



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

# Between Us

The Perley and Rideau Veterans' Health Centre ♦ OTTAWA, ONTARIO

SPRING 2012



Brant Scott photo

## Sam and Kay Nestruck: Wartime sweethearts facing new battles

By Brant Scott

**D**uring the Second World War, England was a stage for love, hate, fear and passion.

The friendly demeanour and generosity of the Canadian armed forces made them popular among the fairer sex in Britain, and myriad relationships sparked and fizzled as the war got in the way. Occasionally, a couple would meet and survive the crushing pressures of war that were poised to tear relationships asunder. Sam and Kay Nestruck were survivors, so devoted to one another that nothing could come between them.

Overcoming those hardships more than seven decades ago has helped Sam and Kay stay strong today. At 91, Kay remains the zealous nurse of

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**SAM AND KAY:** The Nestrucks met during the war in England and have been together ever since. Kay visits Sam frequently at the Perley Rideau.

## Col. John Gardam on the mend – Former Foundation chair sees health centre from a resident’s perspective

By Brant Scott

**R**etired Col. John Gardam has been a volunteer extraordinaire at the Perley Rideau Veterans’ Health Centre Foundation for many years.

It came as a surprise when he recently revisited the health centre, but this time he was between the sheets. Conventional wisdom suggests that lots of folks may need the Perley Rideau at some point in their lives, and John Gardam’s time arrived when he spent a week in February in the Respite Care Program.

Col. Gardam, who is now 80, spent 14 years “on the outside looking in” as an active adviser and chair of the Perley Rideau Foundation Board

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days gone by who must now cope with Sam's escalating Alzheimer's disease. She insists that nurses never retire. Her frequent visits with Sam at the Perley and Rideau Veterans' Health Centre are a testament that her days as a care giver and dedicated wife are still very much alive.

Sam was shipped to England when the war started with the Royal Montreal Regiment and was later assigned to a Canadian Reconnaissance Unit. Kay, a member of the 25<sup>th</sup> British General Hospital, worked in Normandy under canvas at casualty clearing stations and later at Amiens at a self-contained pre-war institution. A great deal of learning, drills, courses and practical exercises went into the preparation of the defence of Britain. It extended over a period of years and involved the efforts of all people in a determined country.

"In December 1944, Sam's life was changed forever," explains Kay. "He stepped on a crude landmine in Belgium and it destroyed his right leg below the knee. It also blew out his eardrums. He had been an exceptional athlete and the first thing he worried about was how he could support his wife.

"After surgery in England and Montreal, he was fitted with an ungainly artificial leg strapped to his upper body and shoulders," she adds. "He never complained about the pain and blisters. A huge amount of progress has been made with today's lightweight state-of-the-art prostheses."

When the young couple moved to Montreal, Sam never looked back. Kay doesn't like the term "war bride" because, "I didn't marry the war", she says. Sam found employment as a remedial physical training instructor at St. Anne's Hospital near Montreal and he worked there for 29 years. He specialized in helping restore physical health for post-war veterans suffering from shell-shock, the severe mentally debilitating condition that would later become known as "post-traumatic stress disorder."

"From the physiotherapy department, Sam

worked closely with all hospital departments and enjoyed his work," says Kay. "In good weather, all patients loved to get outdoors. Using the buddy system, the patients enjoyed walks through the beautiful area of Senneville, with its lovely residences and gardens. A highlight of winter activities was a weekly trip to the local bowling alley. Here the patients were welcomed by the manager who always had coffee and doughnuts ready for the boys."

Sam joined the War Amputations of Canada Association in 1946 and cherished the comradeship of members from both World Wars.

In the wake of such an active career and a life of giving to others, the time has now come for Sam to receive a helping hand. Confined to a wheelchair and blind from macular degeneration, he is the one who now needs the strength of others. Kay currently resides in an Ottawa retirement residence and misses the driver's licence she gave up around her 90<sup>th</sup> birthday.

"The excellent care available at the Perley makes life better for both of us," says Kay. "He is in the very best place he could be." **BU**



**WRITER IN RESIDENCE:** Perley Rideau Resident Assistant Mo Archambault (left) won the award for her heartfelt essay, *What Remembrance Day Means to Me*. The award is presented by Carolyn Vollicks.

# Perley Rideau Foundation assigns Lacey Rathwell to take inventory of community gift donations

By Brant Scott

Every day at the Perley and Rideau Veterans' Health Centre Foundation is like Christmas.

The Foundation has received hundreds of generous gifts over the years, over and above the monetary variety. As a result, the Perley Rideau is adorned with a piano, a grandfather clock, paintings and prints, quilts, and entire rooms paid for by generous sponsors.

After nearly two decades of donations, recently appointed Foundation Managing Director Daniel Clapin realized there was no official record of the donors and the items they gave to Perley Rideau residents. As the bounty continued to accrue, Clapin decided a complete inventory was needed to record this generosity for posterity.

"The Perley Rideau is the very fortunate recipient of many wonderful gifts from the community," explains Clapin. "It was quite apparent that locating, tabulating and recording the gifts spread throughout the health centre was no easy task. So, I was delighted when a talented volunteer with an eye for detail was willing to take up the challenge."

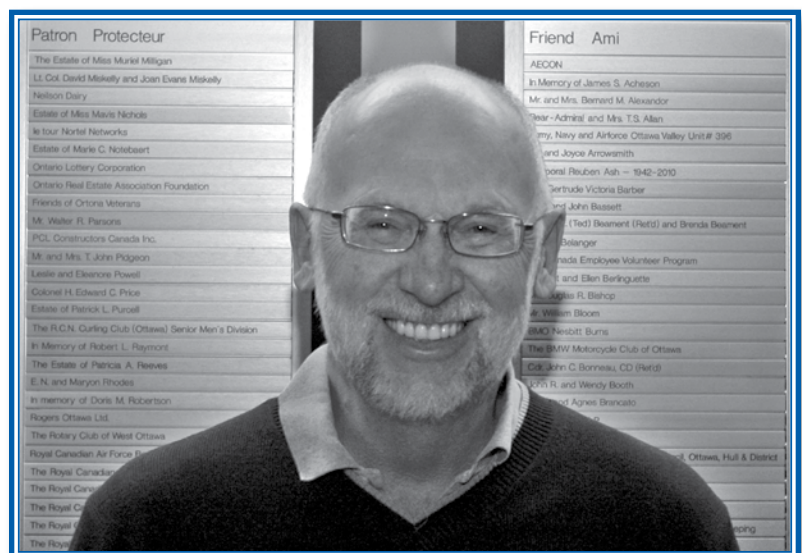
Enter Lacey Rathwell, retired Naval Commander of the Canadian Forces. Clapin hand-picked Rathwell for his experience in operations, organization, project management, leadership and training.

"There are so many ways the Perley Rideau can use a volunteer with Lacey's attributes," explains Clapin. "He applied his experience to the donation inventory and now we know exactly what we have and where these items came from, all in a single database. Lacey took this challenge and did a terrific job that we can build on as more donations come in."

As an active member of the Canadian Navy for almost 40 years before he retired in December

2010, Rathwell was looking for a venue to give thanks to Canada's courageous war veterans who fought for peace. In his latter years of service, Rathwell was a member of the Strategic Joint Staff at National Defence Headquarters as the Senior Staff Officer Training in the Directorate of Strategic Readiness. Rathwell's quest as a post-career volunteer prompted him to apply at the Perley Rideau. Before the ink on his application was barely dry, Daniel Clapin knew he had found his man.

Rathwell says the inventory project required an organized approach: "My first challenge was



**VALUABLE VOLUNTEER:** Lacey Rathwell compiled an inventory of the many gifts that have been donated to the Perley Rideau over the years. The task required a patient person with superb organizational skills.

to become familiar with the physical layout of the health centre and devise a systematic approach to conduct this survey. The Perley Rideau is a vast and complex building that cover a very large footprint over a lot of real estate. During my preliminary walk-about, I began to realize the magnitude of the task.

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## Col. John Gardam on the mend ... *continued from page 1*

of Directors until the spring of 2008. He was the brains behind the initiative to create the Perley Rideau banners that fly along Russell Road outside the health centre. Col. Gardam earned a reputation as a hard-boiled advocate for veterans. Ironically, he spent 42 years in the armed forces and served as a U.N. Peacekeeper, but without active war service, he doesn't qualify for veteran status at the Perley Rideau.

Col. Gardam got his first-hand look at Perley Rideau operations as a temporary resident recently when his wife, Elaine, took a short vacation. The Respite Care Program is available to qualified residents who receive long-term care at home and need alternative assistance while loved ones take a well deserved rest.

"It was a different perspective for me after all those years of helping the Foundation raise funds to make life more comfortable for Perley Rideau residents," says Col. Gardam. "Suddenly, I'm the one who needs a helping hand. I got to see the Foundation's contributions up close and it was a real eye-opener. The equipment and programs made possible by Foundation donors were everywhere and it made me feel proud to have been a part of it. You need to be a resident to appreciate the tremendous impact the Foundation has in everyday life in the health centre."

Col. Gardam's adventure started last year when he fell to the ground from his front door steps. He hit his head and was bleeding profusely

when the ambulance arrived. He wouldn't regain full consciousness for several weeks. He spent five months in hospital healing multiple broken bones, three separate brain bleeds and receiving both physical and cognitive therapy before he could return home to the healing care of Elaine, who is a former nurse.

"Elaine needed some respite from looking after me for nearly a year and booked a week's stay for me so she could spend time with a friend from high school and nursing training," explains Col. Gardam. "No one deserved it more. Since she was helping me convalesce and get around



**THE OTHER SIDE OF THE LOOKING GLASS:** John Gardam acquired a reputation for helping Perley Rideau residents over the years. He recently became one of those residents when his wife, Elaine, needed some time off for a short respite.

at home, I needed an alternative while she was away. I remembered the Perley Rideau has a Respite Care Program, and after all those years of volunteering, I had to admit I didn't know very much about it. I learned it's a wonderful experience and run by top-notch people."

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# Open Forum

By Greg Fougère, Chief Executive Officer  
The Perley and Rideau Veterans' Health Centre



## Seniors' housing construction off to a great start!

Spring has sprung and soon tulips and poppies will be piercing through the ground, as will the new seniors' housing apartment buildings on the Perley Rideau site.

After four years of planning, obtaining the necessary support and approvals, negotiating financing and awarding contracts, the vision is becoming a reality. This is yet another component being put in place for the evolving Perley Rideau Seniors' Village.

I can't thank our residents, families, staff, volunteers, visitors and neighbours enough for their support and patience as we dig up the site and temporarily turn a peaceful community into a noisy and dirty construction site. The steady pounding of the piling machine reminds everyone that construction is in full swing. Soon the pounding will stop and the residences will start to rise out of the ground. In fact, the first floor of the 45 apartments closest to Russell Road is being laid at the time of this writing.

Behind the scenes, planning for operations and tenant occupancy is now in full swing. Target dates for occupancy are January 2013 for the 3-storey 45-apartment residence closest to Russell Road and September 2013 for the 5-storey 94-apartment residence to be attached to the front of the Perley Centre building.

Over the past year, we have been informing our community about the new seniors' apartment initiative. The list of seniors expressing interest in renting and becoming part of the Perley Rideau Seniors' Village has been rapidly growing

since people became aware of the development of our apartment buildings. The list is expected to grow as we increase our marketing efforts.

Our community has many seniors who want to stay in the area they call home, but want a different housing option as their needs change. Many are quite independent now but are realistically planning for the future. Some will benefit from the planned assisted living services available now in their own homes, and later on when they move to the new Perley Rideau apartments.

Information sessions are planned for prospective tenants on May 26 at 1 p.m. in Lupton Hall. All seniors currently on the rental waiting list and the general public will be given more details about the apartments and amenities that will be available, as well as rental costs and the arranging of rental agreements.

Anyone interested in being added to the growing list of prospective tenants should contact Manon Harvey at 613-526-7170 extension 2006. Those interested in attending the information session on May 26 are also encouraged to notify Manon. Based on the interest expressed to date, we anticipate a great turnout!

A handwritten signature in blue ink that reads "Greg Fougère".

Greg Fougère, CEO

## Col. John Gardam on the mend ... *continued from page 4*

Respite Care residents have access to physiotherapy, arts and crafts programs, dance and exercise therapy and all of the entertainment that is presented for long-term care residents. They also have access to the Foundation's on-going contributions of custom baths and showers, outdoor courtyards, mini-golf and many other amenities.

"Rather than make my own arts and crafts while I was there, I bought a great piece that one of the residents made," says Col. Gardam. "I won \$7 playing bingo and bought a beautiful bird house that was for sale in the Perley Rideau art gallery. There are many items there for sale that people can give as gifts. But I'm keeping my bird house in my home because I like it so much."

The Respite Care Program has nine assigned beds available to community residents who qualify under provincial Community Care Access Centre (CCAC) regulations. Many residents use

the program frequently and often stay from a week to a month at a cost of about \$34 per day to the resident. After a request is made for respite care, a case worker meets with the family and/or client to discuss qualifications and submit an application. Client surveys show a high level of resident satisfaction, which could be the reason the Perley Rideau has among the highest occupancy rates for this program in Ottawa.

### **Keeping residents comfortable**

"I am very impressed with the family feeling that the staff uses with residents," Col. Gardam points out. "One of the staffers was away sick and got an ovation when he returned. Everyone cares about keeping residents happy and comfortable. The food was excellent and we had a couple of menu choices for every meal. It was great to be inside the system to witness the positive impact that the health centre and its Foundation have on so many lives in a time of need." **BU**

# 11<sup>th</sup> Annual Perley Rideau Night at the Races

**Purchase your ticket early!**

**It was a SELLOUT the last ten years**

**We invite you to support this event by getting together with family, friends and colleagues and purchase a table for 4 or 6 people**

**May 4, 2012**

Dinner — 6:00 p.m.      Post time — 6:30 p.m.  
Rideau Carleton Raceway and Slots, 4837 Albion Rd.

Have fun and support a great cause! There will be a silent auction and lots of great raffle prizes to win.  
Tickets are \$60 (includes a \$25 income tax receipt)

**Please see us at the Foundation office to purchase tickets or phone 613-526-7173.**

**Or send a cheque made payable to  
Perley Rideau Foundation at 1750 Russell Road, Ottawa ON K1G 5Z6.**

Buffet dinner features over 100 fine foods  
Live race program - Entertainment vouchers for slot machines and races  
Complimentary parking and valet parking  
Gratuities included



# Help us raise funds when you buy flowers – Our new affinity agreement with Rideau Florist is good news for all

By Daniel Clapin, ACFRE, Managing Director  
The Perley and Rideau Veterans' Health Centre Foundation



A profitable new relationship is blooming for the Perley Rideau Veterans' Health Centre Foundation and Rideau Florist.

Affinity programs are popular “win-win” partnerships that help charities raise funds by channelling new business to goods and services providers. The Perley Rideau Foundation is working on an exciting new initiative with Rideau Florist to raise funds for our residents. I have enjoyed getting the project under way with Quddus Macmillan, National Sales Director for CanaFlora, which is Rideau Florist's owner company.

Here's how it works: 15 percent of every flower order sent to Rideau Florist through the Perley Rideau will be donated to the Foundation. So, whenever someone orders flowers through our web site, our gift shop, or just mentions our name when ordering directly, the Foundation will benefit.

The Perley Rideau web site will have a home page hotlink advertisement that you can click on to be switched automatically to the Rideau Florist web site. I hope our loyal Foundation supporters will order their floral arrangements for weddings, funerals, and other special occasions through our new Perley Rideau affinity program. The contact addresses and numbers appear below.

Affinity programs are the wave of the future and allow private sector and charity organizations to help one another. CanaFlora is the largest flower company in Canada, and orders can be placed for delivery anywhere in the country. The potential of this program to help our residents will depend upon the loyalty of Perley Rideau supporters and *Between Us* readers.

When I gave Quddus Macmillan a tour of our health centre recently, he quickly concluded that his company is interested in helping our residents. In addition, Rideau Florist will provide a flower to each Perley Rideau resident once a year. Quddus plans to volunteer at the Perley Rideau and has

generously offered to teach floral arranging through our arts and crafts program. A Rideau Florist catalogue in the Perley Rideau gift shop will help residents and visitors peruse flower samples and have arrangements sent to family and friends regardless of their location.

Here are the different choices for buying through the Foundation:

1. Locate the Perley Rideau web site online at [www.prvhc.com](http://www.prvhc.com), click on the Rideau Florist ad and follow the prompts
2. Visit us at the Perley Rideau gift shop and order flowers via catalogue
3. Call 1-866-856-8854 and ask to order flowers through the Perley Rideau program
4. Email [quddus@canaflora.ca](mailto:quddus@canaflora.ca) and ask Quddus Macmillan to order flowers through the Perley Rideau program
5. Visit Rideau Florist at 2640 Lancaster Road, Unit C (about five minutes from the Perley Rideau by car) and ask to order flowers through the Perley Rideau program

I hope to engage in future affinity programs with other goods and service providers to furnish even more Foundation funding. We take pride in aligning ourselves with reputable private sector companies that deliver quality to their customers. If we can help you – our generous supporters and donors – through our endorsement, we all win!



**The Perley Rideau is home to  
450 residents, 250 of whom are war veterans  
We appreciate your support in making a  
bequest in your will and/or making a donation  
Please contact Daniel Clapin**

**The Perley and Rideau  
Veterans' Health Centre Foundation  
1750 Russell Road, Ottawa ON K1G 5Z6  
Email: [dclapin@prvhc.com](mailto:dclapin@prvhc.com)  
Internet: [www.prvhc.com](http://www.prvhc.com)  
613-526-7194**

# Tickets for 11<sup>th</sup> annual Night at the Races now on sale!

**B**et you can't resist buying a ticket for the 11<sup>th</sup> annual Night at the Races on Friday, May 4!

The Night at the Races fundraiser for the Perley and Rideau Veteran's Health Centre Foundation sells out quickly and patrons are advised to snap up those tickets.

This popular event held at the Rideau Carleton Raceway has raised more than \$250,000 for the Foundation since its inception in 2002. The 425 tickets sell out every year and the Foundation hopes to secure even more tables for May 4. Rideau Carleton Raceway features standardbred harness horse racing at 4837 Albion Road in Ottawa.



**ELEVEN TIMES LUCKY:** The 11<sup>th</sup> annual Night at the Races will kick off on Friday, May 4 at the Rideau Carleton Raceway. Get your tickets now to avoid disappointment.

Legendary volunteer fundraiser Wally Parsons has been the driving force behind Night at the Races since it began a decade ago. He says the event attracts many people who like to participate in the robust silent auction, 50/50 draws and camaraderie.

"Many people attend Night at the Races year in and year out," said Parsons. "They often tell me that it's one of their favourite social functions

of the season. This unique fundraising event has no formal ceremony or speeches, so people feel free to move round and socialize as they please. We used to wonder if the lack of ceremony would work against us, but we quickly learned that people really enjoy a relaxed and casual format on a Friday night."

Last year's 10<sup>th</sup> annual Night at the Races was the swan song for out-going Foundation Managing Director Paul Finn. It was also an official introduction for in-coming Managing Director Daniel Clapin. Now with a year at the Foundation helm, Clapin is looking forward to hosting the event for 2012.

"It is wonderful to inherit a successful fundraising evening that runs like a well-oiled machine," says Clapin. "Wally Parsons and his committee really know how to show donors a good time at Rideau Carleton Raceway. I am pleased to lend my own energy and ideas this year and beyond. Watching everyone enjoy themselves makes it all worthwhile. The Foundation is very grateful to our funding sponsors, local businesses and individuals who give generously to the silent auction and draws."

The event is once again organized by Parson's committee comprised of Catherine Mullen and Henry Schroder, as well as Clapin and his Foundation assistant, Sherri Coates. The evening's format includes reserved seating for ticket holders that allows friends and family to sit together. Festivities start at 6 p.m. and free parking and valet parking are available. Premier funding sponsors are Sysco Canada, Nestles Vitality, Family Physiotherapy Centre, Helix Hearing Care Centre and Coughlin and Associates Ltd.

The ticket price of \$60 has not increased in 11 years, and it includes the raceway's all-you-can-eat buffet, a racing program, reserved seating, a \$2 race ticket and \$5 coupon for the slot machines. Guests must be 19 or over and are reminded to bring government-issued photo identification for wagering. Guests aged 19-25 should have two photo IDs. Ticket holders will



also be given a \$25 tax receipt.

“We think this is great value for a night out,” says Parsons. “Where else can you enjoy great food, silent auctions, raffles, draws, harness racing, slot machines, and give to an important charity at the same time? The Foundation has a winning combination with Night at the Races, and the number of people who keep coming back

is a testament to how much fun this evening has to offer.”

To purchase tickets, please come to the Perley Rideau Foundation office, or call us at 613-526-7173, or email us at: scoates@prvhc.com. Or, send a cheque to the Perley Rideau Foundation, 1750 Russell Road, Ottawa ON, K1G 5Z6. See you there! **BU**

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## Perley Rideau Foundation takes stock ... *continued from page 3*

“Everywhere I went, I saw plaques, paintings, prints and a wide variety of objects contributed by organizations, private donors, residents, ex-residents, volunteers, families and friends,” he adds. “There were numerous items that had obviously been donated, but unfortunately the identifying plaque was missing. I visited every residence and common area. I took a survey of each item and from this raw data I developed a database that included information such as the donor, a description, any inscription, and a photograph. In all, I catalogued more than 270 different donations of all shapes and sizes.”

### Counting plaques

Prior to establishing the current health centre in the mid-'90s, a major fundraising effort garnered numerous donations that are acknowledged on plaques in many of the public areas. Donations included the three walkways to the residential areas, the cafeteria, dining rooms, kitchens, and the gardens outside. In addition, many of the individual resident's rooms bear plaques identifying donors at the time of construction of the Russell Road facility. Since that time, many other common facilities have been donated or upgraded. Rathwell notes that the furnishings of many of the lounges in the residences have been donated by individuals, groups or foundations. Numerous plaques throughout the health centre bear the names of regional branches of the Royal Canadian Legion.

“Many of the specialized Perley Rideau amenities have received financial contributions from donors,” explains Rathwell. “These include

the creative arts studio, library, computer room, physiotherapy room, smoking room, boardroom, and a mini-putting green. The creative arts studio has been the beneficiary of a tremendous amount of support in the form of both tools and materials. The two model airplanes that fly over the cafeteria were donated to support the creative arts programs.”

Rathwell's inventory also revealed the wide range of entertainment equipment and memorabilia donations. The Pub and the games room are rife with stereo equipment, sound systems, a shuffleboard table and a large-scale cribbage board to help residents enjoy their twilight years. An aircraft propeller, a ship's wheel and an excellent collection of horse brass were also donated to help remind resident veterans of their colourful past.

Daniel Clapin says Rathwell is representative of former Canadian Forces members who demonstrate their ongoing loyalty by volunteering at Perley Rideau.

“Lacey did such a great job because he cares about the brave men and women who blazed trails in serving their country,” say Clapin. “We are so fortunate to have a younger generation of navy, army and air force personnel come to us to help. Their experience in the forces is invaluable because they walk in the door with finely tuned organizational skills and selfless dedication. It is a daily pleasure to work with people like Lacey Rathwell and those who volunteer on our boards, our committees, and throughout the health centre. They help to define who we are. **BU**

# Corporal Tamar Fortier – The feisty nurse who made it in a man’s world

By Brant Scott

Swimming upstream is hard. But swimming downstream would have been even harder for Tamar Fortier because she doesn’t just go with the flow. Her tough resolve was forged on the plains of Saskatchewan as a child. Her mother was a registered nurse who lived a life of women’s rights advocacy. Tamar took those lessons to heart when Royal Canadian Air Force recruiters challenged her to put her novice nursing skills to good use in 1942. When 18-year-old Tamar returned home and told her mother she signed on as a hospital assistant, her mother said simply, “Don’t do anything I wouldn’t do.”

Now in her 89<sup>th</sup> year, Tamar is the same dynamic woman who knows how to get the job done. She has been a resident at the Perley and Rideau Veterans’ Health Centre for a year and visits daily with her husband, Jack, who lives on the floor below. Tamar and her walker also beat a path each day to the Perley Rideau arts and crafts studio where she loves to paint and create clay sculptures. She isn’t all that fond of her own expressionist cityscape painting that hangs over her bed, but the skyline draped in a star-studded night sky draws compliments from everyone else. The perfectionist who spent a lifetime nursing others to health lives on.

“I was eight months into my nursing course in Yorkton, Saskatchewan when the hospital superintendent accused me of sneaking cigarettes on the roof of the nurses’ residence,” recalls Tamar. “I told her I did no such thing and she said I was lying. Well, that was it. I told her, “go

to hell and take this hospital with you.’ I was 18 and free as a bird, so I joined the Air Force and went up the ranks to Corporal. That was pretty far for a hospital assistant. From Belleville, Ontario, I went to work in Edmonton for the Northwest Air Command.

“The Japanese were sniffing around the Aleutian Islands in Alaska and we saw the remnants of big paper balloons they would float our way with detonation devices in them,” she adds. “I worked



## PRAIRIE NURSE:

Tamar Fortier provided nursing care for the boys who came home after the war. She is a frequent visitor in the Perley Rideau arts and crafts studio.



Brant Scott photo

in an Air Force surgical and isolation hospital. We did all the work and the men did the rest. We watched over the Alaska Highway, practised blackouts and wartime procedures because it looked like the Japanese were going to bring the war to us. But the American atomic bombs in Japan ended all that.”

When the war was over, Tamar worked in a Regina release centre checking armed forces personnel returning to civilian life. Growing weary of endless days of Wassermann tests (for syphilis) and urinalysis reporting, she wanted more. After she left the air force, her mother took the initiative to send an application on Tamar's behalf for more training in McKellar Hospital in Fort William (now Thunder Bay). By 1949, Tamar graduated from nursing as an honours student at the top of her class and was the recipient of a doctors' award for operating room performance. She would soon meet Jack, who was himself an airman and well on his way to becoming an electrical engineer. They have been married more than 60 years and have two grown children and four grandchildren.

Tamar returned to the operating room – this time as a cancer patient for complex surgery in September 2010. She endured five very difficult months in hospital and is still in the process of bouncing back. She credits the Perley Rideau arts and crafts instructors as playing a pivotal role in her recovery.

“The program and instructors are absolutely marvellous,” she says. “There are a lot of residents here who are doing things they are really proud of. I see people who never seem to do anything, but I think it's very important to keep busy. It makes all the difference.”

The generosity of Perley Rideau Foundation donors provides \$135,000 annually to sustain the arts and crafts programs and provide professional instructors to assist and inspire residents. [BU](#)

## CANADA'S QUILT OF REMEMBRANCE DAY



**GIFT TO PERLEY RIDEAU VETERANS:** Sherri Herriot (left) and Jane Guthrie spent many hours creating this beautiful quilt that will soon call the Perley Rideau home. It was designed by Robert and Pam Bono to honour veterans in North America. The quilt is being completed by the Thousand Islands Quilters Guild and is officially recognized by the Royal Canadian Legion Dominion Command Poppy and Remembrance Committee as “Canada's Quilt of Remembrance Day.”



# The Perley and Rideau Veterans' Health Centre Foundation

**Perley Rideau  
Foundation**

## Memorial Tributes

December 2, 2011 to March 26, 2012

**Honour someone special with a donation to  
The Perley and Rideau Veterans' Health Centre**

Connie Armstrong • Glen Ashdown • Sidney Baldwin  
Freda Barriault • W.P. Baskerville • Vivian Blaine  
A.W. Orville Blouin • William Blyth • Aileen Brenckmann  
Raymond Brennan • Walter Byers • John Cappiello  
Francis Carr • Joseph Cotterill • Beryl Cunningham  
Jeanne Cyr • Leo Ducharme • Marcelle Duval  
Hugette Fillion • Douglas Fraser • Gerald Grace  
John Grinnell • Dalton Hitsman • Thomas Hogg  
Helen Hyde • Willard James • Joe Kirby • Roy Laberge  
Lucien Lacoste • Claire Larochelle • Owen Lewis  
Joseph MacDonald • Laura MacLeod • Helen Maxwell  
James McKinnett • Joseph Mecdwick • Alvin Munroe  
Donald Newton • Sheila Nicholls • Bernadette Nixon  
Leslie LaMonte Palmer • Yvonne Parent • Jean Riffou  
Maurice Saulnier • Charles Sauve • Jaqueline Sauve  
Fred Scammell • William Scharf • Joe Schulz  
William Shrubsole • Hubert J. Snow  
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Harold Vachon • Emmanuel Vanasse • Herman Wagner  
Amy Wallis • James Wallis • Geoffrey Webb  
E. Bruce Wellman • Marie Wiebe  
Allan Wilmot • Harold Wright

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

The Perley and Rideau Veterans' Health Centre is a 450-bed long-term care home with 250 beds designated for veterans

**Greg Fougère**  
Health Centre  
Chief Executive Officer

**Peter Strum**  
Health Centre Board Chairman

**Daniel G. Clapin**  
Foundation Managing Director

**Ray Desjardins**  
Foundation Board Chairman

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