

Transforming care for Seniors and Veterans

# Honour and Care

Winter 2022



## With flying colours

Peter McKinnon

Lt.-Col. John Croll, (ret'd) is one of the finest pilots Canada has ever produced, and his contributions to military and civilian aviation are heralded around the world. Unlike many accomplished pilots, though, he didn't grow up wanting to fly. In fact, John decided to enrol in flight school only because it seemed the best way to fulfill the military-service obligation he had incurred while completing a degree in engineering physics at Royal Military College (RMC), where he earned top honours.

When he was only 24 years old, however, John's career — and his life — nearly ended. While flying a CF-104 Starfighter at more than 800 kilometres an hour, he clipped a tree and ejected. Somehow, John survived with only a broken hand and a nasty gash on his forehead. The extent of the traumatic brain injury he also suffered would only become apparent more than two decades later, when

**John Croll poses with a CF-18 in Cold Lake, Alberta in 1983**

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**Perley  
Health**  
Foundation

# With flying colours

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he was diagnosed with Parkinson's disease.

"I should have died that day," John says simply. "Ann and I have always sought to take advantage of the fact that I didn't die."

Ann Farish and John Croll met in math class at a Montreal high school — entirely appropriate, given their future careers. Their fathers had both served overseas in the Second World War, where they met their future wives: Ann's mother was Italian, John's was English. Ann earned a Bachelor of Science degree from McGill University, followed by a B.Ed. from Queen's University. John attended Royal Military College in both Ontario and Quebec, earning numerous



**John with Sarah, Andrea and Amelia on Vancouver Island in 1984**

academic awards. The two grew inseparable.

The summer before John headed to CFB Moose Jaw for flight training, the couple embarked on a two-month tour of North America. Early in their road trip, they stopped for gas in Kenora, Ontario. While John gassed up the car, Ann strolled over to the school across the street and was hired on the spot as a teacher, the start of a remarkable career in education. They married a year later and went on to raise three daughters.

John proved to be an exceptional pilot, logging more than 7,000 hours of flying time and certifying on no fewer than 55 aircraft. He became a fighter-weapons instructor — a "top gun" — and served at Canadian Forces bases across the west and in Europe during the heyday of Canada's contribution to NATO. In 1976, Canada assigned him to Edwards Air Force Base in California for test-pilot training alongside 23 Americans. He finished at the top of his class, the first Canadian to do so.

"As a young man, John was an accomplished athlete," says Ann. "He was drawn to the physicality of flying the world's fastest planes and of pushing them to their limits."

John's intellectual prowess also sets him apart. He's written 22 research papers and developed a series of protocols for the CF-18s Canada acquired in the early 1980s. First and foremost, though, he loved to fly. When Canadian Space Agency began to recruit for this country's first astronaut, John was considered a strong candidate. Once John learned that candidates weren't required to be pilots, though, he withdrew his application.

In 1988, John retired from the Canadian Forces, largely due to Ann's burgeoning career and their teenage daughters' wish to remain in Ottawa, where the family had settled after many moves. Ann worked at Algonquin College, where she developed and taught programs in adult



■ **John and Ann with their daughters (L to R) Sarah, Amelia and Andrea in 2017**

education. The Preparation for Health Sciences Program, still offered today, enables adults to acquire the credits needed to pursue healthcare studies. In 2000, Ann was named top professor at Algonquin College. To no one's surprise, all three daughters earned post-secondary degrees in either math or science.

Immediately after John retired, the National Research Council (NRC) hired him as a research test pilot. Over the next two decades, John was involved — as both pilot and engineer — in a long list of research projects, including many that improved the safety of civilian aviation. In aviation circles, he's known as the developer of the runway friction index — a formula used to determine whether a plane can land safely on a particular runway given weather conditions.

"John never sent me flowers, but he did send me equations expressing his love," Ann laughs. "He knew that I'd understand them."

In his late 40s, John was diagnosed with Parkinson's disease, a degenerative, incurable neurological disorder that eventually ended his flying days. Initially, the disease progressed relatively slowly and John responded well to treatments. John and Ann both continued to work until age 60 and now have nine grandchildren.

For years, Ann cared for John at home. When he began to experience bouts of psychosis and hallucinations, however, she recognized that he needed long-term care. John moved into Perley



■ **Wedding day 1971**

Health in March, 2020.

"He receives the best possible care now and is doing much better," says Ann. "Coincidentally, a couple of the staff who care for him are former students of mine, which makes our whole family recognize that he's absolutely in the right place."

Ann visits her husband nearly every day. John plays bingo regularly, enjoys movie nights and recently participated in the group outing to the Canadian Aviation Museum, where he pointed out the planes on display that he had once flown. In 2021, John was inducted into the Canadian Aviation Hall of Fame and nominated for the RMC Wall of Honour.

"I hate the fact that my wife and I don't live together," says John. "But the staff here are wonderful and the food's good, too. 💜"

# Donors and the cycle of excellence



Recent developments at Perley Health remind me of the saying “nothing succeeds like success.” While the saying certainly rings true where I have the privilege of working, it applies at a much deeper level than most people recognize. This is because the ongoing success of Perley Health results from the collective and complementary efforts of many different groups: donors, staff, families, volunteers and partners. Each group contributes to success in a particular way and each group’s contribution inspires other groups to contribute even more. Perhaps a more appropriate saying is “success begets success.”

A prime example is the Ozerdinc Grimes Therapeutic Recreation and Creative Arts Program, recently named to honour the generous donation of Kathleen Grimes and Ersin Ozerdinc, described on the next page of this issue. The exceptional quality of the program, along with the wealth of benefits it provides residents, inspired the couple to donate. The same factors enable the program to attract talented artists and therapists, along with dedicated volunteers, and inspires them to perform at ever-higher levels.

Recent evidence of this comes in the form of a project led by Gillian King, an artist with the program. Gillian encouraged residents to create drawings and text in response to the question: “What or who has given you strength during the pandemic?” Residents’ artworks and text were carved into a large piece of linoleum, then printed onto fabric using a cement roller in a process known as linocut printmaking. The finished work will soon be on display in our art gallery and again next spring at the Ottawa Art Gallery.

The excellence of Perley Health staff regularly earns professional accolades. The Registered Nurses Association of Ontario (RNAO) presented two of its top awards to members of Perley Health staff: Tania Paolini, Manager of Infection

Prevention and Control earned the Leadership in Nursing Administration Award, while the Award of Merit went to Collaborative Practice Leader Daniela Acosta.

Perhaps the best illustration of success begetting success is a recent collaboration between Daniela and the Centre of Excellence in Frailty-Informed Care (CoE). To help reduce the incidence of falls among residents, Daniela decided to apply elements of a course she had recently completed in simulation-based training. She designed and delivered simulation-based falls-prevention training to Perley Health staff. With the support of the CoE, the results were analyzed and presented in a study documenting the success of the training program. The Journal of Nursing Care Quality published the study, ensuring that other long-term care homes can also benefit from the project.

Donors appreciate the success of Perley Health and are keen to see it continue. They recognize that they play a crucial role in inspiring excellence and maintaining a culture of continuous improvement. Perley Health staff deeply appreciate the support of donors and consider this support to be a sacred trust. Thank you. Together, we are transforming care for Seniors and Veterans.

Delphine Haslé, CFRE  
Granddaughter, Donor, Executive Director

# Ozerdinc Grimes Family

## Therapeutic Recreation & Creative Arts Program



In honour of an exceptionally generous donation, Perley Health has announced a new name for one of its flagship programs: The Ozerdinc Grimes Family Therapeutic Recreation and Creative Arts Program. Kathleen Grimes and Ersin Ozerdinc, co-owners of Site Preparation Ltd., donated \$500,000 to help fund the program and ensure that it benefits all residents — Veterans and Seniors alike.

“For decades, Ersin and I have supported a variety of charities and causes,” says Kathleen Grimes. “The older we get, the more we recognize the importance of giving back to the community.”

Kathleen Grimes grew up in Ottawa and husband Ersin Ozerdinc emigrated from Turkey in the 1970s. The Royal Ottawa Hospital, Carleton University’s Centre in Modern Turkish Studies and the University of Ottawa Heart Institute are just three of the many local institutions to benefit from the couple’s generosity.

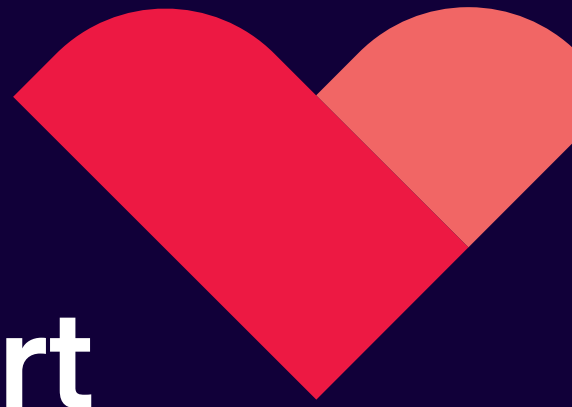
The decision to donate so generously to Perley Health Foundation was inspired in part by the gift

Kathleen received from a business colleague a vase created by a resident in Perley Health’s arts studio.

“I was struck by the quality of the workmanship,” Kathleen says. “As someone who once took pottery courses, I could tell that the piece was made in a properly outfitted studio.”

Years ago, Kathleen and Ersin’s children had volunteered in Ottawa long-term care homes and found the quality of arts programming there to be poor. The family recognizes that creative activities are extremely beneficial to psychological and physical health.

“When we visited the studios at Perley Health, I was impressed by the equipment, and by the professionalism and passion of staff,” says Kathleen. “The resident who created it was clearly inspired to do excellent work and took pride in it. To have therapeutic value, these activities have to be meaningful and properly supported. We’re proud to be able to do our part.” ♥



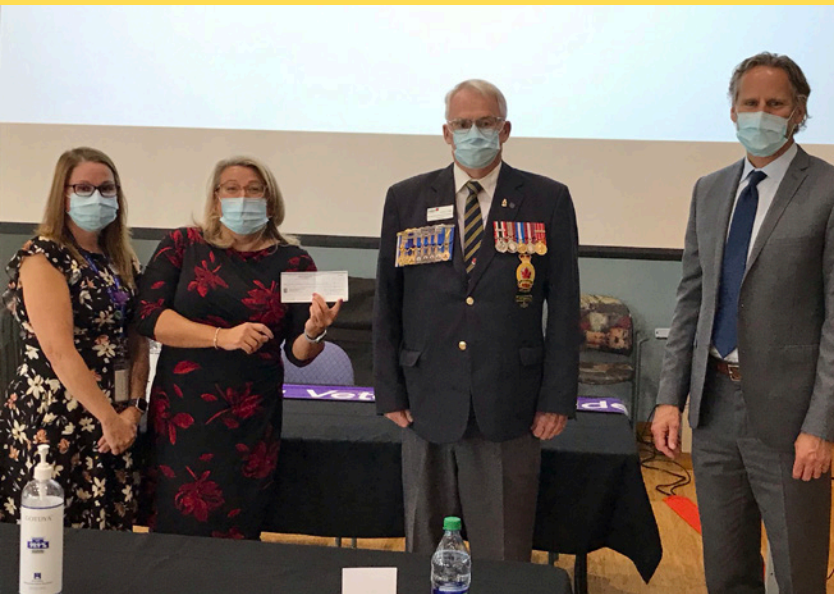
# Ongoing support from the Royal Canadian Legion



It was with great excitement that the Foundation welcomed back members of the Royal Canadian Legion to its annual Information Session! Members from over ten different branches came to Perley Health to see first-hand the impact of their donations over the past year, and to look ahead at how they can support Veteran residents in 2022. Legion members raised a record-breaking \$172,224 over the past year, purchasing new Broda Chairs, a MolecuLight wound-care imaging system, new Lifts, and much more. For more information about how your branch can support Veterans at Perley Health, please contact: Courtney Rock at 613.526.7180 x 7177 or [crock@perleyhealth.ca](mailto:crock@perleyhealth.ca).



A generous \$20,030 donation from the Royal Canadian Legion Br. 462 Eastview will purchase a new Specialized Mattress, a new Lift, and Home Sweet Home upgrades that help Veterans feel at home in their rooms.



A donation of \$5,000 from the Royal Canadian Legion Br. 95 Smiths Falls will support Veteran comfort and help all Veterans who call Perley home enjoy the highest level of care.



Thank you to the Royal Canadian Br. 406 Barry's Bay for your generous donation of \$1,180. This will fund two Home Sweet Home upgrades for Veteran residents.

# It takes a comm

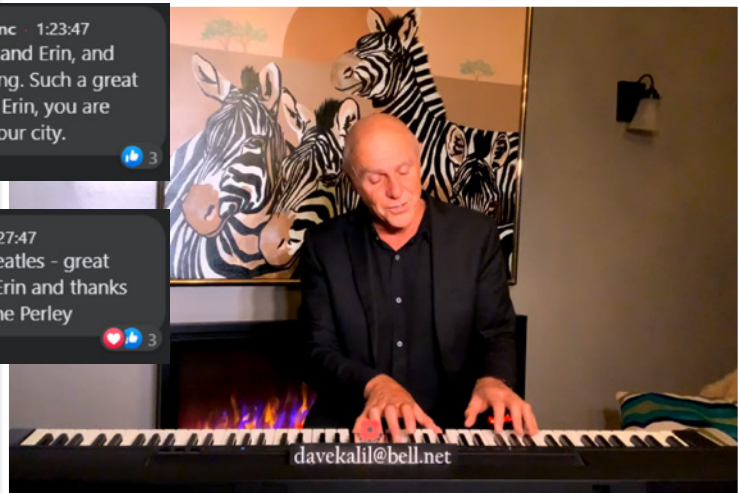
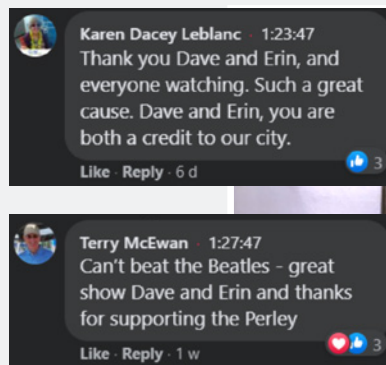


## Legion National Foundation

Thanks to the Legion National Foundation for the gift of \$25,000 in support of the Centre of Excellence in Frailty-Informed Care. Your dedication to transforming care for Veterans and Seniors is outstanding.

## Dave Kalil

Dave Kalil took to the internet once again and hosted a virtual show raising \$17,000 for Perley Health. A big thank you to Kammal Tannis for leading this event and encouraging so many to lend their support.



## High Horizons

We are grateful to the High Horizons Physically Challenged Group for their donation of \$6,398 to the Ozerdinc Grimes Family Therapeutic Recreation and Creative Arts Program! This was made to honour the memory of Gladys O'Ray, a longtime volunteer at High Horizons and resident at Perley Health who greatly enjoyed the recreation program.





# unity



## Royal Naval Engineers' Quart Club

Thank you to members of the Royal Naval Engineers' Quart Club for your generous donation of \$5,740! This donation will help purchase more specialized mattresses for residents.

## VSMC

Thank you to members of the Veterans' Society Motorcycle Club (VSMC) for your donation of \$1,000. An enjoyable afternoon and "wheely" good time was had by all as residents watched the parade of motorcycles and chatted with VSMC members.



## Knitting Sale

Our Knitting Club was happy to host their annual knitting sale. The club raised a record breaking \$790 for Perley Health Foundation. Thank you to the Knitting Club members for your time and talent.



## Masonic Foundation of Ontario

A donation of \$400 from the Masonic Foundation of Ontario is helping to transform care for Veterans and Seniors. Thank you to all members of the Ottawa District 1 Masons for your ongoing support.

# A sea of red and white for Remembrance Day

On November 11th, a sea of Canadian flags adorned the lawn surrounding the Rideau Veterans Residence and our Cenotaph to commemorate the brave men and women who served and made sacrifices for our country. Donors sent messages of gratitude and appreciation for those who served and a selection were shared during Perley Health's Remembrance Day ceremony. In all more than \$32,000 was raised. Thank you for making this year's campaign a success.

A list of honourees is posted to our website [PerleyHealthFoundation.ca/2021-flag-campaign/](https://PerleyHealthFoundation.ca/2021-flag-campaign/)



# The right thing to do

Donna and Doug Brousseau recently updated their wills to include gifts to Perley Health Foundation.

“It’s the right thing to do,” Donna says simply.

The two share a strong affection for both Veterans and Perley Health. Several of the couple’s uncles served in the Second World War, including one who died when Nazi submarines attacked his convoy. And Doug’s uncle Benny lived out his final days at Perley Health.

“He received exceptional care,” says Doug. “Everyone in my family recognized and appreciated that.”

Doug and Donna Brousseau both enjoyed long successful careers with the Regional Municipality of Ottawa Carleton (RMOC). Through his work, Doug first became aware of the challenges facing the long-term care of Veterans.

“I had a tour of the former Perley Hospital, where many Veterans of the Second World War received occupational therapy and long-term care,” says Doug. “While I was impressed by the heroic efforts of staff, I was shocked by the conditions. I believed — and still believe — that our Veterans and other older Canadians deserve the best possible care in the best possible facilities.”

Since its construction in 1995, Perley Health has helped meet the changing needs of Veterans and Seniors. When Doug retired, he joined the Perley Health Foundation’s Board of Directors.

“It’s been an honour to serve on the Board the last nine years,” says Doug. “Perley Health and the Foundation have really matured since then. Caring for Veterans and the support it attracts enables Perley Health to improve the care of not only Veterans, but also the ordinary civilians who helped make Canada what it is today.”



**Donna Kelly and Doug Brousseau on a picnic in 1970**

The couple raised two children and will soon celebrate 50 years of marriage. One of their five grandchildren volunteered at Perley Health as a cadet.

“While taking care of family is of primary importance to us, we also want to support causes we believe in,” says Donna. “And Perley Health is at the top of our list.”

“Like the many Canadians lucky enough to own a home, rising property values have significantly increased the value of our estates,” says Doug. “We think it’s appropriate to share this good fortune and we encourage others to do the same.”

“A gift-in-will to Perley Health Foundation is about paying it forward,” says Donna. “We’re proud to be able to do our part.” ♥

# Continuous improvement in a pandemic



Even as we battle the pandemic, continuous improvement remains central to Perley Health's culture. Over the last 20 months, we've identified and implemented a long list of changes that improve care, protect health and safety, and increase our contribution to the community. Recovery planning currently underway focuses on becoming more resilient and better able to cope with future challenges.

Staff play a key role in continuous improvement, and we're blessed with a talented and dedicated workforce. Throughout the pandemic, our staff came up with a long list of ways to ensure that residents and tenants could live life to the fullest while abiding by all safety protocols. Thanks to the on-site clinics organized and led by staff, for instance, more than 97 percent of all residents and tenants are now fully vaccinated against COVID-19. Most have also received this year's influenza vaccine. Staff have also managed to resume many social and recreational activities while respecting all necessary safety precautions. On behalf of the entire Perley Health community, thank you for your selflessness and dedication.

Another aspect of continuous improvement at Perley Health involves helping the entire long-term care sector address key issues. The Centre of Excellence in Frailty-Informed Care (CoE) plays a lead role in this effort. Part of the CoE's mandate is to disseminate the innovations and best practices developed and verified at Perley Health. In a recent example — detailed on page 4, a healthcare journal published the CoE's analysis of a falls-prevention training initiative designed and delivered at Perley Health. Other examples include presentations by Perley Health staff to industry groups on everything from infection prevention and control to the therapeutic value of virtual-reality technology for people living with dementia. This work improves the care provided at Perley Health and at other homes, and further inspires staff to strive for excellence.

The pandemic has exposed a weakness in healthcare and long-term care systems around the world: we must do a better job of caring for caregivers. The same is true for Perley Health: we must do more to support the psychological health and safety of our staff. For nearly two years, we've required these men and women to work under exceptionally stressful conditions with only limited support. Prior to the pandemic, the Perley Health leadership team began work on a plan to support psychological health and safety. We had to suspend this work temporarily to cope with COVID-19, but now we're back on track. After surveying members of our staff to gain a better understanding, we have begun to take a series of actions to promote mental health, prevent mental harm, and foster a culture of psychological health and safety. The initiative is a top priority, as our success absolutely depends on the mental and physical health of staff.

The ongoing support of donors and volunteers also helps drive continuous improvement at Perley Health. The generous donation made by Kathleen Grimes and Ersin Ozezdinc, described on page 5, serves as the latest example. Thank you.

As CEO, my role is to nurture a culture of excellence and continuous improvement. Supporting the psychological health and wellbeing of staff contributes to this goal, ensures we recover well from the pandemic and enables us to transform the care of Veterans and Seniors.

Akos Hoffer,  
CEO, Perley Health

# A toast to toast!

For many of us, toast is the epitome of comfort foods. Fresh from the toaster, topped with our favourite spread, it warms our hearts and fills our bellies. To ensure that all Perley Health residents can enjoy this comfort food every morning, a campaign now underway aims to buy and install a commercial toaster in each resident dining room. To realize this goal, we must raise a total of \$49,000. And we hope to reach this total by National Toast Day, February 23rd.

To learn more visit us at [PerleyHealthFoundation.ca/toast/](https://PerleyHealthFoundation.ca/toast/)

To celebrate the magnificence of toast — and the generosity of campaign donors — we encourage you to send us photos and anecdotes related to this most humble of comfort foods. We will post them on our Facebook page and Instagram account. A toast to toast!



## Facebook fundraisers



Facebook fundraisers are a fun and easy way to raise money for a cause that matters to you. But don't take our word for it - hear from those who have hosted their own!

“ I'm a former employee and Perley family member of a Veteran who stayed at the Perley years ago, always looking for ways to continue to contribute! I've always considered The Perley my family! Best years of my career!”

**Dawn Chase**

“ I'm a PSW at Perley. I just really believe that the resident deserves very good care and also good tools to be able to provide the necessary care.”

**Kaitlin Leigh**

“ The simple act of giving can make a huge impact on somebody. It's not how much we give but how much love we put into giving, and that's all that matters.”

**Sanie Dis Gelito**

“ I saw my friends and family were doing birthday fundraisers, and I thought, it's just two clicks away! I could easily do one for Perley Health.”

**Scott Mullins**

To learn more about hosting a facebook fundraiser contact Sara Francis ([sfrancis@perleyhealth.ca](mailto:sfrancis@perleyhealth.ca), 613-526-7150). Or visit us online at [PerleyHealthFoundation.ca](https://PerleyHealthFoundation.ca)

# Raffle winner enjoys luxury weekend



**Joanne and her guests pose in the Pepper Pod's kitchen, where they enjoyed a private cooking lesson from Chef Yannick of Les Fougères.**

Joanne Batchelor, winner of the Foundation's inaugural Luxury Weekend Raffle, enjoyed a fabulous few days at the exclusive Pepper Pod in Chelsea, Quebec in the company of five friends and family members.

Joanne and guests were thrilled to indulge in a variety of activities over the weekend: a cooking lesson with Chef Yannick of Les Fougères; a cocktail reception with special guest Don Newman and his wife Shannon Day; a private Violin Duo Recital featuring members of the National Arts Centre Orchestra, a session with a professional photographer; a private yoga lesson; and a visit to the Spa Nordik. The ladies also

received gift baskets containing more than \$1,000 worth of local luxury goods.

The Perley Health Foundation is grateful to all volunteers who generously donated their time and talent to make this weekend possible, including Louise Mercier, Perley Health Foundation Board Chair and Hon. Lt.-Col. Sandra Perron, Founder and CEO of Le/The Pepper Pod. We also thank Kelly Stewart-Belisle for her hard work assembling the beautiful gift baskets.

The inaugural Luxury Weekend Raffle proceeds will help transform care for Seniors and Veterans who call Perley Health home. ♥

**If you or your organization would like to be involved in this year's raffle please contact Courtney Rock, [crock@perleyhealth.ca](mailto:crock@perleyhealth.ca) or 613.526.7180 x 7177 for more information.**

# Donations in memory

September 10, 2021 - November 30, 2021

Ghamar Akasheh  
Christa Archambault  
A.W. Arthur  
Lieut. R. F. Bedford  
Barry Blair  
Claude Bourdeau  
Joyce Boyd  
Sgt. W. E. Bray  
Albert Bridgewater  
Elaine Burt  
Robert B. Campbell  
Marian Commerford  
Bruce Crosby  
Alexander Davidson  
John Deering  
Marcel Desjardins  
Jack L. Dods  
Robert Enright  
John Fallows  
Roy Fetherstonhaugh  
Donald John Forgie  
Edmund R.M. Griffiths  
Charlene Grimshaw  
First Officer Al Hague  
Maurice Holloway  
Danlora Horne  
Betty Huber  
Viola Hughes

Elizabeth Ireland  
Chief Warrant Officer James Ito  
Charlotte E. Jamieson  
Barbara Jamieson  
Sanford Jamieson  
Barry Wayne Johnson  
Douglas Jones  
Lt.-Col. Kenneth Joslin  
Henri LaLande  
Lt.-Col Leon Leboldus  
Olive MacInnis  
William MacPherson  
Anita Mayhew  
William McAvoy  
Isabella McLean  
John McLeod  
Bruce McLeod  
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Betty Mitchell  
Renée Moliner  
Margaret Moyes  
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Arthur Murphy  
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Dorothy Price  
Ferne Ramsay  
John N. Ramsey  
Robert Ranger, Sr.  
Warrant Officer Stephen Roberts  
Thomas P. Ronan  
Pearl Saulnier  
Maj. Carl Donald Joseph Seale  
Dawson Stevenson  
Niclas Stoss  
Eli Tannis  
Lt.-Col. Peter Tinsley  
Vittoria Tonon  
Jean Tremblay  
Cornelis van Ginkel  
Sietskie van Ginkel  
Lila Wagar  
Private Harrison Henry Walsh  
Arthur Patrick White

# Donations in honour

September 10, 2021 - November 30, 2021

Melanie Adams  
William and Monique Bondar  
Diane Eddy  
Scott Mullins

Brig.-Gen. Stanley M. Parkhouse (Ret'd)  
Tuyen Tran  
James Walden

\* For a complete list of flag honourees please visit [PerleyHealthFoundation.ca/2021-flag-campaign/](https://PerleyHealthFoundation.ca/2021-flag-campaign/)

To make a gift in honour or memory please visit  
[PerleyHealthFoundation.ca](https://PerleyHealthFoundation.ca)





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



Perley Health is a unique and innovative campus of care. Home to more than 600 Seniors and Veterans living in independent apartments or receiving long-term care, Perley Health is also a centre for research, education, and clinical and therapeutic services.

Donors help ensure Seniors and Veterans can enjoy their best quality of life at every stage of the aging process.

**Louise Mercier**  
Foundation Board Chair

**Delphine Haslé**  
Foundation Executive Director

**Margaret Tansey**  
Perley Health Board Chair

**Akos Hoffer**  
Perley Health Chief Executive Officer

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**Writer/editor:** Peter McKinnon

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**Perley Health Foundation**  
1750 Russell Road, Ottawa, Ontario K1G 5Z6

**Tel:** 613.526.7173

**Email:** [foundation@perleyhealth.ca](mailto:foundation@perleyhealth.ca)

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