

# Honour and Care

SPRING 2026

Stories of transformed lives you made possible. Thank you!

## Your Impact, Our Gratitude

### You Help Make Quality of Life a Priority

Because of your support, Perley delivers a truly person-centred philosophy of care.

When Terry moved into Perley Health in August 2023, it was one of the hardest decisions her family had ever faced. After years of caring for her at home through vascular dementia and Alzheimer's, her needs had become too great.

"My mom was our neighbour for 30 years," Terry's daughter Neeka shares. "Letting go of that was incredibly difficult."

**But thanks to your generosity,** Terry receives a level of person-centred care that brings comfort and reassurance to the whole family. She's formed a special bond with her Personal Support Worker, Maya, whose dementia-informed training and compassionate approach help her respond to Terry's changing needs with patience and understanding. And with the support of specialized equipment and thoughtfully designed programs, Maya creates moments where Terry feels safe, listened to, and genuinely cared for.

"Maya has shown our whole family how to

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*Terry and her PSW, Maya, share moments of connection daily. Your support of specialized programs, staff training, research, and essential equipment bring comfort, dignity, and a sense of belonging to each day.*



On page 3:



**Your Compassion Brings Comfort When It Matters**

# You Improve Quality of Life

## Cheers and Champions

Your caring support brought the spirit of the Winter Olympics to Perley residents.

Thanks to your support of therapeutic recreation, residents and tenants gathered this winter for the Perley Health Winter Olympics.

A spirited opening ceremony started the day and included a procession of team banners, and the singing of *O Canada*. The start of the games was marked by residents reciting the Perley Olympic Oath and the arrival of the Olympic torch.

What followed was a lively, toe-tapping Canadian music concert and activity stations like curling, hockey shoot, and a biathlon-style ski track. And, who could forget the special Italian treat from Stella Luna Gelato, enjoyed with plenty of smiles.

These joyful activities are possible because of you. Your caring heart helps bring Therapeutic Recreation and Creative Arts programs to seniors and Veterans, enriching their quality of life and strengthening the Perley Health community. Thank you!

Your support of Therapeutic Recreation allows residents like Cecil to participate in fun physical activities like the Perley Winter Olympics.



## A Message From Delphine



Spring is in the air, and with it comes a sense of renewal, warmth, and possibility, much like the difference you make every day at Perley Health. Your generosity helps our community bloom.

Because of you, residents experience activities that brighten their days: creative arts, music, movement, and special events that bring laughter, connection, and purpose. Your support also provides essential equipment and funds research that helps improve quality of life of seniors and Veterans, near and far.

As we celebrate **National Volunteer Week (April 20–24)**, we see the magic that happens when caring hands meet caring hearts. Your gifts amplify the dedication of our volunteers, creating moments of joy, comfort, and belonging for everyone in our home.

This spring, every smile, every song, every shared moment reminds us how deeply your support improves quality of life. **Thank you for helping our community flourish. Because of you, each day is brighter, warmer, and full of promise.**

With gratitude,

**Delphine Haslé, CFRE**  
**Executive Director &**  
**Chief Development Officer**

## Your Caring Heart Brings Comfort When It Matters You help families stay close to their loved one during their final days.

At Perley Health, staff are passionate about end-of-life care. And now, **thanks to your incredible support**, families are offered Comfort Care Carts and Chairs that bring the essentials to families during this deeply meaningful time.

The Carts are thoughtfully stocked with beverages, snacks, soft blankets and pillows, and essential hygiene items like towels, mouthwash, and toothbrushes. The Comfort Care Chairs, which gently fold out into beds, make it possible for a spouse, family member, or care partner to rest in the same room overnight so they can stay close.

**These simple offerings help ease long hours, allowing families to focus on what truly matters: being present.**

“These small comforts make a world of difference,” says Samantha, a Psychogeriatric & Palliative Care Registered Nurse. “A blanket, warm drink, or a quick snack lets a family member or care partner stay close, and rest when they need to while still being present with their resident.”

The Comfort Care Carts have been so meaningful and successful that other long-term care homes are now following our lead and creating their own. It’s a simple idea that changes the experience for families during one of life’s most significant moments. ***Thanks to you, families experience comfort and closeness when they need it most.***



*Perley Health team, Kelly (left) and Samantha (right) are grateful for your compassionate support of seniors and Veterans and their end-of-life care.*

## You Help Make Quality of Life a Priority *Continued from page 1*

navigate my mom’s ups and downs,” says Neeka. “She’s helped me mature my understanding of dementia and how to be more effective and strategic in managing my mother’s debilitating disease.”

Maya is part of an evening team affectionately known as the “Dream Team”, who bring consistency, skill, and heart to every resident interaction. To Terry, Maya is more than a caregiver. She’s a trusted friend.

**Because of you, this kind of deeply personal, life-changing care approach is possible for residents like Terry every day.**

# Your Gift Transforms Quality of Life

Your generosity today helps ensure that every resident is supported with care, respect, and opportunities to feel engaged and valued regardless of age or circumstance. With your support, meaningful moments can happen every day for seniors and Veterans and the people who love them.

## Here's how your gift makes an immediate difference:

- **\$50** helps provide art supplies that bring colour, creativity, and gentle stimulation to daily life.
- **\$200** helps fund enhanced mobility aids that promote independence, comfort, and safety.
- **\$500** helps advance research and person-centred care for seniors and Veterans at Perley Health and across the region.

These are just a few of the ways your support improves quality of life. **Every gift, no matter the size, helps create a safer, more comfortable, and more compassionate place to call home.**



Whether you choose to give \$50, \$200, \$500, or an amount that feels right to you, your generosity will have an immediate and lasting impact.

Will you help bring comfort and meaningful moments to a senior or Veteran today?

**Thank you for your kind and caring support.**

*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!

**YES! I want to help a Veteran or senior in long-term care live life to the fullest with my gift today.**

**Return the enclosed reply card with your gift.**

- \$50 helps buy art supplies for creative expression.
- \$200 helps buy enhanced mobility aids that promote independence.
- \$500 helps advance research and person-centred care.
- \$\_\_\_\_\_ to improve the quality of life of a senior or Veteran.

*These are just some of the things your gift supports. Every gift, regardless of size, improves quality of life for seniors and Veterans at Perley Health. Thank you.*

*Scan here to make a secure gift online.*

