

The Perley and Rideau Veterans' Health Centre Veterans' Recreation and Creative Arts Program



Thank You For Your Support:
Veterans Affairs Canada, the Ontario Ministry of Health
and Long-Term Care, the Perley Rideau Foundation,
the Royal Canadian Legion and others.



Perley Rideau

The Perley and Rideau
Veterans' Health Centre

The Perley and Rideau Veterans' Health Centre has one of Canada's finest recreation and creative-arts programs. Veterans residing at the Centre participate in a remarkable range of activities—from pottery, painting and woodworking to gardening and group outings. Program activities, delivered by a mix of certified therapists and professional artists with support from volunteers, run from 8:00 a.m. to 9:00 p.m. every day, including statutory holidays.

All activities are designed to improve the quality of life experienced by the approximately 250 Veterans who reside at the Perley Rideau. The ready access to materials, studios and professional support inspires many to take up new pursuits. The Program is particularly successful at sparking improvements in mood and energy among recent arrivals at the Perley Rideau.





1948 Olympic Figure Skating Champion, Barbara Ann Scott, visits the Rideau Veterans' Hospital, accompanied by her mother, a member of the Red Cross Corps.



Barbara Ann Scott frequently returned to Perley Rideau to visit with Veterans. A gathering place is now named in her honour.

Honouring the Past, Creating a Brighter Future

The roots of the Perley Rideau's program lie in the Canadian Red Cross' delivery of handicraft training to overseas Veterans during the Second World War. The Canadian Red Cross Corps (CRC Corps) taught arts and crafts to Veterans in military hospitals and convalescent homes both abroad and at Department of Veterans Affairs facilities (such as the Perley Hospital) in Canada. By 1960, the program operated in 22 institutions across the country, and involved dozens of Red Cross staff, along with hundreds of volunteers. The Red Cross sold many of the works, returning the proceeds—minus the cost of supplies—to the Veterans who had created them.

Some Veterans entered their creations in exhibitions, winning a total of 290 awards in 1960.

The program declined as the number of Veterans residing in institutions decreased. By 1990, the program was active in only 14 institutions across Canada. In 1994, the Red Cross began to transfer the program to host facilities, such as the Perley and Rideau Veterans' Health Centre.

Today, the Perley Rideau continues to build on the program's proud history by documenting the therapeutic benefits of recreation, creative-arts activities and by implementing the latest therapeutic and artistic techniques.

Closely Integrated with Clinical Care

Therapists, artists and programmers can recognize and track changes in condition, behaviour and attitude, and share this information with other clinical team members. This sharing — “connecting the paintbrush with the hairbrush,” as staff members say — maximizes the Program’s positive impacts on quality of life. The Program is a crucial component of the Perley Rideau’s model of care, alongside health, occupational, rehabilitative and spiritual care. The stimulation provided by the Program creates a wealth of opportunities to enhance creativity, decision-making and social skills, and improve quality of life



“ A review of the current literature on the health outcomes of music therapy, visual arts therapy, dance therapy and movement-based creative expression, and expressive writing concludes... that these therapies reduce adverse health outcomes.”

Stuckey & Nobel, 2010

“ This service has the complete confidence and support of the medical staff of the Department of Veterans’ Affairs, who consider that it has a definite therapeutic value in contributing the Veteran’s recovery and well-being.”

Excerpt from the 1960 annual report of the Canadian Red Cross

Therapeutic Benefits

Evidence continues to accumulate about the benefits accruing to seniors and Veterans who participate in recreation and arts activities





Creative Arts

Drawing • Painting • Printmaking • Sculpture • Pottery • Ceramics
Woodworking • Stained Glass • Mosaic Tiles • Silk Painting • Collage
Photography • Writing • Dance • Music (choral, instruments, appreciation)

Much creative-arts programming takes place in the Perley's two bright, well-equipped studios and full woodworking shop. Equipment includes a pottery wheel and three kilns, along with an assortment of arts supplies and musical instruments. In addition, each of the Perley Rideau's three units has an activity room, as well as an outdoor space to host programming. Creative-arts programming is also delivered at the bedside.

Works completed by Veterans are displayed throughout the Perley Rideau, with some exhibited in the MET Gallery. In addition, the work of a resident artist is featured on the holiday cards sold each year to raise money for the Perley and Rideau Foundation and one Ottawa MPP features resident work on Christmas cards.



Music and Music Therapy

Therapists and professional musicians work with individual Veterans, as well as small and large groups. Programming ranges from sing-alongs to resident bands and choirs, and includes classical, pop and jazz music.



Recreation

Gardening • Bingo • Pool • Cards • Pet Therapy

Video And Book Libraries • Walking Club • Wii Games • Movie And Puzzle Nights
Legion Pub Nights • Yoga • Mass • Trivia • Fitness Programs • Outings
Reminiscences – Meal Programs

Recreation programming takes place throughout the Perley Rideau: individual rooms, the activity rooms and courtyards of each unit, Lupton Hall, cafeteria, pub and games room. There are also regular excursions to art galleries, museums, markets, legions, shopping malls, restaurants and other venues, as well as to special events. The Perley Rideau has a dedicated 24-seat bus.



Perley Rideau Resident Events, 2015

- **52** Ice cream days for 3,430 residents
- **50** Concerts in the Cafeteria entertaining 2,430 residents
- **48** Thursday afternoon Bingo events for 2,698 residents
- **46** Concerts in Lupton Hall for 1,923 residents
- **18** Legion outings enjoyed by 163 residents
- **10** Legion Bingo events for 367 residents



Volunteers

For the hundreds of volunteers who spend time at the Perley Rideau annually, provide comfort and care to Veterans and other residents, and support to staff. Volunteers also help strengthen our bond with the community. All volunteers undergo screening and training; those involved in some activities must complete specialized training.

Internships and Placements

Under partnerships with several colleges and universities, the Program regularly hosts internships and placements. Just a few of our post-secondary partners include Algonquin, Canadore and Georgian Colleges as well as Dalhousie, Victoria and Brock Universities.





Winston Churchill



“While I don’t talk a lot myself, I listen to the big group and hear what’s going on. Everybody has a little story and they are creative in their own way, which is really very inspiring.”

Jim Peck



Perley Rideau

The Perley and Rideau Veterans' Health Centre

For more information about the Program, please contact:

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To support the program with a donation, please contact Dan Clapin, Executive Director, Perley and Rideau Veterans' Health Centre Foundation at 613-526-7194

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This brochure may include photos of individuals who have passed away. With the permission of the appropriate individual(s), we include their photos to honour them and celebrate their contributions to the Perley Rideau community.