

# Honour and Care

Winter 2024

## A Soaring Passion

Peter McKinnon

Jim Shipton discovered his passion for flying at the tender age of 14. While at a summer camp near Trenton, Ontario, he and a few other Air Cadets flew for the first time in their young lives.

“At that moment, I knew that my future would be with the RCAF,” he recalls wistfully.

The airplane model and airfield involved in that inaugural flight both played key roles in the Second World War. Under the British Commonwealth Air Training Plan, Canada trained more than 130,000 pilots, navigators, bomb aimers, wireless operators, air gunners and flight engineers. Jim flew in an Avro Anson, the model considered the workhorse of the Training Plan. The airfield was Royal Canadian Air Force (RCAF) Station Mountain View, home of No. 6 Bombing and Gunnery School.

At the time of Jim’s inaugural flight in 1944, the Training Plan had begun to wind down, having prepared more than enough aircrews to win the war. Within a few years, though, Jim would enlist in the RCAF, train as a navigator and eventually log more than 8,250 flying hours—roughly a full year in the air—during a remarkable 37-year career. And despite the many sacrifices he made along the way—hearing loss, time away from family—he’s never regretted following his passion into the skies.

James Shipton was born in Kingston, Ontario in 1929 to a family familiar with military service. His grandfather,



**Jim Shipton in his Air Cadet uniform  
circa 1942.**

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**Perley  
Health**  
Foundation

# A Soaring Passion

*Continued from page 1*

Walter Shipton, had served in both the Boer War and World War I. When Jim was 10, his father, William Shipton, enlisted and went overseas. He would not return for five long years. Jim and his mother moved into her parents' apartment in a Montreal suburb.

"My first day of school was a real shock because I didn't speak French," says Jim. "My French improved in a hurry, but I had to repeat Grade 5."

For Jim and many of his generation, the Second World War overshadowed an otherwise happy childhood. Along with his father, six uncles also served overseas, and all returned home. Jim never missed an episode of *Calling L for Lanky*, a radio drama about the crew of a Lancaster bomber that flew missions behind enemy lines. He joined the Air Cadets and a few years later began to attract the attention of a schoolmate named Joan Louise Osborne.

"Joan used to follow me and a few of my friends to school—today, they might say she was stalking me," Jim says with a laugh. "For our first date, I think we went to a school dance. We decided to go steady and neither one of us ever had another romantic partner."

At age 19, Jim enlisted and trained as an RCAF radio navigator. He and Joan married, and soon had two daughters: Holly and Cindy. Initially stationed in Montreal, Jim was later transferred to a series of bases and the family moved to Winnipeg, Sacramento and Ottawa.

Jim proved to be an exceptional navigator and the RCAF often assigned him to missions in some of the world's most remote regions. During the Korean War, Jim was part of a crew that ferried soldiers across the Pacific Ocean. At the time, the trip took approximately 50 hours each way and required a series of refueling stops, including one in the Semichi Islands, tiny specks in the vast seas between Alaska and Russia.

Among the many hazards faced by aircrews during this era was prolonged exposure to excessive noise. Jim logged most of his hours in the Canadair North Star, a plane fitted with four



**Jim Shipton and Joan Osborne marry in 1952.**



**(L to R) Cindy, Joan, Holly and Jim Shipton circa 1962**

Rolls Royce Merlin engines, known for both their power and noise.

“When I served as radio operator, my spot was behind the pilot and my left ear would be close to #2 engine,” he recalls. “When I was navigator, I’d be on the other side facing the rear of the plane and my left ear would be close to #3 engine. I eventually lost virtually all of my hearing on that side.”

His work also regularly took him away from his family for extended periods.

“Our mom essentially raised us,” says Cindy Shipton-Mitchell. “That said, he’s a kind and gentle man, and a wonderful father. He never had to raise his voice with us; we respected his authority. When he called me Cynthia instead of Cindy, though, I knew I’d done something wrong!”

Each summer, the family would spend at least two weeks together at a cottage. Initially, they rented a cottage on Clear Lake near Riding Mountain National Park, Manitoba. Years later, the family bought a cottage on White Lake, about an hour from Ottawa. Joan volunteered with Brownies—she was Brown Owl—and worked as an administrative assistant at two schools, including one Holly and Cindy attended. She also knitted woolen caps for premature babies and passed on her passion for crafts first to daughter Holly and then to granddaughter Laura. Jim taught the children to ski and years later, took up sailing and bought a family sailboat for the cottage.

During his career, Lieutenant James Shipton flew across Canada and around the world. Many missions involved ferrying dignitaries such as Prime Minister John Diefenbaker, Governor General Vincent Massey and French President Charles De Gaulle. On one mission, Jim’s crew flew Princess Margriet of the Netherlands—born in Ottawa during the Second World War—on a tour of the Arctic. While in Cambridge Bay, the Princess received two dogs—huskies—as a gift.

“This created a problem, because at the time it was against regulations for us to transport dogs,” recalls Jim. “The crew agreed to make an exception and keep it quiet, though. As a thank-you, Princess Margriet sent each of us a Christmas card with a photo of her family with the dogs.”

In 1968, Canada unified its armed forces and the RCAF became a branch of Canadian Forces.



**Jim Shipton (right) visits his uncle Dewy (Donald) Williams, Veteran of the Second World War and Korean War, at Perley Health on November 11, 2002.**

Jim began to spend less time in the air and more time behind a desk. The children grew up, and started careers and families of their own. Today there are four grandchildren, one great-grandson, along with three step grandchildren and five step great-grandchildren. After retiring from the Canadian Forces in 1985, Jim worked a couple of other jobs for a few years.

In her late 60s, Joan was diagnosed with cancer and passed away in 2007; the couple had been married for 54 years. Jim continued to live in the family home for another dozen years before moving into a retirement residence. He had learned about Perley Health by visiting one of his uncles there: Second World War and Korean War Veteran Dewy (Donald) Williams. Jim moved into Perley Health in 2022 and loves it.

“The staff and volunteers here are excellent,” he says. Jim plays bingo and other group games regularly, and is finalizing his memoirs.

“I think a fitting legacy for my father will be ‘follow your passion,’” says Cindy. “He’s always encouraged my sister and me, along with our children, to pursue whatever interested us. I’ve always loved that in him.”

# Thank You for Your Trust and Support



At the heart of the Perley Health community lies a guiding principle that defines and unites us all: "doing the right thing." It's this shared commitment that drives our staff to go above and beyond, our volunteers to dedicate their time and energy, and our corporate culture to foster innovation and continuous improvement in care. And it's your unwavering support as a donor that enables us to uphold this principle each day.

Throughout my tenure of over ten years at the Foundation, I've witnessed countless examples of "doing the right thing." Today, I'd like to share just a few highlights that showcase the enduring spirit of this philosophy.

## **Sharing Expertise for Impactful Change**

Perley Health's exceptional expertise in palliative care, partly funded by donors like you, has empowered us to extend our support beyond our walls. When a small rural long-term care home reached out seeking guidance to enhance their program, our staff eagerly volunteered to share their knowledge and expertise, demonstrating our commitment to supporting staff and residents beyond our immediate community.

## **Responding to Challenges with Innovation**

In response to the significant decline in volunteerism post-pandemic, the True Patriot Love Foundation launched the Veterans Volunteerism Initiative. As part of this initiative, Perley Health was selected as one of seven organizations across Canada to promote and facilitate veteran volunteerism in local communities, highlighting our dedication to addressing emerging challenges with innovative solutions. The True Patriot Love Foundation is a national charity that honours the sacrifices of members of the Canadian Armed Forces, Veterans, and their families in both times of peace and conflict.

## **Honoring Service and Sacrifice**

A recent visit from the defence attaché of the Dutch Embassy and a guest from the Dutch Ministry of Defense provided a poignant reminder of the profound impact of service and

sacrifice. Their visit to three of our Veterans who participated in the Liberation of Holland during the Second World War served as a powerful tribute, highlighting the lasting bonds forged through shared experiences. This expression of gratitude had a profound impact on the Veterans and Dutch officials.

## **Commitment to Continuous Improvement**

Recognizing the importance of ongoing improvement, Perley Health recently modernized its approach to welcoming and orienting new employees. By providing comprehensive onboarding that emphasizes our values and expectations from day one, we ensure that every team member is equipped to embody the spirit of "doing the right thing."

## **Embracing New Opportunities for Impact**

We are thrilled to welcome Rick Campagna, the newest member of our Board of Directors, whose extensive volunteer experience in the long-term care sector aligns with our mission to transform the quality of life for older adults. His decision to join our board reflects his belief in the importance of our work and the opportunity to make a meaningful difference.

As we navigate the challenges and opportunities ahead, the Perley Health community remains steadfast in our commitment to "doing the right thing." With Canada's senior population expected to double in the next two decades, the support of donors like you is more crucial than ever. Together, we are shaping new models of care and transforming lives for Veterans, Seniors, and society at large.

Thank you for your continued generosity and partnership in our journey to make a difference.

Delphine Haslé, CFRE  
Granddaughter, Donor, Executive Director





Answering  
**THE CALL**

# Mission Accomplished

Exceptional care, applied research and innovation, and education with knowledge translation –were top of mind as our community rallied to *Answer the Call*. In a triumphant culmination in November, we proudly declared, "Mission Accomplished," having raised an impressive sum exceeding \$10 million.

“Thanks to the remarkable generosity of donors, Perley Health will advance innovation and excellence in the care of Seniors and Veterans living with frailty,” says Delphine Haslé, the Foundation’s Executive Director. “I am incredibly grateful to donors. Because of strong community support, older adults across Canada will be able to live life to the fullest throughout the aging process.

While numerous factors helped Perley Health Foundation raise this record-breaking sum, we want to acknowledge the pivotal role played by Campaign Cabinet Co-Chairs John Jarvis and Micheal Burch. Their unwavering passion, dedication, and professionalism proved instrumental in raising our profile and sharing Perley Health's crucial role in transforming care for Seniors and Veterans. Notably, Commissionaires Ottawa set the stage early in the campaign with a trailblazing gift of \$2 million.

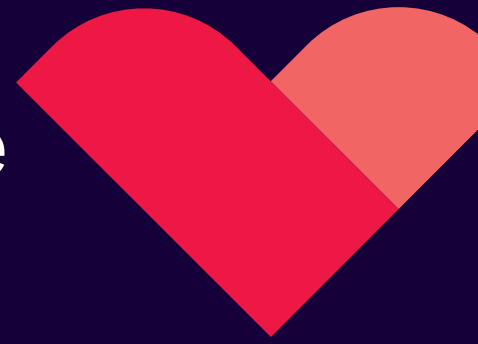
As we look to the future we are filled with gratitude knowing our community of supporters are by our side as we work to empower Seniors and Veterans to live life to the fullest.



Thank you for **Answering the Call**, the largest fundraising campaign in our history. You can still be part of our campaign by visiting [answeringthecall.care](https://answeringthecall.care)



# Ongoing support from the Royal Canadian Legion



To learn more about Veteran Priority Needs and how your local Royal Canadian Legion can help, contact Courtney Rock at [crock@perleyhealth.ca](mailto:crock@perleyhealth.ca) or 613-526-7170 x 7177



# Remembrance Day 2023



On November 11<sup>th</sup>, a sea of Canadian flags adorned the lawn surrounding the Rideau Veterans Residence and our Cenotaph to honour and remember the men and women who have served and continue to serve Canada during times of war, conflict and peace. Thank you to those who donated.



# It takes a comm







## Gratitude for the generous support of Boeing Canada

In a recent visit, Perley Health Foundation welcomed a delegation from Boeing Canada.

As Boeing team members toured our campus, they gained valuable insights into the impact of their recent donation. It was evident that Boeing's dedication to meaningful causes aligned seamlessly with our mission of transforming care for Seniors and Veterans.

A poignant moment during the visit was the meeting between members of Canada's Boeing Veterans Engagement Team (BVET) and Mr. James Shipton, whose story you can read more about on pages 1-3.

This visit not only deepened Boeing's connection with our organization but also reinvigorated our sense of purpose. Knowing that Boeing's support directly contributes to the well-being of individuals like Mr. Shipton and the broader community of Seniors and Veterans we serve fuels our commitment to making a positive impact every day.

In 2023, Boeing contributed more than \$12.3 million to support Veterans workforce transition and recovery and rehabilitation programs globally. Perley Health is grateful to Boeing Canada for their support of Canadian Armed Forces Veterans and their families.

# Raised to be Kind

The late Beryl Montgomery (née McCallum) capped off a life of kindness with a generous gift in her will to Perley Health Foundation. To those closest to Beryl, this final act of kindness came as no surprise; many Canadians of her generation dedicated their lives to community, country and family.

Beryl, along with sister Sybil and brother Gordon, were born and raised in Osgoode. Mom was a homemaker and Dad was a carpenter who had served overseas in World War I.

“Beryl was the scholar in the family,” recalls sister Sybil Brown, “I was always more of a tomboy. Our parents were very kind. I remember that when a neighbour became ill, Mom would make a pudding and get one of us kids to bring it over. In those days, we all took care of one another.”

In another sign of the family’s kindness, they fostered a series of children. The McCallums adopted one of them – a boy named Ronald -- while a girl named Vicky Hubner moved in at the age of nine months and stayed the rest of her childhood.

With no high school in Osgoode, the McCallum children boarded the train into Ottawa every weekday to attend Nepean High School. Determined to complete her education, Beryl went on to Willis Business College, specializing in secretarial skills. Beryl soon became adept at shorthand, qualifying her for office work. Before she could start her career, though, she fell in love with Clifton Montgomery, an Osgoode boy who had served overseas in the Royal Canadian Air Force during World War II. The two married in the parlour of the McCallum home, with Vicky serving as flower girl. The marriage would last for 67 years.

Clifton, like his father before him, worked for the Canadian National Railway. He began as a stoker – a labourer who shovels coal into the engine’s furnace – but had to relocate to Montreal to qualify for a full-time job. The couple moved and Beryl soon landed an office job at Kraft Foods. Determined to advance with the Railway, Clifton

devoted his vacation time to studying for and writing the necessary exams. He earned a promotion to engineer, a position he held until his retirement. The job was based in Ottawa, however. When Kraft Foods learned that Beryl was leaving, they presented her with a pair of earrings. Beryl would leave them in her will to Vicky.



**Beryl Montgomery  
(née McCallum)**

Beryl and Clifton had no children, but loved animals and dogs – in particular their pet Chihuahua, Chico. They held dinner parties and danced at the RA Centre, a recreation and sports facility that opened in the early 1960s. Beryl proved to be an excellent five-pin bowler.

“Like her parents, Beryl was friendly, caring and kind,” says Vicky. “She and Clifton really helped me out after my husband left. Suddenly, I had to raise four young children on my own. To make sure that I could hold on to my job, Beryl and Clifton would look after one child at a time for a week. I don’t know how we would have made it otherwise.”

After his retirement, Clifton began to suffer from a progressive form of dementia. Vicky, a certified nursing assistant, helped Beryl to better understand and cope with her husband’s condition. Clifton eventually moved to the Perley, where he passed away in 2016.

“Beryl was impressed with the quality of care he received there,” says Sybil. “So I’m not surprised to learn that she would leave a substantial gift to Perley Health Foundation. She also left significant gifts to a couple of other charities in her will.”

In remembering Beryl Montgomery, we honour not only her benevolence but also a life dedicated to kindness, community, and the well-being of others.



# Perley Health Chosen for Veteran Volunteerism Initiative

True Patriot Love Foundation has chosen Perley Health as one of seven organizations to participate in a Veterans-focused project. The three-year project will conduct research into Veteran volunteerism and encourage more Veterans to volunteer in their communities. True Patriot Love Foundation is a charitable organization that funds a wide variety of programs that support military members, Veterans and their families.

Several factors—including the dramatic decline in volunteerism across the country both during and after the pandemic—inspired TPLF to develop the Veterans Volunteerism Initiative. By some estimates, 65% of community organizations in Canada no longer have enough volunteers to provide the services they once did. The drop has been particularly difficult for hospitals and long-term care homes. At Perley Health, the dip in volunteerism has been significantly smaller, according to Rachel Stoparczyk, Coordinator of Volunteer Services.

“As pandemic-related restrictions lifted, some of our volunteers did not return,” says Stoparczyk, “and fewer new volunteers are coming forward. Today, we have about 85% of the volunteers we did pre-pandemic. Another concern for us is that many want to volunteer only for short periods of time.”

Volunteerism has long been considered part of Canada’s national identity. A Statistics Canada report estimated that the amount of time Canadians spent volunteering in 2018 was equivalent to more than 2.5 million full-time jobs.

The positive impacts of volunteerism—on both communities and individual volunteers—are well documented. Several studies link volunteerism with improvements in physical and mental health. Little is known about the impacts of

volunteerism on Veterans. To help fill this gap, True Patriot Love Foundation recruited the Canadian Institute for Military and Veteran Health Research (CIMVHR). CIMVHR will play a lead role in building the knowledge base needed to better understand the relationship between volunteerism and well-being in Veterans and their families.

The seven participating organizations will receive the funding they need to recruit and retain volunteers. They will work with an evaluator and those learnings will also contribute to the development of a National Action Plan on Veteran Volunteerism and a broader national volunteer strategy.

“From companionship to meal assistance, to therapeutic recreation and more, we rely on volunteers to help us provide the best quality care,” says Stoparczyk. “Veterans bring valuable skills, leadership abilities and a drive to be of service. These are all powerful qualities that strengthen the Perley Health volunteer team.”

To get involved with the Veteran Volunteer Initiative at Perley Health, please contact:



**Alma Cook**  
**Veteran Liaison Coordinator**  
**613-526-7170 ext. 2877 [acook@perleyhealth.ca](mailto:acook@perleyhealth.ca)**

# Doubling Number of Seniors and Veterans Served



In 2023, Perley Health's Board of Directors established a new commitment for the organization: doubling the number of seniors and Veterans we serve by 2035.

More than 600 seniors and Veterans currently live at Perley Health, and we serve many more individuals from the community. The population we serve—the vast majority of whom are over age 85—is set to double in the next 20 years. Accommodating this surge will require new models of care and housing. By doubling the number of seniors and Veterans we serve, we will help meet this challenge. To achieve this goal, we must be a trusted voice; we must work with governments and our community. We must not only identify problems, but also develop and implement solutions.

The new commitment is just the latest step in Perley Health's remarkable evolution. With roots that stretch back to 1897 and established at the current location in 1995 to provide long-term care (LTC) to 450 seniors, including 250 Veterans. Perley Health is now widely recognized as one of Canada's most progressive and innovative LTC homes. Today, it also features 139 independent-living apartments, a research centre, a classroom for students enrolled in Algonquin College's care providers and much more. These additions, along with the success of a series of recent and ongoing initiatives, put the goal of doubling the number of seniors served within reach.

The most significant recent achievement is the completion of Perley Health Foundation's Answering the Call campaign, which raised \$10 million—thank you! The generosity of individual and corporate donors drives progress on several projects that support Perley Health's larger goal of transforming care for seniors and Veterans across Canada.

The Perley Health Centre of Excellence in Frailty-Informed Care (CoE), established in 2019, is central to this goal. The CoE aims to set new standards for seniors' care by facilitating applied research that fuels innovation in education, best practices and knowledge translation. During 2023, CoE studies appeared in several peer-reviewed journals and CoE researchers presented at multiple

conferences. In June, the CoE hosted its first-ever international conference: a three-day event highlighting the experiences, perspectives and needs of non-professional caregivers—typically family members.

In hopes of accommodating more seniors and Veterans, Perley Health continues to explore expansion options. This involves close collaboration with the Government of Ontario, which approved operational funding for more than 200 new LTC beds at Perley Health. Securing the financing required for construction, however, has so far proven difficult—a problem shared by all non-profit LTC homes in Ontario. Perley Health has identified a series of potential solutions to the problem and shared them with government officials working on LTC reform.

These officials are also interested in how Perley Health houses and cares for residents living with both dementia and multiple other health conditions—a population expected to grow significantly in the next two decades. Coping with this growth is a major obstacle for LTC reform. Along with the Specialized Behavioural Support Unit, Perley Health also operates a convalescent care unit and Respite House.

Throughout 2024, Perley Health will prepare and plan to add capacity as a first step toward doubling the number of seniors served. The organization's ability to continually deliver exceptional care and to increase its contribution to the community is made possible by broad collaboration among donors, staff, volunteers, residents, tenants, families and various organizations. This sense of shared purpose both defines and inspires the entire Perley Health community. Thank you for helping transform care for Seniors and Veterans.

Akos Hoffer,  
CEO, Perley Health



# Join Team Perley Health!

Help us cross the finish line as we transform care for Seniors and Veterans!

It's that time of year again when we lace up our running shoes and come together to make a difference in our community. Running, walking or supporting – together we can cross that finish line knowing we're making a meaningful impact on the lives of Seniors and Veterans.

**When you donate to support Team Perley Health Commissionaires Ottawa will match your donation!**

*Thank you Commissionaires Ottawa*



Or you can support the team by donating at:



# Better Information Gathering, Improved Care



Nurses like Susan, need to know their residents so that they can provide the best care possible. Art instructors like Kelly, need to know their residents to be able to provide best quality of life. This holds true for all staff working in long-term care from coast to coast to coast.

A study conducted by Perley Health's Centre of Excellence in Frailty-Informed Care will shed new light on how long-term care (LTC) homes in Canada get to know their residents.

"Details about health conditions, medication regimes, likes and dislikes, family life, inform the care that staff provide each resident," says Dr. Annie Robitaille, Commissionaires Ottawa Research Chair and leader of the *Knowing the Story of a Resident's Life* project. "Yet how this information is gathered from residents and their families varies from one home to another. To support staff to get to know their residents' better, homes will be able to compare their methods with those of other homes. And I expect that with our project many will be inspired to adopt new practices to get to know their residents."

At the core of the project is an online survey of staff at 108 homes; two-thirds of the homes surveyed are in Ontario, British Columbia and Nova Scotia. Dr. Robitaille received 270 responses.

Because little formal research has been done on this topic, gathering both raw data and relevant anecdotes is particularly valuable.

Preliminary results show that over 60 percent of respondents indicated that they use memory aids to display the life of a resident. This allows staff to get to know likes, dislikes, hobbies, interests, family, culture and traditions of the resident.

Three quarters indicated staff gather valuable insight from residents and their family members during the admission process.

Almost 50% of respondents shared that they pause to familiarize themselves with a resident as an individual before interacting with them.

We also learned that homes use a variety of methods to share resident information among staff, from paper charts to shift defibres.

After analyzing the results, Dr. Robitaille's research team will share the inventory of methods and practices with the participating homes before publishing a report later this year.

"The next step for us is to consult directly with residents and their families," says Dr. Robitaille. "Ultimately, the goal is to improve the ability of homes to gather the information needed to provide the best possible care and ensure residents live life to the fullest."



# In Tribute Donations

Made in honour of members of our community, both past and present.  
November 2023 - February 2024

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Murray Ashton  
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To make a tribute gift please visit [PerleyHealthFoundation.ca](https://PerleyHealthFoundation.ca) or call 613-526-7173



[PerleyHealthFoundation.ca](https://PerleyHealthFoundation.ca)

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Perley Health is a community where over 600 Seniors and Veterans thrive – from independent living to long-term care. We support each resident with a person and family-centric approach to the continuum of care to improve not only their physical well-being but their mental and emotional health, too.

**Louise Mercier**  
Foundation Board Chair

**Delphine Haslé**  
Foundation Executive Director

**Margaret Tansey**  
Perley Health Board Chair

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Perley Health Chief Executive Officer

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