Veteran and Perley Rideau resident Hilda Bowley. →



← Longtime Perley Rideau Foundation supporter Grete Hale at the inaugural International Women's Day High Tea.

## Ted Griffiths' Journey of Reconciliation ... continued from page 1

Ted went on to achieve considerable success: he served in the Second World War and Korean War, retiring as a major in the 1960s. He married, raised a daughter and published his memoirs. As a civilian, Ted was executive assistant to Justice

Infantry Division. The Germans created nearly impregnable obstacles; they destroyed buildings and arranged the rubble so that invaders would have to advance through narrowed streets lined with snipers and countless mined booby-traps. So intense

service. After dinner, an officer ordered Ted to report to the commander of the platoon his tank crew would support the following morning. As Ted notes wryly in his memoirs: "Had I known what the next hour would bring, I would have stayed for a second helping of dinner."

Ted picked his way cautiously through the rubble-strewn streets in pitch darkness – the two sides avoided fighting after sunset because it was impossible to tell friend from foe. Hearing the sound of approaching footsteps, he ducked behind a wall: it was a Nazi soldier – Ted had somehow wandered behind German lines. Instantly, Ted understood that firing his pistol would alert other Germans to his presence and he would almost certainly be killed. So he drew his commando knife and used it to silently kill the soldier. The killing haunted him – and his Christmas spirit – for decades.

After Ortona, Ted was sent to England for additional training. At a dance, he met the woman he would marry: a Nursing Sister by the name of Sterling Green, who was haunted by the abuse she had suffered in foster homes. They eventually had one child – a daughter – and became a military family, moving every few years.

"Growing up, Christmas was often difficult for me," recalls daughter Amanda Mellway. "Dad would brood and mom would go over the top trying to make sure that I had a wonderful time."

Sterling Griffiths passed away from breast cancer in her 60s. Ted soldiered on and found some solace in the company of members



Ted Griffiths



Sterling Green

Minister John Turner, who later became Canada's 17th Prime Minister. Despite these accomplishments, however, Ted struggled for years with the trauma he had experienced during the Battle of Ortona. As a tank gunner, Ted contributed to a key Allied victory and fought through some of the most horrendous conditions in Canada's military history.

In December 1943, the Allied advance through Italy encountered ferocious resistance at the ancient town of Ortona. The 1st Parachute Division – comprised of some of Germany's most experienced soldiers – fiercely defended the town against the 1st Canadian

were the eight days of house-to-house fighting that Ortona was dubbed "Little Stalingrad," for its resemblance to the definitive battle of the Eastern Front. The Canadians would eventually chase the Germans from the city at tremendous cost: more than 500 Canadians killed and 1,800 injured (including casualties from the initial fight across the Moro River to reach Ortona).

As the battle raged, the Seaforth Highlanders of Canada organized a makeshift Christmas dinner in a partially destroyed church. A soldier played hymns on the church organ as one company at a time enjoyed a brief dinner

of his regiment, fellow survivors of Ortona. During one meeting, the Three Rivers Regiment's former padre – Joseph L. Wilhelm, later Archbishop of Kingston – described his hopes that Canadian and German Veterans would one day hold a reconciliation dinner at Ortona. When Archbishop Wilhelm passed away in 1995, Ted became determined to see the dream become reality. [See sidebar article.]

"We had tremendous respect for one another," he says simply. "On both sides, we were just good soldiers fighting for our countries."

In 1998, a group of former adversaries – 24 Canadians and eight Germans – shared Christmas dinner in the same Ortona church that had hosted the bittersweet event of 55 years earlier. For participants on both sides, the Dinner of Reconciliation helped put to rest the ghosts that had haunted them for decades. Ted describes the scene in his 2000 memoirs, *Dare to be True*:

"It was a blending together of human beings who had faced



Ted Griffiths (right) with Joseph "Jupp" Klein, a German paratrooper who fought at Ortona, during the 1998 Dinner of Reconciliation. The two men became good friends and met frequently. When Joseph's health failed in 2014, Ted paid him one last visit before his death.

each other as foes, and now with age and the greater understanding that goes with it, recognized that forgiveness and reconciliation is the only true path to follow."

After the Dinner of Reconciliation, daughter Amanda

noted a significant change in her father, particularly around Christmas. "It obviously helped him to come to peace with what he saw and had to do in Ortona," she says.

HC

## Public Donations Fund Dinner of Reconciliation

The dream of a Dinner of Reconciliation in Ortona looked unlikely when Veterans Affairs Canada declined to contribute funds, citing plans for a larger ceremony scheduled for the following year. Ted was severely disappointed. "To many of us," he says, "the Italian Campaign, and particularly the Battle of Ortona, had long been downplayed in Canada. This was further proof."

Several journalists – including Lowell Green of CFRA, Earl McRae of the Ottawa Sun and Peter Worthington of the Toronto Sun – took up the cause, however, and public donations quickly began to pour in, eventually totalling approximately \$280,000.

"There was tremendous public support," recalls Lowell Green. "In all, more than 1,000 people donated. One exceptionally generous donor, who

wished to remain anonymous, paid for the airfare of all 24 Veterans who attended."

The donations covered travel and accommodation expenses for Canadian Veterans only; German Veterans paid their own way. The donations also paid for a Canadian sculpture erected in Ortona's town square; the remaining proceeds went to two facilities that care for Veterans: Montréal's Ste. Anne de Bellevue Hospital and the Perley Rideau.

"I'm quite impressed by the quality of care here," says Ted Griffiths, relaxing in his room at Perley Rideau. "It's as if they can't do enough for you." Many Canadians – and particularly donors to the Perley Rideau Foundation – feel they can never really do enough for Veterans like Ted Griffiths.

# Honour and Care

[perleyrideaufoundation.ca](http://perleyrideaufoundation.ca)

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



**W**elcome to the inaugural edition of *Honour and Care*, the Foundation's newly named newsletter that celebrates seniors and Veterans at the Perley Rideau, as well as those who support us. The new name better reflects our mission: to raise funds to help the Perley Rideau achieve excellence in the health, safety and well-being of seniors and Veterans, with a focus on innovation in person centred and frailty informed care and service.

The Perley Rideau is home to 450 seniors, including 250 Veterans who served during the Second World War or Korean War. Residents grew up in another time – when duty was far more important than personal satisfaction. The contribution that these men and women provided to Canada – both overseas and in this country – has had a profound impact on the remarkable standard of living that we enjoy today. And while we can never truly and fully repay them, we can honour them by supporting the exceptional, heartfelt care they receive within these walls: honour and care. Donations to the Foundation pay for many of the therapeutic items and recreational activities that ensure our residents feel at home – the so-called extras not covered by government.

The Health Centre must evolve continually to meet the needs of the community. To cope with Canada's demographic realities and limited budgets for long-term care,

the Health Centre recently updated its strategic plan and concluded a series of agreements with external partners. Of particular significance is the agreement with Veterans Affairs Canada to support 25 beds for Other Qualified Veterans – men and women who served after the Second World War or after the Korean War armistice, and who qualify for benefits. This decision helps to ensure that the tradition of caring for Veterans will continue at the Perley Rideau.

A positive, stimulating environment, and exceptional, personalized care set the Perley Rideau apart. Earlier this year, Accreditation Canada awarded Exemplary Standing – its top ranking – to the Perley Rideau following a comprehensive onsite review. The community has long appreciated the Perley Rideau's commitment to excellence. Nearly 400 people volunteer here regularly, while thousands more donate to the Foundation each year. Every donor and volunteer makes a difference in the lives of residents. Honour and care: that's really what this place is all about.

For me and the Foundation team, it's a privilege to come to work, because we can see the impacts of exceptional care in the smiles of residents, in the art they create and in the songs they sing. The Foundation also contributes to the cost of the volunteer program and staff training. I describe this as "life-giving support," because it

ensures that seniors and Veterans can live out their final years in the comfortable, caring and stimulating environment that they so richly deserve.

Honour and care come from the heart. While someone can learn to administer a therapy or teach a frail elderly person to paint, when these acts are done with a kind heart, they have far greater impact on health and well-being. Kindness begets kindness; acts of kindness not only make us feel good, but also make others feel good. This is why the Foundation is proud to celebrate all donations, regardless of size: because they are acts of kindness that nurture the joy and love that permeate this home and that make the world a better place for all of us. On behalf of the entire Perley Rideau community, I thank all donors for your trust and investment in honour and care.

A handwritten signature in blue ink, appearing to read "Daniel Clapin".

**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 Daniel Clapin  
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# The People of Beechwood

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## *William Goodhue Perley: Lumber baron, philanthropist and Member of Parliament*

**T**he origins of the Perley and Rideau Veterans' Health Centre can be traced back to William Goodhue Perley, an American entrepreneur who made his fortune in Canada. Born in 1820 in Enfield, New Hampshire, Perley he worked as a clerk in a local lumberyard before starting his own lumber business in nearby Lebanon.



*William Goodhue Perley*

By the 1850s, his business had prospered so much that he and business partner Gordon Pattee moved their operations to what was then known as Bytown to take advantage of the Ottawa Valley's rich timber stands. They purchased a series of hydraulic lots along the Ottawa River at Chaudière Falls and Perley & Pattee quickly became a successful business. By 1865, the company's mills regularly churned out approximately 16 million board feet of lumber per year. William Perley built a home in LeBreton Flats and became the area's first wealthy resident; his stone mansion is one of only 25 listed in the 1853 city directory.

Perley augmented his fortune by establishing a reliable transportation link with the United States. Working with other lumber barons, he founded the Ottawa City Passenger Railway Company in 1866. The Company's horse-drawn streetcars and sleighs ran on rails, and provided a cheap and convenient way

to move lumber from the mills at Chaudière Falls and New Edinburgh to the Rideau Canal and the Ottawa & Prescott Railway. In 1868, Perley also helped to found the Upper Ottawa Steamboat Company, alongside Henry Franklin Bronson and James Skead. The final piece of his transportation network came when Perley founded the Canadian Atlantic Railway (1879-1888) with the financial assistance of J. R. Booth and an American investor. The Railway provided a direct link to American markets.

Perley was a relatively private man who rarely participated in civic or political matters until late in life. He was involved in the affairs of Christ Church in Ottawa, supported charitable causes, such as the Protestant Orphans Home and served as a director of Ottawa Ladies' College. He also donated land and money to create the Perley Home for the Incurables – the precursor of today's Perley and Rideau Veterans' Health Centre. At the age of 67, he



*William Perley's gravestone in Beechwood Cemetery.*

was elected to the House of Commons and served one term. He passed away on April 1, 1890 and was buried in Beechwood Cemetery, which had been established 17 years earlier. His estate offered to donate a house for Ottawa's first public library, but ratepayers rejected the project as too expensive.

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*The Beechwood Cemetery Foundation, a not-for-profit organization and registered Canadian charity, is proud to sponsor this edition of Honour and Care. Established in 1873, Beechwood is designated as the National Cemetery of Canada and a National Historic Site. It is widely considered one of the most beautiful and historic cemeteries in Canada. For more information, please visit <http://www.beechwoodottawa.ca>*

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The Foundation was proud to welcome Commanding Officer W. A. Barlow and crew of *HMCS Ottawa* to the Perley Rideau. During the past couple of years, *HMCS Ottawa* has raised more than \$23,000 for the Foundation. The visit enabled crew members to see some of the amazing services staff provide to residents every day. Thank you and Bravo Zulu! Back row: Members of *HMCS Ottawa* crew; front row: Doug Brousseau, Foundation Chair; Daniel Clapin, Foundation Executive Director; Commanding Officer W. A. Barlow, *HMCS Ottawa*.



Army Ball 2018 celebrated the 75<sup>th</sup> Anniversary of Canada's participation in the Italian Campaign during the Second World War. The Foundation was pleased to coordinate the attendance of two resident Veterans who fought in the Battle of Ortona. We are proud to #honourandcare! L to R: Veteran Ian Wadleigh; Daniel Clapin, Foundation Executive Director; Veteran and Perley Rideau resident Jon Wadleigh; Her Excellency the Right Honourable Julie Payette, Governor General of Canada.



Resident and Second World War Veteran Burpee Mason believes that giving back is the right thing to do. For the second year in a row, Burpee continues to contribute the majority of funding needed for Staff Bursaries in 2018. Bursaries enable Perley Rideau staff to enhance their skills and continue to provide the best possible care – which our residents richly deserve. Burpee, thank you for your tremendous philanthropic leadership. Here, Burpee Mason poses with resident-care liaison Carolyn Young-Steinburg, Bursary recipient.



In November 2017, the Ottawa Service Attachés Association partnered with the Foundation to host *Project Perley*, a black-tie fundraising gala. The event raised a net total of \$34,634.43! The OSAA's tremendous generosity supported the complete renovation of a dining room for Veterans. Thank you! L to R: Daniel Clapin, Foundation Executive Director; Lt. Col. Nico Huelshoff, Embassy of the Federal Republic of Germany Defence Attaché; Major Matthew Gardner, Embassy of the U.S.A. Assistant Air Attaché and OSAA Charity Committee Chairman; Delphine Haslé, Foundation Development Officer.



On behalf of our generous donors, the Foundation disbursed \$341,973 to the Health Centre since January 1, 2018. This money supports many programs and resident priority needs, including Hi-Lo beds, bath systems, pressure-relief mattresses, the Therapeutic Recreation and Creative Arts Program, and the purchase of furniture for the outdoor courtyards. Thank you for the life-giving donations!

L to R: Vice-Admiral (ret'd) Ron Buck, Health Centre Chair; Akos Hoffer, Health Centre CEO; Doug Brousseau, Foundation Chair; Daniel Clapin, Foundation Executive Director.



A team of volunteers operates the Perley Rideau Boutique and each year donates proceeds from the Boutique to the Foundation. During this year's Volunteer Recognition Ceremony, the Boutique presented a cheque for \$35,000, bringing the total amount donated since inception to more than a half-million dollars!

Irene Baillie donated the \$180 she raised by selling her hand-made Santa Claus dolls at the Royal Canadian Legion Eastview Branch. She has already begun to make dolls for this year's sale!

L to R: Irene Baillie, Lifetime Legion Member; Doug Brousseau, Foundation Chair; Delphine Haslé, Foundation Development Officer; Daniel Clapin Foundation Executive Director.



# Outstanding support from



▶ The RCL Ontario Command Branches and Ladies' Auxiliaries Charitable Foundation: \$8,000 toward a new bathtub in a Veteran-occupied unit. L to R: Delphine Haslé, Foundation Development Officer; Richard Campbell, RCL Eastview Poppy Chair; Bill Redmond, Perley Rideau Legion Liaison; Daniel Clapin, Foundation Executive Director.

▶ RCL Br 105 Cardinal: \$2,450 for one new pressure-relief mattress. L to R: Delphine Haslé, Foundation Development Officer; Doug Brousseau, Foundation Chair; Wendy Aitken, Br 105 Member; Daniel Clapin, Foundation Executive Director; Bob Eagan, Foundation Treasurer; Bill Aitken, RCL Br 105 Poppy Chair; Dwane Crawford, RCL Br 105 President.



▶ RCL Br 212 Kemptville: \$5,500 for two Hi-Lo Beds. L to R: Esther Horricks, Br 212 President; Ray Desjardins, Board Advisor; Delphine Haslé, Development Officer; Daniel Clapin, Executive Director; Chico Horricks, Br 212 Sports Officer; Aubrey Callan, Br 212 Service Officer.

▶ RCL Br 314 South Carleton (Manotick): \$5,000 to Veteran priority needs. Holding the cheque, L to R: Delphine Haslé, Foundation Development Officer; Doug Brousseau, Foundation Chair; Linda Ambrose, Br. 314 Poppy Chair.



# the Royal Canadian Legion



◀ RCL Br 459 Stouffville: \$10,000 for new furniture in an outdoor courtyard. L to R: Daniel Clapin, Br 459 Immediate Past President; Judy Bond, RCL Stouffville Immediate Past President; Rick Bond, Br 459 member; Delphine Haslé, Foundation Development Officer.

▶ RCL District G: \$18,000 for a new therapeutic bath system. L to R: Donna Longmire, Secretary District G; Doug Brousseau, Foundation Chair; Daniel Clapin, Foundation Executive Director; Delphine Haslé, Foundation Development Officer; Aubrey Callan, Veterans Officer District G



◀ RCL Br 554 Rockland: \$2,750 for a new Hi-Lo Bed L to R: Bob Cleroux, RCL Br 554 Poppy Chair; Daniel Clapin, Foundation Executive Director; Delphine Haslé, Foundation Development Officer; John Mogensen, RCL Br 554 President.



▶ RCL Br Branch 638 – Kanata: \$5,200 one new Hi-Lo bed and one new pressure-relief mattress. L to R: Doug Rowland, Chair, Poppy Trust Fund; Doug Brousseau, Foundation Chair; Ray Desjardins, Foundation Board Advisor; Moira Green, Chair, Poppy Campaign; Delphine Haslé, Foundation Development Officer; Daniel Clapin, Foundation Executive Director.



▶ RCL Br 462 Eastview: \$20,000 towards two new bathtubs in a Veteran-occupied unit and for the purchase of a second tub. L to R: Richard Campbell, RCL Br 462 Poppy Chair; Daniel Clapin, Foundation Executive Director; Delphine Haslé, Foundation Development Officer; Bill Redmond, Perley Rideau Legion Liaison and Br 462 member.



Family members of the late Tony Seaby, a long-time Perley Rideau resident, gathered to place two Silver Leaves in his memory on the Tree of Life. The family wished to honour Tony and to thank Perley Rideau staff for the excellent care he received here. Thank you to the Seaby family for remembering Tony in this meaningful way!

To remember and honour the late Roger August, members of his family gathered to place a Silver Leaf on the Tree of Life bearing his name. The Tree of Life continues to grow, representing the love and thankfulness of friends, family members and residents.



Frank Morgan poses below the Silver Leaf added to the Tree of Life in memory of his father Terry, a Veteran and former resident. The Tree of Life offers a way to honour residents for the care of seniors and Veterans. Thank you to the Morgan family for choosing to honour Terry Morgan's life in this way!



The Family and Friends Council donated a Tree of Life leaf in honour of Past Chair Ray Bailey (pictured).



Special thank you to Guardian Angels Catholic Elementary School students Olivia and Lianna for donating \$20 as part of their school project "An act of kindness." They also gave cards and flowers to seniors and Veterans who call the Perley Rideau home. Way to go, ladies! L to R: Delphine Haslé, Foundation Development Officer; Lianna; Olivia; Dan Clapin, Foundation Executive Director.



Members of the Royal Canadian Legion coordinated a visit of Grade 11 students of l'École secondaire catholique Minto on March 26<sup>th</sup>. The students had recently studied a novel about a Second World War Veteran suffering from Post-Traumatic Stress Disorder (PTSD) and were excited to speak with some of the Veterans who call the Perley Rideau home. Thank you to all who worked to make this educational and enriching visit happen!



Foundation and Health Centre staff and volunteers had a roaring time curling in the annual Director General Aerospace Equipment Program Management Bonspiel in support of the Perley Rideau Foundation! 20 teams participated and raised money to support the Foundation's mission. Thank you DGAEPM members for your support!



The Perley Rideau's duck pond is a popular with staff, residents and members of their families. Dave Broddy, tenant in Commissionaires Ottawa Place, generously donated \$3,500 to support the enhancement of the pond. L to R: Daniel Clapin, Foundation Executive Director; David Broddy; Sara Francis, Foundation Administrative Assistant; Delphine Haslé, Foundation Development Officer.

# Once a Runner, Always a Runner

By Peter McKinnon

**W**henever Ottawa Race Weekend approaches, Lorne Hooper misses the running he enjoyed for most of his life. As a youth, he competed in track and field, and doesn't remember ever losing a 100-yard dash. As an adult, he ran longer distances to stay fit, and to manage the stress of work and family life. Ten years ago, after recovering from surgery to implant a pacemaker, he ran his last road race – the Terry Fox Run – at the age of 85.

"Whenever I see someone running now, it tugs at my heart strings," he says with a smile. "I can

accept that my running days are over, but it would be nice to get out there again."

Born in Ottawa in 1922, Lorne lived in New York City for a few years as a baby; his father, a plasterer, found work there until the Depression. The family moved back to the Glebe, and Lorne went to Ottawa Technical High School and served in the Non-Permanent Active Militia – he was a so-called Saturday-night soldier. At the age of 15, his father died and his mother took a job as a nurse.

When the Second World War broke out, Lorne enlisted; when the Forces learned he was

underage, he served in various administrative roles. He longed to be a pilot and transferred to the Royal Canadian Air Force as soon as he was old enough, but by 1943, the demand for pilots had evaporated. He took solace in meeting the love of his life: Yvonne Cavanagh, who worked for the United Kingdom's inspection board. They soon married and went on to spend the next 75 years together.

The Commonwealth Air Training Plan soon provided Lorne the opportunity to pursue his dreams and he shipped out to a training centre known as "Little Norway." Operated by the Norwegian Army Air Service, the facility was on the site of today's Toronto Island Airport. After also training in Guelph and Calgary, Lorne became a WAG: a wireless operator/air gunner. He was eventually posted to RCAF Station Charlottetown, and hunted for Nazi submarines on board a Bristol Bolingbroke. "We did our best, but never found any, unfortunately," he says.

During the war, Lorne volunteered to participate in a clinical trial conducted by the National Research Council. Scientists applied chemicals to small patches of skin along one of his arms, then exposed the areas to poison gas.

"It wasn't much of a bother at the time," Lorne recalls. "And in 2003, I received more than \$20,000 in compensation, so I used it to pay off a few debts."



Lorne Hooper in his room at Perley Rideau.

Lorne continued his public service after the war in a variety of administrative roles. He re-enlisted, served in both the army and navy, and eventually rose to the rank of sergeant. He and Yvonne built a home in the new Ottawa neighbourhood of Alta Vista, where they raised their daughter Linda. Before Linda started high school, Yvonne took a full-time job as a school secretary. Each summer, the family vacationed at Red Pine Camp; Yvonne and Lorne both served in various volunteer positions there.

Lorne continued his career with the Department of National Defence (DND), specializing in the management of real property. At the time, DND owned more than 10,000 buildings across the country and needed a way to

manage these holdings. During the 1970s, Lorne was instrumental in the development of a massive computer system known as CEMIS1 (Construction Engineering Management Information System #1).

"We programmed one of the largest computers in Canada at the time," says Lorne, "and we did it all with Fortran and punch cards. The mainframe was four storeys tall. Today, a watch has more memory and processing capacity than what we had."

In the 1960s – long before jogging became a fad – Lorne got back into running both to stay in shape and to relieve stress. He ran in dozens of charity and community events. Lorne also served in the Masonic Lodge for more than 60 years, eventually

becoming a Grand Lodge Officer. Daughter Linda married John Fraser, currently a member of Ontario's Legislative Assembly. Lorne and Yvonne were eventually blessed with three grandchildren and three great grandchildren.

When Yvonne's health began to fail, Lorne cared for her at home. Eventually, both moved in to the Perley and Rideau Veterans' Health Centre, where Yvonne passed away in her 98<sup>th</sup> year.

Nowadays, Lorne likes to spend time in the Perley Rideau's crafts studio, making scarves; he also recently learned to play the ukulele. "The staff here are nice and there are plenty of ways for me to stay active," he says. "And it was nice to meet members of Team Perley Rideau before this year's Race Weekend." [HC](#)

## Team Perley Rideau Sets New Record for Ottawa Race Weekend

**A**s this newsletter goes to press, a team of 17 runners had raised nearly \$13,000 for the Perley Rideau Foundation – a new record! The previous high of just over \$8,000 was set in 2016. The team is a mix of Health Centre and Foundation staff, volunteers and friends. To foster a sense of competition, the women on the team challenged the men to raise more pledges.

To make things even more interesting, for every \$100 a team member raises, they get to deduct five seconds from their average per-kilometre pace on race day.

Currently, the women are ahead by nearly \$800. Final results will be reported in the next edition of Honour and Care. Go, team Perley Rideau, go!



Members of Team Perley Rideau pose outside the Health Centre.



# Accomplishment, Excellence and Evolution

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



Several recent developments provide clear evidence of the growing contribution that the Perley and Rideau Veterans' Health Centre makes to both the healthcare system and the community. In April, the Province of Ontario and the Champlain Local Health Integration Network (LHIN) allocated an additional 84 long-term care beds to the Perley Rideau. In March, we announced the creation of a 20-bed Specialized Behavioural Support Unit (SBSU) under a partnership with the Champlain LHIN, the Royal and Behavioural Supports Ontario. The SBSU features a secure environment and provides safe, enriched care to people with dementia who are exhibiting responsive behaviours.

These developments followed on the heels of two other significant announcements: Veterans Affairs Canada agreed to fund 25 beds for Other Qualified Veterans (those who served after the Second World War and the Korean War armistice); and the establishment of an innovative 20-bed unit to provide Sub-Acute care to Frail Elderly (SAFE) in partnership with the Champlain LHIN and The Ottawa Hospital. SAFE involves the delivery of an entirely new level of care – one that will be increasingly needed as our population ages.

Another important development came from

Accreditation Canada, an independent, not-for-profit organization that sets standards for healthcare quality and safety, and accredits organizations across Canada and around the world. Every four years, Accreditation Canada audits the performance of member organizations. In March, we earned Accreditation with Exemplary Standing – the highest-possible ranking.

All of these developments fully align with our multi-phase, 15-year Strategic Plan, revised last year by our Board of Directors and designed to ensure that the Perley Rideau can realize its full potential. It's worth noting that Accreditation Canada's final report credits the Perley Rideau for developing the Strategic Plan, and for engaging residents and families directly in the operations of the home.

To fulfill this Plan, we continue to partner with external organizations. Under a partnership with the Registered Nurses Association of Ontario, for instance, we test and document the impacts of best practices in care. Another partnership inspired us to establish an on-site classroom for students of Algonquin College's Personal Support Worker program. Under the partnership, students gain valuable hands-on professional experience, while Perley Rideau can tap into a valuable source of candidates for job openings. Other significant developments

include the expansion of comfort-care rounding and the posting of quarterly video updates to our website. Two other new initiatives – Lifelong Learning and Active Seniors – enable us to share our expertise with people who live outside these walls.

To enhance and expand the services we deliver both on-site and to the community, Perley Rideau must continue to evolve. To do so, we will take 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. Our vision is to lead innovation in frailty-informed care to enable seniors and Veterans to live life to the fullest. Realizing this vision absolutely requires the support of our partners and the community.

It is an honour to serve as CEO during such an exciting time in Perley Rideau's history. I want to thank our staff – as well as our partners, stakeholders, volunteers and donors – for supporting Perley Rideau's quest to increase our contribution to the healthcare system and to the community. Together, we improve the well-being of the people we serve.



# A Lifetime of Giving Back

By Peter McKinnon

**T**homas Young Strath devoted his life to serving his family, his community and his country. In a final act of generosity, he bequeathed much of his estate to 10 charities, including the Perley and Rideau Veterans' Health Centre Foundation.

"I remember my parents saying to me 'When you live such a blessed life, how can you not give back?'" says daughter Linda Glassford.

Born in 1923, Thomas Strath grew up in Montreal and attended Lakeside Academy. In Grade 8, he fell in love with the girl who sat in front of him: Isobel Anne Dye. They would eventually marry, raise a son and daughter, and spend the rest of their lives together.

After completing high school, Thomas took a job with Bell Canada. As soon as he was old enough, he enlisted in the Royal Canadian Air Force (RCAF) and fulfilled his childhood dream of flying. He became part of the British Commonwealth Air Training Plan, the bold and unprecedented effort that trained more than 130,000 personnel in Canada to defeat the Axis powers. Thomas became such an adept pilot that he was deemed too valuable for overseas service: he was assigned to training duties in Canada. Although disappointed, he soldiered on and served in numerous training centres.

"Dad's mother was relieved that he served in Canada during

the war," recalls Linda Glassford, "but aviation training was also dangerous, and mishaps and crashes killed and injured many young men." By some estimates, 14 percent of all RCAF fatalities occurred in Canada.<sup>1</sup>

After decommissioning, Thomas settled in Montreal, where he earned a degree in engineering at McGill University. Upon graduation, he started a 40-year career with Bell Canada and in 1948 married Isobel, who left her teaching job to become a homemaker. The years that followed saw the birth of son Bill and daughter Linda, and vacations at the family cottage in the Laurentians.

Both parents were active in Valois United Church, where they had married. Isobel sang in the choir and volunteered with children's programs, such as Explorers and Canadian Girls in Training. Thomas chaired the committee that oversaw the funding and construction of a new church building.

"Dad was always happiest fixing things," says Linda Glassford.



Thomas and Isobel Strath with baby Bill

"And he loved to share his passion with me and my brother. During my teens, there was always a car in the driveway to work on, and we learned to do all kinds of technical and mechanical tasks. Dad used to say: 'Between the two of you, you can do anything.'

With the children grown in the late 1970s, Thomas accepted a transfer to Ottawa, where he and Isobel joined Merivale United Church. Thomas began to

*See page 18*

# 17<sup>th</sup> Annual Perley Ride

*The 17<sup>th</sup> edition of Perley Rideau Night at the Races raised \$50,000 net -*



Some of the more than 380 people who enjoyed a fun evening for a good cause.

## **A Lifetime of Giving Back ...** *continued from page 17*

volunteer with an organization known as STRIDE – a group that refurbishes and repairs equipment such as wheelchairs for persons with disabilities. Many fellow Veterans also volunteered there; Thomas enjoyed both the fellowship and the opportunity to put his skills to work for a good cause, particularly during his retirement. The Straths also donated regularly to more than 100 charities.

“When my parents were in their 80s, they both got sick at the same time and I went to Ottawa

to help them recover,” recalls Linda Glassford. “I remember spending nearly two days writing cheques to the various charities they supported.”

Among these charities was the Perley Rideau Foundation. “Dad liked to read the Foundation’s newsletter and thought that Perley Rideau would be a good place to live, in part because he’d be among fellow Veterans,” says Linda.

When Isobel’s condition worsened in her 90s, Thomas took care of her around-the-clock for

several years.

“After mom passed away, Dad became understandably depressed,” says daughter Linda. “He felt useless, I think. I convinced him to move out to New Brunswick with us. He passed away three months to the day after Mom died. Dad had appointed me executor of his estate and I was proud to honour the wishes of my parents to donate to charity.” **HC**

<sup>1</sup> <http://www.journal.forces.gc.ca/vo3/no1/doc/65-69-eng.pdf>

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# The Perley and Rideau Veterans' Health Centre Foundation

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Chief Executive Officer

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