



Winter 2021

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

# Honour and Care

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



Jean-Louis aboard HCMS Warrior in 1947

## A Lifetime of Service

By Peter McKinnon

Like so many of his generation, Jean-Louis Roy is devoted to serving his country, his family and God. What has set him apart throughout his life, though, is a remarkable ability to stay true to his convictions and to follow his own path, regardless of obstacles. Born to a Roman Catholic working-class family in Quebec City's *basse ville*, he married a high-society anglophone from *la haute ville*. And rather than follow the region's strong infantry

tradition, Jean-Louis served in the most British of military services: the Royal Canadian Navy (RCN).

"I was always drawn to the navy," says Jean-Louis from his room at Perley Rideau. "I can't explain why. I always dreamed of the open ocean, with no land on the horizon."

Born in 1926, Jean-Louis grew up with an appreciation of military service. His grandfather, Jean Roy, served as a Papal Zouave in the 1860s, defending the Vatican during Italian unification. His uncle, Louis Binet, was

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## Gib McElroy Lives on Through Donation in Will

By Peter McKinnon

During his lifetime, Gib (Gilbert) McElroy narrowly escaped death several times. After passing away in May 2020, he found a way to live on: by making a generous donation in his will to the Perley Rideau Foundation.

Born in Ottawa in 1924, Gib had a difficult childhood. His mother died when he was 12 years old, so his elder sister raised him. On his 18<sup>th</sup> birthday, Gib enlisted in the Royal Canadian Air Force.

"He told me that he wanted to be

like Charlie Kelly, a neighbourhood friend who was a few years older," says Joe Aubrey, Gib's grandson and executor of his estate. "At the time, of course, he had no idea that their paths would cross many times."

Gib served in a Lancaster crew, among the most perilous of all wartime assignments; fewer than 50 percent of all crew members evaded death, injury and capture. Russell Margerison, another member of Gib's Lancaster crew, chronicled many of their experiences in *Boys at War*. As

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Perley Rideau  
Foundation

a Van Doo (Royal 22nd Regiment) killed in action at Vimy Ridge. Jean-Louis began to envision his future as a teenager during the Second World War. He would watch ships sail down the St. Lawrence River on their way to support the Allies' war effort.

"My love of ships might have come from my grandfather," he says. "After his service overseas, he became a purser for Cunard cruise lines and sailed out of New York City."

His grandfather also inspired his fascination with the English language, something that set Jean-Louis apart from his peers. He remembers struggling to read *The Count of Monte Cristo* in English a boy, consulting a dictionary several times to decipher each page.

After high school, Jean-Louis enlisted in RCN's university training division. During the school year, he attended Université Laval, where he earned a Bachelor of Commerce degree. Each summer, he trained aboard ships based in Halifax. As one of few francophone crew members, he was occasionally subject to taunts and pranks.

"Many of them made fun of my accent," says Jean-Louis. "I ignored it and took advantage of every opportunity to learn."

A telling example of his outsider status occurred on one of his first days in uniform. During roll call, Jean-Louis didn't respond when the officer called his name.

"He pronounced my last name the English way, rhyming it boy," says Jean-Louis. "I had never heard that before. In French, it sounds more like raw. Thankfully,



Marjorie Corbett and Jean-Louis Roy marry in 1955.

a friend prompted me to say 'present.'"

Jean-Louis trained in logistics, earned the rank of Sub-Lieutenant and was initially assigned to HCMS *New Liskeard*, a mine sweeper based in Halifax. Back home on leave in 1953, he donned his dress uniform for a function at Spencer Wood, the official residence of the Lieutenant-Governor of Quebec. There he met his future wife: Marjorie Corbett, a fluently bilingual anglophone from a white-collar family. While some might have considered it an unlikely match, they were both smitten.

"We knew we belonged together," Jean-Louis says. "But I was headed to Korea. And while the armistice had been signed, it was still dangerous, so we agreed to not get engaged right away."

It would be 18 months before the two were reunited. Jean-Louis deployed to Korea aboard HCMS *Huron*, a tribal-class destroyer. The ship patrolled near

the Korean Demilitarized Zone, boarding ships suspected of carrying contraband or soldiers. When Canada announced an end to its Korean patrols in 1955, the couple married that Christmas while Jean-Louis was on leave. Initially, Marjorie moved to Halifax, but with Jean-Louis gone for months at a time, she eventually moved back to Quebec City, where their first son was born.

"Being at sea was exhilarating for me," says Jean-Louis. "But it was hard on Marjorie and the children."

"Mom struggled to raise three children largely on her own," says daughter Marie Roy. "Dad was gone for up to eight months. One time, I remember being with Mom and waving goodbye as Dad's ship sailed away. She insisted that we stay on the pier until the ship was just a dot on the horizon. That really struck me."

After relocating several times, the Roy family was able to settle



in Ottawa when Canada amalgamated its armed forces. In 1967, Jean-Louis was posted to Headquarters and assigned a house on what was then known as Royal Canadian Air Force Station Rockcliffe.

"Since we were a Navy family, we were outsiders," Jean-Louis recalls. "But it was great to finally be together as a family."

Jean-Louis volunteered to help with children's activities at the Station, such as his eldest son Claude's hockey practices and games. The rink was a social hotspot, although the competition between the children of airmen and officers sometimes grew fierce.

"After one particularly rough game, Dad could sense that my heart wasn't in it," says Claude. "And he asked me if I wanted to keep playing. I told him no and he respected that, which made



Marjorie and Jean-Louis in 2006

the unprecedented step of surveying them and honouring the results. The amounts dedicated to tennis and baseball increased, while the amount

dedicated to hockey decreased by more than 60%.

"That made me unpopular with many, including the commanding officer," says Jean-Louis. "But several people told me privately that

they loved the changes."

After retiring from the Canadian Forces in 1973, Jean-Louis pursued a career in the public service, initially with the Office of the Representation Commissioner and then with Office of the Assistant Deputy

Registrar General, which enforced conflict-of-interest guidelines for Members of Parliament. By the time he retired from the public service, all three Roy children had grown up and moved away. Marjorie and Jean-Louis settled into a quieter life of gardening, playing bridge and travelling. They are blessed with three granddaughters.

A few years ago, Marjorie began to suffer from dementia. Jean-Louis cared for her at home as long as he could. In early 2019, she moved into the Perley Rideau. Thanks to Veterans Affairs Canada's spousal-reunification program, Jean-Louis moved in a few weeks later.

"Everyone who works here really cares about the wellbeing of residents," says Jean-Louis. "It's been harder during the pandemic, of course, but there is still a lot to do, and Marjorie and I both receive the best of care. This place is heaven on earth." **HC**



Jean-Louis with the children in 1964

me love him even more, because I knew how much hockey meant to him."

Jean-Louis also served as treasurer of the Station's recreation club. To determine how best to allocate the monthly fees paid by residents, he took

# Improving Quality of Care



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

**W**ith the pandemic dragging on and affecting all of us in so many ways, it's a privilege to work for the Perley Rideau Foundation, where I regularly experience moments of inspiration and even joy. Without exception, these moments are driven by Perley Rideau's remarkable ability to protect health and safety while maximizing residents' quality of life.

I have little face-to-face contact with residents, their families and volunteers these days, although I regularly receive their email messages, letters and phone calls. Most want to either thank me for the exceptional care a loved one has received or to share a hopeful story about recovery and renewal. I tell them that Perley Rideau's ongoing success is due to the generous support of donors, and the professionalism and dedication of staff. From where I sit, it's easy to see that donors and staff inspire one another to do even more.

This mutual inspiration enables Perley Rideau to continuously improve care. A prime example is the use of individualized care plans. Working together with family members and staff, each resident develops a care plan that includes quality-of-life goals. While each plan is unique, every one of them informs the care a particular resident receives.

Marjorie and Jean-Louis Roy, profiled elsewhere in this issue, help to illustrate the benefits of individualized care plans. The couple, both well into their 90s, moved into Perley Rideau last

year. Marjorie has dementia. For years, Jean-Louis — who served in the Canadian Forces for more than 20 years — did his best to care for her at home. Eventually, though, this became impossible and both suffered health setbacks. Marjorie moved into the Perley Rideau followed by Jean-Louis a few weeks later. Both have individualized care plans and both have experienced significant improvements in quality of life, despite restrictions imposed due to COVID-19.

Individualized care plans are central to a program known as SeeMe™. Understanding frailty together. The product of considerable research, SeeMe represents a significant advance in long-term care (LTC). It is one of many innovations developed, analyzed and implemented at Perley Rideau.

The Centre of Excellence in Frailty-Informed Care, made possible by donations to the Foundation, is another recent Perley Rideau innovation. A major obstacle to improving LTC is the lack of evidence about which care interventions can improve health and well-being. The Centre of Excellence helps fill this gap by conducting and sharing applied research. A current project, for example, examines how the restrictions required by COVID-19 impact the psychosocial well-being of LTC residents and their families. Another project examines whether tablet computers can improve the health and well-being of frail older adults living at home. The computers monitor the health of users and help with day-to-

day activities, such as by reminding them to take medication and to attend appointments with doctors and therapists.

The Centre of Excellence reflects Perley Rideau's approach to continuously improving care: develop and measure the impacts of innovations, and share the evidence widely. The approach requires collaborating with partners, such as government agencies, academic institutions and healthcare organizations. Donors recognize the value of this approach and are proud to support it; they understand that improvements in care policies, best practices and protocols don't happen by accident. On behalf of current and future residents of the Perley Rideau and other LTC homes, thank you for your support. Together, we are improving quality of care, health and well-being.

A handwritten signature in black ink that reads "Delphine".

**The Foundation is the fundraising arm of the Perley Rideau. By coming together as a community, donors support the needs of seniors and Veterans today and build a better future for us all.**

*We appreciate your support in making a donation and/or gift in your will.*

**Please contact Delphine Haslé  
The Perley and Rideau Veterans'  
Health Centre Foundation**

**1750 Russell Road  
Ottawa ON K1G 5Z6  
613-526-7173**

Email: [dhasle@prvhc.com](mailto:dhasle@prvhc.com)  
[perleyrideaufoundation.ca](http://perleyrideaufoundation.ca)





Gilbert (Gib) McElroy in 2013

tail gunner, Gib's job was to fire at attacking planes from a cramped turret at the back of the plane. He participated in about 30 bombing missions over enemy territory, crash-landing three times and parachuting twice from Lancasters engulfed in flames.

Joe Aubrey believes that a cavalier attitude helped him survive. "When asked how he managed to survive, he was fond of saying: 'If I was afraid, I'd be dead.'"

Shot down over Belgium on what proved to be his final mission, Gib ended up in Stalag Luft VII, a prisoner-of-war (POW) camp in what is now Poland. Among a new group of prisoners

marched into the camp one day was Charlie Kelly, who had already spent nearly two years in captivity. Their friendship deepened and enabled them to survive the rest of the war, including a brutal 18-day forced march to another camp. As they fled from advancing Russian soldiers, the Nazis forced thousands of POWs to march toward new camps, sleeping outdoors or in unheated barns and scavenging food. Many died of starvation, exposure and disease along the way.

Gib and Charlie Kelly ended up in a POW camp near Berlin. One

morning, the POWs awoke to discover that their Nazi captors had fled and a convoy of Russian soldiers took control of the camp. Although conditions improved somewhat, the Russians proved to be less than hospitable and continued to hold the POWs captive. Eventually, Gib and Charlie escaped in a group of POWs and headed west, away from

advancing Russian soldiers. For the next two weeks, Gib and Charlie stuck together, picking their way through war-ravaged landscapes and encountering a few Germans kind-hearted enough to help them survive. Years later, Charlie served as best man at Gib's wedding and Gib became godson to one of Charlie's sons.

"Gib was a wonderful grandfather to me," says Joe, "but I think he struggled to be a good husband and father, probably because of his childhood and wartime experiences."

Gib's marriage ended in divorce and his wife raised their three children. Eventually, there would be seven grandchildren and nine great grandchildren. He



1944 mug shot of Gib McElroy taken at Stalag Luft 7, an infamous prisoner-of-war camp.





Gilbert McElroy with his grandson Joe Aubrey, and great granddaughters Lily and Caroline Aubrey in the Perley Rideau cafeteria in 2016.

continued to evade death, surviving a car crash in 1954 and a train derailment a year later in Maxville, Ontario. In his early 30s, Gib began to attend Alcoholics Anonymous meetings. Sober the rest of his life, he helped countless others deal with addiction.

"While many people made a big deal of his war service, I think he took greater pride in helping other alcoholics," says Joe.

In his 50s, Gib fell in love with Theresa Lavigueur. The

relationship would last the rest of their lives and both would eventually move into the Perley and Rideau Veterans' Health Centre. When Gib moved into the Perley Rideau in 2013, he was delighted to reconnect with Charlie Kelly, who had moved in a few weeks earlier.

"Moving into the Perley added several years to his life," says Joe, who visited often with his children.

Thanks to a gregarious personality, Gib endeared himself

to staff and visitors. He served as President of the Veterans Residents' Council, sang in the choir and attended every musical performance he could.

"Given how much he enjoyed his final years at the Perley, I wasn't surprised that he made a gift-in-will to the Perley Rideau Foundation," says Joe. He recognized that donations to the Foundation support the exceptional quality of care that residents receive." **HC**

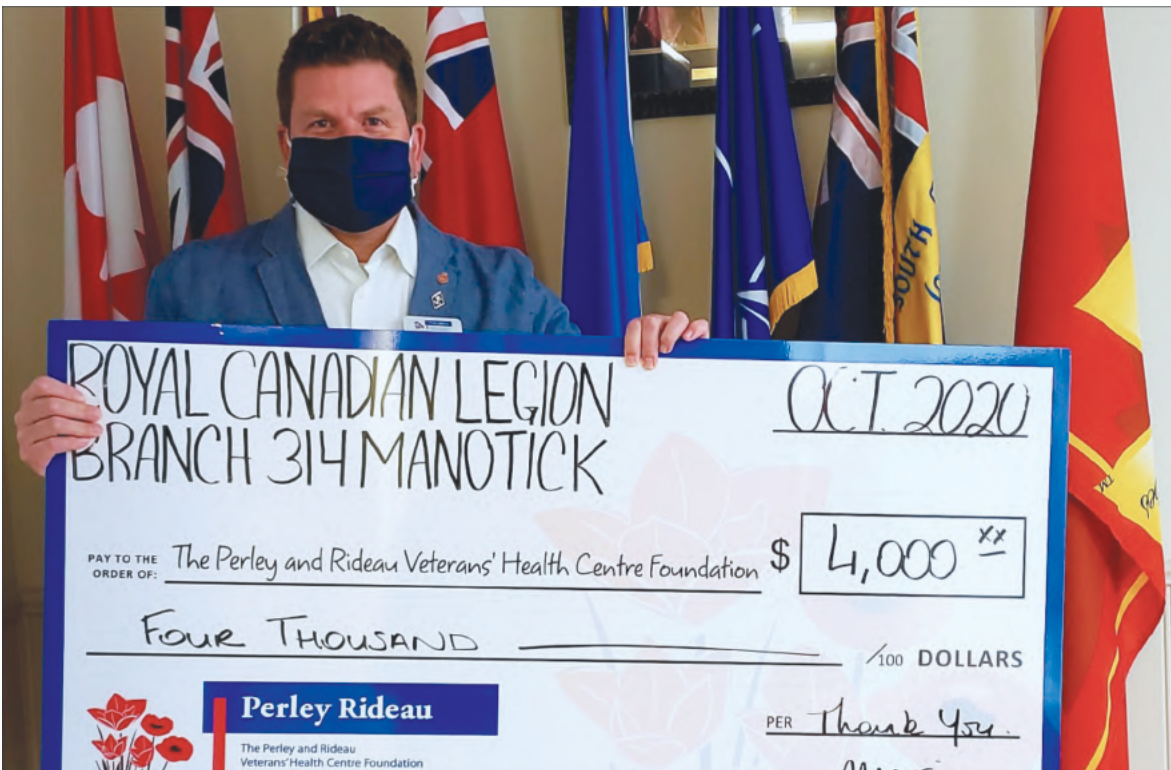




Thank you to members of Royal Canadian Legion Br. 595 Strathcona for their generous donation of \$15,000 to support the Home Sweet Home renovation project. L to R: Delphine Haslé, Foundation Executive Director; Wanda Riddell, RCL 595 Strathcona Poppy Campaign; and Maj. Sanda Peron (Ret'd), Foundation Board of Directors.



A big thank you to members of the Royal Naval Engineers Quart Club (RNEQC) for their generous donation of \$6,090 to support Veterans' priority needs and quality care! L to R: Maj. Sandra Perron (Ret'd), Foundation Board of Directors; Dave McCracken, Hon. Sec. RNEQC Canada; Andy Masschelein, Fundraising Treasurer RNEQC Canada; Bill Broughton, VP RNEQC Canada; Gerry Lanigan, past VP and founding member of Canadian Branch RNEQC; Delphine Haslé, Foundation Executive Director.



Thank you to members of Royal Canadian Legion Br. 314 Manotick for their generous donation of \$4,000 to purchase new Hi-Lo beds for Veterans. Pictured here is Steve Desroches from the Foundation Board of Directors.



# REMEMBRANCE

*On November 11, 2020 the front lawn of Perley Rideau was a sea of 819 Canadian flags  
Thank you to everyone who sponsored a flag and made this possible  
Your support raised \$16,370 for senior and Veterans care.*

## *Donors sponsored flags in honour of the following people*

- The Royal Canadian Medical Corps
- Mr. William Adair
- Rear-Admiral and Mrs. T.S. Allan
- Mr. Michael Allen
- Sgt. Lorne L. Anderson
- Mr. Jim Anderson
- Mr. Arthur George Barker
- Mr. George Edward Bemis
- Mr. Paul Robert Bergevin
- Gp.-Capt. William A. Boak
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- Mr. Henry Dopler



A sea of Canadian flags graced the front lawn of Perley Rideau on November 11, 2020 for Remembrance Day and to mark the 75<sup>th</sup> anniversary of the end of the Second World War. This was made possible by you our donors and community members.



Thank you to everyone who sponsored a flag to honour the brave men and women who served and made sacrifices for our country. You showed the Veterans at Perley Rideau that they aren't forgotten during this year's virtual ceremony.



Staff pose with Canadian flags as a thank you to our community for making the tribute possible. Your support planted 819 flags and raised \$16,370 for senior and Veterans care.



# DAY TRIBUTE

*to honour the brave men and women who served and made sacrifices for our country.  
possible for the 75<sup>th</sup> anniversary of the end of the Second World War.  
for seniors and Veterans care!*

- LCpl. Frank Downing
- Group Captain Michael Guy Doyle
- Mr. Phil Etienne
- Mr. David Evans
- Mr. Alexander Mackay Fairweather
- Mr. James Finnie
- Mr. Thomas Forbes
- Mr. Arthur Franks
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- Master Warrant Officer Larry Wilson (Ret'd)
- Mr. Arthur Wilson
- Mrs. Constance R. Wright
- Mr. John Thomas Wright







Stephen McGill poses with his new favourite coffee mug.



Mia Haslé and her family finds their fruit tastes even sweeter since they've begun to keep it in this bowl made by a Perley resident. Thanks to non-attendees and determined bidders, the No Show Gala was a huge success.



Courtney Rock, Foundation Development Manager, proudly shows off the resident-made plate she bid on successfully during the No Show Gala online auction. She says the one-of-a-kind artwork will always remind her: "In a world full of ducks, be a peacock."



# No Show Gala

THANK YOU!

YOUR SUPPORT RAISED OVER \$22,000  
FOR SENIORS AND VETERANS CARE

AND A SPECIAL THANK YOU TO OUR GENEROUS SPONSORS



FIFTY-FIVE PLUS  
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To support residents wishing to exercise their creativity during the pandemic, employees of the Royal Canadian Mint made a generous donation of art supplies and gift certificates to DeSerres Art Supply Store. From left to right: Zoë Quigg, Communications Advisor, Royal Canadian Mint; Alison Crawford, Director of Communications and Public Affairs, Royal Canadian Mint; Delphine Haslé, Foundation Executive Director; Robyn Oraziotti, Manager, Therapeutic Recreation and Creative Arts.



# Unexpected Donations

**T**hroughout the pandemic, members of the Perley Rideau community have donated a wide range of items. While we always appreciate your generous support, many of the items donated are not suitable for residents. Please contact the Foundation office before donating any item.



Malcolm Welch, a Second World War Veteran who moved into Perley Rideau during the summer, is a lifelong art aficionado. To celebrate Malcolm's 100<sup>th</sup> birthday on October 19<sup>th</sup>, his family commissioned a new work by renown Ottawa artist Christopher Griffin. Although Malcolm loves the painting, entitled *Three Sisters*, he felt it was too large for his room and wanted to share it with other residents, along with Perley staff and visitors. Foundation Development Manager Courtney Rock arranged to hang the painting in a dining room in Rideau wing.



A touching act of kindness made Christmas 2020 a little brighter for dozens of residents. Kendra Masson's grandfather, John Masson, was a Perley Rideau resident who passed away in June. To express her appreciation for the exceptional care he received, Kendra started a project she called "adopt a grandparent for Christmas." Kendra assembled and sold gift baskets designed for grandparents. The baskets include crafts made by children at the daycare where she works, skin creams and lotions from her part-time job as a Mary Kay consultant, a Christmas ornament and a few sweet treats. For each of the 53 baskets sold, Kendra donated one to Perley Rideau. The donated baskets went to the residents who would most appreciate them. An excerpt from the letter Kendra sent accompanying the donation: "Being able to celebrate his 90<sup>th</sup> birthday via FaceTime during the pandemic really meant a lot to our family; we will be forever grateful."





# Inspired to Act and Advocate



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

As this issue of *Honour and Care* goes to press, vaccination of residents, staff and essential caregivers against COVID-19 is underway. As of late December, more than 600 members of the Perley Rideau community (not including residents) have registered to receive the required two doses of vaccine. The start of the vaccination campaign represents a major milestone in efforts to end the pandemic.

Minimizing the threat that COVID-19 poses to the health and safety of residents, staff and their families remains our top priority. And our success to date is the direct result of the professionalism, hard work and dedication of our staff and community. We take inspiration from the many of our residents who persevered through years of war and hardship. When times were tough, they supported one another. Together, they made the standard of living we enjoy today possible. Faced with the current crisis in long-term care, we would do well to follow their example.

Along with day-to-day pandemic management, Perley Rideau continues to work toward a better future for long-term care through a mix of action, advocacy and targeted research. We took action, for instance, when severe outbreaks of COVID-19 overwhelmed two Ottawa long-term care homes. We assigned Dr. Benoît Robert, our Chief Medical Officer, along with members of our Infection Prevention and Control Team, to support key aspects of

care at the two homes. To improve communication during the pandemic at Perley Rideau, we partnered with the firm Cliniconex to implement a solution that raises awareness of infection control measures, increases family involvement in care planning and supports emergency preparedness.

Our advocacy work also contributes to a better future for long-term care. Dr. Benoît Robert presented to Ontario's Long Term Care Covid-19 Commission, for instance, focusing largely on frailty and quality of life. And as a member of a Government of Ontario external advisory group, I'm contributing to a plan to address the staffing issues facing long-term care homes across the province.

Another way to improve long-term care is to freely share the best practices developed by individual homes. Perley Rideau does this regularly. A recent example is the presentation Jen Plant, our Director of Clinical Practice, made to LTC+: Acting on Pandemic Learning Together. LTC+ is a program of the Canadian Foundation for Healthcare Improvement and the Canadian Patient Safety Institute. Jen Plant explained how Perley Rideau's proactive management of the pandemic — particularly the testing of all staff and residents before being required to do so — improved our ability to control the spread of COVID-19.

Relevant research is also essential to improving long-term care. I'm particularly excited about

the success of our Centre of Excellence in Frailty-Informed Care™. The *Journal of the American Medical Directors Association* (JAMDA) published the Centre of Excellence's evaluative study of the performance of Perley Rideau's SAFE unit. The Centre of Excellence has several other research projects underway, including a few related to COVID-19. One study, for example, examines how the social isolation resulting from visitation and program restrictions impacts the psychosocial health of residents, caregivers and family members. A second project, a partnership with the Children's Hospital of Eastern Ontario, evaluates technology that sanitizes used PPE (personal protective equipment), particularly face masks. Several more Centre of Excellence research projects are either underway or in the planning stage.

COVID-19 will be with us for a long time yet and poses particular challenges for the long-term care sector. The sector also faces a significant demographic challenge, as the number of frail Canadians is expected to triple in the coming years. Meeting these challenges necessarily requires a mix of action, advocacy and research. Along with providing the best possible care to its residents, Perley Rideau continues to contribute to long-term solutions — thanks largely to the support of donors.

# Foundation Welcomes New Staff

The Perley Rideau Foundation is pleased to add two bright, energetic professionals to the team: Katherine Cooper (left) and Maureen Forrester (right). Katherine is our new Administrative Assistant, while Maureen will serve as Development Coordinator for the next 8 months, replacing Sara Francis, who is on maternity leave (congrats on the baby girl, Sara!)

Prior to joining the Foundation team, Maureen worked in donor stewardship and event planning for the Shepherds of Good Hope, and completed her certification in Raiser's Edge, the software for professional fundraisers. Maureen earned a Bachelor's

Degree in International Development from the University of Ottawa and a graduate certificate in Event Management from Algonquin College, and worked in environmental community outreach. Passionate and outgoing, and with a calm and organized energy, Maureen is excited to join the Perley Rideau team. She looks forward to helping donors support the compassionate and innovative care of seniors and Veterans.

Born and raised in Ottawa, Katherine found herself temporarily laid off when the dental office that employed her closed early in the pandemic. Through a family member, she heard that the

Perley Rideau was in need of meal helpers. After only a shift or two, she was enthralled: "It's the most rewarding work I've ever done," says Katherine, who enjoys helping others. While in high school, she volunteered at church; while earning her Bachelor's degree at Queen's University, she served as a peer-to-peer mentor. At the dental office, Katherine devoted much of her efforts to improving services to seniors, and to Give Back Smile Back, a voluntary program that provides dental services free of charge. Katherine's considerable skills, along with her passion for giving back to the community, align perfectly with the Foundation's mission.

**HC**







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# The Perley and Rideau Veterans' Health Centre Foundation

## Memorial Tributes

September 1, 2020 to November 30, 2020

In memory of one or more of those listed below, supporters have recently made donations to the Perley Rideau Foundation.

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In tribute to one or more of the living persons listed below, supporters have recently donated to the Perley Rideau 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 200 of the long-term care beds and to the apartments.

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Chief Executive Officer

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## The Perley and Rideau Veterans' Health Centre Foundation

1750 Russell Road  
Ottawa, Ontario K1G 5Z6  
Tel: (613) 526-7173  
Email: dhasle@prvhc.com  
www.perleyrideaufoundation.ca

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Perley and Rideau Veterans' Health Centre Foundation, 1750 Russell Road, Ottawa ON K1G 5Z6  
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