

Honour and Care

Fall 2024

In Perfect Harmony

Peter McKinnon

Notes on a Lifetime of Service to Community and Country

Like many of his generation, Albert Richardson devoted much of his life to serving his family and his community. Part of what made him remarkable, though, is an exceptional ability to adapt—to set aside carefully laid plans when faced with changing circumstances. A lifelong passion for singing also set him apart.

“I’ve sung in choirs since I was a teenager,” he said with a smile. “One of my schoolteachers was so impressed by my singing that I was hired to sing *The Whiffenpoof Song* at a convention. I earned \$15 in my only professional gig.”

Albert was born in Toronto in 1931, a few years after his parents and older brother emigrated from the Caribbean island of St. Lucia. The family’s strong tradition of military service began with Albert’s father, who had served as a machine gunner in World War I. Albert’s older twin brothers—Arthur and Sidney—fought in the Second World War. The family received a telegram that Sidney had gone missing in action during the Liberation of Belgium in September 1944. Months later, a ham radio operator contacted the family with news that Sidney was in a POW camp; he eventually returned home safe and sound.

**Albert Richardson,
Korean War Veteran,
Remembrance Day 2023**

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**Perley
Health**
Foundation

How Your Generosity Drives Improvements in Care



A message from Delphine and Akos

Your ongoing support drives improvements in care at Perley Health and at long-term care homes across Canada. As the stories in *Honour and Care* demonstrate, your donations lead to a better quality of life for residents. Everyone in the Perley Health community—seniors, Veterans, families, staff, volunteers and partners—is forever grateful for your generosity.

Thanks to you, Seniors and Veterans benefit from a long list of services and medical equipment not included in government budgets. We like to call this support “life-giving” because it makes a tangible difference in residents' day-to-day lives. **You make everyday life more enjoyable for Seniors and Veterans.**

You also contribute to improvements in the quality of life of residents living in homes both today and well into the future. You help us reach our ultimate goal of transforming long-term care. To understand the importance of this goal, it's crucial to recognize that Canada's nursing homes were founded on an institutional model. This model

envisions residents as passive recipients of care and provides them with few ways to influence decisions about their day-to-day lives.

Today, the limitations of this model are evident, and it's increasingly clear that involving residents and families in decisions about the design and operations of homes can improve quality of life. The phrase “nothing about us without us” effectively summarizes this consultation-based approach. Our Centre of Excellence in Frailty-Informed Care believes this approach should also be followed in their applied research projects.

Our ability to improve the day-to-day lives of residents of both Perley Health and other homes—and to transform long-term care for future residents—is made possible by your support. Your selflessness inspires all of us.

Your caring and compassionate generosity fuels excellence. No matter how you choose to donate, we offer our humble and heartfelt gratitude. Thank you.

Delphine Haslé, CFRE
Executive Director & Chief Development Officer
Perley Health Foundation

Akos Hoffer
Chief Executive Officer
Perley Health



In Perfect Harmony

Continued from page 1

Younger brother Donald served in Germany for NATO and Albert's daughter Maureen served in Haiti for the United Nations. And while Albert would eventually serve more than 43 years in uniform, his military career got off to a rocky start.

"I enlisted in the army at age 18," recalled Albert. "I hated it so much that I quit after six months—there was no penalty for doing that in those days. I got a job with a surveying crew and joined the artillery reserve to make a bit of extra money on the side."

In 1951, Albert learned that the Canadian Forces were recruiting and re-enlisted. While serving as a Lance Bombardier at Canadian Forces Base Shilo (Manitoba), he transferred to the Provost Corps—the military police. Albert's life soon took another unexpected turn.

"The Canadian Forces were looking for Service Police to volunteer for postings abroad," he recalled. "I stepped up, thinking that I'd be posted to Germany. Instead, I was sent to Kure, Japan, an important supply base during the Korean War."

Given his artillery training, Albert was soon dispatched to the front lines. He served as a gunner for approximately six months and participated in the Second Battle of the Hook. While in Korea, Albert contracted dysentery and suffered a couple of injuries, including partial deafness from artillery operations.

When the armistice brought an end to active fighting, Albert earned an honourable discharge and returned to Toronto. After working a series of odd jobs, he joined Canada Post, where his father worked, and married a woman he had first met while in his teens. Albert wasn't happy, though; he didn't care much for Toronto winters and came up with a plan that he hoped would take him abroad again.

"I knew that the Canadian Forces Postal Corps operated in other countries and decided that would be a good career path," he said.



Albert and Pauline say "I do" in Montreal, Quebec, August 1965



Albert was posted temporarily to Gaza in 1965 as part of a United Nations peacekeeping force

When he applied, however, there were no openings in the Postal Corps. Instead, he was offered another position with the Provost Corps. The position meant that he'd have to repeat the training he'd completed a few years earlier. It also meant a series of two-year postings to various locations, something his wife did not look forward to. When he was posted to Fort Churchill, Manitoba, she stayed in Montreal. They reunited a year later, as Albert was unexpectedly transferred to the same city, although their marriage was not destined to last.

Albert's assignment involved protecting various military installations in and around Montreal, and supervising junior Provost Corps members. One day, a man under Albert's charge posted to Farnham, Quebec asked him to deliver some money to his wife, Pauline Tourangeau, who lived in downtown Montreal.

"When I delivered the money, I felt a spark between us," recalled Albert. "What makes it strange is that I couldn't speak French and Pauline couldn't speak English. And both of us were married at the time."

Both marriages, however, soon fell apart. Pauline's husband abandoned her and their two children. And when Albert was posted to Gagetown, New Brunswick, his wife filed for divorce. Albert and Pauline began to exchange letters and met whenever he could get to Montreal. By the time they decided to marry, Albert had been posted to Egypt as part of the United Nations Emergency Force.

"To marry, I had to get permission from both my base commander and from the UN commander," said Albert with a laugh. "Fortunately, they said yes. Because of the limited availability of military flights, though, it proved to be quite a long journey: nearly 10 days of travel for less than three days in Montreal."

Pauline's daughters took to Albert immediately and he thrived in the new role of capable, loving father. Upon his return from Egypt, the family lived briefly in Montreal before two postings in Ontario: first in Belleville, then in Camp Borden, near Barrie.

"For us, we were living an adventure," says Pauline Richardson. "Albert and the girls loved to play board games together. Years later, when the girls got married, they insisted that Albert legally adopt them."

Albert was granted a medical discharge from the Canadian Forces in 1971 and the family moved to Toronto. Pauline got a job at the University of Toronto's Scarborough Campus and Albert eventually became a Special Constable with the Ontario Provincial Police, a position he held for more than 20 years. The daughters soon started families of their own. Today, Pauline and Albert have 5 grandchildren, 5 great-grandchildren and one great-great granddaughter.

In 2018, the couple moved into an independent-living apartment at Perley Health. Albert joined two choirs: one at Perley Health and one at nearby Emmanuel United Church. When his care needs increased a few months ago, Albert moved into the Rideau Veterans Residence, where Pauline visited him regularly.

Sadly, Albert passed away in August 2024. His memory will forever be cherished by all who had the honour of knowing him.



**In Loving Memory
Albert Richardson
1931 - 2024
Korean War Veteran
Perley Health Resident**

Connection Through Creative Arts

Your generosity fuels important frailty-informed research that improves the quality of life for seniors

Thanks to your generous support, an ongoing study conducted by the Centre of Excellence in Frailty-Informed Care (CoE) is identifying evidence-based best practices that improve the quality of life of seniors and older Veterans through creative arts programming.

Over the last two years, a study documenting the impact of a specially funded Veterans Arts Program, was conducted over several six-week periods. For a few hours each week, Veteran tenants living at Perley Health created a variety of artistic media with paint, clay, and wood, alongside professional artists, therapists, and supportive volunteers. Feedback was collected through a series of participant focus groups and interviews with program managers and facilitators.

The study shows overwhelmingly positive results for participants living in the community, even for those with little to no artistic experience.

Creative arts programs improve wellbeing and foster crucial social connections that are often lost with age and illness. Additionally, the study uncovered potential challenges for facilitators, and identified viable solutions and best practices for incorporating creative arts programs at other long-term care homes and senior communities of care.



“Art classes provide me with a sense of achievement, increase my self-esteem, and above all, they give me an opportunity to interact with other people who also live with dementia.”

~ Stan, Veteran, Perley Health tenant and artist

Your compassionate support of important frailty-informed research studies, like this one, help fuel progress in care for seniors at Perley Health and beyond. Because of you, Perley Health tenants enjoy enriched lives through creative expression and social interaction. Your generosity makes this transformative impact possible, and for that, we are deeply grateful.

“A woman came to me at the end of one class and said, you know, all my family is dead. All my friends are dead. I have nothing to look forward to, but now, I have this to look forward to every week. And it brings me so much joy.” ~ Creative Arts Program Facilitator

Honouring Our Veterans



An Inside Look at the Royal Canadian Legion's Poppy Campaign

Although the Royal Canadian Legion's Poppy Campaign runs publicly from the last Friday in October to sunset on Remembrance Day, it truly is a year-round, nationwide mission, run by an army of volunteers. At the heart of the mission is the Legion's commitment to provide essential services and support to Veterans across Canada.

"The Poppy Fund is critical in filling gaps in care for Veterans," explained Brian Harris, who has been the Royal Canadian Legion's Ontario Command Provincial Poppy Chair for the last five years. He is quick to point out that it's also about honouring their service and ensuring they receive the support they deserve. "We have to take care of our Veterans. They made a pledge to us, and we owe it to them."

The Poppy Fund is a public trust fund that ensures Veterans are recognized, in many ways, for their service. At Perley Health, that includes purchasing essential medical equipment that dramatically improves their quality of life.

"Perley Health has some really unique and cool programs," Brian shared, "but the thing that is impressed upon me the most is the entire staff, and how engaged they are with the Veterans."

Brian also emphasizes the importance of community support in sustaining the Poppy Fund. "You don't have to be a Legion member to get involved. **Every contribution, big or small, helps make a difference in the lives of our Veterans.** Without the support of volunteers and donors, we couldn't accomplish what we do."

In essence, the Royal Canadian Legion's Poppy Fund is more than just a financial resource; it is a symbol of gratitude and respect for those who have served our country. Thanks to the unwavering dedication of local Royal Canadian Legions, branch volunteers, and donors, the Poppy Fund not only helps fill the gaps in care, but also ensures that the legacy of our Veterans is honoured and preserved for future generations.



Roland Lalonde, WWII Veteran and Perley Health resident (left) with Brian Harris, Royal Canadian Legion, Ontario Command, Provincial Poppy Chair

"Remembrance Day is not just one day a year. We should all be making sure that our Veterans are appreciated every single day."

~ Brian Harris, Royal Canadian Legion, Ontario Command, Provincial Poppy Chair

If you would like more information about how you can get involved, contact Courtney Rock at 613-526-7177 or email crock@perleyhealth.ca.

Thank you Royal Canadian Legion for your ongoing, generous support!

The dedication and generosity of local Royal Canadian Legion branches continues to play a vital role in enriching the lives of Veterans at Perley Health. Their ongoing support ensures that these brave men and women receive the outstanding care and respect they need to live with dignity and purpose.

The Legion's key contributions include the procurement of specialty equipment like Brodda chairs, lifts, and specialized mattresses, which provide care and comfort for Veterans. In addition, these gifts ensure staff have the equipment they need to deliver exceptional care.

“I can say without a doubt that as a member of the care team who supports Veterans, we are incredibly grateful for the Legion’s support. Their contributions not only make life better for our Veterans, but we feel good knowing that we are able to provide the best care possible.”

~ Erika Owens, Registered Practical Nurse

Special thanks to the following RCL Branches for their contributions to Veterans priority needs in 2024

RCL Branch 406 Barry's Bay
RCL Branch 593 Bells Corners
RCL Branch 434 Chesterville
RCL Branch 396 Chippawa
RCL Branch 462 Eastview
RCL Branch 127 Grimsby

RCL Branch 212 Kemptville
RCL Branch 395 Lanark
RCL Branch 544 Lancaster
RCL Branch 314 Manotick
RCL Branch 48 Morrisburg
RCL Branch 632 Orleans

RCL Branch 148 Renfrew
RCL Branch 554 Rockland
RCL Branch 425 Sharbot Lake
RCL Branch 618 Stittsville
RCL Branch 88 Timmins
RCL Branch 480 Westboro



Delphine Haslé, ED, Perley Health Foundation (left) presents Don Ferrar, Poppy Chair, and May Ferrar, Poppy Treasurer, RCL Branch 554 Rockland, with a painting by WWII Veteran and Perley Health resident, Roland Lalonde.

The Perley Health Foundation would like to extend our heartfelt gratitude to the outgoing Royal Canadian Legion Veteran Liaison, Bill Redmond, from Royal Canadian Legion Branch 462 Eastview for his dedicated service and leadership.

As we look to the future, we are pleased to welcome incoming Veteran Liaisons, Don and May Ferrar, Royal Canadian Legion Branch 554 Rockland. We are confident that their expertise and enthusiasm will continue to strengthen the partnership between Perley Health and the local Royal Canadian Legion branches in honour of our resident Veterans.

It takes a community



Thank you for your dedicated, caring support of Team Perley Health at the 2024 Tamarack Ottawa Race Weekend

Because of you, Team Perley Health won 1st place for Largest Total Dollar Raised in the Desjardins Charity Challenge. You helped raise a grand total of

\$136,850!

You transform care for Seniors and Veterans at Perley Health and across Canada. Thank you!

A special thank you to our Presenting Sponsor



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Supporting Sponsors



Join Our Community of Monthly Donors

You can make a lasting impact by supporting Seniors and Veterans year-round

When you become a monthly donor to the Perley Health Foundation, you help provide continuous care and support to the Seniors and Veterans who depend on us for their mental health and well-being. Your steady monthly commitment ensures that Perley Health residents live their best life at any stage of the aging process.

Please help make a lasting impact —your monthly gift, no matter the size, will change someone’s life.



“My Mom, Norma McKnight, is 105 years old and loves music, gardens, and attending church services. Since 2019, Perley Health has been where she is living her best life possible. I donate monthly to Perley Health to support its wonderful care team. For me, monthly giving is the most convenient way to give.”

*~ Wendy Nicklin, RN (Non-practising)
Daughter, Mother, Monthly Donor*

<https://perleyhealthfoundation.ca/ways-to-donate/monthly-giving>

Curating a Legacy of Creative Hands, Heart and Soul



A heartfelt philosophy guided by age old wisdom

Peter Harle, pictured here with his wife Pam, believes in the joy of artistic expression and giving back through legacy giving.

"The meaning of life is to find your gift. The purpose of life is to give it away."

Those are the inspirational words, often attributed to the famous artist, Pablo Picasso, that Peter Harle tries to live by. As a child, Peter was introduced to oil painting, and although he did not pursue it through his early life, his artistic seed was planted and thriving. It would not

Creative Hands, Heart and Soul

Continued

“A successful life requires discovering your personal gift, nurturing it wisely, and sharing it with those less fortunate.”

~ Peter Harle

be until retirement that he would rediscover this creative outlet, and find the meaning and joy in artistic expression.

Born into an Air Force family, Peter grew up observing his mother and father, an RCAF Squadron Leader, living out the values of generosity and community service.

“They were modest people, but they gave generously of their time through their church and the Boy Scouts,” recalls Peter.

After joining the RCAF and completing a Mechanical Engineering Degree at Queens University, Peter served Canada as a military pilot for 26 years. When he left the air force, he pursued a second successful career as a Federal Public Servant in transportation accident investigation and prevention.

“I consider myself to be personally blessed with diverse talents, a broad education, and a lifetime of challenging opportunities, including world-wide travel, two rewarding careers in the service of Canada, and a continuing global curiosity,” says Peter. “I feel a strong sense of obligation to pay back through legacy giving by paying forward.”

Peter is referring to the gift he is leaving in his will to the Perley Health Foundation. His connection to Perley Health runs deep, starting with his 12 years of service as a Board Member and Adjunct Advisor. “After I retired in 1999, I was invited to join the Perley Health Board,” recalls Peter. Later, he facilitated the establishment of a 10-year spend-down fund from an aunt’s estate to support the Creative Arts Program.

Today, Peter’s three main wishes are that he and his wife, Pam can live comfortably for the rest of their days, that he can leave a substantial inheritance to his daughters and grandchildren, and continue contributing to Perley Health through the establishment of a new endowment fund. **“I hope that this new fund will bring personal joy and satisfaction to Perley residents who enjoy being busy with their hands, heart and soul,” he says sincerely.**

Consistent with the quote often attributed to Picasso, Peter believes that, “A successful life requires discovering your personal gift, nurturing it wisely, and sharing it with those less fortunate.”

Peter’s message to others: “Get involved in your community. With our aging population growing, it will take many caring donors to ensure that long-term care homes like Perley Health can continue to thrive, enriching the lives of those they serve.”

Inspired by Peter’s story? You too can make a lasting impact for Seniors and Veterans by leaving a gift in your will to the Perley Health Foundation. For more information, please contact Delphine Haslé at 613-526-7194 or email dhasle@perleyhealth.ca.

Tribute Donations

In Memoriam

March 2024 – July 2024

Roland Armitage
Irene Baillie
George Barkhouse
Merv Beckstead
Jean Rodrigue Bourgeois
Eileen Cameron
Jean Carroll
Jeannine Comtois
Bob Daley
Barbara Mary Davies
Ginette Delisle
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Albert Denis Gagnon
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Donations in honour

March 2024 – July 2024

Lt.-Col. Brook Bangsboll, (Ret'd)
David Brown
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Robert Lamoureux
Cindy McCammon
Perley Health Nurses
Veterans
James Walden



To make a tribute gift visit PerleyHealthFoundation.ca or call 613-526-7173



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Perley Health is a unique community that empowers Seniors and Veterans to live life to the fullest. Home to more than 600 residents in long-term care and independent living apartments, Perley Health provides a growing number of clinical, therapeutic and recreational services to older adults and people from across the region.

Perley Health is also home to the Centre of Excellence in Frailty-Informed Care. Through innovative, evidence-based care, education and research, their mission is to optimize quality of life for seniors living with frailty in long-term care.

Sheila Venman

Foundation Board Chair

Delphine Haslé, CFRE

Foundation Executive Director

Lt.-Gen. Lloyd Campbell, (Ret'd)

Perley Health Board Chair

Akos Hoffer

Perley Health Chief Executive Officer

Perley Health Foundation publishes *Honour and Care* three times a year.

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