

Transforming care for Seniors and Veterans

Honour and Care

SUMMER 2025

This edition of
Honour and Care
is full of stories of
transformed lives
you made possible.
Thank you!

Your Impact, Our Gratitude



Photo credit: Tom Lilly

Your Generosity Keeps Love Close

Your kind support helps couples like Bob and Gail stay active and connected.

“The hardest thing I ever had to do in my life was tell Gail she had to go into long-term care,” Bob says with a tear in his eye. “We see each other every day. We still live together—we just sleep in separate rooms.”

Bob lives in the Perley Health independent senior living apartment that he and his wife Gail moved into when the complex first opened in 2013. A decade later, when Gail’s health required a move to long-term care, she simply moved “down the hall”.

Thanks to your kind support, Gail enjoys many of the activities you make possible for residents. “I like the art studio—the pottery studio, in particular,” she says fondly.

Despite moving into long-term care, Gail remains notably active, not just at the Perley, but off-premises too. “I’m on the residents’ council and three other committees of the Perley,” she remarks about her travels on and offsite for various meetings and excursions. “I’ve been able to make a life here. I would argue there are possibilities within long-term care for a meaningful life.”

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Find out how you support our Centenarians.

 **Perley Health**
Foundation

You Improve Quality of Life



Lu, age 104, beams with joy at the Century Club Celebration. Your generosity brings daily activities and special celebrations to life for residents like Lu.

You Help Make Every Year Count

Perley Health residents live life to the fullest at every age, thanks to your support.

Each June, Perley Health honours residents who have reached the magical milestone of 100 years and beyond with the Century Club celebration. This year, 20 remarkable individuals, including 13 Veterans, walked the regal purple carpet to the sound of cheers, laughter, and heartfelt applause.

Throughout the celebration, familiar notes of songs from decades past floated through Lupton Hall, gently stirring old memories and lighting up the faces of the honourees. Some residents sang along, and some tapped their feet. A few closed their eyes, wrapped in a moment of deep, joyful recognition.

And behind every smile, there was you. Your support fuels the Therapeutic Recreation and Creative Arts Program that continues to enrich life at every age. It's thanks to you that Michelle Proulx and her team can transform a simple gathering into a celebration of a lifetime, honouring residents like 104-year-old Lu, or 102-year-old WWII Veteran, Roland.

Your generosity ensures they continue to live life to the fullest, every single day. Thank you for walking this journey with them, and for celebrating life in all its stages.

A Message From Delphine



With summer in full swing and the gardens at Perley Health bursting with colour, I find myself thinking about all the ways your generosity helps life flourish here, season after season.

Thanks to you, residents are enjoying everything this beautiful time of year has to offer. Morning strolls near the duck pond, ice cream in the pub, and the simple joy of sharing meaningful connections. All of it possible because of your continued support.

In this issue of *Honour and Care*, I hope you enjoy reading the wonderful stories of your incredible impact. From couples like Bob and Gail, who've called Perley home for over a decade, to Janice and Jim, who recently transitioned into the Perley community. It's truly heartwarming to see couples stay connected and keep cherished routines alive.

These stories are only possible because of you. Your compassion ensures that every resident, no matter their circumstances, has the chance to live with dignity, purpose, and joy. Thank you for your incredible support.

Wishing you a safe and happy summer,

Delphine Haslé, CFRE
Executive Director &
Chief Development Officer

For Seniors and Veterans! ♥

A Smooth Transition

Jim's quality of life has improved significantly, thanks to you.

When Jim's Parkinson's disease progressed and falls became frequent, Jim and his wife, Janice knew the time had come to move him into long-term care. It was a difficult decision, but Janice could no longer keep him safe at home.

Moving Jim to Perley Health was both emotional and practical for the couple. For Janice, Perley is close to home, and well-known for its excellence in caring for seniors and Veterans. For Jim, a former RCMP musician and Canadian Forces reservist, he found comfort and camaraderie among other Veterans.

Now, thanks to your generosity, Jim benefits from the exceptional care and meaningful programs that make daily life at Perley so fulfilling. He especially enjoys using his hands and woodworking in the creative arts studio. For both Jim and Janice, the transition was smooth, and their quality of life has improved significantly.

"I know Jim is safe, and I know he is busy. One almost has to make an appointment to see him because there are so many activities," Janice mused. "It does allow me to look after myself, which I hadn't."



"My life is certainly different than it was before.
It's actually much easier."

~ Jim, Veteran resident

With Jim safe and supported, Janice has found not only peace of mind, but also time to take care of her own needs. She enjoys going to the gym, and currently volunteers with the Perley Health Family Transition Program, which pairs new families with those who've already walked the same path.

Thank you for ensuring residents like Jim receive the compassionate care and safety that brings peace of mind.



Your Generosity Keeps Love Close

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Photo credit: Tom Lilly

Today, Bob and Gail are still seen enjoying time together in the Perley community. And every Sunday, Gail joins Bob in his apartment for dinner. It's a tradition they've kept alive through the changing seasons of life. "She comes to my apartment every Sunday for a home-cooked meal with me there still cooking," Bob chuckles.

Your generosity helps families like Bob and Gail stay connected—to each other, to their passions, and to a vibrant, supportive community. For that, we are deeply grateful.



Help Open the Doors to a Brighter Future

Your gift will bring generations together.

Thanks to your caring support, we're more than halfway to our \$2 million *Bridging Generations* campaign goal. But time is ticking, and we still need your help to open the doors to children and residents in the spring of 2026.

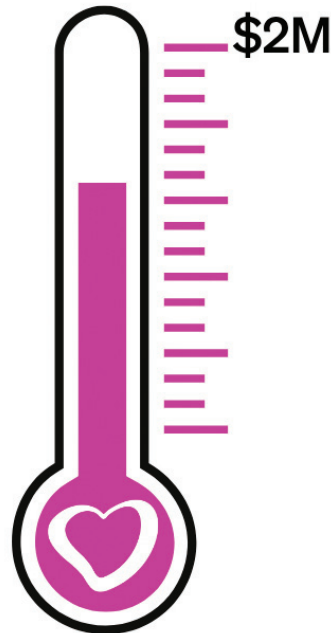
Your gift today is critical to helping build this fully integrated, purpose-built intergenerational space where children, seniors and Veterans come together daily at Perley Health in meaningful ways.

Imagine 4-year-old Ellie reaching out her small hand to show her latest drawing to George, a 92-year-old Veteran. His eyes light up as he studies her picture—two stick figures holding hands beneath a bright yellow sun. “Is that us?” he asks, and Ellie nods happily.

In that simple exchange, a connection is made. George, who often sits quietly in his wheelchair, feels something he hasn't in a long time. Ellie smiles up at him with the kind of delight that only a child can have. Moments like these—filled with joy, purpose, and belonging—are exactly what your generosity will make possible.

Please give today and be a part of this remarkable legacy that will help *Bridge Generations*. You have the power to build something extraordinary for our community, and for future generations.

Here's how you can help!



Seniors and Veterans are living life to the fullest because philanthropy has fueled Perley Health's care, research, innovation, and growth.

Stay Connected



1750 Russell Rd
Ottawa | ON | K1G 5Z6
613.526.7173
PerleyHealthFoundation.ca



Perley
Health
Foundation

I want to help even more! Here's my next gift!

Scan here to make a secure gift online.



YES! I want to help create a place where children, seniors and Veterans can make lasting memories, share meaningful moments and build powerful intergenerational connections.

- ☐ \$50 to help build a space for moments of joy and connection.
- ☐ \$100 to help build a space filled with stories, smiles and shared experiences.
- ☐ \$500 to help build a space for generations to spend quality time together.
- ☐ \$_____ I want to make a heartfelt gift to help bring this vision to life.

*In case funds exceed the projects described here, your gift will be used where it is needed most.

Return the enclosed reply card with your gift.