



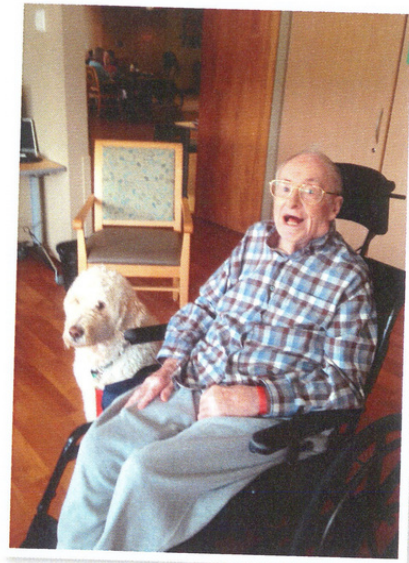
St. Patrick's Home
of Ottawa
Foundation



November 25, 2022

On August 13, 2019, my father, Ian (Bud) Harford, moved from Alta Vista Manor, where he'd lived for 11 years, to St. Patrick's Home of Ottawa. As his only child and primary caregiver, I felt the weight of that moment in my mind, my body, and my heart.

I knew that St. Pat's had an excellent reputation though, so I was hopeful that Dad would be happy and make a smooth transition into his new home. As we left the Manor, he asked, "*Are you coming with me?*" I said, "*Of course!*" And he replied, "*Well then, let's go!*" Classic Dad! Always positive, and always willing to place his trust in me.



We arrived at St. Pat's a short while later, and David was right there to welcome us. As he showed us around Kilkenny House and introduced us to the team, I sensed their warmth and competency, and knew that Dad was in good hands.

I worked at the Heart Institute for 33 years as a Registered Nurse, so I know what it's like to care for others, and I know the teamwork, dedication and resources required to deliver consistent, compassionate, quality care.

So with that in mind I have to say, ***Bravo to St. Pat's and the wonderful team on Kilkenny.*** I am grateful for the time and effort each person made to know Dad personally and care for him in a way that reflected his unique needs, interests, and personality.

I also want to say, ***Thank you for giving to the Foundation and funding the essential programs that supported my Dad's health, his sense of well-being, and quality of life.*** I've seen the positive impact that donor-funded programs have on the residents at

St. Pat's, not to mention their families and the staff. Your support truly matters here, and so I encourage you to continue your support today by making a donation to St. Patrick's Home of Ottawa Foundation.

Your donation will contribute to important therapy programs like Music & Memories, which filled my Dad's soul with so much happiness and peace.

It was Mitchell (a former member of the Recreation Team) who invited Dad to join the Music & Memories program; and who, just a few days later, delivered a new set of headphones and an MP3 player filled Dad's favourite artists, songs, big bands and orchestras.

The program was a wonderful gift, and just one of the reasons we decided to become annual donors.

Before Dad passed away in October 2022, we talked about making a donation to support the South Garden Project which is set to begin in 2023. This will involve extending the pathway behind St. Pat's, and installing new trees, perennial gardens and seating.

The garden is a tranquil spot with a very large, beautiful willow tree. In the afternoons, Dad and I would stroll to the garden, sit in the shade of the tree, and listen the birds and the rustling of leaves. On days when the weather was too cold or wet, Dad would sit by his window, which overlooked the garden, and listen to his music.

My family and I miss him dearly now, but we carry his spirit and memory with us every day. We feel good knowing that his, and our donations will help to spread peace, love and joy throughout St. Pat's — this Christmas, and for years to come.

Thank you for giving to St. Pat's. My best wishes to you for a happy and healthy holiday season.

Sincerely,

Barbara Slinn

P.S. Thank you to all of the staff and volunteers! A special note of thanks to: David, Mary, and Father Joseph for your support; Dr. Sobala, Tracey, Jean, Sheridan, Shawleen, Cherry, Cindy, all of the nursing, dietary, housekeeping and laundry staff for your excellence; Queenie for taking the time to dance and kibitz; Elsa for taking Dad outside for walks; and Reception for your kind assistance.

THE PEOPLE OF ST. PAT'S

We love to learn about our residents' life stories – the early years, the people and experiences that had an impacted their journey, their interests, careers and accomplishments. Our residents have lived such incredible lives that we are compelled to share them with you throughout the year.

Ian (Bud) Harford was born in Wareham, Dorset, England in 1924. As a boy, he sailed to Canada on a passenger freight, then settled with his family in Vancouver where he discovered a passion for hockey, curling and soccer. Known as the neighbourhood "rink rat," Bud was always willing to clear the ice at the rink for skating or a game of shinny.

He graduated from the University of British Columbia with a Baccalaureate in Commerce and celebrated the end of WWII with other recruits while enrolled in military training.

Years later, Bud met Eleanor Pye at a casual badminton event at the United Church. This was the start of a beautiful relationship and 50 years of marriage in which they raised one daughter, Barbara, and traveled the world to attend Silver Broom competitions.

Bud began his career with the Canada Revenue Agency in Vancouver. In 1967, he transferred to Ottawa to work at the Data Centre, the Anti-Inflation Board, and the Tax Training Centre on Heron Road. In 1981 he retired and was quick to embrace long walks with his dog, curling, gardening, skating on the Canal, photographing his grandchildren, and volunteering at Riverside United Church. As he grew older, Bud enjoyed reading the news, watching baseball on TV, spending time outdoors, and listening to big band music.

Bud's family – Barbara, Peter, Kyle, Chelsie and Heather – and his friends will cherish the memory of his infectious personality and endless enthusiasm for life.

