



Fall 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

Fortitude and Quiet Determination

By Peter McKinnon

Alex Kowbel always perseveres in the face of adversity. During a career of more than 30 years in the Canadian Forces, he served overseas in both the Second World War and the Korean War, and suffered a broken back in the line of duty. When his daughter was only two years old, Alex's wife died suddenly, leaving him to raise four children largely as a single parent. Now a 96-year old resident of the Perley and Rideau Veterans' Health Centre, Alex is determined to recruit enough players for a regular bridge game.

Alex Nick Kowbel was born in 1922 to a family of seven children in Melville, Saskatchewan. As a young man, his father had emigrated from Ukraine during the Russian revolution.

"As a kid, I remember being puzzled by the fact that most of my friends had two sets of grandparents instead of just one," he says with a smile.

His mother was a homemaker, while his father was a railroad mechanic – Melville was a major hub for both major railways: Grand Trunk Pacific and Canadian National.

See page 2



Alex Kowbel

Mary MacDonald and the Continuity of Care

By Peter McKinnon

With the support of donors, the Perley and Rideau Veterans' Health Centre continues to pioneer a concept known as continuity of care: providing access to the housing options, supports and services seniors need to live independently for as long as possible. The experience of Mary and Earle MacDonald illustrates the concept well.

Mary and Earle MacDonald raised four children in a home adjacent to where the Perley Rideau was built in 1995. In the 1960s and 70s, the MacDonald children often played in the empty field now home to the Perley Rideau's 25-acre campus.

After the children grew up, the couple remained in the family home into their late 80s. To help meet their growing needs, when they moved into a two-

See page 12

Contents

- 4 Catch the Ace
- 5 Delphine Haslé column
- 6 Donor Reception 2019
- 7 Community Events photos
- 9 Tree of Life photos
- 13 Fashion Show
- 14 Akos Hoffer column
- 15 AHEPA Charity Night
- 16 Memorial Tributes

Perley Rideau
Foundation

"We never wanted for much," he says. "During the Great Depression, I think Dad was laid off for only six months, so we were lucky."

As a child, Alex was given a pair of used figure skates; while the toe picks made playing hockey difficult, they helped him win a pocket watch in a barrel-jumping contest. He learned to type in high school, a skill that influenced his career path.

After Canada declared war on Germany, Alex tried to enlist, but was initially turned down because he was slight – he weighed less

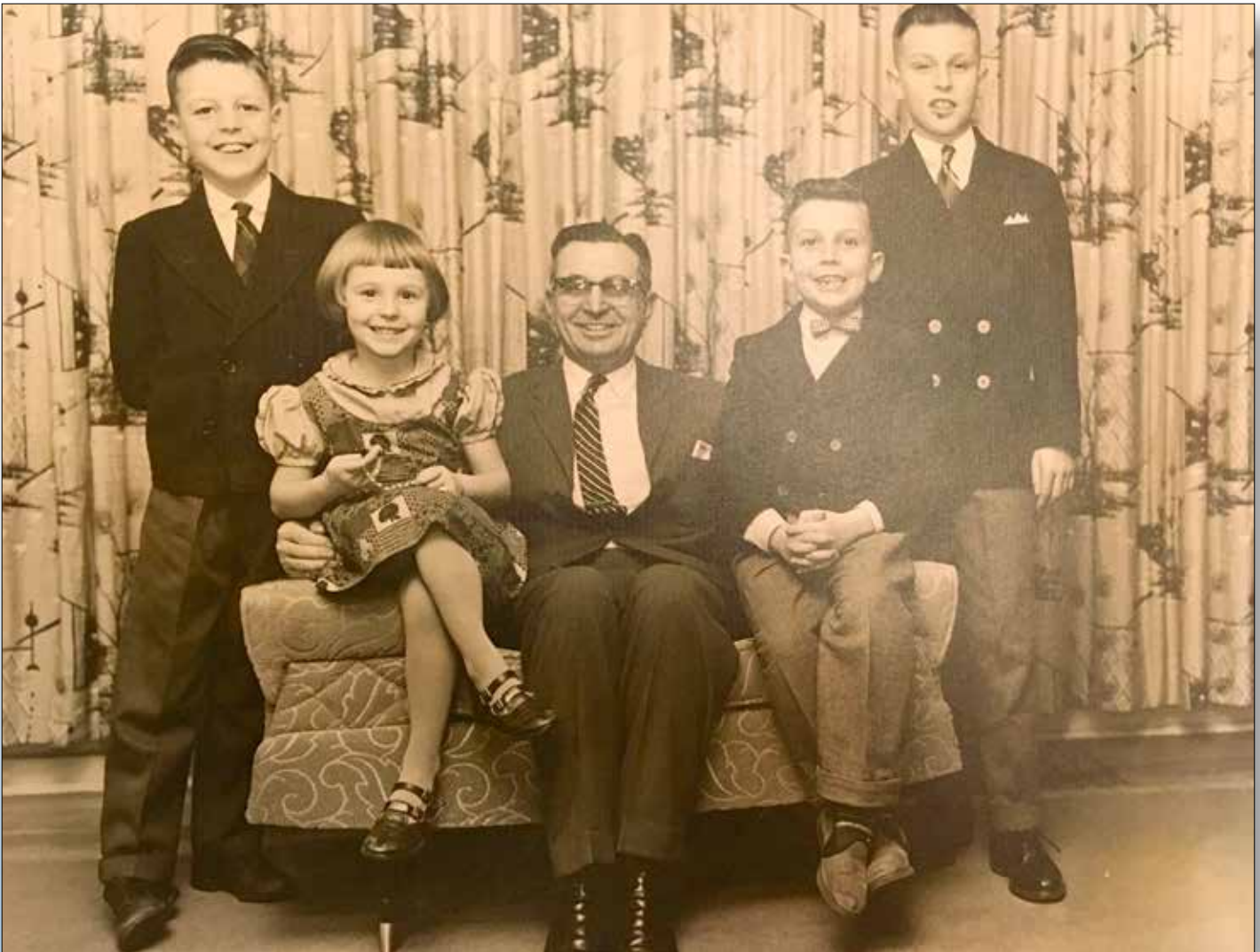
than 45 kilograms – and under 18 years of age. But when a corporal learned of Alex's typing skills, he convinced the doctor and the enlistment officer to fudge the paperwork, saying: "We'll fatten him up in no time."

As a recruiting clerk, Alex typed up enlistment documents, but soon grew restless. "So I signed up for the artillery, like so many did," he says. Thus began a pattern that repeated throughout much of his military career: Alex wanted frontline combat duty, but commanding officers were keen to harness his considerable skills

in logistics and administration.

Alex trained as a bombardier in Fort Garry (Winnipeg), then with an artillery regiment in Shilo, and in Debert, Nova Scotia. He eventually shipped out to England, landing on the day of the Dieppe Raid. "We didn't fully understand what had happened in Dieppe," he recalls. "Morale in England at the time was pretty good; we were beating Rommel in Africa and felt that we could also defeat the Nazis in Europe."

Alex's hopes of participating in D-Day were dashed when he was selected for officer training. When



Kowbel family in the early 1960s

he learned that the training would keep him out of action for at least seven weeks, he opted instead for active duty and landed a few weeks after D-Day. He contributed to the Liberation of Europe with Second Canadian AGRA (Army Group Royal Artillery). Although most of his duties involved administration and logistics, he experienced more than enough of the horrors of war.

“While in Nijmegen, Holland, I ran into my former battery commander,” Alex recalls. “We had a short visit at headquarters one afternoon. That evening, I went out for a walk and came across a small cemetery. I was shocked to find the man’s grave. Apparently his jeep had hit a mine after our visit; he died instantly and was buried right away.”

After the war, Alex returned to school, earning a combined degree in Commerce and Economics from the University of Saskatchewan, and attending Canadian Officers Training Corps during the summers. He was posted to Camp Borden near Barrie, Ontario.

“I organized a dance in collaboration with a nearby business girls association – most of them had also served the war effort. That dance led to four or five marriages, including my own,” Alex recalls.

At the dance, Alex met Frances (Fran) Emily Matthews and the two married in 1948. They followed the traditional path of many military families: raising four children – Jim, Tom, David and Susan – and moving from one base to another.

In 1949, Alex suffered a broken back during the training flight of



Wedding day, 1948

a military glider—the parachute failed to deploy. He spent six months in hospital and eventually had spinal-fusion surgery, but continues to experience pain and limited mobility. Alex later served in the Korean War.

“I was in Korea when Fran gave birth to David, our third child, back in Canada,” Alex recalls. “David and I share the same birthday.”

Before their youngest child’s fourth birthday, tragedy struck. Fran died suddenly of a brain tumour. As a single parent with four young children, Alex coped as best he could.

“Mom’s death was obviously hard on all of us, but we were pretty resilient,” says son Tom, the second-eldest Kowbel child. “Dad hired a series of housekeepers

to help – we kids continue to share funny stories about them. I’ll never forget the year we spent in Churchill, Manitoba. We had to bus to and from school because of the intense cold and the presence of polar bears. One time, we were kept in school until a helicopter came to chase away the bears.”

Friendships with other families – such as the Scotts and the Halliwells – helped the family cope with their loss. “They were very good to us,” recalls Tom, “Elsie Scott was like a second mother to us and we remained in touch with both families for many years.”

Summer cottaging also helped; Alex remarried a woman from Wasaga Beach, Ontario, and the family spent time there, although the marriage didn’t last. There was a second cottage on

Lake Clear, near Foymount, about an hour from Ottawa.

During the latter part of his military career, Alex was based at headquarters in Ottawa and inspected bases across Canada. In the late 1960s, Canada began to unify its armed forces as a cost-saving measure and Major Alex Kowbel played a large role in the project. His work soon caught the attention of the government officials tasked with establishing a new federal department: Environment Canada.

Alex retired from the Canadian Forces to begin a senior job with

the Environmental Protection Service. Alex helped to lead efforts to eliminate PCBs (polychlorinated biphenyls) – a recognized toxin – from electrical transformers and represented Canada abroad.

“During an international meeting in Sweden, I told our American counterparts – representatives of the Environmental Protection Agency – that if the U.S. didn’t ban PCBs in transformers, I would advise the Canadian government to ban imports of all products made by Monsanto, the leading manufacturer of PCBs at the time,”

Alex says. “It was a bit of a bluff, but it worked.”

In 1978, Alex retired to a life of gardening, golf and four grandchildren – three great grandchildren would follow. He bought a home in Foymount and a condo in Hawaii, where he continued to winter until well into his 90s. He moved into the Perley Rideau in June, 2019. “The care here is really excellent,” he says. “I go to exercise classes regularly and last Wednesday, four of us started what I hope will be a weekly bridge game.” **HC**



DON'T MISS YOUR CHANCE TO WIN

CATCH THE ACE

In support of the Perley Rideau Foundation

TICKETS \$10. AVAILABLE ONLINE AND AT 1750 RUSSELL ROAD IN THE FOUNDATION OFFICE. CASH, CREDIT CARD, CHEQUES ACCEPTED.

Charitable Registration # 12194 8038 RR0001

Over \$5,000 in weekly prizes won so far!

www.perleyrideaufoundation.ca 613-526-7173

Ace Jackpot
always growing,
currently **\$9,238!**
Limited tickets
available!



Draw every Thursday at
3:00 PM in the cafeteria

Lottery Licence # M758377

Realizing the Future of Caring

perleyrideaufoundation.ca



By Delphine Haslé, CFRE, Executive Director
The Perley and Rideau Veterans' Health Centre Foundation

It's a personal and professional honour to for me assume the role of Executive Director of the Perley Rideau Foundation. And I'm determined to build on the accomplishments achieved under the leadership of Daniel Clapin, who retired a few months ago. During my six years with the Foundation, I've witnessed how the generosity of donors directly improves the quality of life experienced by the men and women who live here: 450 seniors and Veterans in the long-term care home, along with another 200 in independent-living apartments.

The best part of working for the Foundation is meeting residents, tenants and their families. They tell us about what it means to have the opportunity to live life to the fullest in an atmosphere of dignity and respect. And they are proud to express their gratitude for the donors who help make it possible.

The Perley Rideau Foundation raises funds to support the Health Centre; as Executive Director, my role is to create opportunities for donors to invest in the Perley Rideau. Generous donors help pay for the so-called extras not covered by government but essential to top-quality care: equipment such as hi-lo beds and pressure-relief mattresses; programs such as Therapeutic Recreation and Creative Arts; and specialized training for staff and volunteers. Donors also enable the ongoing innovation that is a hallmark of the Perley Rideau.

To support the next chapter in the Perley Rideau's ongoing evolution, the Foundation is excited to launch *The*

Caring for the Future Campaign. The Campaign focuses on two innovative projects: The Centre of Excellence in Frailty-Informed Care and the Seniors' Village Expansion. The two projects address a major challenge looming over our healthcare and long-term care systems. The next few decades will see a dramatic increase in Canada's population of frail seniors: those who are less able to cope with minor stresses and more likely to suffer rapid and dramatic changes in health. Our healthcare and long-term care systems must adapt quickly or be overwhelmed. The challenge impacts all Canadians.

The Centre of Excellence will help by conducting research, and by developing and sharing evidence-based practices in how best to care for frail elderly, and how best to train those who deliver this care. The Perley Rideau has the expertise, programs and population needed to lead this crucial mission.

Expanding the Seniors Village will ease the growing shortage of appropriate accommodation options. The current Seniors Village is an unprecedented success. Built in 2013 with the support of donors and three levels of government, the Village features 139 independent apartments for seniors and ready access to a host of services, therapies and activities. A team of Perley Rideau coordinators facilitates access to care services, such as the provincially funded Assisted Living for High Risk Seniors Program. As a result, tenants live independently for as long as possible and avoid stays in hospital, where many seniors

fail to thrive and where care is most expensive to deliver. Construction of new independent-living apartments for 200 seniors is expected to start in 2021.

I'm confident in the success of *The Caring for the Future* Campaign, in part because the Campaign Cabinet is comprised of dedicated and highly accomplished community leaders. Even more important, of course, is the ongoing trust and support of donors, for which I am forever grateful. I invite donors who want to see the difference that their generous support makes in the lives of our residents to join me for a tour of our Seniors' Village. I would also love to hear why you choose to support the Perley Rideau – you can reach me at 613-526-7194 or dhasle@prvhc.com. Thank you for your trust and generous support!

The Perley Rideau Seniors' Village is comprised of a 450-bed long-term care centre (including 250 beds for Veterans) and 139 specially designed seniors' apartments. Thanks to the generosity of donors, residents and tenants enjoy ready access to a wide range of on-site amenities, activities and healthcare services, enabling them to live life to the fullest.

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

Please contact Delphine Haslé

**The Perley and Rideau
Veterans' Health
Centre Foundation
1750 Russell Road,
Ottawa ON K1G 5Z6
613-526-7173**

Email: dhasle@prvhc.com
perleyrideaufoundation.ca

Donor Reception 2019

Perley Rideau Foundation hosted more than 160 donors on June 12th at our annual Strawberry Social. The reception is an opportunity for the Foundation to say thank you to those who give to support seniors and Veterans at the Perley Rideau. This

year's guest speakers included three daughters of the late Peter Brennan, a former resident who passed away in August. Kathleen, Maggie and Laura Brennan – all donors – described how the exceptional care their father received while at the Perley

Rideau impacted their lives.

L to R: Delphine Haslé, Executive Director; Kathleen Code (née Brennan); Peter Brennan, former resident; Laura Brennan; Maggie Brennan; Sara Francis, Development Coordinator; Daniel Clapin, former Executive Director.



Community Events



Chris and Eric Little Wedding

As part of their wedding celebration in early September, Chris Little and Eric Houston encouraged guests to donate to the Perley Rideau in honour of Chris' late father Ronald, along with the staff who cared for him during his final years. Congratulations and thank you! L to R: Chris Little, Ronald Little, Eric Houston.

Volunteer Book Sale

A big thank you to Moira Moriarty, Barb Lebel, and Jo Lebel for hosting the Perley Rideau's very first benefit book sale! These intrepid ladies sold hundreds of books over the course of an afternoon and raised \$314.25 for the Perley Rideau. Well read and well done! L to R: Sara Francis, Development Coordinator; Barbara Lebel; Jo Lebel; Moira Moriarty; Delphine Haslé, Executive Director.



OPVA Golf

Thank you, Ottawa Police Veterans Association for choosing the Perley Rideau as a beneficiary charity for your annual golf tournament! Golfers enjoyed a fun day, followed by an evening of good food and entertainment. L to R: Bob Eagan, Board Treasurer; Carol Ann, Board Director; Sara Francis, Development Coordinator; Delphine Haslé, Executive Director.

Would you like to host your own fundraising event? Give Sara a call at 613-526-7170 x.7150 or email her at sfrancis@prvhc.com.



ANAVETS
 Thank you to the Ontario Provincial Command of ANAVETS (Army, Navy and Airforce Veterans in Canada) for the generous donation of \$10,000 to support the care of Veterans at the Perley Rideau! We're grateful to ANAVETS for helping to ensure top-quality care. L to R: Sara Francis, Development Coordinator; Deanna Fimrite, Dominion Secretary-Treasurer (ANAVETS); Delphine Haslé, Executive Director; Keith de Bellefeuille Percy, Chair.

RCL District G
 The Royal Canadian Legion District G Veterans' Care and Hospital Fund donated \$36,400 to renovate a tub-and-shower room, transforming one of the most challenging aspects of long-term care into a safe and comfortable experience for both residents and caregivers. L to R: Daniel Clapin, Former Executive Director; Delphine Haslé, Executive Director; Joel VanSnick, RCL Deputy District Commander; Aubrey Callan, RCL District G Veteran Officer; Doug Brousseau, Foundation Past-Chair; Kris Birchard, Health Centre Chair.



RCL Greely
 The Royal Canadian Legion Br. 627 Greely donated \$2,000 to purchase one medical Hi-Lo bed. L to R: Daniel Clapin, Former Executive Director; Linda Wyman, RCL Br 627 President; Delphine Haslé, Executive Director.

Tree of Life

The Perley Rideau's Tree of Life continues to grow and we are grateful to the families who choose to pay tribute to their loved ones and the care received at the Perley Rideau in this meaningful way.



◀ In honour of their parents — Muriel and James Boon — Mr. and Mrs. Frances Boon placed a Silver Leaf, donated by Doris Holden.



Members of the Silverman family donated a Silver Leaf in honour of father and grandfather James Silverman. ▶



◀ The Ronan family donated a Gold Leaf in honour of father and grandfather Tom Ronan.

To enquire about placing a new leaf on the Tree of Life, please call Carla at 613-526-7173 or email her at cmorden@prvhc.com.



Scheldt

On July 31, the Perley Rideau hosted the launch of a new coin commemorating the Battle of the Scheldt. This pivotal Second World War battle opened the shipping route to Antwerp and made the Liberation of the Netherlands and Belgium possible. Special guests included Marie Lemay, President and CEO of the Royal Canadian Mint; Henk van der Zwan, Ambassador to Canada for the Kingdom of the Netherlands; and officials from the Belgian and Polish embassies. Seven Perley Rideau residents were among the Second World War Veterans honoured during in the ceremony.

CN 100

June 6, 2019 was both the 75th anniversary of D-Day and the 100th anniversary of the founding of Canadian National Railway (CN). To mark the anniversaries, CN executives visited Veteran residents of Perley Rideau and pledged \$25,000 in support of the Foundation to also commemorate the 75th anniversary of D-Day. L to R: Daniel Clapin, Former Executive Director; Sean Finn, CN Executive Vice-President, Corporate Services and Chief Legal Officer.



Excel HR/Trinity Development

Thank you to Trinity Development for their nomination of the Perley Rideau for Excel HR's \$30K for 30 Years initiative! To celebrate 30 years as one of Canada's leading staffing firms, Excel HR has invited their clients to nominate charities to receive one of 30 \$1,000 donations. L to R: Nomin Bayasgalan, Excel HR Recruiting and Replacement Consultant; Carla Morden, Administrative Assistant; Delphine Haslé, Executive Director; Lori Devereux, Manager, Excel HR Permanent Staffing; Mariette MacIsaac, Manager, Trinity Development Foundation.



Summer Student
 This year, 37 high school students participated in Perley Rideau's Summer Youth Volunteer program. Funded in part by donors, the program enables young people to volunteer their time (a total of more than 1,700 hours), learn vital skills and form new relationships. Here, Veteran resident Maj. (ret'd) Jerry Bowen presents Joe Watzenboek (left) and Cory-Lee Dignard (right) with 2019 Summer Youth Awards while Summer Youth Student Assistant Mihret Sinkie (centre) looks on.

HOPE Volleyball
 More than 50 Perley Rideau supporters (including the 12 pictured here) volunteered their time during Big Rig Brewery Presents: HOPE Volleyball Summerfest 2019. Players and spectators enjoyed a fun day of sun, volleyball and music by bands such as Hollerado, The Beaches and Elijah Wood X Jamie Fine. As one of this year's five designated charities, the Perley Rideau Foundation is grateful to everyone who helped make the day possible. The funds raised from HOPE Volleyball will go toward the renovation of a resident tub-and-shower room.



Kichissippi Workplace Run-Off
 For the third year in a row, Team Perley Rideau was the top workplace fundraiser during the Tamarack Ottawa Race Weekend. By raising \$16,000 net, the Team prize won the Kichissippi Workplace Run-Off and earned a visit to Kichissippi Brewery. This year's Team featured 28 runners – Perley Rideau staff, volunteers, and family and friends of residents – who participated in the 5k, 10k and half-marathon races. Since forming in 2016, Team Perley Rideau has raised over \$50,000! If you'd like to join the Team for next year (no running experience required), contact Sara at 613-526-7170 x 7150 or sfrancis@prvhc.com.



The MacDonald family in the mid-1960s.

bedroom-plus-den apartment in a new innovative housing project known as the Seniors Village. Built in 2013 with the support of donors and three levels of government, the Village features 139 seniors' apartments and ready access to a host of services, therapies and activities.

Perley Rideau is home to not only 450 residents—including approximately 250 Veterans—in long-term care, but also to approximately 200 seniors in independent-living apartments. The campus also features a hair salon, pub, cafeteria, craft studios, church services, exercise classes, and medical and physiotherapy clinics. A team of Perley Rideau coordinators provides access to

eligible care services.

While they lived in the apartment, Mary and Earle MacDonald accessed an increasing number of services through the provincially funded Assisted Living for High Risk Seniors Program. Earle fell ill and passed away in 2018. The next day, Mary moved into her own studio apartment in a part of the Village known as the Commons: units of 10 studio apartments, each equipped with a private washroom, and clustered around large communal living and dining spaces—areas supported by a Personal Support Worker (PSW).

"Having that consistency and continuity made the transition a lot easier for everyone in our

family," says daughter Marybeth MacDonald. "The care that Mom gets here is exceptional."

Every week, 92 year-old Mary MacDonald gets her hair done in the salon three floors down from her studio apartment. From her window, Mary points toward her former home. "I'm happy here because I look out at the same scene as I did when I lived just over there," she says.

Mary, like most tenants of the Commons, qualifies for a provincial program that provides assistance with activities of daily living. Under the program, PSWs help with everything from dressing and showering to preparing and serving meals. They also go on walks and to



Mary MacDonald relaxes in her studio apartment in the Seniors' Village.

appointments.

To help address Canada's critical shortage of PSWs, the Perley Rideau converted an unused dining room to build the Living Classroom in partnership with Algonquin College. Students of the College's PSW Program attend class here, and interact with residents of the long-term care home and tenants in the Commons. The partnership is just one of the many examples of the Perley Rideau's commitment to innovation in the care of Veterans and other seniors. Expanding the Seniors Village to accommodate steady growth in demand for independent-living options for seniors is another example. Construction of a new home for 200 seniors is expected to start in 2021.

The Perley Rideau Foundation raises funds to support the Health Centre. Donations to the Foundation pay for equipment and services essential to top-quality care for residents but not covered by government. Donations also support the expansion of the Seniors Village and Perley Rideau's ongoing research into how best to care for frail seniors and how best to train care providers.

"The world certainly needs more Perley Rideau," says Marybeth MacDonald.

And donors like you can make it happen. [HC](#)

NYGÅRD *Style* DIRECT



Benefit Fall Fashion Show and Shop Event

In support of the Perley and Rideau Veterans' Health Centre Foundation

Sunday October 27 • Perley Rideau Cafeteria

Shopping: 1PM - 4PM • Fashion Show: 3PM • ALL WELCOME FREE ADMISSION
Over 20 vendors with specialization in clothing, women's accessories, food, and senior services
will be on site • In-house raffle



Honour the Past, Care for the Future

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



Earlier this year, I was honoured to host an event for Perley Rideau's Century Club – residents who are at least 100 years old. For me, the event served as a strong reminder of what this place is all about and the duty we must fulfill as an organization.

Members of the Century Club raised families and worked at careers that helped to shape our modern world; many served overseas in the Second World War and/or the Korean War. Their lives have been marked by rapid technological, social and cultural change. They grew up with telegraphs and horse-drawn carriages, and witnessed the rise of refrigeration, air travel and computers. A remarkable ability to adapt drove their success in life.

The Perley and Rideau Veterans' Health Centre has much in common with members of the Century Club. Our roots stretch back more than a century, for instance: a donation from lumber baron William Perley helped to establish the Perley Home for Incurables in 1898. And our commitment to adapt and drive change continually enables us to improve the well-being of the people we serve.

After evolving into a hospital in the mid-1950s, the Perley opened a physiotherapy department and orthopaedic-rehabilitation unit, and launched training programs for registered nurses and nursing assistants. In the mid-90s, three levels of government collaborated to build a modern, progressive Health Centre to house and care for

Veterans and seniors. The project amalgamated the Perley Hospital with Rideau Veterans Home and the National Medical Defence Centre, and set the stage for ongoing innovation. Subsequent projects include the construction of a 12-bed Guest House providing respite care to those suffering from dementia and a Seniors Village accommodating about 200 people in a range of independent-living options.

In the last few years, the Perley Rideau has launched a series of projects to cope with two concurrent trends: the steady decline in the population of Second World War and Korean War Veterans, and the rapid growth in the National Capital Region's seniors' population. Earlier this year, for instance, we qualified as a Best Practices Spotlight Organization: in partnership with the Registered Nurses Association of Ontario, our staff implement and evaluate the effectiveness of innovative care practices. These practices are then shared widely, improving the quality of seniors' care across the province and around the world.

To increase the number of qualified Personal Support Workers (PSWs) – the men and women who provide most seniors' care – we partnered with Algonquin College to build an on-site classroom. Students enrolled in Algonquin's PSW Program now learn in a long-term care setting, and benefit from opportunities to interact with residents and staff. Another

important innovation is the SAFE unit (Sub-Acute care for Frail Elderly). Rather than stay in hospital, frail elderly patients can now choose to recover from surgery or illness in our SAFE unit, where they can access a wide range of therapies and activities. Earlier this year, we established the Centre for Interprofessional Health Care and Research (CIHCR). Developed in partnership with the University of Ottawa Faculty of Health Sciences, the Centre is an innovative ecosystem of community-based healthcare services, applied learning, continuing education and research.

I'm particularly excited about our two latest projects: the expansion of our Seniors Village and the establishment of Canada's first Centre of Excellence in Frailty-Informed Care. The former will enable us to provide an even larger range of accommodation options to another 200 seniors, while the latter will conduct and disseminate much-needed research into how best to care for frail seniors, along with how best to train those who deliver care.

Like members of the Century Club, Perley Rideau has experienced massive change in the last century, yet remains determined to serve the community. We believe that the best way to honour the past is to care for the future – to develop and deliver superior ways to care for seniors and Veterans. Donations to the Foundation enable us to achieve this goal.



·AHEPA OTTAWA· PRESENTS

ANNUAL CHARITY ENTERTAINMENT & COMEDY NIGHT

Friday January the 24th 2020



Perley Rideau

The Perley and Rideau Veterans'
Health Centre Foundation



INFINITY
CONVENTION CENTRE

SUPPORTING THE PERLEY RIDEAU FOUNDATION

Charitable tax receipt \$86 per ticket (#12194 8083 RR0001)



BASILE THE COMEDIAN

Great Comedy
Great Food
Great Entertainment

·Live Music - Great Food·

THE COMMOTIONS



Tickets
\$180
early bird
\$220
after Nov 30th

**GASTRONOMIC
TASTINGS WITH**

**GUEST CHEF
LOUIS CHAREST**

ticket sales online <https://ottawa.ahepa.ca/tickets>

The Perley and Rideau Veterans' Health Centre Foundation

Memorial Tributes

May 18, 2019 to September 11, 2019

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

Mr. Clayton Bigras • Mr. H. Marcel Blais • Mr. George Bond
Mr. Peter John Brennan • Mrs. Marianne Buck
Mrs. Helen A.C. Campbell • Mr. Keith Carson • Ms. Claudia Cauldwell
Mr. Frank Cauley • Mr. Edward Coleman • Mr. Richard Crossley
Mr. Jacques Dandenault • Mr. Ray Edward Desjardins
Mr. John DesRoches • Mrs. Shirley Dmytryk • Mr. Joseph Doyle
Mr. William R Elliott • Mr. William Faire • Mr. Stuart Ferguson
Mr. Francis Garrah • Mr. George Georgescu • Mrs. Carol Graves
Mrs. Helen Groeneweg • Mr. Ernest M. Gummer • Mr. William Halcro
Mr. Kal Hall • Mr. Burton Harper • Mr. Joseph Herbert
Ms. Doris Ethel Hope • Mrs. Vicky Johnson • Mrs. Barbara Kennedy
Mr. Owen Lloyd • Mr. Stuart Mackinnon • Mr. Ronald MacNab
Mr. Burpee C. Mason • Dr. John Roy McKinnon • Mr. Bruce Everett
McLeod • Mr. John McLeod • Flying Officer Alvin Miller
Mr. Thomas Milburn Mimee • Mr. Gregg O'Byrne • Mr. John K. Pearce
Mr. Harold Poapst • Mr. C.H. Presley • Mrs. Joan Presley
LGen. and Mrs. James W. Quinn • Mr. Thomas P. Ronan
Mrs. Margaret Sandilands • Ms. Pearl Saulnier
Ms. Margaret Shepherd • Mr. John Jack Skidmore • Mr. Eric Smith
Mr. Hubert J. Snow • Mr. William Sorokan • Mr. John Sparks
Mr. Jean-Paul St. Aubin • Mrs. Alice Stevens • Mrs. Kathleen Stevens
Mr. Douglas Traynor • Mrs. Bellita Vachon • Mr. Cecil Waghorn
LCdr. John Patrick Whitby

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.

Keith de Bellefeuille Percy
Foundation Board Chair

Delphine Haslé
Foundation Executive Director

Kristan K. Birchard
Health Centre Board Chair

Akos Hoffer
Health Centre
Chief Executive Officer

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

*Writer/editor: Peter McKinnon
Layout: André Campeau*

The Perley and Rideau Veterans' Health Centre Foundation

1750 Russell Road
Ottawa, Ontario K1G 5Z6
Tel: (613) 526-7173
Email: dhasle@prvhc.com
www.perleyrideaufoundation.ca

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.



Publications Mail Agreement No. **40069406**

Return Undeliverable Canadian Address to:

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

Email: dhasle@prvhc.com