

# *At 79 years young- Helen was able to retire in peace at Carleton Place Terrace*

Helen felt that everything she needed was at Carleton Place Terrace and she would never have to leave, despite her growing needs in the future. She loves the staff and her fellow residents as everyone is friendly and jokes with you.

Helen was a secretary with National Defense for 38 years, a fact that she is most proud of because it gave her the opportunity to work closely with military officers serving their country.

She lived in Scotland for 10 years before coming to the Ottawa area and settling here. Helen's wisdom for the younger generation of today is to stay off their phones and devices and to get a good education.

Helen came to Carleton Place Terrace as her brother passed and her sister-in-law wanted her to be close to her. She had trial stays at several facilities in the area, but none of them felt quite right.

Helen also volunteers with the activity department and is often seen helping to set up for special events, and is always game for a bus tour or shopping trip!



**CARLETON PLACE  
TERRACE**  
*by Symphony*

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