



Spring 2016

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

Between Us

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



Jessie Chenevert in her room at the Perley Rideau

BU Contents

- 3** Daniel Clapin column
- 6** Akos Hoffer column
- 7** HMCS Ottawa
- 12** Lorine Clement
- 14** Charity Run Challenge
- 15** Night at the Races, Priority Needs
- 16** Memorial Tribute

Perley Rideau
Foundation

A Cut Above

By Peter McKinnon

Jessie Chenevert (née Urquhart) epitomizes the so-called greatest generation. Born and raised in Ottawa's Glebe neighbourhood, she grew up during the Depression, served as a nurse on the frontlines of the Korean War and later rose to the top ranks of Canada's medical corps. Along the way, she overcame more than her fair share of adversity with the optimistic good cheer that she continues to exude in her 90s. Calm, bright and unrelentingly positive, she has that rare gift of putting those around her immediately at ease.

Both of Jessie's parents passed away before she had finished high school.

"With no parents, I knew that I had better start a career," she says. "I always wanted to be a nurse—I'm not sure why. But because I had attended the High School of Commerce, I wasn't eligible to enter the nursing program at the Civic Hospital."

The eligibility requirements at the Civic included high school Latin and chemistry—courses not taught at Commerce. Undaunted, Jessie found another hospital that would accept her: in Brockville, Ontario, where older

See page 4

Aunt Edna's Generosity Lives On

By Peter McKinnon

Edna Rintoul (née Hodgins) was a unique woman who devoted much of her life to helping others despite having to overcome significant personal adversity. She lost three husbands to disease, yet somehow managed to maintain a positive outlook on life until passing away in her 92nd year. In a final act of kindness, she prepared a will that donated a large portion of her estate to a few charities, including more than \$176,000 to The Perley and Rideau Veterans' Health Centre Foundation.

"Aunt Edna—as I called her—was always thoughtful," says niece Marion Workman. "When I was



See page 2

Aunt Edna's Generosity ... continued from page 1

a child, there was always great excitement when she came home from her city job for weekends, in part because she always had little presents for all of us, like candy or mittens. That's the kind of person she was all of her life."

Edna and Marion remained quite close—in fact, Edna moved into the same condominium building as Marion a few months before she passed away. Another sign of just how close they were was Edna's decision to name Marion co-executor of her estate, along with Delmer Draper, one of Edna's nephews.

"Edna didn't talk about her will, but I'm not surprised that she would be so generous with her estate," says Delmer Draper. "Donating to charity like this is a wonderful legacy because the money supports other acts of kindness—it's a way to ensure that her spirit lives on."

Born in 1923 to Hannah (née Barber) and W. David (Spring Dave) Hodgins near Shawville, Quebec, Edna enjoyed a long and successful career with Statistics Canada. In 1978, her work and volunteerism earned her a Queen Elizabeth II Silver Jubilee medal. She was also an active member of the Ladies' Orange Lodge Benevolent Association (Harmony lodge #305), organizing and participating in a long list of fundraising events, including bazaars and bake sales—"she made the best fruitcake I've ever tasted," says Delmer Draper. Edna was named an honorary member of both the Ontario East Provincial Ladies Orange Lodge

and the Ladies Orange Lodge of Canada.

In 1970, Edna married James Rintoul, a long-time friend and colleague; he passed away in 1973. In 1991, she reconnected with an old friend—Lyman

feel like she needed kids of her own."

As part of a long recovery from surgery, Marion's husband Ron spent time convalescing at the Perley and Rideau, where he received exceptional care. Marion



Hodgins family portrait, 1955, with Edna on the far left.

Boyd—and the two married in 1992. Three days short of their first anniversary, Lyman passed away. In 1997, Edna married Donald Smith and they enjoyed a decade of happiness together before he too passed away.

"There's no doubt that she had a great deal of grief in her life," says Marion Workman. "I think that focusing on her volunteer work and on her extended family helped her stay positive. She often said to us that she felt like the luckiest woman in the world to have so many wonderful nieces and nephews and that she didn't

believe that the experience likely inspired Edna to bequeath a significant amount to the Perley Rideau Foundation, which funds many of the so-called extras that contribute to the exceptional quality of care delivered there. It was a decision true to Edna's no-nonsense approach to life—if a job's worth doing, it's worth doing well.

"Being an executor is not an easy job," says Marion. "But knowing that so many others will benefit from Aunt Edna's generosity made it much easier."

BU

Dated Nurse-Call System Threatens Quality of Care

www.perleyrideau.ca

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

The Perley and Rideau Veterans' Health Centre stands apart from other residences due to two factors: its population of former servicemen and servicewomen, and its strong track record for continuous improvement in quality of care. While the first factor is destined to remain in place for many years, the second factor is under threat from an antiquated nurse-call system.

A nurse-call system is a communications network that connects residents with caregivers; in many ways, it is the lifeblood of a facility such as ours because it enables the delivery of timely, effective care. The current system, however, is more than 20 years old—other than a few repairs, it hasn't changed since the Perley and Rideau opened in 1996. Communications technologies, demographics and seniors' care have all changed considerably, in the past two decades, of course. Imagine what would happen if you were forced to rely on a 20-year old cellphone or computer!

When a resident calls for help of any kind using the current system, a light begins to flash in the hallway outside the room and a bell begins to chime; both continue until a caregiver manually resets the system. The system doesn't distinguish between the type of assistance requested—it could be anything from a medical emergency to

a pen that has rolled under the bed. The result is all too familiar to residents and visitors alike: a near-constant ringing of bells and flashing of lights along most hallways. It is not only disruptive to other residents, but also leads to alarm fatigue in staff and decreases overall quality of care.

A modern system would increase efficiency and improve quality of care. It would also make it much easier for the Perley Rideau to gather and report the information on care required by the Ontario Minister of Health and Long-Term Care. Most modern systems track key information and generate custom reports, freeing staff to focus on what they do best: providing one-on-one care to residents.

The antiquated nurse-call system frustrates residents, staff and stakeholders alike because it undermines our commitment to continuous improvement—an essential part of our identity. The Perley Rideau is now a Seniors Village and offers the full range of care options, from independent and assisted living to secure dementia environments and convalescent care. We were the first in Canada to designate 30 percent of our independent and assisted-living apartments for Canadian Armed Forces members.

In 2007, we became the first in Eastern Ontario to open a multi-bed respite-care facility (Guest

House) for people with early- to mid-stage dementia. And we continue to pioneer and deliver state-of-the-art care.

The Perley Rideau Foundation has committed to contributing a minimum of \$300,000 toward the cost of a new nurse-call system. The final cost of the new system will be much more than \$300,000, though. For this reason, the Perley Rideau Foundation is hoping to find a generous donor (or donors) willing to support our commitment to continuous improvement and to providing the best possible quality of care. If you're that donor, please contact me for a confidential consultation.

Daniel Clapin
613-526-7194 (direct line)

The Perley Rideau Seniors Village is comprised of a 450-bed long-term care centre (including 250 beds for veterans), 139 specially designed seniors apartments and community health care services.

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
Internet: www.perleyrideau.ca
Capital Campaign:
www.buildingchoices.ca
613-526-7194



Jessie and Alan Chenevert, late 1970s

brother Bob served in the Army. Upon graduation, she accepted a job at a private hospital in Kapuskasing, more than 900 kilometres north of Brockville.

A company town, Kapuskasing was home to Spruce Falls Power and Paper, principal supplier of newsprint to the New York Times for many decades. Jessie loved it but decided to further her career by studying obstetrical nursing in Providence, Rhode Island. That led to a job at the Civic Hospital back home in Ottawa. Before long, however, Kapuskasing lured her back for another two-year stint.

The outbreak of the Korean war—combined with her brother's decision to go on active service there—took Jessie's life in an entirely new direction.

"I was worried about my brother, so I decided to enlist, as well," says Jessie. "So in May 1953, I was one of five Canadian nurses to board a transpacific flight from Vancouver to Japan. It was incredibly exciting."

A total of 60 Canadian nurses—then known as Nursing Sisters—served in Korea and Japan with the Royal Canadian Army Medical Corps. Another 40

served in the Royal Canadian Air Force during and immediately after the war as flight nurses for medical evacuations. Jessie Chenevert's war service involved two settings: a 400-bed British hospital in Kure, Japan and a field dressing station (FDS) halfway between the frontlines and Seoul. Kure, located about 25 kilometres from Hiroshima, is a port city and shipbuilding centre.

Working in Korea proved to be much more challenging. The 25th Field Dressing Station (25 FDS) was a ramshackle collection of buildings some 25 kilometres from the front lines. Other

than the 10-bed burn ward, all buildings had dirt floors. To heat water for washing patients, nurses left buckets of water beside the potbelly stoves that provided the only source of heat. Soldiers requiring immediate surgical care were treated at the U.S. Mobile Army Surgical Hospital (MASH).

The accommodations for nurses were also primitive: a Quonset hut partitioned into cubicles with an oil stove in the centre. Each tiny cubicle had a cot, an orange crate for a bedside table, a washbasin and nails in the wall for hanging clothes. The partitions didn't reach to the ceiling, and nurses would sometimes stand on their beds to see and talk with one another. Winters were particularly difficult because the huts were poorly insulated.

"We took turns lighting the stove in the morning, and at night you filled your hot water bottle with water in hopes that it would still be warm enough to wash with

in the morning," says Jessie.

Teams of seven Nursing Sisters (a matron, dietician, physiotherapist and four nurses) served rotations of up to five months at 25 FDS. Jessie completed two rotations in Korea: from May to September and from February to May.

"We could hear artillery from there, but we felt safe," recalls Jessie. "It wasn't horrible; there was a nice mess hall and lounge. And since the FDS was on a major supply route, there was a constant stream of people coming through."

The usually strict dress code for nurses was soon abandoned. In the humid summer weather, the uniform's brass buttons turned green and the white veils wilted quickly. The nurses adopted the more practical khaki uniforms. To stay warm in the cold Korean winter, some nurses wore their pajamas under the khaki. The army didn't issue long underwear to nurses.

"We did have Korean house girls to help us with laundry and other chores," says Jessie. "But I remember being very worried when I saw them hang my veil on barbed wire to dry—I was sure it would come back ripped. Compared to the soldiers, of course, our conditions were not bad at all."

Jessie stayed with the Canadian Forces after the war, in a series of positions and postings. She served two years at a British hospital in Germany, along with several bases across Canada. While posted to Churchill, Manitoba, she met Alan



L to R: Jean Mickle, unidentified physiotherapist, Mary Stapleton, Jessie Urquhart (back); Kure, Japan, 1953



Nurses quarters, 25 FDS Korea, 1953



Jessie in the mid-1960s

Chenevert, a US Army paratrooper on Arctic training. Many years later, the two would marry.

Jessie moved steadily up the career ladder, reaching the rank of Lieutenant Colonel and Director of Nursing at National Defence Medical Centre. The role included serving as career manager, something that she enjoyed immensely.

"I really enjoyed meeting nurses on bases across the



Nursing Sisters Quarters, Kure, Japan, 1953

country and helping them plan their career paths," says Jessie. "It was a great way to cap my career."

After she retired in 1976, Alan Chenevert—now a widower—got back in touch and convinced her to move into his home in Titusville, Florida. After living together a few years, they married and her life took on an entirely new rhythm: a garden, pool and dogs to care for, and Alan's grown children—and later grandchildren to love and cherish.

"We always had company, it was a happy time for us," says Jessie.

They returned to Canada each summer, to Howe Island near Kingston, Ontario. Seven years into their marriage, Alan died of a heart attack. Jessie lived on her own until declining health led her to move into the Perley Rideau in January.

"The staff and residents here are nice," she says. "I love it here."

BU

Archival photos taken by Jessie Chenevert (Urquhart) and reprinted with the help of Friends of the Canadian War Museum.



The Perley Rideau Prepares for the Future

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

The Perley and Rideau Veterans' Health Centre is well into Phase 2 of its 15-year plan to continuously improve the quality of care we provide to our residents and to the community at large. Known as Creating a Seniors Village, the plan will ensure that the Perley Rideau continues to meet the needs of the community for many years to come. To do this, the plan considers many factors, including demographic trends and advances in health care.

The focus of Phase 2 (2015-2020) is to adapt to the changing population of veterans. The Government of Canada provides Perley Rideau with additional funding to support enhanced long-term care and services for 250 veterans of the Korean War and the Second World War. As the number of these veterans slowly decreases, the Perley Rideau must adapt.

Another important factor is our role in the local health system and our accountability and services agreement with the Champlain Local Health Integration Network (LHIN). These arrangements mandate and enable us to collaborate with other health-service providers, such as hospitals and long-term care homes, to deliver effective, efficient and integrated services. We will continue to work with the LHIN to meet the demands of a growing seniors' population.

The Perley Rideau is well known for providing respectful, safe and appropriate care—a reputation earned thanks to the great work of our staff and volunteers, and to the generous support of donors. The health-care system increasingly recognizes and appreciates both the quality of care we provide and the Perley Rideau's integrated, holistic approach.

At the core of Phase 2 is a proposed new program called SAFE: an Integrated Subacute Care Unit for the Frail Elderly. Although yet to be approved by the province, SAFE is designed to accelerate the recovery of frail elderly persons who suffer short-term health setbacks. SAFE addresses the large gap between

hospital care and home care, particularly for seniors.

To use an increasingly common scenario, a 90-year-old woman is admitted to hospital for treatment of a non life-threatening medical condition. During the course of her stay, however, her health deteriorates—in part due to the hospital environment. As a result, she may never be able to return home. Under SAFE, the woman is assessed upon admission to hospital, and as soon as acute care is completed, she is transferred to the Perley Rideau for convalescent care. Once she is well enough, she returns home.

As soon as the woman arrives at the Perley Rideau, our staff will work to stabilize her. We will get her up and dressed; she can enjoy meals in a dining room and can take advantage of our excellent programs and intensive rehabilitation services. All of this is designed to promote a speedy and full recovery. To deliver this type of care will require the support of outside specialists, as well as better access to diagnostic tools such as x-ray and lab services. It will also require a concerted training effort for our staff.

Of course, this is not the first time that the Perley Rideau has evolved significantly to better meet the needs of the community. Change has been a constant since we were founded through the amalgamation of the Perley Hospital, Rideau Veterans' Home and the National Defence Medical Centre. We have added a physiotherapy and massage clinic, and built independent seniors apartments and a guest house. And our staff continue to improve their skills and knowledge through training programs. As we continue to move ahead with Phase 2, I am confident that we can fulfill our mission and deliver top-quality care to our residents and the community.

HMCS Ottawa Sponsors Perley Rideau Foundation

By Peter McKinnon

Throughout 2016, HMCS Ottawa has taken on a new mission. Along with patrolling the waters off Canada's west coast, the Halifax-class frigate will collect donations for the Perley Rideau Foundation.

"Each year, the crew chooses a charity to sponsor," says Commander Sylvain Belair. "In November, a small delegation from the ship visited the Perley and Rideau Veterans' Health Centre during a namesake-city visit. We were so impressed with the work done there that the Foundation was the obvious choice for us this year."

The 24 Royal Canadian Navy ships and four submarines named after cities conduct namesake visits each year. The goal is to

strengthen the bonds with the Canadian public and to raise awareness of the Navy's important work. The HMCS Ottawa delegation's two-day visit also included stops at local schools and the Canadian War Museum, volunteer work with the Ottawa Mission and Salvation Army Grace Manor, and an evening with the 3rd Orleans Scout Troop.

The crew raises money for charity in a variety of ways, including a St. Patrick's Day poker tournament, and auctions for a night of movies in the Captain's cabin while the ship is at sea



and for the use of the Executive Officer's prime parking space for a week. The crew is determined to come up with new and engaging ways to raise money for the Perley Rideau Foundation. HMCS Ottawa is one of the 11 warships and two submarines that comprise Canadian Fleet Pacific. **BU**

The Impacts of Your Giving in 2015

Your support is key to enhancing the care and enriching the lives of those who call the Perley Rideau home. Thank you! Here are just a few highlights of the impacts your generous donations had last year.

\$81,390 for our very popular Recreation and Creative Arts Program.

\$83,000 to purchase Hi Lo beds to provide the safety of a lower bed while offering the ability to adjust the height for transfers, entries and exits, and to provide a safe and comfortable working height for staff (2 bariatric @ \$4,000, 30 regular at \$2,500).

\$42,000 to purchase six specially designed mattresses, to help prevent and heal pressure ulcers.

\$48,032 to replace and purchase seven new lifts, essential equipment used continuously throughout the day, to make everyday activity much easier.

\$3,500 to purchase and install a new door alert-alarm system, to enhance the security of residents at risk of roaming outside.

\$10,000 to purchase two tilt-recline wheelchairs, the ideal solution for positioning and for reducing pressure, particularly important in palliative care.

\$30,000 to repair the road surface on the south side of Perley Rideau, to allow seniors to safely enjoy the grounds.



Emma Miskew and Lisa Weagle, members of Ottawa's Team Homan—two-time winners of the Scotties Tournament of Hearts—recently visited with residents and staff, sharing stories and talking curling in advance of the Brier.



National Defence Directorate General Aerospace Equipment Program Management Bonspiel in support of the Perley Rideau



Once again, the Perley Rideau celebrated #GivingTuesday on December 1—a fun way to raise money online. L to R: Councillor Mathieu Fleury; Foundation Executive Director Daniel Clapin and Mayor Jim Watson.



May Morpaw, surrounded by family and friends, adds a leaf to the Tree of Life in memory of her late husband R. Ernest Oliver. Ms. Morpaw directed her donation to the Music Program because Ernie enjoyed it so much during his time at the Perley Rideau.



The loved ones of Edith "Dee" Clearwater place a leaf on the Foundation's Tree of Life in her memory. L to R: Edward Mastronardi (Korean War veteran), Tom Marks (nephew), Doris Jenkins (WWII veteran), and Brenda Marks (niece).



Thank you to the Royal Canadian Legion Branch 627 Greely for its ongoing support of the Perley Rideau Foundation. During the past 19 years, Branch 627 has raised over \$60,000 including this \$2,000 cheque for veterans who call the Perley Rideau home. L to R: Arlene Preston, 1st Vice President; Linda Wyman, President; Daniel Clapin, Foundation Executive Director; Bruce Sherritt, Service Officer and Sergeant at Arms.



The Korean War Veterans Association presented a \$1,000 cheque to the Perley Rideau Foundation.



Thanks to the generous support of the Audette Foundation and other donors, the Perley Rideau Foundation bought 10 new lifts. The lifts are essential equipment used continuously throughout the day to make everyday activities much easier.



Foundation staff Daniel Clapin, Delphine Haslé and Sara McIlveen unveil the new electronic Donor Wall: video monitors that display the names and photos of donors. The new Donor Wall is both more attractive and less expensive to operate and maintain.



Mrs. Diana Balys, President of the Gloucester Lions Club, presents a cheque to Daniel Clapin, Executive Director of the Perley and Rideau Veterans' Health Centre Foundation. The gift will support dental care for residents who are unable to leave their rooms. In recent years, the Club has donated more than \$10,000 to the Foundation, much of it raised through the sale of Christmas trees on Innis Road and Bank Street.

Music, Romance and Family

By Peter McKinnon

In her 98th year, Perley resident Lorine Clement continues to indulge her life-long love of music and family. Although no longer able to sing and play piano as she did for most of her life, she continues to hold close to her heart her three children, seven grandchildren and two great-grandchildren.

Born Lorine Elizabeth Daly in Oroville, Washington, she spent most of her childhood on this side of the Canadian border, first on a cattle ranch and then in Penticton, B.C. From an early age, she showed an exceptional talent for music. She played piano, sang in school choirs (usually as a contralto) and soon became an accompanist for her mother, a professional "tea" singer—someone who performs light classics and arias in the homes of the wealthy.

"Music has been a constant

companion for me—a wonderful part of my life," says Lorine Clement.

The Second World War triggered great changes in Lorine's life, as it did for millions around the globe. At the start of the war, Lorine worked as a sewing instructor in a factory that made greatcoats for Canadian soldiers. She yearned to do more for the war effort, though, and decided to enlist.

"No one else in my family had enlisted, so I thought I had better do it," recalls Lorine. "My brother and all three of my sisters had good reasons not to sign up, but I felt it was my duty, on behalf of my family and my country."

After basic training at CFB Rockcliffe in Ottawa, Lorine was posted to CFB Trenton as a payroll accountant. The base was destined to play a significant role in the war under an

agreement known as the British Commonwealth Air Training Plan. Given its open spaces, burgeoning industrial capacity and isolation from combat, Canada was an ideal place to build airplanes, and to train pilots and aircrew. In all, more than 130,000 Allied pilots and aircrew from around the world trained in Canada; more than half were Canadians¹. And while training took place at more than 200 locations across the country, Trenton was the largest training centre in the Commonwealth.

The first hint of the romance that marked Lorine's life came on a winter's evening on the ice-covered Bay of Quinte, adjacent to the base. "I was skating with a friend of mine when I heard another skater singing a popular song," she says. "For some reason, I started singing a harmony part along with him. We kind of smiled at each other, but didn't introduce ourselves."

A few days later, Lorine was playing piano and singing in the mess hall—a common pastime for her—when the same man sat down beside her and began to play along. His name was Adrian Clement and they were soon head-over-heels in love. Adrian—nicknamed "Rip" for the way he had played basketball in high school—asked Lorine to marry him before he went overseas. She said she'd rather wait until he got back.

Stationed in England as an air-traffic controller throughout



Clement family Christmas 2011



Rip and Lorine at the piano in 1987 with their grandson Kristofer, son Peter and daughter Barby.

the war, Rip kept the relationship alive through letters. A faithful correspondent, he sometimes included songs he'd written. He even sent along a few of the acetates he recorded in England; sadly, none of them survive.

Upon his return to Canada in 1946, Rip and Lorine married and moved to Buckingham, Quebec, where Rip worked as a Bell lineman. The two performed regularly as a duet; along with



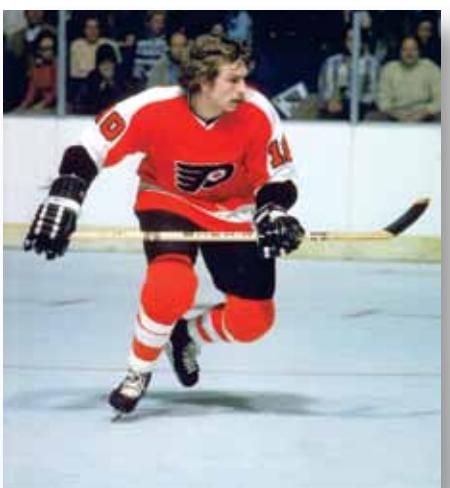
tunes from the hit parade, their repertoire included *12th Street Rag*, *Blue Skies* and *Because*. Rip later took a job with the McLaren Power and Paper Company, and they settled down in a new house in Thurso, Quebec to raise three children: Barby, Bill and Pete.

"Music was a constant in our household," says Barby Clement. "For a time, my brother and I performed as an *a capella* quartet with mom and dad. Pete even joined in on one song. We were a happy, busy and loving family."

Ever the romantic, Rip took his wife back to Tadoussac, Québec every year for their wedding anniversary. The children grew and prospered. Bill enjoyed a long and successful NHL career, winning two Stanley Cups with the Philadelphia Flyers; he's now a broadcaster and motivational speaker. Born with only seven fingers due to a rare genetic condition, Barby became a talented pianist and performer, as well as a tireless advocate for persons with disabilities. She had a stellar career in the public service, laying much of the groundwork for today's inclusive policies and laws that address discrimination against persons with disabilities. In her retirement, Barby volunteers part-time to educate OC Transpo (Ottawa's public-transit service) staff about persons with disabilities. Peter has devoted his career to helping people develop employment readiness skills. He is President and CEO of ERS Training and

Development Corporation, a non-governmental organization that he founded in Montreal in the 1980s.

Rip's health began to deteriorate in the late 1980s. He was among the first residents of the newly built Perley Rideau Veterans' Health Centre in 1996. In 2000, he passed away two days shy of his 80th birthday. Lorine lived on her own for nearly two decades, before moving into the Perley in 2013. She enjoyed painting in the craft studio until the arthritis in her hands made



Bill Clement, mid-1970s

it too painful. Lorine continues to play bridge every week, and attends the many concerts and other musical activities organized at the Perley. Her children, grandchildren and great-grandchildren visit often.

"Mom proves that if you can still laugh and love, you can still live," says son Bill. "All of her life, she's left every situation and person better than she found them." BU

¹https://en.wikipedia.org/wiki/British_Commonwealth_Air_Training_Plan#Canada

Boots vs. Suits

By Peter McKinnon

This year's 10-kilometre event during the May 28th Ottawa Race Weekend has added significance for the Perley Rideau community. Two staffers—Foundation Executive Director Dan Clapin and Maintenance Worker Landon Brady have arranged a friendly challenge called "Boots vs. Suits." Landon is confident that he will finish the 10k in 50 minutes or less; Dan, who turns 60 years young on race weekend, plans to finish in 60 minutes or less. Whoever beats their targeted time by the largest margin wins the challenge. If Dan wins, Landon and two of his maintenance colleagues (Frank and Chad) must come to work dressed up in suits; if Landon wins,

Dan—along with Director of Communications Jay Innes and Development Officer Delphine Haslé—must come to work in steel-toed boots, workpants and ball caps.

As a further incentive, each runner can increase his chances of winning by raising pledges. If Dan raises \$100 worth of pledges more than Landon, he gets to deduct one minute from his final time. If Dan raises \$200 more in pledges, he deducts two minutes. Landon enjoys the same incentive, so donors have an opportunity to influence the outcome of Boots vs. Suits, while donating to a worthy cause. All funds raised will go toward the



purchase of a new lift, a piece of equipment vital to making everyday activities easier for Perley Rideau residents.

Lifts are not included in the regular budget of the Health Centre, although they are instrumental in improving quality of life for the people who live here. To support Dan, go to <https://goo.gl/4q1yTQ>; to support Landon go to <https://goo.gl/5XEqOj>. BU



Landon Brady and Dan Clapin issue the Boots vs. Suits Challenge.



Open to the general public

Perley Rideau Night at the Races

Thursday, May 5, 2016

Buffet dinner 6:00 p.m. Post time 6:30 p.m.

Rideau Carleton Raceway and Slots

Purchase your **TICKET** today online at
<http://2016nightattheraces.eventbrite.ca> or
phone 613-526-7173. Deadline is Friday April 22 for tickets.

Priority Needs for 2016

The Perley and Rideau Veterans' Health Centre Foundation appreciates your contribution! As a donor, you may direct your contribution; otherwise, we are pleased to allocate on your behalf. Here are a few of our priority needs for 2016:

Enriching Lives

- \$135,000 to continue much-appreciated programming in arts and crafts, theatre, concerts, music and dance therapy

Leadership in Caring

- \$10,000 for the education and bursary fund for staff training

Equipment and Furnishings

- \$7,200 to purchase a new lift (12 needed)
- \$2,500 for a steam cleaner to sanitize equipment (5 needed)

- \$30,000 to replace 20-year old furniture in dining rooms (11 dining rooms)
- \$7,200 for a specialized mattress that prevents pressure ulcers (2 needed)
- \$500 to purchase a mobile vital-signs monitor (12 needed)

Enhancing the Outdoors

- \$30,000 to refurbish the entrance way to the Rideau Home patio area to enhance the outdoor experience for veterans and their loved ones, adding to their well-being

Improving Community Services

- \$3,000 to fund our Summer Youth and other volunteer programs

The Perley and Rideau Veterans' Health Centre Foundation

Memorial Tributes

November 26, 2015 to March 15, 2016

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

Mr. Cameron R. Baker • Cpl. Lorne Banning (Ret'd)
Mrs. Joan E. Bates • Mr. Gary Bauder
Lieutenant Colonel (Ret'd) Archibald K. Beare • Mr. Orval Bennett
Mrs. Evette Bowman • Mr. Albert Burton • Mr. Donald L. Cameron
Dr. James Campbell • Mr. Howard Campbell • Mr. Frank Corbett
Commander Peter McCaul Cornell • Mr. Richard Crossley
Mr. Jim Dooher • Mr. René Dumoulin • Mr. Ralph Emerson
Mr. Bob Emmerson • Mrs. A. Geneva Feeney • Ms. Audrey Ferguson
Mr. John Ferris • Mrs. Margaret Flemming
Mrs. Pauline Murray Flynn • Mrs. Mary Fournier
Mr. Kenneth Harwood • Mr. Norman Haynes • Mr. Tom Hinton
Mr. and Mrs. Philip and Iva Ilott • Mrs. Patricia Johnson
Mrs. Joan Joiner • Mr. Richard W. Jupp • Mr. James S. Kelleher
Mr. Norman Lackey • Mrs. Lucille Lacroix • Mr. Antoine Lariviere
Mrs. Frances A. Laverty • Mr. Thomas Little • Mr. Les MacLauchlan
Mr. Henry Mains • Mr. James Maloney • Mr. John Mascoe
Mr. John Maxwell • Mr. Donald C. McLachlan
Mrs. Marilyn Ann McLaren • Mr. James McMurray
Mrs. Line Morneau • Mr. Clifford Morse • Mr. Earl Levi Olson
Mr. Wilfred Paquette • Mrs. Donalda Parcher • Mrs. Margaret Price
Mr. Marcel Quéry • Lieutenant Colonel (Ret'd) George Reynolds
Mr. Thomas R. Robertson • Ms. Catherine Roberts
Mr. Joseph Edouard Roby • Mrs. Elizabeth Ronan
Mr. Philip A. Rumball • Mr. Rudy Sarault • Mr. Edgar Scully
Mr. Monty Seeger • Lieutenant Colonel (Ret'd) Harriet Sloan
Mr. Hubert J. Snow • Mr. William Sorfleet • Mrs. Ruth M. Spencer
Mr. George A. Thornton • Mr. Alexander Tobin • Mrs. Geraldine Treuil
Mr. Marcel Vachon • Mr. Glen Wade • Mr. W. Weiser
Mr. Wendell Wieser • Mr. Edward H. Woodford
Mr. Joseph Zelikovitz

**Perley Rideau
Foundation**

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

The Perley Rideau Seniors Village is comprised of a 450-bed long-term care centre (including 250 beds for veterans), 139 specially-designed seniors apartments and community health care services.

Charles Lemieux
Foundation Board Chair

Daniel G. Clapin
Foundation Executive Director

Ron Buck
Health Centre Board Chair

Akos Hoffer
Health Centre
Chief Executive Officer

Between Us is published quarterly by the Perley Rideau Foundation

Writer/editor: Peter McKinnon
Layout: André Campeau

The Perley and Rideau Veterans' Health Centre Foundation
1750 Russell Road
Ottawa, Ontario K1G 5Z6
Tel: (613) 526-7173
Email: dclapin@prvhc.com
www.perleyrideau.ca

For Capital Campaign information:
www.buildingchoices.ca

The poppy, as a symbol of remembrance, is a trademark of The Royal Canadian Legion. It is used here with the kind permission of the Legion.



Publications Mail Agreement No. **40069406**

Return Undeliverable Canadian Address to:

Perley and Rideau Veterans' Health Centre Foundation, 1750 Russell Road, Ottawa ON K1G 5Z6
Email: dclapin@prvhc.com