

# Resident Expert Advisors and Leaders (REAL) Biography



**Gale Ramsden**  
**Resident Leader**

**The Perley and Rideau Veterans' Health Centre**

Gale was born and raised in Ottawa and spent several years living overseas because her father was in the military. She worked for Bell Canada for 32 years and then 10 years driving a school bus. Gale is the mother of 3 grown children and has 5 amazing grandchildren under the age of 8. After becoming a widow when her children were still quite young, Gale experienced the challenges of juggling parenthood and work. Gale has worked with community theatre, managed and directed a community choir and she continues to be a member of the Ottawa Police Choir. Gale moved into long term care in September 2020 during the COVID-19 pandemic. When she was invited to take on the role of Residents' Council President, Gale's commitment to improve the quality of life for her peers was further strengthened. Gale's hope and goal is to work together with management to identify areas which need attention and collaboratively develop solutions. Priority areas in recent months have included discussions about staffing challenges, food menus and food prep, and other quality improvements in home communication and the physical environment.