

The Perley Post

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Perley Health, Ottawa, Ontario

A message from the Board Chair

Greetings!

As the Chair of the Perley Health Board of Directors it's truly an honour for me to be able to offer holiday wishes on behalf of the Board, an organization of about 18 volunteers who donate their time, expertise and financial support to help make the Perley the great place we all know and love.

This is a special time of year, one when, as Canadians, we try to connect even more than normally with our families and friends. Traditionally, it's also a time when we tend to decorate our homes and living spaces – indoor and out – with festive ornaments of all kinds. In that regard, I found it quite heartwarming to walk around Perley Health and see the many Christmas trees and other decorations on display. Signs of the holiday season seem to be almost everywhere, and my thanks go out to all those – our staff, our residents and our many volunteers – who went to so much work to give the place a festive air. Well done!

Of course, not everyone celebrates Christmas. But, however we refer to the season, there seems to be a common acceptance that this is truly a special time of year, one where we

amp up our thoughts of charity and goodwill towards others and take a bit of time to greet one another a bit more warmly; to give and receive gifts; and to generally try to be kinder and better people. So, under whatever name, it's got to be a good thing.

In my view, it's also a holiday that's particularly helpful in a country like Canada, coinciding with the arrival of cold weather and the darkest days of winter. The celebrations we participate in during this period and the many coloured lights and decorations on display truly help to cheer things up at what could otherwise be a gloomy time of year.

Of course, New Year's is just around the corner, this is also a time when many of us shift our thoughts from the present to thinking a bit more about the future. This is certainly true for folks like me on the Board of Directors as we take steps, along with Perley Health's highly capable management team, to continue planning for the future growth of our organization: namely expanding Perley Health's ability to meet the needs of an even greater number of Seniors, Veterans and others over the course of the next decade. While plans are still in development, there's



Lt.-Gen. Lloyd Campbell (ret'd), Chair, Board of Directors, shares a holiday message with the Perley community. [Watch here: https://bit.ly/41CuHBU](https://bit.ly/41CuHBU)

one thing you can all bet the farm on: As we move forward, our collective focus will remain on ensuring that the Perley remains a warm and loving place, one where people come first and where everyone – staff, volunteers and residents – feel well cared for, valued and respected.

With those thoughts firmly in mind, I wish all of you a very Happy Holiday and best wishes for the year ahead.

Thanks for being part of the Perley Health family and for embodying our motto: *Together we improve the well-being of the people we serve.*

- Lt.- Gen. Lloyd Campbell (ret'd), Chair, Perley Health Board of Directors

Perley's Very Own Nice List: The Elves Who Made the Holidays Sparkle!

The holiday season at Perley Health is a time for joy, togetherness, and gratitude. This year, we were especially blessed by the incredible generosity of our friends, partners, donors, and organizations from the local community who went above and beyond to bring cheer to Seniors and Veterans at Perley Health. If we were to make a Perley version of "Santa's Nice List," we know we'd be sure to include every one of these amazing folks who helped make the season merry and bright!

A special thank you to: Sunshine Snow Service Inc., for decorating our magical tree in the Perley Health cafeteria; Boeing Canada, for decking Lupton Hall; Nurse Next Door, for the pink Perley tree and seasonal display adorning the Main Hallway; the Ottawa Sting Association U11AA Hockey Team, for organizing snacks, games, gift, and spending time with residents; the 101st Ottawa Beaver Scouts, for creating cards and singing carols with Seniors and Veterans; Smiles for Seniors for continuing their twenty-four-years-running tradition of providing local seniors with some holiday magic; residents welcomed back Trudy for a Festive Concert en Français, and to the Embassy of the Republic of Korea to Canada for hosting the annual KVA Holiday Party, an event Perley Veterans look forward to each year!



Youth from 101st Ottawa Beaver Scouts stopped by Perley Health to spend time with residents and help them make some homemade Christmas cards.



Smiles for Seniors spent the afternoon with Seniors and Veterans, delivering gifts and well-wishes on behalf of the Canadian Forces. Smiles for Seniors has been participating in this tradition with local long-term care homes since 2000, and continues to make our season bright.



Nurse Next Door transformed the Main Hallway with a stunning pink Christmas tree that's become the heart of the Perley community. Residents, tenants, staff, volunteers, and friends and loved ones are loving the display; it's become quite a hot spot for photos and conversation!

Learn more about how each of these groups made our days merry and bright, and check out more photos from each event on the Perley Blog by visiting:

www.PerleyHealth.ca/blog

2024 - A Year in Review



January: New look. New Name. Same great service. The Care Clinic at Perley Health opens to the public.



February: Ron Moyes (left), a Second World War Veteran, chats with Randeep Sarai, Parliamentary secretary to the Minister of Veterans Affairs and Associate Minister of National Defence, during the Valentine's for Veterans celebration



March: The Therapeutic Recreation and Creative Arts team put on a spectacular event for St. Patrick's Day for lucky Perley Health residents.



April: Veteran Resident, Ted Owen, Royal Canadian Air Force, enjoys the RCAF 100th Anniversary celebration hosted at Perley Health in April.



May: Veteran Resident, Ida Crocker, holds The Canadian Remembrance Torch in commemoration of the 80th Anniversary of D-Day.



June: 14 Perley Health residents celebrated being 100 years or older this year including Veteran Resident Orio Talevi, pictured alongside his son.



July: Resident, Earl Declare and Veteran Liaison Coordinator, Alma Cook show off one of three new Magic Tables at Perley Health. Made possible thanks to the Perley Health Foundation and generous donors.



August: Resident, Vera lodko, and her husband celebrate a gold medal moment at the Perley Health Olympics.



September: Celebrating a glorious BBQ season. The Therapeutic Recreation and Creative Arts team hosted 36 unit BBQs for LTC residents this summer.



October: Resident, Nicole Arranz, arrives with her daughter for a spook-tacular time at the annual Perley Health Halloween party.



November: Veteran Resident, Lucille Lane, accompanied by her daughter-in-law, attend Perley Health's Remembrance Day ceremony.



December: Capping off the year was the do-not-miss event; Christmas Variety Show. President of Residents' Council, Gayle Ramsden, accompanied by Music Therapist Patricia Deek on piano, warmed the hearts of those in attendance with her beautiful voice. A total of 18 acts from residents, tenants and staff impressed the packed cafeteria with their incredible talents.

Thank you to everyone who have shared stories and photos with us this year. Your contributions to the Perley Post, Blog, various newsletters, and social media bring so much joy to our community. We wish you a safe and happy holiday season and all the best in the new year to come.

- The Communications Team: Jay Innes, Meg O'Connell, and Tom Lilly