

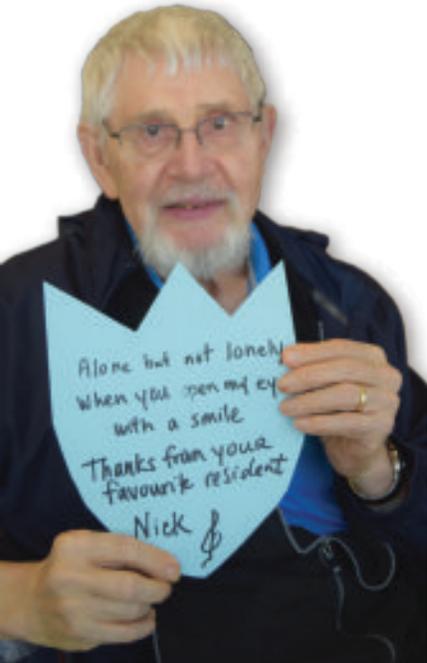


Spring 2020

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

Honour and Care

The Perley and Rideau Veterans' Health Centre Foundation • OTTAWA, ONTARIO



Resident Nick Kaethler with card for Garden of Gratitude.

Maintaining A Sense of Normalcy

By Peter McKinnon

To protect public health and maximize quality of life for Perley Rideau residents, staff and managers continue to adjust policies and programming in light of the COVID-19 pandemic. The Therapeutic Recreation and Creative Arts (TRCA) team, for instance, has done a particularly stellar job of adapting its programming. Donations to the Perley Rideau Foundation support Therapeutic Recreation and Creative Arts programming.

Large groups, such as the choir, no longer gather, but activities with smaller numbers of participants, such as the reminiscing, trivia and exercise groups are all continuing. In some cases, sessions are held in unit activity rooms to ensure that physical-distancing guidelines can be respected. Instead of a mass gathering in the cafeteria for the annual St. Patrick's Day concert, musicians gave a series of intimate performances to smaller groups. The reaction from

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A New Sense of Purpose

By Peter McKinnon

Jim Whitehead has found a new purpose in life, one that honours the legacy of his wife Pat, who passed away in 2018 after coping with Alzheimer's disease for eight years.

"Pat was an exceptionally loving and generous person," says Jim. "Until the last few years of her life, she handled all of our finances – including the regular donations we made to many charities – I think there were 40 in all."

After Pat passed, Jim was forced to make several difficult decisions. A review of his estate in consultation with a lawyer made him recognize the wisdom of paring down the list of charities to support. Jim has chosen to include gifts in his will to some of the charities that he and Pat had long supported. To help decide which ones to support, the lawyer encouraged Jim to contact the individual charities.

"I soon learned, to my chagrin, that few donors actually get in touch with the charities they support," Jim says. "By contacting the charities, I've learned more about what they do and identified the ones that are most appropriate to

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Perley Rideau
Foundation

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residents, staff and family members to the Therapeutic Recreation and Creative Arts team's efforts has been overwhelmingly positive.

"The team continually comes up with new ways to engage and inspire residents," says Therapeutic Recreation and Creative Arts Coordinator Robyn Orazietti. "The craft studio is busy, our new Virtual Visit program is increasingly popular, and our musicians, artists and therapists continue to work with residents."

Staff and residents continue to find new ways to collaborate and to keep spirits up. Residents and Seniors' Village tenants with computer access are being

encouraged to take advantage of programming, such as yoga classes, posted to the Active Seniors website www.activeperleyrideau.com. Although Therapeutic Recreation and Creative Arts staff members have long escorted residents to programming and helped with meal services, they have stepped up these efforts recently due to the restrictions on volunteers.

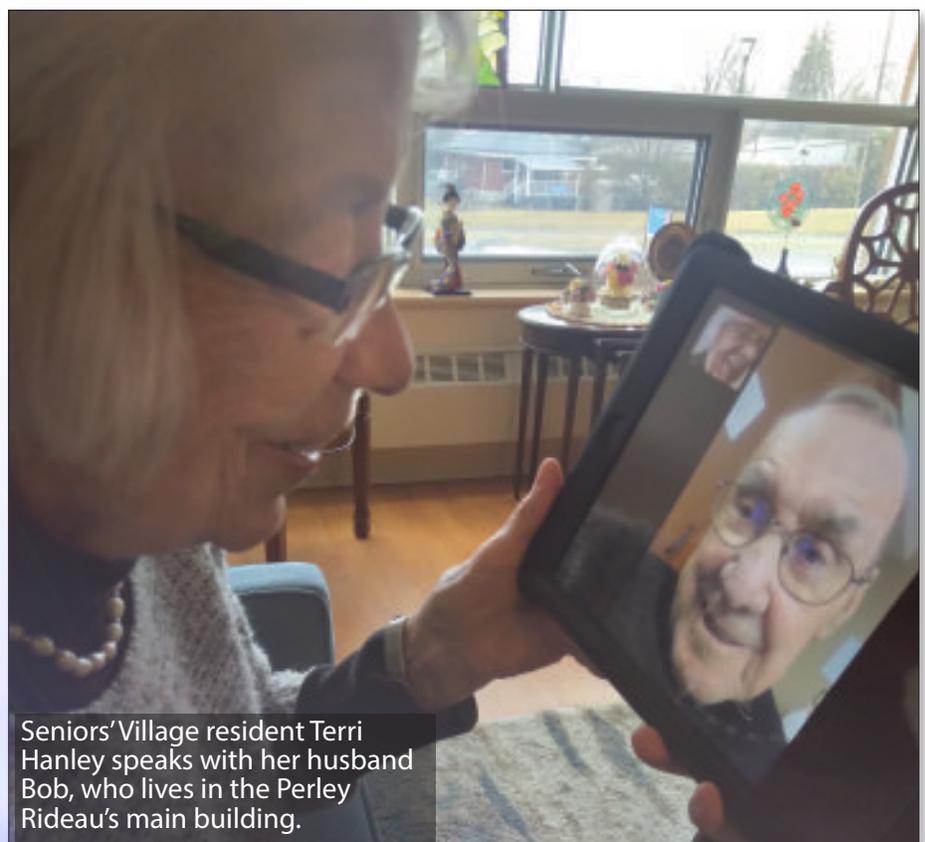
Many family members and tenants of the independent-living apartments are also stepping up. A few residents have received best wishes through their windows from family members gathered

outside with signs and banners, for instance. In pictures and videos posted to Facebook, Twitter and Instagram, some supporters express appreciation for the efforts of staff and volunteers, while others pass along best wishes to residents.

"What we're seeing shows just how strong the Perley Rideau community is," says Carolyn Vollicks, Director of Community Outreach and Programming. "I'm proud and delighted to see everyone pulling together at a time like this, and with everyone's support, I'm confident that we can keep it up." **HC**

Virtual Visits Program

With in-person visits from family members temporarily prohibited, the team developed the Virtual Visits Program. The Program connects residents with family members through video-chat applications such as Skype and FaceTime, and through telephone calls. During its first few days, the Program facilitated more than 50 Skype and FaceTime sessions using TRCA's stock of more than a dozen iPads and 3 tablet computers. The success of the Program inspired one family member to sponsor the purchase of an extra iPad through a special donation to the Foundation. Program participants and their family members particularly appreciate the efforts of Robyn Orazietti, Dave Harris, Jessica Lee and Ross Imrie, who lead TRCA's Skype team. Good work, team!

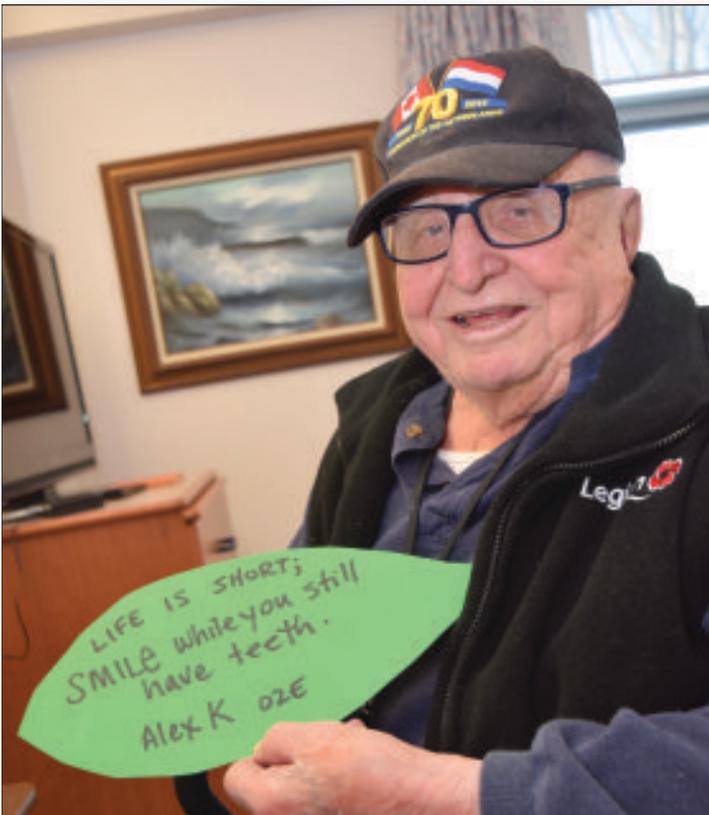


Seniors' Village resident Terri Hanley speaks with her husband Bob, who lives in the Perley Rideau's main building.

Garden of Gratitude

To recognize the outstanding efforts of staff during the COVID-19 pandemic, residents are contributing to an art project called Garden of Gratitude. The exterior windows of the cafeteria are

now adorned with bright paintings of flowers, along with thank-you notes and best wishes from residents. The project helps to buoy the spirits of staff and residents alike during these difficult times.



Photos by Andri a Fabricius

Resident Alex Kowbel expresses his gratitude through humour.

Resident Paul Louseize prepares a card.

Octopus' Garden

Particularly popular – and effective – is the latest interactive environment created by residents, instructors and volunteers in the art Gallery on the second floor. This immersive multi-media art installation, entitled Octopus' Garden, evokes the seashore and the ocean depths. As visitors walk through the Gallery, they experience the sights, sounds and textures of ever-deeper ocean waters. Along with images, sculptures and mobiles depicting fish, sea creatures, underwater plants and more, the exhibit features an original soundscape and incorporates existing features – such as frosted-glass doors – to create an immersive sensory experience.

"Octopus' Garden is the result of a wonderful group effort," says Breanne Fedak, Creative Arts Instructor. "Residents, instructors and volunteers all

contributed ideas, and we used every medium and material at our disposal – from clay, wood and cloth to papier-maché, paint and audio."

The Met Gallery, long one of Perley Rideau's most popular spaces, is drawing more visitors than ever during the pandemic. Octopus' Garden is the fifth immersive exhibit to be mounted there.

"Projects like this one stimulate the senses and fire the imagination," says Carolyn Vollicks. "Many studies, including research conducted here at Perley Rideau, demonstrate that installations like Octopus' Garden have positive impacts on health and wellbeing. It's also important for staff, particularly during such a stressful time. For them, it serves as a refuge of sorts and a reminder of what this place is all about."





Jim sings to Pat during a barbershop-quartet competition in 2008.

honouring Pat's legacy and our life together."

Jim and Pat met as children, but went their separate ways before reconnecting – and marrying – in their 40s. Pat worked in customer service for Bell Canada and Jim held a number of jobs, including family therapist, and Service Officer with the Royal Canadian Legion. Many of their charities of choice reflect aspects of the couple's life together; both received care at The Ottawa Hospital at various times – and Jim worked there for a time – so they support the Ottawa Hospital's Foundation. Several factors inspired their

support for the Perley and Rideau Veterans' Health Centre Foundation. Pat's father, Sam Raymond Thicke, served in World War I, for instance. Jim is also a Veteran, although he's quick to point out that it was during peacetime.

"In the mid-1950s, I served five years as an aircraft technician in the Royal Canadian Air Force," says Jim. "And much of that time I spent performing at bases across Europe. Once the RCAF learned that I was a singer, they moved me into a band called the New Continental Moods."

Jim sang in a long list

barbershop quartets over the years and performed at the Perley Rideau about a dozen times. He's now inspired to learn more about the Perley Rideau's music program, which includes everything from casual sing-alongs to formal concerts and a community choir. Jim also plans to meet with Foundation staff to discuss whether to designate both his ongoing donations and his gift-in-will to the music program.

"Donation gives me a sense of purpose," says Jim. "I'm not doing this for my own recognition, but to celebrate the life and spirit of my late wife." **HC**

Maximizing Quality of Life in a Pandemic



By Delphine Haslé, CFRE, Executive Director
The Perley and Rideau Veterans' Health Centre Foundation

As I take stock of the past few weeks and consider the weeks ahead, I recognize all that has changed as we adjust our day-to-day lives to combat the COVID-19 pandemic. This is also true for residents of the Perley and Rideau Veterans' Health Centre. There are no more



During a visit to the Creative Arts Studio last fall, Delphine Haslé poses with Seniors' Village tenant Zita Garon. During the pandemic, tenants are no longer allowed in the Studio and all staff respect physical-distancing guidelines.

large gatherings, such as concerts and group-exercise classes. Only staff and authorized visitors can enter the home. Strict measures are in place to minimize the spread of the virus. Although Foundation staff are available by email or phone, the office is closed to the public.

This is a time to adapt and to collaborate. Staff do their utmost to not only protect the health and safety of our residents, but also to ensure that everyone who calls the Perley Rideau home can continue to live life to the fullest. When concerns about COVID-19 caused the cancellation of our annual St. Patrick's Day concert in the cafeteria, for instance, members of the Therapeutic Recreation and Creative Arts team delivered three back-to-back performances to small groups. As explained elsewhere in this issue, the team connects residents with their families virtually using iPads and tablets that are sanitized between uses.

Donations to the Foundation support in part activities and equipment that make our residents feel at home - the so-called extras not covered by government. Donors ensure that seniors and Veterans can live out

their final years in the comfortable, caring and stimulating environment that they so richly deserve. The commitment demonstrated by staff during this difficult time is an inspiration to all of us. Donations to the Foundation represent a small way to thank frontline staff for the amazing care they deliver.

The COVID-19 pandemic reminds us of what's really important: family and friends, kindness and regular hand-washing! We must respect guidelines on social distancing and public closures. And while we may have to isolate ourselves at home, we must continue to think of others, particularly the most vulnerable in our community.

You play a vital role in supporting our seniors and Veterans year-round, and your donation has never been more necessary. Because of you, residents continue to receive top-quality care and live happy, fulfilling lives. Thank you.

The 2019 Fall Benefit Fashion Show and Shop Event was a great success! Vendors specializing in women's clothing and accessories sold their wares, while the fashion show awed the crowd. All proceeds will support music therapy in the Therapeutic Recreation and Creative Arts Program. Thanks to everyone who came out and supported the event! L to R: Delphine Haslé, Foundation Executive Director; Kathy Watson-Leblanc, Fashion Show Organizer; Sara Francis, Foundation Development Coordinator.



During its annual sale in early November, The Knitting Club, comprised of tenants of the Seniors' Apartments, quickly sold out of mittens, scarves, tea cozies, dishcloths and more. The Club raised \$545 and donated all proceeds to the Foundation. Thank you, ladies, for sharing your time, talent and purls of wisdom!

The Tree of Life is a growing, living memorial for donors to honour their loved ones, staff members, volunteers, or anyone who impacts their relationship with the Perley Rideau. The Foundation is grateful to those who choose to pay tribute in this meaningful way. Members of the MacLeod family recently gathered for a Tree of Life ceremony to honour Bruce and John MacLeod.



Outstanding Support from



The Royal Canadian Legion's amazing generosity directly improves Perley Rideau quality of life. In 2019, Legion branches donated a total of \$212,367 to the Foundation! Our 2020 seminar, please contact to Courtney Rock, Foundation Development Manager, at 613-526-7180 x7177.

Thank you to all members of Br. 595 Strathcona for their generous gift of \$10,000. These funds purchased two new blanket warmers and a new Hi-Lo bed – all providing comfort and a better quality of life to those who call the Perley Rideau home. Thank you! L to R: Kris Birchard, Perley Rideau Board Chair; Vic Dowie, Br 595 Branch Services Officer; Robert Buss, Br 595 1st Vice-President and Poppy Chair; Delphine Haslé, Foundation Executive Director; Anastasia Bendus, Br. 595 member and Perley Rideau volunteer; Keith de Bellefeuille Percy, Perley Rideau Foundation Board Chair; Wanda Riddell, Br 595 Executive Member and Catch the Ace Chairperson.



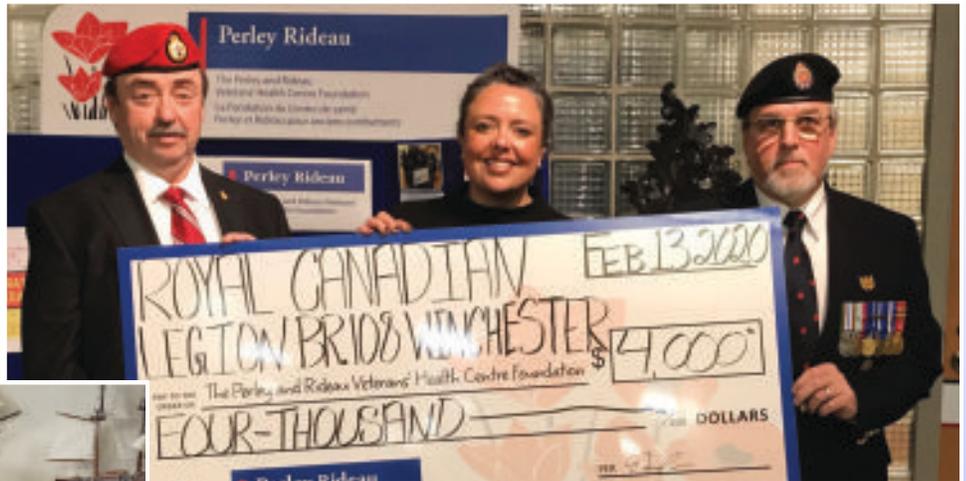
Thank you to members of Br. 616 – West Carleton for the generous donation of \$9,760! The money will be used to purchase a bladder scanner, which performs quick, easy and non-invasive scans to safely and accurately evaluate catheterization needs, and to fund Home Sweet Home, the project to outfit each resident room with new curtains and comforter linens by 2023. We are grateful to the Legion members for their ongoing support! L to R: Bogdan Procyk, 1st Vice President; Jim Wilson, 2nd Vice President; Courtney Rock, Foundation Development Manager

Annual Royal Canadian Legion Seminar



Annual Royal Canadian Legion seminar enables branches to review the impacts of their previous year's donations and to plan for the coming year. To attend the October

Thank you to members of Br. 108 Winchester for the generous donation of \$4,000, used to purchase two new Hi-Lo beds for Veteran residents. L to R: Shawn Doolan, RCL Br. 108 Poppy Chair; Courtney Rock, Foundation Development Manager; and Harvey Blais, RCL Br. 108 member.



Thank you to members of Br. 462 Eastview for their generous donation of \$10,900, used to purchase a new blanket warmer for a Veteran unit, giving more men and women the comfort of a warm blanket. The money will also fund comfort upgrades to 10 rooms as part of the Home Sweet Home project. L to R: Delphine Haslé, Perley Rideau Foundation Executive Director; Bill Redmond, Royal Canadian Legion Zone G5 Perley Rideau Liason.



We are grateful for the special donations made on Giving Tuesday – the international day of giving that follows Black Friday and Cyber Monday. For 2020, Giving Tuesday is December 1. L to R: Delphine Haslé, Foundation Executive Director; Sara Francis, Foundation Development Coordinator; Carla Morden, Foundation Administrative Assistant; Courtney Rock, Foundation Development Manager.



The Perley Rideau Foundation was proud to be the recipient charity of the American Hellenic Educational Progressive Association – Ottawa Chapter's annual entertainment evening. Attendees enjoyed good food and a hilarious performance by Basile the Comedian. Opa! L to R: Delphine Haslé, Foundation Executive Director; Bill Sioulas, AHEPA Ottawa Vice-President; Peter Mavridis, AHEPA Ottawa President.



Catch the Ace: Thank you to everyone for supporting Catch the Ace during the last 11 months. Net proceeds of \$34,070 supported the Health Centre's Priority Needs, including \$15,000 for the Staff Education Bursary. Pictured here are just a few of the many staff members who bought tickets during Catch the Ace's 43-week run. Stay tuned for the Foundation's next innovative fundraising idea.

We are grateful to the Eldercare Foundation of Ottawa and Betty Hope-Gittens for the generous gift of \$10,000, raised through Betty's Walk! Betty walked 800km to mark her 80th birthday, raising money along the way. This money was used to purchase five new Hi-Lo beds, which provide the safety of a low bed for resident and a comfortable working height for staff. Thank you, Betty, and the Eldercare Foundation! L to R: Delphine Haslé, Foundation Executive Director; Oriana Trombetti, Eldercare Foundation Chair; Betty Hope-Gittens, Eldercare Foundation Director; Sara Francis, Foundation Development Coordinator.

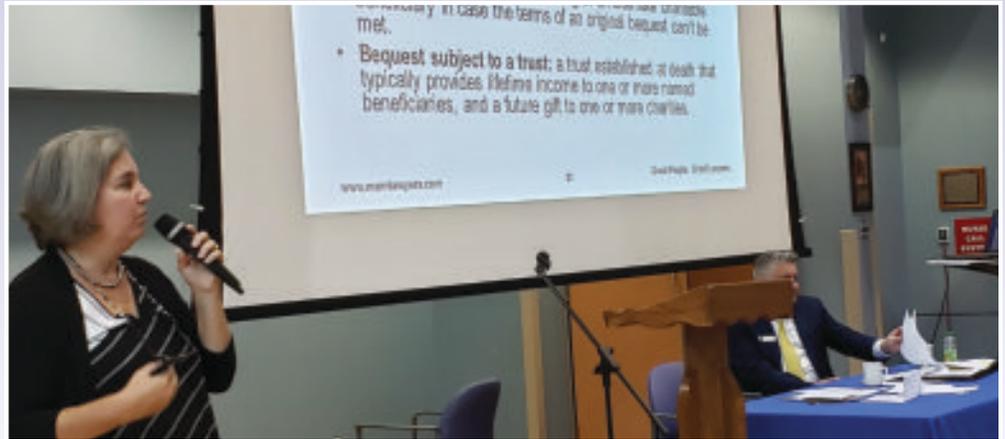


The Royal Naval Engineers' Quart Club (RNEQC) honoured the annual traditional of sharing a drink with residents on Remembrance Day. Since 1995, the RNEQC has raised \$37,004 for the Foundation, including \$5,235 in 2019! Thank you to all RNEQC members for helping to ensure high quality of care for Perley Rideau Veterans and seniors. L to R: (back row) Sara Francis, Foundation Development Coordinator; Dave McCracken; Frank Trepanier; Don Wilson; Karel Heemskerk; Peter MacGillivray; Bill Broughton; Gerrie Kautz; Delphine Haslé, Foundation Executive Director; (front row) Mr. T.S. Allen; Mr. Arnold Roberts; Mr. Hank Dopler.



Members of the Perley Rideau team were thrilled to appear on An Hour to Give, 1310 News' program dedicated to community events, festivals, charities and non-profit organizations. L to R: Heather Moxley, Chair of the Family and Friends Council; Danielle Sinden, Director of the Centre of Excellence and Research Operations; Delphine Haslé, Foundation Executive Director; Daniel Charron, Co-Chair of the Foundation's Caring for the Future Campaign; and host Sam Laprade discussed the impacts Perley Rideau has on the community both today and in the years to come. To find a recording of the program, visit www.perleyrideaufoundation.ca and search for An Hour to Give.

Thank you to everyone who attended the 2019 Joint Estate Planning Seminar. Held in conjunction with eight local Ottawa charities, this free annual seminar features a discussion on the benefits of including charitable giving in estate plans. Please stay tuned for information on the 2020 seminar!



The Perley Rideau Veteran Residents' Council made a generous donation of \$22,000, used to purchase a new Rational Oven to prepare resident meals on a unit. The donation will also fund the purchase of three alternating-pressure mattresses and three gel pads, making for a more comfortable and healthful night's sleep. We are grateful for all who support the Perley Rideau Veteran Residents' Council. L to R: Arnold Roberts, Perley Rideau Veteran Residents' Council President; Lacey Rothwell; Raymonde Green; Glen Simpson; Delphine Haslé, Foundation Executive Director; Bill Redman; Ken Green; John Campbell; Barbara Caverhill.

The Veterans' Society Motorcycle Club came to visit the Perley Rideau in early January and generously donated \$2,000! Members engaged in various fundraising activities to support the men and women who call the Perley Rideau home. Thank you all for your hard work and kindness.



Foundation Welcomes New Development Manager

The Foundation is pleased to welcome Courtney Rock as its new Development Manager. Courtney is a life-long learner and community-builder who enjoys sharing stories about the impacts that donors have on the lives of Ottawa seniors. She is also the volunteer coordinator for Cystic Fibrosis Canada's annual Lawn Summer Nights fundraiser.

Prior to joining the Foundation team, Courtney performed fundraising and community-outreach duties with The Glebe Centre and Rural Ottawa South Support Services. Before relocating to Ottawa – in part because her family has settled in Brockville – she worked at the University of New Brunswick, Saint John Campus.

Born in Chatham, Ontario,

Courtney grew up in various communities across Southern Ontario before attending Dalhousie University, where she earned a Bachelor of Management degree. She later completed a series of certifications, including Prior Learning Assessment, LEAN and Fundraising Management. The next step in Courtney's professional-development journey will be acquiring CFRE (Certified Fund Raising Executive) designation.

Along with red wine and 1990's power-ballads, Courtney also enjoys exploring Ontario by motorcycle, visiting local farmers' markets and browsing

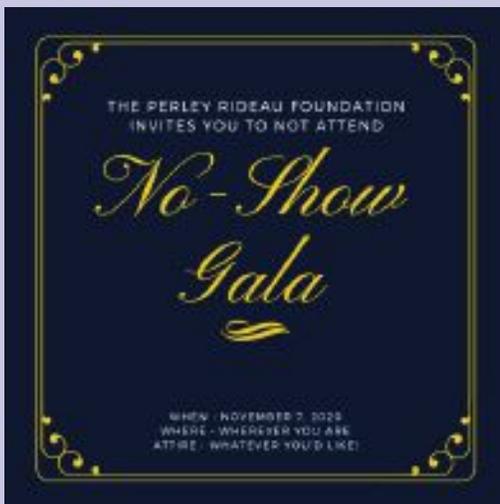


Foundation Development Manager Courtney Rock

the public library for her next great read.

As the Foundation's Development Manager, Courtney is responsible for creating an exceptional donor experience, inspiring donors to invest in their community, and for supporting the Foundation's Caring for the Future capital campaign. You can connect with Courtney at (613) 526-7180, ext. 7177, or at crock@prvhc.com.

No-Show Gala Set for November 7



The Perley Rideau Foundation will host its inaugural No-Show Gala this fall. The Gala is a fundraiser that features an online Silent Auction, a popular staple of our Annual Night at the Races. Unfortunately, there will be no Night at the Races in 2020, due to renovations underway at Rideau Carleton Raceway/Hard Rock Ottawa. While the cancellation is disappointing for the hundreds of people who attend the event each year, the No-Show Gala provides another way to support the Foundation. More information about the No-Show Gala will be posted to PerleyRideauFoundation.ca



Halting the Spread of COVID-19



By Akos Hoffer, Chief Executive Officer
The Perley and Rideau Veterans' Health Centre

The Perley Rideau community is united in its determination to stop the spread of the coronavirus (COVID-19). To manage the major risk that the disease poses – particularly to frail seniors – Perley Rideau continues to rigorously implement several proactive measures.

Our goal is simple: keep the virus from spreading while maximizing residents' quality of life. And our success so far results directly from the outstanding efforts of staff – men and women who consistently show remarkable dedication and professionalism during this crisis. Staff members have stoically accepted the many changes in normal assignments needed to manage the crisis. One small example is the impact on staff of the ban on volunteers entering the Health Centre. While staff members have long escorted residents to programming and helped with meal services, they have stepped up these efforts during the pandemic.

Several programming changes aim to prevent contagion and maximize quality of life. Gatherings of more than five people, such as choir practice, have been suspended temporarily, but residents in small groups participate in exercise and music sessions, for instance. To compensate for the temporary cancellation of mass in Lupton Hall, Father Paul now says mass and gives communion to

individual residents, and our spiritual-health team continues to provide one-on-one care. The Creative Arts Studio remains busy.

As detailed elsewhere in this issue, the Therapeutic Recreation and Creative Arts team continues to develop and deliver engaging programs while respecting restrictions on group size and participant spacing. The immersive, interactive Octopus' Garden exhibit in the second-floor MET Gallery is also popular. Two projects – Virtual Visits and Garden of Gratitude – help to lift the spirits of both residents and staff.

These are particularly difficult times for our staff. Like all of us, they are concerned about their own health and the health of their loved ones. But they must also deal with the additional stress of ever-stricter protocols implemented in the Health Centre. To help them cope, Spiritual Health Worker Jessie Stephenson continues to deliver special training on resilience to small groups of staff. We have also waived parking fees for the duration of the pandemic.

Staff appreciated learning the results of a recent survey of residents and families. Respondents to the survey praised Perley Rideau's housekeeping team for the cleanliness of the facility, which is critically important to infection control. The expressions of support staff receive from the community are

also important, because they lift everyone's spirits and bring us all together. Please keep them coming – via Facebook, Instagram and other social-media channels.

Perley Rideau's leadership group operates a Command Centre seven days a week to ensure that we can respond immediately and appropriately to changes in the COVID-19 situation. The Command Centre team, in collaboration with our Infection Prevention and Control Manager, continually reviews the situation and adjusts staffing requirements and operational plans accordingly. We continue to maintain adequate supplies and are in regular contact with our suppliers.

Given the nature of COVID-19, collaboration among all people and organizations is required to minimize potential harm. The Perley Rideau continues to work closely on prevention measures with regional healthcare providers, AdvantAge Ontario and the Government of Ontario. Everyone must act to protect high-risk individuals and prevent a surge that could further strain our hospitals and healthcare resources. To reduce risks, stay home and follow social-distancing guidelines.

I'm confident that the strength of our community will help us pull through the COVID-19 crisis. Let's continue to stand strong and lift each other up.

Seniors' Village Tenants Join Team Perley Rideau

The cancellation of the 2020 edition of Ottawa Race Weekend won't deter the newest members of Team Perley Rideau. Marie Gauthier and Susan Davies, seniors who reside in Perley Rideau's independent-living apartments, are determined to keep fundraising and training (while staying two metres apart) for one of the Weekend's events – the two-kilometre race – with their walking poles. The two will participate in Ottawa Race Weekend's virtual event on a yet-to-be-announced date.

"We met at fitness classes both here at Perley Rideau and at the local community centre," says Marie Gauthier. "And we quickly became good friends."

"Last year, we went downtown to cheer on Team Perley Rideau at Ottawa Race Weekend," says Susan Davies. "It looked like a lot of fun and we saw that the Race accommodates people of all abilities, even pole walkers like us. So we decided to sign up and raise money for the Perley Rideau Foundation."

Each year, Team Perley Rideau – comprised of staff, volunteers and community members – collects pledges to help fund the programs and equipment that support the exceptional quality of life experienced by residents of the Perley and Rideau Veterans' Health Centre. Marie and Susan will be the first tenants to join the

Team, which has raised more than \$60,000 since 2016.

The two have first-hand knowledge of some of the many programs that money raised for the Foundation helps to support. Marie volunteers with the Veterans' choir, for instance, and also helps to deliver mail on the Perley Rideau campus. Every Monday morning, Susan indulges her newfound passion for woodworking by participating in a group session at the Therapeutic Recreation and Creative Arts' studio.

Although not natural fundraisers, Marie and Susan will do their best to gather pledges. "It's important that I stay active and maintain a positive attitude," says Susan. "And as the saying goes, 'teamwork makes the dream work.'"

On March 30th, organizers



Susan Davies (left) and Marie Gauthier

announced that the COVID-19 pandemic had forced them to replace Ottawa Race Weekend with a series of virtual events to be held later in the spring and summer. Organizers continue to encourage donors to support charities that benefit from the Weekend, such as the Perley Rideau Foundation.

The Perley and Rideau Veterans' Health Centre Foundation

Memorial Tributes

September 12, 2019 to March 25, 2020

Honour someone special with a donation to

The Perley and Rideau Veterans' Health Centre Foundation

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Perley Rideau Foundation

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

The Perley Rideau is an innovative Seniors Village with 450 long-term care beds and 139 independent-living apartments. Veterans enjoy priority access to 250 of the long-term care beds and to the apartments.

Keith de Bellefeuille Percy
Foundation Board Chair

Delphine Haslé
Foundation Executive Director

Kristan K. Birchard
Health Centre Board Chair

Akos Hoffer
Health Centre
Chief Executive Officer

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