



Winter 2018

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Between Us

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



Bud Hannam in uniform

What Goes Around, Comes Around

By Peter McKinnon

For decades, Bud Hannam rarely talked about his wartime experiences. In recent years, though – since remarrying and attending D-Day celebrations abroad – he has begun to share his remarkable and inspirational stories.

“Many soldiers did much more than I ever did,” says Bud Hannam. “I didn’t think people would be interested in my stories.”

According to family lore, a nurse at Toronto’s Salvation Army Maternity Hospital (now the Grace Health Centre) called him Buddy shortly after his birth in 1925.

“Apparently, the nurse liked to call newborns by their names,” laughs the 92 year-old Veteran. “She didn’t know my parents had chosen Bertram Cecil, so she called me Buddy. I’ve been known as Bud ever since.”

Bud’s parents emigrated from Great Britain as children. His father, Bert, enlisted in the Canadian Forces at age 14 and was activated two years later as part of the 37th Battalion. Captured at Ypres, Belgium after the first gas attack of

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Proud to Do Her Part

By Peter McKinnon

“It’s payback time.” That’s the explanation Louise Estwick gives when asked why she chose to donate to the Perley Rideau Foundation in her will. Louise and her late husband Sam Estwick both devoted much of their lives to community service. “We always felt that we should do our part,” she says simply.

Born Elizabeth Louise Wilson in Edmonton in 1928, Louise had a noteworthy career as a dietician. After earning a BSc. at the University of Alberta, she went on to work and study at a series of hospitals in Canada and the United States, and became a registered dietician at Hamilton General Hospital. Louise later worked at a Massachusetts camp established by Dr. Elliott Joslin, who pioneered the effective management of diabetes through diet. Today, the camp is part of the internationally acclaimed Joslin Diabetes Center.

In 1955, Louise joined the Royal Canadian Air Force as a Food Services Officer. She soon met and fell in love with Sam Estwick, a Barbadian who came

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Perley Rideau
Foundation

Kindness Inspiring Kindness

perleyrideaufoundation.ca

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



Last week, I developed a new level of respect for the men and women who call the Perley Rideau home, and for the staff, volunteers and donors who make this place so exceptional. In one of our dining rooms, I saw a resident in his 90s turn away from his food to help others. He adjusted another resident's bib, then went over to a woman in a wheelchair and helped her to sit up and enjoy her meal in full comfort. Only then did he return to his place and start his dinner. That moment spoke volumes to me about who lives here and what the Perley and Rideau Veterans' Health Centre is really all about.

The Perley Rideau is home to 450 seniors, including 250 Veterans who served during the Second World War or Korean War. Our residents grew up in another time – when duty was far more important than personal satisfaction. 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 service that these men and women provided to Canada has a profound impact on the remarkable standard of living that Canadians enjoy today. And while we can never truly and fully repay them for their service, I donate to the Perley Rideau Foundation to support the exceptional, heartfelt care they receive within these walls.

A positive, stimulating

environment, along with exceptional, personalized care, are what set the Perley Rideau apart. They are also the reason that the Perley Rideau enjoys such strong support from the community. Nearly 400 people volunteer here regularly and thousands of people donate to the Foundation each year. Every donor and volunteer makes a difference in the lives of our residents. Kindness inspiring kindness: that's what this place is all about.

I consider it a privilege to work here, because every day I get to see the difference exceptional care makes reflected in the smiles of our residents, in the art they create and in the songs they sing. Donations to the Foundation pay for many of the therapeutic items and recreational activities that make our residents feel at home – the so-called extras not covered by government. The Foundation also contributes to the cost of volunteer programs and staff training. I describe this as “life-giving support,” because it ensures that Canada's Veterans, along with other residents, can live out their final years in the comfortable, caring and stimulating environment that they so richly deserve.

I spoke with the son of a new resident recently; his father had moved in to Perley Rideau a few weeks earlier. We spoke about the anxiety that the family had felt during dad's move and about how

surprised they were when that anxiety soon melted away. Dad had quickly recognized a feeling of home in the attentive care of staff, the support from volunteers, and the countless activities he could choose from. It's not the same home he had lived in for decades, of course. It's a new home that meets his every need, though, and that inspires a sense of camaraderie and community among residents, staff and volunteers.

True caring is not something that can be taught; it must come from the heart. It grows out of acts of kindness and inspires kindness in return. All donations, regardless of size, are acts of kindness that nurture the joy that permeates this place. On behalf of the entire Perley Rideau community, I thank all donors.

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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Bud Hannam (right) unloads an injured soldier in France.
Courtesy of Regional Council of Basse-Normandie/National Archives of Canada

World War I, Bert escaped a series of German prisoner-of-war camps and eventually made his way back to Holland.

"I found Dad's war stories so exciting that I was determined to enlist after Canada declared war on Germany," says Bud. "I was too young for active service, but trained in the reserves. One day, they asked for volunteers to go overseas and a recruitment officer agreed to lie about my age. Before long, I shipped out to England to complete my training as a medic."

On June 6, 1944, Bud Hannam and the 23rd Field Ambulance

were part of the third wave at Juno Beach. He was one of the approximately 14,500 Canadians who invaded Nazi-occupied Europe on D-Day.

"The barrage was deafening," he recalls, "I could see shells screaming through the air. When the ramp went down, one of the first things I saw was a dead Canadian washing up on shore. A beachmaster yelled at us to get off the beach and I was more than happy to obey. Our assembly point was in up the road in Basly, where we set up a forward dressing station."

The Battle of Normandy raged for the next 10 weeks and claimed more than 18,000 Canadian casualties, including more than 5,000 killed. One day, Bud's unit came under attack. He was hit by shrapnel from a Moaning Minnie – a type of Nazi mortar nicknamed by Allied troops for the peculiar sound it made. Bud was knocked unconscious, deafened for a few days and suffered a flesh wound on his arm. Once his hearing came back, though, he returned to active duty.

Another attack soon afterwards touched off a series of

events that continue to play out today. Two French children, Émilienne and Yvonne Bazin, were tending their family's cows when a Nazi plane strafed the field. The girls were rushed to Bud's field hospital. Yvonne's wound was not severe. Bud frantically tried to save Émilienne, but she died in his arms – an experience that continues to haunt him: "I'll never forget the look on her face; she was just a child," he says.

Bud's unit advanced as the Allies swept through Europe. While off duty one day in, Belgium, he and a fellow



Rosy and Bud Hannam at Émilienne's grave with Yvonne and Yvette Bazin.

soldier heard pipe-organ music coming from a local café and went in to investigate. There, he

struck up a conversation with Maria Carolina Dierckx, a young woman from the Belgian port city of Antwerp. Maria had learned a little English working for the Allies following the liberation of the city in September, 1944. The two soon fell in love. Maria's family had fled to Laarne, Belgium to escape the Nazis attempt to destroy Antwerp's port facilities: during 1944-45, more than 2,000 V1 and V2 rocket bombs fell on Antwerp, killing thousands and destroying much of the city.

"For the final months of the war, I was based near Nijmegen, Holland," Bert recalls. "Whenever



Bud Hannam with his first wife, Maria Carolina Dierckx.

I could get some leave, I would hitch a ride on Maple Leaf Down – the military route that led away from the front and into Belgium – to visit Maria. We married in Antwerp in 1946.”

Upon the couple’s return to Canada, Bud continued to work with Canadian Forces. He and Maria raised

two boys: Bill and Bob. The years flew by and soon there were two granddaughters, followed by four great-grandchildren.

In the late 1990s, tragedy revisited the Hannam family. Son Bob contracted multiple myeloma (cancer of the blood) and died in 1997 at the age of 49. Four years later, Maria died of the same disease at the age of 79. Bud and Bill Hannam suspect that the cause was a contaminated polio vaccine administered in the 1950s. “I remember that we all went to get the vaccine at the same time, and Mom and Bob went into a different line than I did,” recalls Bill. Medical research has not proven a causal link, although evidence suggests some correlation.

Bud remained a widower for nearly a decade, until he met Rosy Nuñez, a Mexican dentist who immigrated to Canada in the 1990s to provide a better life for her three children. Rosy inspired



Rosy and Bud Hannam at their wedding ceremony in Basly, France, Oct. 30, 2010

Bud to start sharing his war experiences and the two attended D-Day anniversaries in Europe. During one of the visits, he returned to the building in Basly that had housed his field hospital in 1944. Town officials announced plans to name the building Place Bud Hannam and invited Bud and Rosy to a special celebration. There, an elderly woman asked Rosy if the Veteran might know anything about her younger sister, who had died in an Allied field hospital in 1944. The woman was Yvonne Bazin, Émilienne’s sister.

“As you can imagine, we were all overcome with emotion,” recalls Rosy Hannam. “We learned that Yvonne was still wracked with guilt because her parents had blamed her for her sister’s death. I think that initial meeting and the friendship that’s developed – we’re still in touch – has put everyone’s heart at ease.”

In recent years, Bud has

frequently recounted his wartime experiences to family members, schoolchildren and reporters. In 2014, he and Rosy travelled to France for celebrations marking the 70th anniversary of D-Day and visited Place Bud Hannam. “I don’t think I did anything more than other soldiers,” he says. “The plaque is nice because it will remind the children of the price of freedom.”

Bud moved into the Perley and Rideau Veterans’ Health Centre in August, 2017.

“I’m quite pleased by the quality of care here,” Bud says. “This place is incredible,” says Rosy, “Bud has bounced back very well thanks to the expertise of staff and the wonderful atmosphere here.”

When I visited, Bud was happy to sit back, sip on a well-deserved beer and accept the enjoyment that his life’s journey inspires in others. **BU**

to Canada as a child and later served in the Second World War. In 1941, Sam had been one of the first black men accepted into the RCAF; he rose to the rank of Flight Lieutenant. When the two announced plans to marry in 1957, it created a bit of an uproar, according to Louise.

"Everyone in my family eventually got over it," she recalls. "But we were careful where we travelled together, especially in the United States."

After Sam retired in 1963, the couple settled in the new Ottawa development of Rothwell Heights. They raised two children – Eric and Leslie, a national-level track-and-field athlete. While the children were young, Louise worked part time as a dietician at a number of area hospitals, including the Perley, one of the institutions later amalgamated into the Perley and Rideau Veterans' Health Centre. Sam put his avionics background to good use as a consultant, writing technical manuals for Ottawa's thriving IT sector.

"Rothwell Heights is a great place to raise kids," says Louise, "schools, parks and a pool are all nearby, and it doesn't feel like you're in a city."

Louise and Sam were faithful volunteers. Sam joined the East-Ottawa Lions Service club in the early 1970s, became the driving force behind the creation of the Ottawa Lions Track and Field Club, and served as its President for many years. Louise volunteered with the Girl Guides and, after she retired, at the Perley Rideau. She served on the Board of the



The Estwick family on Eric's wedding day in 1989.

Gloucester Senior Adults Centre until she saw the poor quality of the lunches it offered – she then took control of the menu.

"We were closely involved in our children's activities, which wasn't as common in those days," recalls Louise. "I couldn't tell you how many track-and-field meets we organized or drove to, when Leslie's athletic career began to take off."

The children learned the importance of volunteerism; Leslie, a computer analyst, now volunteers as a coach and organizer with the Canadian Athletic Council, while Eric, an engineer, volunteers for a National Research Council program for underprivileged youth.

In his 80s, Sam developed kidney disease, but continued to volunteer. He later suffered a

stroke and ended up at the Perley and Rideau Veterans' Health Centre.

"He had wonderful care at the Perley," recalls Louise. "The staff and volunteers always made us feel at home and clearly believe in what they do."

Sam passed away in 2008 and a celebration of his life was held in the Perley Rideau's Lupton Hall. After Sam passed, Louise updated her will to include donations to a number of charities.

"I revisit my will about every three years," Louise says, "because circumstance change. We want to help our grandchildren through university, for instance, but we also want to support the charities that we believe in. We've donated to the Perley Rideau Foundation for many years and it feels good to support their mission." **BU**

OSAA and The Perley Rideau

10 NOVEMBER, 2017

"If you have no home to go to, come here. The staff spoil us. In fact, it's a little embarrassing, you know." These were the opening remarks of Maj. (Ret'd) Gerald Bowen, a resident of the Perley and Rideau Veterans' Health Centre, during the reception hosted by the Ottawa Service Attachés Association (OSAA). OSAA, an association of Defence Attachés posted to Ottawa from around the world, has taken the Perley Rideau under its wing and raises money to make life a little better for the Veterans who live there.

This year, OSAA secured 43 sponsors, mostly defence contractors, and collected personal contributions during the reception. In all, OSAA raised a total of \$33,549.43, enough to completely renovate a Perley Rideau dining room. This marks OSAA's largest fundraising effort to date and will continue under the auspices of Project Perley.

The reception was well attended by military and diplomatic envoys (including the Ambassadors of Korea and Latvia), defence attachés, sponsors, and Veterans residing at the Perley Rideau, along with members of their families. Among those to deliver addresses: Col. Thad Hunkins, Defence Attaché of the United States of America (on behalf of OSAA); Akos Hoffer, Perley Rideau CEO; and Vice Admiral (Ret'd) Ron Buck, Chair of the Perley Rideau Board of Directors. Speaking from his wheelchair, Maj (Ret'd) Bowen seemed to stir the assembled dignitaries most. "We're happy here because of you," he stated. "I



don't think there would be any other place on this earth where we can be as well treated as we can here at the Perley Rideau. They're so good to us."

Along with the cheque presentation, Ms. Louise Mercier, Foundation Board Advisor, was honoured with OSSA's Angel Heart Award for her fundraising efforts and assistance over the years. The Governor General of Canada, Her Excellency the Right Honourable Julie Payette, was unable to attend but sent a note of thanks and to express her hope that OSAA's actions would "inspire others to do the same." OSAA has had the note framed.

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Originally published <http://www.richardlawrencephotography.ca/>



Celebrate International Women's Day

at

The Perley and Rideau Veterans' Health Centre

A High Tea featuring guest speakers, honouring women Veterans from the Perley Rideau as well as serving women.

Date: March 6th

Time: 2:00 PM

Where: 1750 Russell Road, Ottawa, ON K1G 5Z6

More info to follow soon!



The Trinity Development Foundation generously donated tickets for Veterans to the Ottawa Senators' Canadian Armed Forces Appreciation Night. The Senators won, and Chief of Defence Staff Jonathan Vance stopped by to say hello to the Perley Rideau residents who attended – a great time was had by all! Pictured are Jim Peck; Arnold Roberts; Phil Lepage; and Chief of Defence Staff Jonathan Vance

The family of Richard 'Willie' Richardson gathered around the Tree of Life to place a Silver Leaf in his memory. Remembrances of Willie were shared and the family had the opportunity to thank Perley Rideau staff for their excellent care of Willie. L to R: Carol Donovan, Bob Hutchingame, Heather Hutchingame.



Long-time Chair of the Perley Rideau Family and Friends Council, Ray Bailey, recently stepped down. During his term, Ray significantly improved the quality of care for residents. Thank you Ray for your unwavering support of Perley Rideau residents, families, and friends. L to R: Doug Brousseau, Chair, Foundation; Ray Bailey, Past-Chair, FFC; Daniel Clapin, Executive Director, Foundation.



Thank you to the Royal Naval Engineers' Quart Club for your generous donation of \$6,070! Each year on Remembrance Day members of the RNEQC come to the Perley Rideau to visit with Veterans and present a donation. Over the past 22 years the RNEQC has given over \$28,000 in support of the Veterans who call the Perley Rideau home. Pictured are members of the RNEQC, Foundation Board and staff, and Perley Rideau residents.

If you've been to the Foundation recently you may have noticed a new face! Ottawa-area figurative artist Maria Saracino donated her polymer sculpture entitled Lest We Forget to the Foundation, so that the piece could be enjoyed by residents and their loved ones. The character's face is based on Cpl. Clement Gosselin, a WWII veteran who served as a wireless operator at Juno Beach. Thank you Maria for enriching the home of the Perley Rideau's 450 residents! To see more of Maria's work, visit www.mariasaracino.com



The Second Benefit Fashion Show and Shop Event, hosted in October by Nygard Style Direct and consultant Kathy Watson-Leblanc, was a huge success! Attendees had the opportunity to view and purchase clothing from Nygard as well as from 30 other vendors specializing in clothing, women's accessories, food and seniors' services. The event raised \$2,074 – thank you to all who participated and thank you to Kathy for your amazing work! These funds will be used to support the Therapeutic Recreation and Creative Arts Program. Pictured is organizer Kathy Watson-Leblanc.



Thank you to members of the UN-NATO Veterans of the National Capital Region for coming to visit with Veterans on November 11th. Members toured the Perley Rideau and spent the afternoon in the pub swapping stories with residents. L to R: Carloman Boisvinu; Gordon Jansen; Charlie Beddoe, WWII Veteran; Eric Daigle and Carole Morissette



You've heard of Black Friday and Cyber Monday, but how about Giving Tuesday? It's a global movement encouraging people to give back to the causes that matter to them. Foundation staff went to City Hall to rally the spirit of generosity - thank you to all who supported the Perley Rideau Foundation this Giving Tuesday! L to R: Delphine Haslé, Development Officer, Foundation; His Worship Jim Watson; Daniel Clapin, Executive Director, Foundation.

Organizers of the Mark Lindsay Memorial Golf Tournament came to the Perley Rideau to see the impact of their fundraising in person. Earlier in the summer the Tournament raised over \$15,000 for the Foundation, to purchase three new water and ice dispensers. Thank you to the organizers of the Tournament for your hard work and dedication! L to R: Daniel Clapin, Executive Director, Foundation; Sandra Perron, Director, Foundation; Lorie Stuckless, Director of Support Services; Keith de Bellefeuille Percy, Vice-Chair, Foundation; Sara Swales, Food and Nutrition Aide; the organizers of the Tournament including Anne Lindsay; and Delphine Haslé, Development Officer, Foundation.



A huge thank you to The Royal Canadian Legion Branch 462 – Eastview for their year-end donation of \$14,000! With this donation the Eastview branch has given \$24,000 in 2017 – a remarkable demonstration of generosity to and support of Veterans. The money from this gift will be used for outdoor improvements. Thank you for your life-giving donation! L to R: Daniel Clapin, Executive Director, Foundation; Doug Brousseau, Chair, Foundation; Bill Redmond, Royal Canadian Legion Eastview Branch Member and Zone G-5 Perley Rideau Liaison; Delphine Haslé, Development Officer, Foundation; Keith de Bellefeuille Percy, Vice-Chair, Foundation.



SAFE and Sound

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

In late October 2017, the long-expected announcement finally came: Perley Rideau will host a two-year pilot project known as SAFE (Sub-Acute care for Frail Elderly). SAFE involves a new level of care for elderly patients recovering from surgery, accidents and short-term illnesses. Under SAFE, eligible patients who no longer require hospital care but are not well enough to return home will recover in a special 20-bed unit at Perley Rideau. The other partners in SAFE are the Ottawa Hospital (TOH) and the Champlain Local Health Integration Network (LHIN).

SAFE addresses a significant problem for the region's healthcare system. Patients admitted to hospital for acute care (usually due to surgery, accident or severe illness) remain in hospital even after their conditions have stabilized. They no longer require acute care, but are not well enough to return home and the healthcare system has no suitable alternative. At any given time, TOH has approximately 60-70 patients in this situation. And no place is more expensive to care for a patient than in an acute-care hospital; once fully implemented, SAFE is expected to save the healthcare system approximately \$700,000 per year.

To accommodate SAFE, Perley Rideau will complete renovations

to build a 20-bed unit and train staff to deliver specialized care. The Champlain LHIN and Ontario's Ministry of Health and Long-Term Care will invest \$750,000 to help fund the transition. Perley Rideau expects to welcome the first SAFE patients in March, 2018. The partners will monitor costs, patient outcomes and other indicators of the pilot project's performance.

The implementation of SAFE represents yet another important step in the evolution of the Perley and Rideau Veterans' Health Centre. SAFE, along with the two special designations announced earlier in 2017, enable Perley Rideau to further improve quality of care and to further increase its contribution to Veterans, the community, the healthcare system and the long-term care sector.

During 2017, Perley Rideau opened a 25-bed Specialized Veterans Unit and a 20-bed Specialized Behavioural Support Unit (SBSU). The former involves a partnership with the Province of Ontario and Veterans' Affairs Canada (VAC), while the latter involves a partnership with the Champlain LHIN. Both units, along with SAFE, create leadership and training opportunities for staff. The additional expertise acquired by staff will improve the quality of care received by all residents and further Perley Rideau's reputation for excellence in care.

The new units will also help to improve the bottom line and to secure the long-term future of Perley Rideau. To respond to shifts in the population of Veterans eligible for VAC-funded care, along with changes in the healthcare system and long-term care sector, the Perley Rideau must develop new revenue streams and increase its value to the community. The new units support all of these goals while complementing other initiatives, such as the 139 independent-living apartments opened in 2013, and the 2017 agreement with Algonquin College's Personal Support Worker program to establish an onsite classroom and provide additional practicums to students.

The Perley Rideau is determined to continue to evolve to anticipate and meet the needs of the community and the healthcare system, while prioritizing Veterans' care. Special-designation units and pilot projects such as SAFE improve our ability to care for Veterans and individuals with early- to mid-stage dementia, while enabling us to secure Perley Rideau's long-term future.

The Irrepressible Connie Sandilands

By Peter McKinnon

Since moving in to the Perley and Rideau Veterans' Health Centre, Connie Sandilands spends as much time as possible in the arts-and-crafts studio and woodworking shop. Given her background, it comes as no surprise that the 96 year-old likes to stay busy.

Margaret Constance Snyder – known as Connie all her life – came into the world in a farmhouse in Bainsville, Ontario (near Cornwall). As one of seven children to grow up on the family farm during the Depression, Connie learned the value of thrift and hard work.

Her father had served in World War I and kept many of his letters

from the front in a special box that was off-limits to the children.

"I remember going into what we called Daddy's Box and taking a peek at the letters," recalls Connie. "I don't think I understood what they were; we were just kids nosing around."

Two of Connie's aunts worked as nurses in the United States. She credits them with inspiring her career choice.

"Visits from my aunts were really special," she says. "They paid attention to us children and were a great deal of fun. I could see that their lives were quite different from ours on the farm."

At the age of 17, Connie moved to Montreal to train as

a nurse at the General Hospital. During her training, the Second World War began and she joined the flood of nurses to enlist in the Royal Canadian Army Medical Corps. So many trained nurses answered the call, in fact, that Canada called a moratorium after only 10 days. In all, nearly 4,500 Canadian women served as what were then known as nursing sisters. Many of the nurses who couldn't enlist with Canada – because quotas filled so quickly – joined British or American services.

Connie got her first taste of danger on the way to Europe, when a Nazi submarine harassed the hospital ship she was on, in violation of the 1904 Hague Convention.

"I don't remember feeling afraid," recalls Connie. "But we had to travel well off course to get away."

For the duration of the war, Connie served at Canadian 22nd General Hospital in Bramshott, England. It was a clearing station for wounded soldiers – the last stop before boarding ships bound for Canada.

After the war, Connie continued her nursing career in Montreal, where two of her sisters lived. She soon reunited with John Sandilands, a high-school classmate



Connie Sandilands in the Perley Rideau arts-and-crafts studio

also recently back from overseas service. John had flown as a navigator on Wellington bombers and survived two crash landings. The two quickly married and began to raise a family – three children in all. John’s work as a school principal took the growing family to Simcoe, Ontario and Malartic, Quebec before they settled just south of Montreal in St. Hubert.



Connie Sandilands with a patient in England, 1944

When her youngest son began to attend school, Connie returned to full-time nursing at Royal Victoria Hospital. She and John were dedicated curlers and often competed in out-of-town bonspiels. They were also avid bowlers, bridge players and dancers – Scottish country dancing.

“Mom has always been tireless,” says eldest daughter Linda Mitchell (née Sandilands). “In her younger days, when she wasn’t knitting or quilting, she’d be cooking, pickling or making preserves. She’s still remarkably

active today.”

John and Connie built a home for their retirement on the St. Lawrence River, near their childhood homes. After surviving several bouts of cancer, John died of the disease at age 70. Connie lived on her own and cherished the arrival of each new family member – today there are five grandchildren and seven great-grandchildren.

In 2015, daughter Linda introduced Connie to a new outlet for her creative energies: Izzy dolls, small woollen figures given to children affected by war and disaster. The dolls are named in honour of Master Corporal Mark Isfeld, a Canadian soldier who served on numerous peacekeeping missions during the early 1990s. As a way to comfort the many children he encountered, he gave them little woollen dolls knitted by his mother, Carol Isfeld. After a land mine in Croatia claimed Mark’s life in 1994, fellow soldiers asked his mother to continue her efforts. Their kindness soon inspired a movement: Canadian soldiers and healthcare workers have given out a total of more than 1.3 million Izzy dolls.

Connie has knit more than 200 Izzy dolls in the last 18 months or so. “It feels good to do this,” she says. “It keeps me active and keeps me contributing.”

After severely injuring her



Connie and John Sandilands dressed for Scottish country dancing.

shoulder in a fall, Connie moved into the Perley Rideau in 2016. “I love it here,” she says, “I’m in the craft studio nearly every day and ride the exercise bike a few times a week. There are also regular concerts, and we all look forward to ice-cream Wednesdays.”

Evidence of Connie’s boundless energy adorns her room: along with her many ceramic pieces, there are small chests of drawers and a magazine rack she made in the woodworking studio (she gifted three others to family members). Tucked into her dresser are several Izzy dolls awaiting final touches.

“I help to finish the dolls she makes and send them off, but I can barely keep up with her,” says daughter Linda with a laugh. “This is such a wonderful place for her.”

BU

2018 Team Perley Rideau



Ottawa Race Weekend – May 26-27, 2018

Join your colleagues in fundraising for the Perley Rideau Foundation in Ottawa Race Weekend! Walk, run, or skip your way in any of the Ottawa Race Weekend events or support a co-worker. To learn more contact Sara Francis at 613-526-7173, sfrancis@prvhc.com.

Volunteer Grant Program

Bernadette “Bernie” Arbuthnot is one of the nearly 400 people who volunteer regularly for the Perley Rideau. A retiree of Bell Canada, Bernie applies regularly for a grant from Bell’s Employee Giving Program, which provides cash donations to organizations that attract Bell retirees and staff as volunteers. Many companies run similar programs. In December, Bernie presented a cheque for \$2,500 to the Foundation. L to R: Bernie Arbuthnot; Delphine Haslé, Foundation Development Officer; and Daniel Clapin, Foundation Executive Director. To learn whether your employer has a similar program, please contact Delphine Haslé at 613-526-7173 or dhasle@prvhc.com.



Why I Donate

Our donors cite a wide variety of reasons for their generosity. To help show our sincere appreciation for each and every donation we receive, each edition of *Between Us* features a few testimonials from donors in their own words. Should you wish to share your reasons for giving, please send them to the Foundation's administrative assistant Sara Francis (613-526-7173, sfrancis@prvhc.com).

"I donate because of the care and happiness given to the late Albert Martel as a resident of the Perley and Rideau Veterans'

Health Centre. If I must move from my home later in life I might want to live in this facility. My late husband served in Korea with the Princess Patricia's Canadian Light Infantry. He joined the RCAF after Korea and served to full retirement."

- Barbara A. Kelso, Ottawa, ON

"I was a child of 12 when the war ended and I will always remember my parents being so grateful to all our veterans. As I grew older I realized the wonderful contribution of the young men and women."

- Dorothy Gibbs, Gloucester, ON

"To repay a debt owed to those who gave so much when called upon. To remember those who made the supreme sacrifice and honour their memory by helping their comrades in their time of need."

- Charles Carson, Ottawa, ON

"A close friend spent time at Perley Rideau and really enjoyed the time there. I am a Korean War Veteran who served with the U.S. Fifth Air Force as a Forward Air Controller."

- George Eaton, Nepean, ON



17th Annual **Perley Rideau** Night at the Races

Thursday, May 10, 2018

Buffet dinner 6:00 p.m. Post time 6:30 p.m.

Rideau Carleton Raceway and Slots

\$60 includes reserved dinner seating, live race program, \$2 betting voucher, and \$20 income tax receipt.

Silent auction and great raffle prizes to win!

NOTE THE NEW DATE! More to come soon...
<http://perleyrideaufoundation.ca/events>

The Perley and Rideau Veterans' Health Centre Foundation

Memorial Tributes

September 5, 2017 to December 31, 2017

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

Mr. Garry Adametz • Mrs. Coreen Allaire • Mrs. Christa Archambault
Mr. Roger August • Ms. Mary L. Balanchuk • Mr. Allison G. Boles
Mrs. Evette Bowman • Mr. Douglas Bruce • Mrs. Nancy Burchill
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The Perley Rideau Foundation publishes
Between Us three times a year.

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Layout: André Campeau

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Publications Mail Agreement No. **40069406**

Return Undeliverable Canadian Address to:

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

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