

# Honour and Care

Fall 2023

## Honour Bound

Peter McKinnon

At age 94, Sheridan “Pat” Patterson enjoys a relatively quiet, simple life these days at Perley Health. He loves to paint, sculpt and work in wood in the studio. Every Friday, son Kevin takes him out to lunch—“he always enjoys a Guinness,” says Kevin—and takes him home for Sunday dinner. Older son Mike reads to his father over the phone for an hour or more every evening. All are fitting honours for a man who devoted his life to his country and his family.

Born in 1929 on a farm near Burke’s Falls, Ontario, Pat grew up poor. His mother died when he was just a child. Soon after this tragedy, the family’s barn burned to the ground and the farm went bankrupt. His father’s blacksmithing skills landed him a job at a remote lumber camp, but it was no place for a boy. Pat moved in with an aunt in Toronto, but struggled to fit in. After grade 10, he worked a year in the lumber camp that employed his father. One winter of sawing down trees made him recognize that his future lay elsewhere. In 1946, Pat enlisted and began a long, distinguished career in the Canadian Armed Forces.

**Sheridan “Pat” Patterson and his son Kevin Patterson at Remembrance Day 2022.**

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**Perley  
Health**  
Foundation

# Honour Bound

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When the Korean War broke out, Pat was posted to Camp Petawawa (later Canadian Forces Base Petawawa). Eager to see action, Pat volunteered for the 25th Canadian Infantry Brigade and was sent for intensive training to Fort Lewis, a United States Army base. In his testimony for The Memory Project, Pat spoke highly of the experience.

“Our squadron commander was a decorated soldier from the Second World War. It’s to these guys—our training there—that I give credit to, that held our casualties to a very low level during the war.”

The Korean War pitted the communist north—supported by the Soviet Union and China—against the capitalist south—supported by 21 countries, including the United States and Canada. The war raged for three years before an armistice ended active fighting in 1953. Of the more than 8,000 Canadians who saw action during the fighting, more than 500 died.

Pat served 18 months in Korea, mostly in a tank as a radio operator and gunner, and saw action at several important battles, including The Hook, and Hills 187, 159 and 355. During his second tour, Pat contracted malaria and was sent back to Canada, where he quickly learned that the Korean War was little known outside of military families.

“Nobody came to meet the train on the way home, even in Calgary,” Pat told The Memory Project. “It seemed that nobody knew there was a bloody war on.”

Over time, the Korean War became known as “the forgotten war,” largely because it occurred soon after the Second World War and was considered part of the larger Cold War. Yet during his 18 months of active service, Pat saw far more action than most Canadian soldiers did during the Second World War. For years afterwards, Pat did his utmost to promote remembrance of the sacrifices made and served as national president of the Korea Veterans’ Association.



**Sheridan shows off some of his artwork featured in the exhibit, *Wingspan* at the the Ottawa Art Gallery**

Back in Canada, Pat hoped to settle down and soon landed a job with Canadian National Railway near North Bay, Ontario. The Canadian Forces had other plans for him, though, and posted him to Lord Strathcona’s Horse (Royal Canadians) based in Calgary. As luck would have it, though, the posting led him to settle down both professionally and personally.

Pat’s uncle and aunt lived in Calgary, and provided room and board to working women. When Pat needed a date for a regimental function one evening, his aunt suggested one of their boarders. Gwen Towriss had also grown up on a farm and had come to Calgary to work for the federal government. The two hit it off and married in 1955. Together, they raised two sons: Mike and Kevin. Together, they experienced the peripatetic lifestyle common to military families; during Pat’s 31-year military career, they moved 19 times, including two stints in Europe.

“My parents were determined to give us the childhood they never had,” says Kevin. “Growing up on farms during the Depression, they both had hardscrabble lives. And neither of them really knew their mother; my mother’s mother died giving birth to her.”

The family enjoyed countless camping trips. During the years Pat was posted to Germany, the family camped all across Europe.

“I recall travelling nearly every weekend,” recalls Kevin, “lots of wonderful, warm memories. After I grew up and recognized how little my dad earned, I wondered how they afforded it all. Our trips were never fancy, though; it was more about exploring new places as a family.”

Both sons followed their father’s footsteps and enjoyed lengthy careers in the Canadian Forces. Kevin was only 17 when he decided to enlist, although his father initially refused to grant the required permission.

“He relented when I told him that I’d sign up on my 18th birthday anyway,” says Kevin. “So he signed the form and wished me good luck.”

Mike enlisted at age 19. Between the three of them, they amassed more than 100 years of service. All three were named Members of the Order of Military Merit, established in 1972 to recognize conspicuous merit and exceptional service.

Once the boys were grown, Gwen returned to the workforce in a series of clerical jobs. After retiring from the Canadian Forces, Pat worked more than a decade for the Royal Canadian Army Cadets. With roots stretching back to the drill associations established in the 1860s, the Cadets program predates Canada. Pat had to re-classify as a reservist, but loved sharing his passion for military service with young people.

When the time came to retire for good, Gwen and Pat settled in Nanaimo, British Columbia. Long-time friends lived nearby and the couple had had enough of the harsh winters they’d experienced elsewhere in Canada. Advanced age eventually caught up with them, however. Pat began to experience dementia and Gwen spent more and more time caring for him. Mike and Kevin encouraged them to move into a retirement home, where life would be a little easier, but they



### ■ Sheridan at work in the art studio

refused. In 2020, Gwen died suddenly at home and Pat split his time between Mike’s family in Chilliwack, BC and Kevin’s family in Ottawa until Pat found a new home that met his needs.

“I had known about Perley Health for a long time, but had never visited,” says Kevin. “During the years I was posted to Petawawa, we would send soldiers to the Perley for Remembrance Day ceremonies. We knew it would be the best place for dad.”

Pat moved into Perley Health during the pandemic, which made the transition particularly difficult.

“He’s discovered a passion for arts and crafts,” says Kevin, “and he also benefits from the excellent Veteran presence at Perley Health. Every year, the Korean Embassy hosts a dinner for residents who served during the war and sends presents at Christmas. I know that these honours mean a lot to Dad.”

# Thank You for Your Trust and Support



Thanks to the generosity of donors, our Answering the Call Campaign has succeeded in raising more than \$10 million to advance innovation and excellence in the care of Seniors and Veterans living with frailty. Because of strong support, older adults across Canada will be able to live life to the fullest throughout the aging process. I am incredibly grateful for donors—like you—who believe in our mission.

While many factors contributed to the Campaign's success, the exceptional leadership provided by Campaign Cabinet Co-Chairs John Jarvis and Micheal Burch was particularly important. Their passion, dedication and professionalism enabled us to attract donors who were previously unfamiliar with the critical role Perley Health can play in transforming care for Seniors and Veterans.

Donors were inspired to Answer the Call by Perley Health's sound, multi-faceted strategy to address a looming crisis that involves both demographics and current approaches to the care of older adults. Within the next 25 years, the number of Canadians aged 85 and older will triple to approximately 2.5 million people. Without new approaches to the care for seniors living with frailty, this surge threatens to overwhelm healthcare and long-term care systems across the country. Donors recognize that new approaches are needed and that Perley Health has all the elements needed to develop and disseminate effective solutions.

For decades, strong support from donors and volunteers has enabled Perley Health to deliver exceptional care. The care team has continually developed and implemented innovative solutions to the community's emerging challenges. These successes have helped to attract excellent staff and a long list of partners, further driving innovation. Today, Perley Health is a centre for research, education and best practices in care. Donors who Answered the Call accelerate this

cycle of innovation and ensure that the benefits ripple across Canada.

Our supporters fund the research, education and practical improvements in care needed to protect the health and well-being of Seniors and Veterans, and to prevent the crisis from taking shape. The strategy is based on three complementary pillars: rapidly advance the care of Seniors and Veterans living with frailty through applied research and innovation; transfer relevant knowledge and lessons learned so that evidence-based best practices are implemented broadly at the bedside; and continuously improve the quality of care that Perley Health provides to Seniors and Veterans.

Among the strategy's key goals is to shorten the amount of time it takes to translate research findings into practical improvements in care that can be readily implemented. Currently, this process takes 17 to 20 years. Perley Health's knowledge-translation team is using implementation science to reduce this time to only three years.

The response from the community has been nothing short of phenomenal. And while the demographic trend persists, Canada is now better equipped than ever before to meet the crisis it engenders. The Centre of Excellence continues to expand its research agenda, to publish studies in a growing number of peer-reviewed journals, and to translate knowledge effectively. And Perley Health continues to push the envelope in the care of Seniors and Veterans.

None of this is possible without the ongoing support of donors. Together, we are transforming care for Veterans and Seniors. Thank you.

Delphine Haslé, CFRE  
Granddaughter, Donor, Executive Director



Answering  
**THE CALL**

When we called for support in transforming Seniors and Veterans care, our community answered.

Thank you to donors from every corner of our communities for sharing our vision of transforming care for older adults living with frailty. Because of your generosity, we are working toward changing the way care is delivered to older Canadians through

- Applied Research & Innovation
- Education & Knowledge Sharing
- Exceptional Care



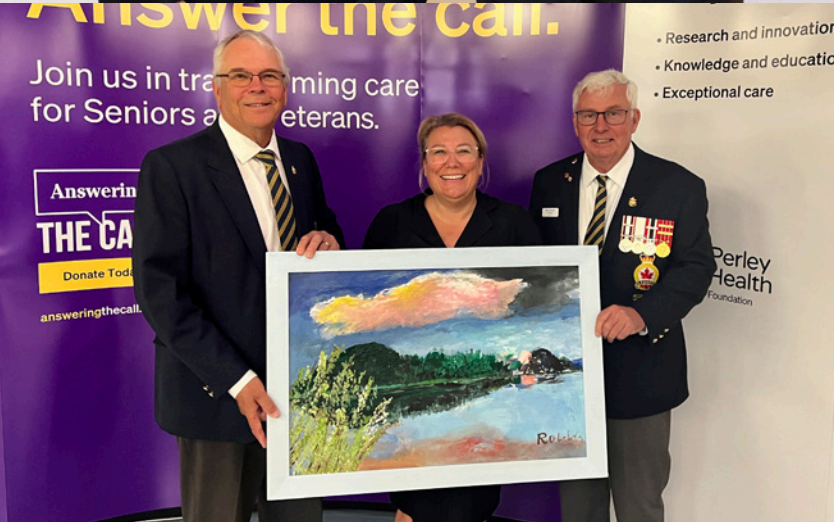
Thank you for **Answering the Call**, the largest fundraising campaign in our history. You can still be part of our campaign by visiting [answeringthecall.care](https://answeringthecall.care)



# Ongoing support from the Royal Canadian Legion

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





To book a tour or learn more – contact Courtney Rock  
[crock@perleyhealth.ca](mailto:crock@perleyhealth.ca) or 613.526.7170 x 7177

# It takes a comm





# unity

If you would like to organize an event with proceeds benefiting Perley Health, please contact  
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Victoria and her family along with Recreation and Creative Arts Studio Lead, Ross Imerie.

## Victoria's 11<sup>th</sup>

In place of presents for her 11<sup>th</sup> birthday, Victoria Collin decided that she would like to raise money for the Perley Health Foundation, as a way to help her Grampie, Harold Miller, career RCAF, who moved to the Perley in January 2023. Before his health declined, Harold was an avid wood worker who could design and build anything he set his mind to, including beautiful wooden aircraft models for his grandchildren. He has been enjoying his time in the Perley woodworking studio. Victoria raised \$500, which she presented as a contribution to the Creative Arts Program. With her Grammie, Elsie Miller (RCAF Veteran) living in the Perley Health Senior Living Apartments, and her Grandpa Arthur Collin a former Chairman of the Perley Board of Directors, the family connections to Perley Health are strong. Victoria loves drawing and painting, and is thrilled that her donation will help to support the creative arts for residents.

# Building Bridges

Heather MacLeod is fired up about her new job as the Centre of Excellence's (CoE) Knowledge Translation Specialist.

"In this role, I'll be able to apply everything I've learned—and continue to learn—about improving quality of life for Seniors and Veterans living with frailty," she says.

Prior to joining the CoE, Heather worked with the Regional Geriatric Program of Eastern Ontario for more than two decades in a variety of roles. As a geriatric assessor for 15 years, she met one-on-one with seniors to identify and implement ways to maximize their quality of life. As team leader for six years, she supervised other assessors and shared what she'd learned. She then served as knowledge translation specialist for 18 months, training clinicians and implementing best practices to provide better care both locally and provincially.

"Unfortunately, ageism is so rampant in our society that most of the seniors I worked with had internalized it," she says. "Many mistakenly believed that their quality of life should diminish simply because of advancing age. But there's no reason to think that way and there's more and more evidence to prove it."

Heather's new role involves knowledge mobilization, a relatively new but rapidly growing and increasingly important discipline. Knowledge mobilization aims to ensure that relevant information and research lead to better practices and policies. The surest way to improve the health and well-being of Veterans and Seniors living with frailty is to broadly implement evidence-based best practices in care. To achieve this goal, Heather must establish and strengthen the links between research and practice.

"In the field of medicine, these links are well-established," she says. "Once a surgical procedure or drug regimen is proven to inspire better health outcomes, for instance, it's widely shared among doctors, and patients benefit. When it comes to the care of people living with frailty, however, the links are few and far between."

Heather has both the practical and academic credentials needed to succeed. She earned a Master's degree in Occupational Therapy, two Bachelor of Science degrees and is currently working toward a doctorate in health leadership and rehabilitation.

"Heather's knowledge, experience and passion really set her apart from the other candidates we considered," says CoE Director Danielle Sinden. "We're delighted to have her here."

Heather recognizes that thanks to donors the CoE and Perley Health have all the elements needed to make a tangible difference in the care of Canada's rapidly growing population of Veterans and Seniors living with frailty.

"Perley Health values and supports innovation, and benefits from strong donor support," she says. "Improving people's day-to-lives has always inspired me in my work. I feel that this is exactly where I need to be at this point in my life."



**Heather MacLeod, OT  
Reg. (Ont.),  
DSc (candidate)**

**Knowledge Translation  
Specialist**

# A Spirit of Generosity

Charles Zinck, who passed away in 2017, possessed a rare combination of selflessness, joy and compassion. To commemorate this spirit—and to honour his gift-in-will to the Answering the Call Campaign—the Zinck name will forever be linked to the first floor clinic.

To those who knew him, Charles' gift-in-will came as no surprise. After a career in the Canadian Forces, including combat action during the Korean War, he and his beloved wife Irene spent their final years at Perley Health. During this time, Charles maintained a busy schedule of sculpting, singing, painting and more.

"I've never felt so good in my life," Charles often said with a wry smile. "I just wish I would walk so I could get there faster."

Born in 1930 and orphaned in childhood, Charles was raised by his widowed grandmother. In his teens, he signed up for the Reserves. At age 19, Charles enlisted and was soon posted to Korea. The Korean War began in 1950 and active combat continued for three years. More than 500 of the 8,000 Canadians who saw action died in combat. Charles served behind the front lines, maintaining supplies and large artillery.

After the War, Charles continued his military career at Canadian Forces Base Rivers, near Brandon, Manitoba. His Aunt Sylvia, with whom he had grown up, lived there. One evening, Sylvia asked Charles to chaperone a young woman by the name of Irene Harris.

"That first night we just played cribbage," recalled Charles. "Irene was the quietest woman I'd ever met."

The two soon fell in love and married—a union that would last 62 years. They lived on a series of military bases and spent two years in Germany. After retiring, Charles served as a Commissionaire for several years.

As advanced age and illness caught up with the couple, they moved into Perley Health, where Irene passed away in her 90th year. Although confined to a wheelchair, Charles continued to keep as busy as possible.

"The Perley has been so good to us," he said, "we're proud to leave the Foundation something in our will."

Established several years ago, the clinic provides a growing range of therapeutic services to residents, tenants and the general public.



**Charles Zinck shares a laugh with Art Instructor Darlene Keffer in 2014**

# Strong Support, Continued Progress



Thank you for Answering the Call! Work is well underway on several projects that support Perley Health's goal of transforming care for Seniors and Veterans.

In June, our Centre of Excellence in Frailty-Informed Care™ hosted a unique international conference. The one-day event focused on the experiences, perspectives and needs of non-professional caregivers. This group, largely comprised of family members, plays an increasingly important role in care, yet is rarely studied and consulted. The conference presented the latest relevant research and featured a groundbreaking panel discussion involving international researchers and non-professional caregivers. The Perley Health community was well represented both on the panel and in the audience.

According to a recent study by Ontario Caregiver Organization, non-professional caregivers already deliver up to 75% of all patient care. Given this reality, a sound understanding of non-professional caregivers is essential to transforming care for Seniors and Veterans. The audience included representatives of more than 20 care and research organizations, including The Council on Aging of Ottawa, Regional Geriatric Program of Eastern Ontario and Canadian Institute for Health Information. The conference—the first hosted by the Centre of Excellence—was a huge success.

Another innovative project underway involves onsite intergenerational programming. This project is the product of our partnership with Andrew Fleck Children's Services. Overseeing the project is a steering committee comprised of staff of both partner organizations, along with parents, and Perley Health tenants and their families. The project could well establish a template for similar programs across Canada.

In recent months, the partners have piloted the concept through a series of playgroups, under the guidance and supervision of an Early Childhood Educator and Personal Support Worker. Lessons learned from the pilot are informing

the design and development of both the space and its programming. Our Centre of Excellence is conducting a pilot evaluation to explore the experience of participants. Feedback gathered through the evaluation will identify strengths of the program and areas for improvement.

A third innovative project features a partnership with the Public Health Agency of Canada (PHAC) and aims to address antimicrobial resistance, a growing problem among seniors. As many people recognize, excessive use of antibiotics and antifungals can lead to infections for which there is no effective treatment. Healthcare providers often prescribe antibiotics when they suspect a patient has a UTI (urinary-tract infection). Research has shown, however, that many seniors are prescribed antibiotics even when neither a UTI nor any of the associated symptoms are present. To combat the problem, PHAC invited Perley Health to partner on a quality-improvement project that involves essential care providers—typically family members. Under the project, essential care providers receive information and guidance about effective non-medicinal strategies—ways to prevent UTIs. The Centre of Excellence is tracking the impacts of the project and will share the results widely.

Ongoing donor support makes it possible for Perley Health to develop and share innovations in care, and to conduct and partner in practical research. This enables other care organizations to implement the best practices and models that make a tangible difference in the lives of Veterans and Seniors across Canada. Donors Answering the Call enables—and inspires—Perley Health to transform care. Thank you!

Akos Hoffer,  
CEO, Perley Health

# Do you know a **Champion of Care?**

If you would like to give thanks to a staff or volunteer for the exceptional care you've witnessed or received at Perley Health you can honour them as a Champion of Care.

**Donate to recognize someone today**  
[PerleyHealthFoundation.ca/champions-care](https://PerleyHealthFoundation.ca/champions-care)  
or phone or visit the Foundation office.



Champions will receive a custom-designed pin along with your personalized message about how they made a difference. The donation amount will remain confidential.



**care**

# Immaculata Students Show they Care



A special program at Immaculata High School has benefited both students and Perley Health residents. The Caring for Others program provides students opportunities to explore potential careers in a variety of disciplines including the wide variety of career opportunities in long-term care. Throughout the semester, students would visit Perley Health during their class and spend time visiting with individual residents and helping with Bingo. The class looked for additional ways to give back and organized a series of in-school fundraising events, donating \$860 to the Foundation so that more over-bed tables could be purchased for resident rooms. A need many of the students had noticed.

“The moments we shared, the laughs, the tears and the priceless lessons will forever hold a special place in my heart,” says Immaculata student Ghdeer Thageel. “I learned that age is not an obstacle to love, friendship and compassion. The residents taught me the importance of being present, cherishing every interaction, and valuing the stories that shape who we are.”

“This is the best way to keep me young,” says Perley Health resident Paul Anderson. “It is important for all older people to spend time with the young ones, particularly for our attitudes as we can better understand the perspective of this generation.”

# Tribute Donations

February 2023 – October 2023

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Publications Mail Agreement No. 40069406

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

**Louise Mercier**  
Foundation Board Chair

**Delphine Haslé**  
Foundation Executive Director

**Margaret Tansey**  
Perley Health Board Chair

**Akos Hoffer**  
Perley Health Chief Executive Officer

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

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**Design/Layout:** Tom Lilly

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