

The Perley Post

Vol. 22 - 2026



Perley Health, Ottawa, Canada

Happy Canada Day!

Although many of the region’s outdoor Canada Day celebrations were cancelled due to record-setting heat, humidity and rainfall, the party and celebrations continued as planned at Perley Health. Residents, tenants, staff, and volunteers came together to enjoy the air-conditioned surroundings and celebrate Canada Day while simultaneously marking a historic milestone for the nation’s capital.

Our community of care gathered to celebrate Canada’s 159th year and Ottawa’s 200th anniversary. To mark the day, 200 handheld Canadian flags were presented to Perley Health, a gift from Alta Vista Ward 18 City Councillor Marty Carr.

As part of the celebrations parking was free and a special meal was served. Proving that Canadians don’t hold grudges, just days after the Canadian men’s soccer team’s loss to Switzerland in the FIFA World Cup, a special Swiss Mushroom Melt Burger was served in the Cafeteria accompanied by potato salad and dessert. In the afternoon, with flags creating a waving sea of red and white, a live indoor concert opened with a rousing rendition of O’Canada and toe-tapping performances from The Highland Mist Pipe Band, followed by a second act of upbeat, Canadiana music by Franco & Terry.

Thank you to everyone who attended these celebrations, including those who braved the weather to visit and support our community.



As Perley Health embarks on its ambitious 2035 strategic goal of doubling the number of Veterans and Seniors we serve, the successful Canada Day highlights a commitment to innovative, safe, and person-centred community care – even when challenged by historic weather events.

Happy 159th and 200th!



Two Talented Perley Health Creative Arts Instructors; Andréa Fabricius and Genevieve Lemieux-Crombie, created an amazingly colourful mural to honour the donors who support *Bridging Generations*. Come see this masterpiece in the hallway of the Intergenerational Early Learning Centre.

A Dream Realized New Intergenerational Early Learning Centre Opens

The Andrew Fleck Children’s Services Intergenerational Early Learning Centre at Perley Health officially opened its doors, welcoming children on Monday, July 6. The milestone follows a six-year joint planning initiative, a pilot project weekly playgroup, a 12-month construction phase, and official licensing from the Ontario Ministry of Education.

The newly renovated and expanded facility, across from the pharmacy and near Deborah’s Gift Boutique, creates a unique environment that brings together infants, toddlers, and preschoolers to engage with the Perley Health community of care. Perley Health employees receive priority access to these childcare spaces and applications are open to the public.

While formal intergenerational activities will roll out over the coming months - after everyone settles in – daily life is expected to foster connections throughout the Perley Health community.

“I thank all our partners for making this dream a reality,” said Katrin Spencer, Perley Health Vice-President of Strategy and Business

Development. “We could not have achieved this without the strong support of donors to the Perley Health Foundation, our residents, tenants, clients, families, friends, architect, construction partners and so many more.”

The initiative represents a growing shift toward integrated care models that offer mutual social and cognitive benefits. To support the opening, the Perley Health Centre of Excellence in Frailty-Informed Care™ is evaluating the program’s impact. Academic researchers from the University of Ottawa and Carleton University are currently assessing facility design, tracking children’s development, and studying how these shared experiences benefit Veterans, Seniors and staff.

Updates on project progress continue to be shared through the Generations Connected newsletter, available throughout Perley Health and online **[PerleyHealth.ca/generations-connected](https://perleyhealth.ca/generations-connected)**.

Your feedback is important to us!

Let us know your thoughts on the Perley Post. The good, the bad and the ideas. Email - info@perleyhealth.ca

Summer BBQ's for Residents

July

- July 6 – R1S Dinner BBQ
- July 7 – O2E Lunch BBQ
- July 9 – G1S Lunch BBQ
- July 10 – R2N Lunch BBQ
- July 13 – R2S Dinner BBQ
- July 14 – G1N/SBSU Lunch BBQ
- July 15 – G2N Lunch BBQ
- July 21 – O2W Lunch BBQ
- July 21 – G2S Lunch BBQ
- July 22 – O1E Dinner BBQ
- July 23 – R1N Lunch BBQ
- July 29 – O1W Lunch BBQ

August

- Aug 4 – O2E Lunch BBQ
- Aug 6 – G2S Lunch BBQ
- Aug 10 – O2W Lunch BBQ
- Aug 10 – R1N Dinner BBQ
- Aug 11 – O1W Lunch BBQ
- Aug 12 – G1N/SBSU Lunch BBQ
- Aug 17 – R2N Dinner BBQ
- Aug 19 – R2S Lunch BBQ
- Aug 19 – O1E Dinner BBQ
- Aug 24 – G1S Lunch BBQ
- Aug 26 – G2N Lunch BBQ
- Aug 27 – R1S Dinner BBQ

Who Can Attend: Open only to long-term care residents of the hosting unit and their guests.

Guest Tickets: \$10 (Free for long-term care residents).

Deadline: Sign up and buy guest tickets at the Cafeteria at least one week before the BBQ.



Residents gather with friends and family in the Rideau Veterans Residence courtyard for delicious summer BBQ. Volunteers, and the Therapeutic Recreation and Creative Arts team serve up burgers, hot dogs, refreshing drinks and more!

Residence Legend (Examples)

- Rideau Veteran Residence, First Floor, South Unit = R1S
- Gatineau Residence, Second Floor, North Unit = G2N
- Ottawa Residence, First Floor, West Unit = O1W

Deborah's Gift Boutique celebrates 30 years

In June Deborah's Gift Boutique celebrated their 30th Anniversary. The Management team of the boutique prepared a celebratory dinner party to thank volunteers past and present for their dedication and many years of service to their customers. They watched a video presentation that highlighted all the milestones unique to the boutique.

It was a fun look back at all the changes and significant contributions that have been made to both Perley Health and the Perley Health Foundation.



Volunteers celebrated together on June 11, 2026

Upcoming Events

- Rideau & Ottawa Building Birthday Party
 - Wednesday, July 15
2:00 pm - Lupton Hall
- Documentary Night Rivals: The 4 Nations Face-Off
 - Thursday, July 16
6:15 pm - Games Room
- Derek Favreau Concert
 - Monday, July 20
6:30 pm - Lupton Hall
- Forever Friends Concert
 - Saturday, July 25
2:00 pm - Lupton Hall
- Pub Trivia
 - Monday, July 27
6:30 pm - Pub
- Carport Jazz Band Concert
 - Tuesday, July 28
6:30pm - Cafeteria

Presentation: Culture and Healthcare by Algonquin College PSW students

We invite all members of the Perley Health community – including residents, tenants, clients, families, and friends – to attend, learn from their work and support the Algonquin College Living Classroom at Perley Health PSW students who are learning through an integrated learning model.

Come and discover how cultural understanding enriches the provision of compassionate healthcare.

- When: Wednesday, August 3rd, 2026, from 11:30 am – 1:30 pm
- Where: Cafeteria, Perley Health

Oral Health Fair

The bi-annual Oral Health Fair in partnership with The Canadian National Institute of Health (CNIH) is happening two days in August! Dental hygiene students from CNIH will be here to share the latest in oral health care with our community. Stop by to learn some new things and take home some dental swag!

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| • When: Monday, August 10th, 2026
1:30 pm – 3:30 pm | • When: Thursday, August 13th, 2026
1:30 pm – 3:30 pm |
| • Where: Cafeteria, Perley Health | • Where: Lupton Hall |

Honour Someone Who Made a Difference

Recognize an exceptional Perley Health staff member or volunteer with a gift through the Grateful Family Program. Your donation celebrates their compassionate care while helping fund programs and equipment that enhance quality of life for residents. Visit [PerleyHealthFoundation.ca/ways-to-donate/grateful-family/](https://www.PerleyHealthFoundation.ca/ways-to-donate/grateful-family/) or stop by the Foundation office, Monday to Friday, 8:30 a.m. to 4:30 p.m. for more information.



Exceptional care, research, education, and innovation at Perley Health is supported in part by the generosity of our community. To donate to the Perley Health Foundation, visit: www.PerleyHealthFoundation.ca

