



Winter 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

The Irrepressible Jack Commerford

By Peter McKinnon

A happy-go-lucky attitude continues to serve Jack Commerford well as he approaches his 95th birthday and 70th wedding anniversary. As a teenager, he fought in the Second World War. He later married and supported a family of seven with a stellar law career. A downhill skier until age 78, he finally stopped waterskiing at 87, because, he says: "I don't heal as quickly as I used to."

When asked about what he does these days as a resident of the Perley and Rideau Veterans' Health Centre, he throws his head back and says with a laugh: "Everything I can get away with."

Jack Commerford was born out of wedlock in Halifax and his mother sent him to live with a friend's family in Newfoundland. He was 12 by the time he rejoined his mother and met his new family. When Canada declared war on Germany, Jack enlisted as a boy soldier. Soon after his 17th birthday, he reported to Camp Aldershot for basic training in the Canadian Armed Forces. There, his devil-may-care nature got him in trouble."

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Jack Commerford in uniform

A Storied Life

By Peter McKinnon

Lyn Waddell inspired generations of young readers with her historical novels, radio plays and volunteerism. In a final act of kindness, she made generous donations in her will to a series of charities, including the Perley and Rideau Veterans' Health Centre Foundation.

Born Evelyn Margaret Cook in 1918 in suburban Toronto, Lyn completed degrees in English and Library Science during the first years of the Second World War. While at the University of Toronto, she acted in a number of school plays with Mavor Moore, a friend who went on to become a noted pioneer of Canadian stage and television. Upon graduation, Lyn worked briefly as a librarian before enlisting in the Royal Canadian Air Force (RCAF), Women's Division.

Lyn Cook served as a meteorological observer at aviation-training bases in Centralia (outside London, Ontario) and in Trenton. The Allies recognized that training hundreds of thousands of pilots, navigators and support staff would

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Perley Rideau
Foundation

I delivered messages as a runner for a time," he recalls. "And my commanding officer – a major and a lawyer – didn't care much for my attitude. One time, I stuffed the message into my tunic and took a short cut. When he saw the piece of paper sticking out of my coat, he wrote me up as out of uniform. He also claimed I had failed to salute him properly and that I hadn't followed the prescribed route. I was confined to barracks for seven days."

Jack admits to being something of a prankster as he rocks in his chair, eyes sparkling. Early on, he was promoted to

lance corporal. But a few hijinks – using a book of matches to give a sleeping soldier a hot foot, and trying to bluff his way past the sentries after being out past curfew – and he was demoted to private for the rest of the war.

Jack initially volunteered for paratrooper, but when a bike accident on the training base left him laid up for a time, he was transferred to artillery. He became a Bren gun instructor and sailed to England in 1943."

We crossed aboard the Queen Mary, converted into a troop ship," he says. "I played poker non-stop and won lots of money."

Soon after arriving in England, an incident gave Jack a keen respect for the enemy and a nickname he carries to this day. An officer with the Auxiliary Territorial Service (the women's branch of the British Army) spotted a Nazi bomber overhead and ordered him to hit the ground. A bomb exploded nearby. Although unhurt, Jack stayed down, hands over his head, until she came up and tapped him on the shoulder to let him know the threat had passed. More than 75 years later, the incident is still a source of embarrassment.

Jack shot at Nazi warplanes



The Commerford family in the mid-1960s.



Jack and Marion Commerford marry in 1949.

from installations along the English coast: Brighton, Dover, Folkstone. Soon after D-Day, he waded ashore at Juno Beach and helped to liberate occupied Europe. The fiercest action he saw was during the battle for Cap Gris Nez, France, part of the operation to clear the channel coast. When the war ended, he was near Hamburg, Germany, and briefly left his platoon for an eerie walk through no-man's land.

After decommissioning, Jack took advantage of the education benefits offered to Veterans. He enrolled in law at Dalhousie University and soon met a bookkeeper named Marian Frances Conrad.

"I was a terrible speller," Jack says with a grin, "Marian helped me a lot with that."

The two married in 1949 and Marian gave birth to their first daughter a year later. Upon graduating, Jack re-enlisted and eventually rose to the rank

of Lieutenant. When he announced his intention to fight in the Korean War, Marian was upset, so he told her: "If we have another child, I'll stay." Another daughter was soon on the way, and the Canadian Forces offered to promote Jack to Captain if he agreed to serve as a lawyer.

"I've always been optimistic and a little lucky," he says. "But I know that there's a thin line between courage and stupidity. The platoon I would have served in was devastated in Korea; only a few survived."

Jack thrived in his career as a lawyer with the Office of the Judge Advocate General, often defending soldiers at courts martial. Inspired by his experiences as a young soldier, he quickly developed a superb reputation. He served on bases in Ottawa, Kingston and Germany, as well as at headquarters.

Soon, there were five children and a slew of family activities: camping and cottage trips, skating on the Rideau Canal, downhill skiing and water skiing. He and Marian enjoyed ballroom dancing.

After retiring from the Canadian Forces, Jack took a job with Veterans' Affairs, often representing those denied pensions. In legal circles, he's well known for winning a

pension for the widow of a soldier gassed in World War One and who later died of lung cancer. Jack retired for good at age 69.

Marian's health began to fail in her 80s. Jack did his best to care for her, but dementia eventually forced her into a nursing home. In 2018, Jack sold the family home in Ottawa's Glebe neighbourhood and moved into the Perley Rideau. Marian secured a room there five days later, thanks to Veterans' Affairs' spousal-reunification program.

"This is a great place for me," Jack says. He exercises regularly, goes to concerts and sing-alongs, and visits with family and friends. Last year, he fulfilled the wish he'd been denied in his teens: he went skydiving, a tandem jump with a professional.

"When I asked the doctor about skydiving years ago, he said I shouldn't risk it because of my osteoporosis," he laughs. "So I didn't tell my new doctor about my plans." **HC**



Marion and Jack Commerford in the mid-2010s.

Tour of Honour

perleyrideaufoundation.ca

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



As Executive Director, I sometimes lead tours of the Perley and Rideau Veterans' Health Centre. I'll walk potential donors, dignitaries and representatives of various organizations through the campus, and describe its many fine amenities, programs and staff. I love this part of my job not only because it enables me to share my passion for this place, but also because I get to witness the transformation that nearly every first-time visitor experiences. Most start off a little nervous; after all, few of us get to tour a place that hundreds of people in their 90s and 100s call home. Unfailingly, though, the nervousness gives way to a sense of respect, awe and admiration. The transformation has little to do with the buildings, amenities and staff; rather it's due to the interactions visitors have with the men and women who live here: 450 seniors, including 250 Veterans, most of whom served during the Second World War or Korean War.

On a recent tour, one of our residents – as a teenager, he landed on Juno Beach on D-Day – invited my group of four into his room. He shared a war story or two with us, but spent more time talking about his day-to-day life at the Perley. He's taken up painting and woodworking, for instance, and enjoys the friendships he's made with staff and fellow residents. We were all enthralled. It is in moments such as these that the true mission of this place – and of the Perley Rideau Foundation – becomes clear.

Our residents – Veterans and non-Veterans alike – grew up in another time: a time when duty was far more important than personal satisfaction and self-fulfillment. Many grew up inspired by the old British motto "For God, King and country," a phrase that summarized a shared sense of social order. The contributions that these men and women made to our country have a profound impact on the remarkable standard of living that Canadians enjoy today. And while we can never truly and fully repay them, we can express our gratitude by supporting the exceptional, heartfelt care they receive within these walls.

Donations to the Perley Rideau 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. 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.

The Health Centre has embarked on a project that promises to significantly expand the impact of the care delivered to our residents. Senior citizens – many of them fragile – will account for larger and larger proportions of Canada's population. Yet little scientific evidence exists about how best to care for them and how best to train people to properly care for frail seniors. To help address this challenge, the Health Centre plans to establish a Centre of Excellence

in Frailty-Informed Care. The Centre of Excellence will conduct research, educate care professionals, and develop and implement evidence-based best practices in care. The Perley Rideau enjoys a strong reputation both for exceptional quality of care, and for developing and implementing innovations in long-term care. The Centre of Excellence will make sure that this reputation also benefits those who live outside of the Perley Rideau.

Visitors can't tour the Centre of Excellence just yet. Most, however, can feel the spirit of determination, dedication and gratitude that inspires it. They can see it on the faces and in the activities of our residents and their families. And they are proud to support it by donating to the Foundation. On behalf of the entire Perley Rideau community, I thank all donors for your trust and investment in honour and care.

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

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be essential to wrest control of the skies from Nazi Germany. In December 1939, the British Commonwealth Air Training Plan came into being and CFB Trenton soon became the world's largest aviation-training centre.

During overnight shifts in an observation tower, Lyn Cook began to write poetry, and published her first piece, *Candles*, in the Canadian Poetry magazine under the pseudonym Margaret Culverhouse (a combination of her middle name and her maternal grandmother's maiden name). By the end of the 1940s, she had self-published three collections of her poems.

While at CFB Trenton, she met her future husband: RCAF aircraft mechanic Robb Waddell. Immediately after the war, Lyn accepted a job as children's librarian in Sudbury and continued to write in her spare time. Her first radio play, *A Doorway to Fairyland*, drew the attention of executives with the Canadian Broadcasting Corporation, who convinced her to move to Toronto. For the next four years, Lyn researched, wrote, narrated and directed a popular weekly radio show for children.

The move also reunited her with Robb and the two married in 1949. They bought two acres of land in the Toronto suburb of Scarborough, where they settled down to raise a family. Robb started a career in the automotive industry, while Lyn published *The Bells on Finland Street*, the first in a series of 23 novels for teens and pre-teens written under her maiden name. Their first child, son

Chris, arrived in 1952; daughter Deborah followed a year later.

To ensure Lyn had time to write, the family would hire a housekeeper for a few weeks at time. "Mom would go down to her office in the basement, and my sister and I knew not to disturb her," recalls son Chris, an award-winning journalist and university professor. Along with historical novels, Lyn wrote screenplays, picture books and *The Brownie Handbook*; she also taught drama and regularly read to children at schools and libraries. In 1978, the Canadian Authors' Association awarded her the Vicky Metcalf Award for Literature for Young People. The Toronto Public Library graciously retains her papers in the Osborne Collection of Early Children's Books.

Lyn remained in the family home after Robb died in 1988, but eventually moved to be closer to her daughter Deborah, who had a home in Westport, southwest of Ottawa. In 2016, Lyn broke a hip and rehabilitated for a short time at the Perley Rideau. Two years later, her health declined further



Lyn Waddell, Christmas 2017

and she moved into the Perley Rideau full-time. Lyn celebrated her 100th birthday there in 2018 and passed away a few weeks later.

"Although she only spent a few months there," says son Chris, "she was impressed by the quality of care she received and enjoyed living alongside other Veterans in an environment with a strong connection to military service. I think that's why she chose to include the Foundation in her will."

As with her written works, the gift-in-will helps to ensure that Lyn Waddell's generous, optimistic spirit lives on. **HC**



◀ RCL Info Session • Representatives from Legions across the province attended the annual Royal Canadian Legion Information Session at the Perley Rideau on October 1st. The event enables Legion members to learn more about the positive impact their fundraising efforts have on the lives of the Veterans who call the Perley Rideau home. Thank you to all Royal Canadian Legion members for the work you do to honour and care for Veterans.

RCL 108 winchester (October 1) • Thanks to Br. 108 Winchester for raising \$2,750 to purchase a new medical hi-lo bed. ▶ L to R: Kristan K. Birchard, Health Centre Chair; John Barnes, Br. 108 Service Officer; Don Swerdfeger, Zone Commander G-3; Sheila Venman, Foundation Development Manager; Delphine Hasle, Foundation Executive Director; John Lipsett, Perley Rideau Veterans' Council President; Janet Morris, Br. 108 President; Daniel Clapin, Foundation Executive Director; Lorie Stuckless, Health Centre Director of Support Services; Cindy MacIsaac, Br. 108 Poppy Chair; Bob Eagan, Foundation Treasurer.



◀ Cardinal Legion (November 3rd) • Thanks to Br. 105 Cardinal for raising \$2,750 to purchase a new medical hi-lo bed. L to R: Paul Lacroix, Br. 105 Treasurer; James Edwards, Br. 105 2nd Vice President; Joel Van Snick, District G Deputy Commander; Daniel Clapin, Foundation Executive Director; Bill Aitken, Br. 105 Poppy Chairman; Dwane Crawford, Br. 105 President.

Pointe-Gatineau Legion (December 4th) • Thanks to Br. 58 Pointe-Gatineau for raising \$2,500 to purchase a new medical hi-lo bed. ▶ L to R: Br. 58 member Hermann Croteau; Foundation Development Manager Delphine Haslé; Foundation Executive Director Daniel Clapin; Pointe-Gatineau président sortant Paul Gendron; Br. 58 member Gilles Lamoureux.





◀ Via Rail (October 31st) • The Foundation was proud to join with VIA Rail Canada for a special ceremony to launch VIA Rail's official partnership with the Royal Canadian Legion for the 2018 National Poppy Campaign. As proud supporters of the Canadian military and Veterans, VIA Rail unveiled a special locomotive to highlight the importance of our history and commemorate the 100th Anniversary of Armistice Day. L to R: Foundation Advisor Daniel Charron; Foundation Advisor Alan Gill; Mrs. Sevilla Gill; Foundation Vice-Chair Keith de Bellefeuille Percy; Foundation Chair Doug Brousseau; Foundation Director Sandra Perron; Yves Desjardins-Siciliano, President and CEO VIA Rail Canada; Foundation Executive Director Daniel Clapin.

Ottawa Senators Hockey Game (November 6th) • Thanks to the generosity of Trinity Development Foundation, Veterans watched the Ottawa Senators vs. the New Jersey Devils on Canadian Armed Forces Appreciation Night at the Canadian Tire Centre. ▶



◀ HOPE (November 22nd) • The Foundation is thrilled to announce that we are one of the recipient charities for the 2019 Big Rig Brewery Presents HOPE Volleyball Summerfest! Since its inception 37 years ago, this annual event has raised more than \$3.5 million for over 110 charities. As anyone who has ever attended knows, it is always a blast. Keep your ears open for calls for volunteers! L to R: Foundation Chair Doug Brousseau; Foundation Development Coordinator Sara Francis; Foundation Development Manager Delphine Haslé; Foundation Executive Director Daniel Clapin.

On December 9th, members of the Nepean Kings peewee hockey team visited the Perley Rideau, sharing their favourite books and tasty Christmas goodies, and collecting the autographs of Veterans on the mini-sticks they brought! As part of their participation in the Good Deeds Cup, the Kings give back to the community by visiting seniors and Veterans, and by learning about the men and women who fought to protect our way of life. In addition to this visit, the Kings attended a Remembrance Day service and plan to visit the War Museum. Thank you, Nepean Kings, for visiting the Perley Rideau and we look forward to having you back soon! ▶



Upcoming Event



2nd Annual
High Tea
at the
Perley Rideau

5 | March
2019
14h00-15h30

...at the Perley Rideau, with some of
Canada's foremost Pioneers
of women in the service.



Reserve your tickets now!

Live music,
Renowned speaker,
Silent auction.

Celebrate Women & Strength on
International Women's Day.

Sponsored by:



April 14 | 1:00 – 4:00 pm
Perley Rideau Cafeteria

**2019 Spring
Benefit Fashion Show & Shop Event**

Free admission, all welcome!
Raffle and Silent Auction on-site.

Organized by: **NYGÅRD** *Style*
DIRECT



RUN, WALK or SKIP
your way to the finish line
on May 25 or 26 in Ottawa
– all while supporting the Perley Rideau!

**It's never too early to join
Team Perley Rideau**

No previous running experience required.

If you can't join, support the team with a donation.

s - Save the Date



PRESENTS

18th Annual Perley Rideau Night at the Races

June 13 | 6:00 – 9:30 pm
Rideau Carleton Raceway

Purchase your ticket today!

\$75 ticket includes reserved seating, live race program,
\$2 betting voucher, and \$25 income tax receipt.
Silent Auction and great Raffle prizes to be won!



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

**FOR ALL UPCOMING EVENTS
TICKETS AND VOLUNTEER OPPORTUNITIES**

visit www.perleyrideaufoundation.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.



Lefebvre Tree of Life (October 11) • Friends of the late Arthur and Agnes Lefebvre gather at the Tree of Life to mark a generous donation made in their memory. The donation supports the Therapeutic Recreation and Creative Arts Program – something that was so important to Mr. and Mrs. Lefebvre when they lived at the Perley Rideau!

Chatelain Tree of Life (November 30th) • Thank you to the Chatelain family for adding a new Gold Leaf to the Tree of Life in memory of Bernard Chatelain. This powerful act of remembrance made possible new blinds in Lupton Hall and a new commercial dishwasher on a resident unit. L to R back row: Mario Bentivoglio; Foundation Director Tony Boettger; Foundation Chair Doug Brousseau; Luc Chatelain; Pierre Chatelain; Helene Chatelain; Foundation Vice-Chair Keith de Bellefeuille Percy; Foundation Director Marc Caron. L to R front row: Foundation Development Manager Delphine Haslé; André Chatelain; Bonnie Chatelain; Sylvie Bentivoglio; Susan Chatelain; Foundation Development Coordinator Sara Francis; Foundation Director Sheila Venman; Foundation Executive Director Daniel Clapin.



On October 11, the Foundation was well represented at a ceremony unveiling a plaque commemorating Lillian Freiman, who led Canada's first poppy campaign in 1921. Hugely influential throughout her life, Ms. Freiman also led a Veterans' organization that later became the Royal Canadian Legion, and served as President of the Ladies Auxiliary of the Perley Home for Incurables, which later became the Perley Rideau. In 1937, she became the first Jewish Canadian to earn an Order of the British Empire. The Foundation is honoured to continue Ms. Freiman's support for seniors and Veterans. L to R: Mr. Alan Gill, Foundation Board Advisor; Ms. Betsy Rigal, Lillian Freiman's granddaughter; Ms. Sara Francis, Foundation Development Coordinator; Maj. (Ret'd) Sandra Perron, Foundation Board Director.



Giving Tuesday/Teddy Tuesday (November 27th) • Thank you to everyone who participated in the first ever #TeddyTuesday celebration of #GivingTuesday! Over \$3,000 was raised to support resident comfort, care, and services at the Perley Rideau. This is a fantastic feat and proof of the generosity of the Perley Rideau community! Teddy will be back for Giving Tuesday, November 26, 2019.





Estate planning • On September 28, guests of eight local charities came to the Perley Rideau to hear Douglas Buchmayer, a partner in the Ottawa office of Gowling WLG, speak about charitable giving through estate planning. The Foundation hosts similar events annually to raise awareness of the many benefits of gifts in will. Thank you to all attendees! L to R, representatives from the Ottawa Food Bank, the YMCA-YWCA of the National Capital Region; the Youth Services Bureau of Ottawa Charitable Foundation; Hospice Care Ottawa; Douglas Buchmayer; the Ottawa Regional Cancer Foundation; the Ottawa Mission Foundation; Perley Rideau Foundation; the National Arts Centre Foundation.

HMCS Ottawa (November 1st) • The Perley Rideau is one of the official charities of HMCS Ottawa. Crew members visited on November 1, for a tea with Navy Veterans and to present a cheque for their fundraising in 2018: \$14,127! In total, HMCS Ottawa has raised almost \$32,000 for the Perley Rideau, supporting everything from sit-to-stand lifts, to the duck pond, to the renovation of resident bathtubs – not to mention the HMCS Ottawa Kisby hanging proudly in the pub! L to R: HMCS crew members; Foundation Vice-Chair Keith de Bellefeuille Percy; Cdr Alex Barlow; Foundation Chair Doug Brousseau; Health Centre Chair Kris Birchard; Foundation Executive Director Daniel Clapin; front row: Ms. Doris Hope.



1310 Radio (November 6th) • We're grateful for being given the opportunity to share the Perley Rideau experience on 1310 Radio, An Hour to Give! Participants described the impacts that the Perley Rideau has on their lives. L to R: Health Centre CEO Akos Hoffer; radio host Sam Laprade; family member Jill Ronan; Foundation Executive Director Daniel Clapin; volunteer Gail Lalonde. Listen to the segment on our website at perleyrideaufoundation.ca

RNEQC (November 11th) • The Royal Naval Engineers' Quart Club enjoyed its traditional annual visit with Perley Rideau residents on November 11th. The RNEQC donated \$6,370 in 2018, pushing its grand total raised above the \$35,000 mark. L to R: Commodore Ret'd Bill Broughton, VP RNEQC Canada; Sara Francis, Development Coordinator; Doug Brousseau, Foundation Chair; resident Lorne Hooper, Captain (N) David Riis.





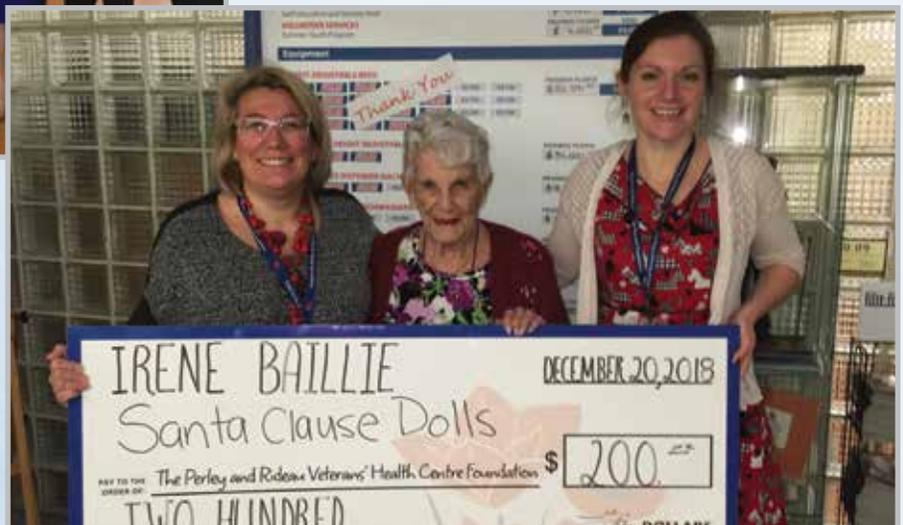
Knitting Club (November 12th) • The ladies of the tenants' Knitting Club, who already enrich the Perley Rideau in so many ways, donated the proceeds of their most recent knitting sale – \$600 – to the Foundation! Thank you all for your hard work and caring attitude!

Fashion Show Cheque Presentation (November 23rd) • The Benefit Fashion Show and Shop event has quickly become a highlight for many in the Perley Rideau community, and we are grateful for the generous support of the organizers, vendors and everyone who participates! This year's event raised \$2,330 to support the Music Therapy Program. We're already looking forward to the next event on April 14. L to R: Kathy Watson-Leblanc; Foundation Development Coordinator Sara Francis.



Support Our Troops (December 6th) • The Foundation was pleased to take members of Support Our Troops on a tour of the refurbished dining rooms that their generous donations made possible. Since 2013, Support Our Troops has given \$332,905 in support of the Perley Rideau. L to R: Foundation Director Marc Caron; Foundation Chair Doug Brousseau; Sandy Gauthier, Associate Director Support Our Troops Operations; Foundation Development Manager Delphine Haslé; Foundation Executive Director Daniel Clapin; Foundation Director Sandra Perron; back row, L to R: Steve Fash, VP Corporate Services Support Our Troops; Larry Mohr, VP Commercial Services Support Our Troops.

For the second year in the row, Irene Baillie knitted 30 Santa Dolls to raise funds for the Foundation. She is already getting ready for next year. L to R: Delphine Haslé, Development Manager; Irene Baillie; Sara Francis, Development Coordinator



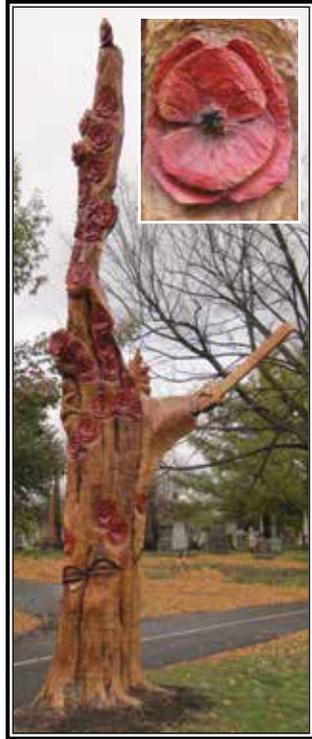
The Armistice Tree

by *Nicolas McCarthy*

In Ottawa's Beechwood Cemetery, a wooden sentinel stands in silent tribute to those who gave their lives in the name of peace. The Armistice Tree is a unique commemorative sculpture: symbols of war, victory, peace and remembrance carved into the twisted remains of a century-old maple tree.

The project aligns Beechwood Cemetery's commemorative mission with a desire to preserve some of the property's magnificent trees that have reached the end of their natural life cycles. The Armistice Tree is the third of the Cemetery's aging trees to be transformed into beautiful artworks by Peter Van Adrichem, a master woodcarver and chainsaw artist.

To develop the concept for the seven-metre Armistice Tree, Beechwood Community Outreach Director Nick McCarthy worked with Steven Dieter, a Canadian Armed Forces Public Affairs Officer and military historian. They asked Van Adrichem to incorporate the iconic Brodie helmet; three maple leaves to represent Canada's contribution to the First World War on



the land, at sea and in the air; and poppies to signify the battle honours earned by Canada's forces from 1914 to 1918.

"The poppies are symbolic of remembrance," Van Adrichem said. "We identified 58 officially recognized battle honours of Canadian and Newfoundland regiments, and Peter sculpted them into a pattern that roughly mimics the time line. The cluster of poppies toward the top corresponds with victories of the final three months of the war – Canada's Hundred Days."

Van Adrichem devoted a month to the project, relying on his ability to identify natural patterns in the wood.

"The design evolved as I carved," he said, "and I found a way to incorporate two large limbs into the piece."

Carved into one limb is a large maple leaf; the other features a sword brandished in salute to those who sacrificed so much. Near the top of the sculpture, the artist preserved evidence of the disease that eventually killed the tree.

"There's a duality to the First World War," Van Adrichem said. "The combatants felt war was necessary at the time, but it was later seen as a terrible waste of life."

Van Adrichem's parents grew up in occupied Holland during the Second World War. "It's an honour to work in the National Military Cemetery."

"The tree lived through both world wars," he says, "yet remains rooted firmly in the ground to remind us of those who did not come home."

Lest We Forget

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>



Centre of Excellence in Frailty-Informed Care

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



As outlined in our multi-phase, 15-year Strategic Plan, the Perley and Rideau Veterans' Health Centre must continue to evolve to realize its full potential. To better serve the community, we must adapt to shifts not only in demographics, but also in models of care and funding. To this end, the Health Centre, with financial support from the Perley Rideau Foundation, will establish Canada's first Centre of Excellence in Frailty-Informed Care. The Centre of Excellence will conduct research, educate caregivers and improve the quality of care delivered to frail elderly living in long-term care homes.

Frailty is a state of increased vulnerability. A person who is frail is less able to cope with minor stresses and more likely to suffer rapid and dramatic changes in health. The risk of frailty increases with age, although older people are not necessarily frail. According to the Canadian Frailty Network (CFN), 50% of people 85 and older are medically frail. Current demographic trends indicate that frailty will be an increasingly important – and challenging – issue for the healthcare and long-term care sectors.

Despite this growing threat, however, healthcare systems across Canada are ill prepared. According to CFN: "No care

setting in Canada currently identifies and assesses frailty as standard clinical practice." In 2018, CFN and The National Institute on Ageing (NIA) published a report documenting a lack of consensus on how to measure and manage frailty. The Centre of Excellence promises to fill these gaps while enabling the Perley Rideau to continue to prioritize care for Veterans and individuals with early- to mid-stage dementia.

Projects launched during the last two years support the research-educate-care focus of the Centre of Excellence. SAFE (Sub-Acute care for Frail Elderly), for instance, establishes a new level of care for elderly patients recovering from surgery and short-term illnesses. An on-site classroom enables students of Algonquin College's Personal Support Worker program to learn in a long-term care setting, and benefit from opportunities to interact with residents and staff. In partnership with the Registered Nurses Association of Ontario, our staff implement and evaluate the effectiveness of innovative care practices; the Perley Rideau will soon qualify as a Best Practices Spotlight Organization. And 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.

Throughout our existence, the Perley Rideau has continually increased 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. These attributes are also essential to the Centre of Excellence in Frailty-Informed Care. We are actively reviewing applications for the Chair of the Centre and identify the ideal candidate soon.

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.

Sharing Her Good Fortune – Gifting Securities

By Peter McKinnon

For Claude Chapdelaine, sharing some of her good fortune with others is a simple pleasure. Each year, she donates some of her investments to the Perley and Rideau Foundation, along with other local charities.

“I’m lucky to lead such a full, healthy life,” she says. “Of course, I miss my late husband. Soon before he passed away, we started giving to charities regularly and I’ve kept doing it, year after year.”

Claude Chapdelaine was born in Ottawa and grew up in cities around the world—her parents were in foreign service. An uncle, Dr. Jean Laframboise, helped to found the Montfort Hospital in 1953. After graduating from Queen’s University, she began a career in the federal public service, where she met Joseph Bray, a Veteran of the Korean War who had recently divorced. The two soon fell in love and began a marriage lasting more than 30 years. When Joe Bray retired—he was 15 years older than Claude—she switched to consulting work so the two could travel together for longer periods.

In his 80s, Joe’s health began to fail and Claude cared for him at home. When his condition worsened in 2009, he insisted on moving into the Perley and Rideau Veterans’ Health Centre. Claude visited him every day.

“We were both impressed with the quality of care, the staff and with the atmosphere,” she says. “I

always tried to help them care for Joe. Around Christmas, I asked a nurse if there was any equipment we could buy to make the staff’s work easier. She explained that another portable blood-pressure monitor would be helpful and she mentioned the Foundation.”

Claude and Joe learned from Foundation staff that donations could be targeted to fund specific equipment, such as the monitor. They also learned about the advantages of donating shares in Canadian companies. When shares that increase in value are sold, capital-gains tax must be paid on the increase. Canadian shares donated to charity, though, are exempt from this tax. The charity receives the full value and issues a tax receipt to the donor for the same amount.

“We have a pension and had invested wisely,” Claude explains. “And donating shares is a less painful way to give back to the community than withdrawing from your bank account.”

Joe Bray passed away in 2011. And each year since then, Claude has donated some of her Canadian shares to good causes



Claude Chapdelaine and Joe Bray in 1992

after consulting with her financial adviser to identify which are the most advantageous to donate.

“I recognize that I’m fortunate to be able to live like this,” she says simply.

In March, Claude Chapdelaine visits Morocco for the first time. And she’s found a unique way to link her love of travel with her gracious spirit.

“Each year, I calculate how much I’ve spent on travel and donate the same amount to charity,” she says. “I wish my husband was still with me, of course. Donating to local charities like the Perley Rideau Foundation is a way of honouring the life we had together and of saying *merci*.”

For more information about donating stocks, please contact Foundation Development Manager Delphine Haslé, 613-526-7180 extension 7177. [HC](#)

The Perley and Rideau Veterans' Health Centre Foundation

Memorial Tributes

August 15, 2018 to February 1, 2019

Honour someone special with a donation to
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the people we serve

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