

Annual Report

April 1, 2014 - March 31, 2015



~Music and the arts are essential for a healthy life~

“I just received a cancer diagnosis. But, for the 10 minutes I was sitting here listening to you play... I forgot.”



Greetings from Artists in Healthcare Manitoba

A message from the Board Chair

On behalf of Artists in Healthcare Manitoba, I am pleased to provide you with our Annual Report for 2014/15. We hope it will help you know a bit more about who we are, what we do, and most importantly, why we do it. I also hope you will continue to follow us on our journey in improving the patient, family and staff experience through the arts in healthcare. The impacts and benefits of the AIHM musicians in our hospital, healthcare and hospice settings, treatment units and palliative care are limitless.

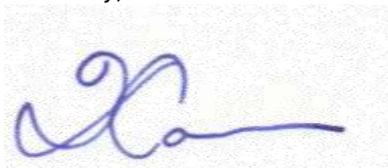
Our organization and the appreciation for the value of the programming we offer have grown significantly in the past years. We are most grateful for the support we continue to receive from corporate organizations, granting agencies, arts councils and charitable foundations. These funds go towards programs, musicians and artists. However, none are designated operating funding. As do many non-profit agencies, we continually struggle to find sustainable sources of revenue.

With our Strategic Plan for 2015 in place, we are focused on sustainability; broadening the visibility of our organization; fundraising with a view to corporate development; and research to formalize our understanding of the benefits of the programming we offer. We are confident that our efforts will further engage our supporters to help however they are able.

Our hope is to foster expansion of our organization to further the important work of our artists and musicians in health care. We look forward to many years of providing this quality service to Manitobans, and continuing to seek new opportunities to bring the powerful benefits of music and art to healthcare throughout the province.

On behalf of the Board of Directors of Artists in Healthcare Manitoba, and our Honorary Advisory Council, I thank you for your interest and ongoing support.

Sincerely,



Tom Carson
Chair, Artists in Healthcare Manitoba





WE BELIEVE:

Music and the arts transform patient, family and staff experiences in healthcare. They facilitate communication; hope, healing and can inspire compassion and resilience.

OUR VISION:

Artists in Healthcare Manitoba envision a future where music and art are part of one's natural experience in health care.

OUR MISSION:

Our mission is to incorporate musicians and artists into those circumstances that will enrich the patient experience and nurture health and wellness through the arts.



GREETINGS FROM OUR EXECUTIVE DIRECTOR

Dear Friends,

As we embrace our mission to connect musicians and artists to the places and people who seek to enrich the patient experience, I continue to be humbled by the willingness of our health care community to make a place for and work with the arts to nurture health and wellness as we grow and expand.

Our live music program brings over 8000 hours of music to patients in hospitals, hospices, long term care and cancer treatment centres in Winnipeg, Brandon, Steinbach, Boundary Trails, Selkirk and in a number of health authorities throughout the province. We look forward to continuing and expanding a number of our current programs, and to bringing new programming to Children's Hospital in the coming year.

Our Art at the Bedside program at St. Boniface Hospital and Art by the Big Blue Chair Cancercare MB., offer patients the opportunity to engage in art making while in the clinical setting, which acts as a support and diversion to those receiving treatment and care. We believe that the arts make a profound difference, and greatly improve the patient and care provider experience.

Like our organization, I believe in the power of music and art to make a difference through kindness, determination and compassion. Our musicians and artists demonstrate this in every way, every day. Not only do they help transform the healthcare experience by making positive change in the lives of patients, families and staff, I am confident in saying that they are forever changed by the opportunity.

I thank you for your ongoing enthusiasm, encouragement and support,



Shirley Grierson
Executive Director, *Artists in Healthcare Manitoba*



“Our 10 year old son has a chronic illness that has required significant, ongoing care. He has been resident on nearly every ward of the Children’s Hospital and the Health Sciences Centre Cancercare Unit. He has been through numerous MRIs, CT Scans and angiograms, too many blood tests to count, bone marrow biopsies...

One of the bright spots has been the support that we have received from Artists in Healthcare – the musicians who have played on the wards, in the rooms – before, during and after treatment have been phenomenal. My son now has relationships with the musicians and looks forward to their visits.

We have seen the practical impact as well. There are issues with his veins, and sometimes it can take multiple times to place a working IV needle (8 tries is his record). Live music soothes and distracts my son in a way that nothing else seems able to, and allows him to relax.

The performances change the mood of the ward immediately – not only for us as parents and for my son as a patient, but for others in the area as well as the staff. We have had many thanks on various wards for inviting the musicians. From our observation, it lowers the stress levels of the hospital staff and increases morale.

The benefits of the Artists in Healthcare Manitoba musicians in our hospital adventures are countless ... and absolutely invaluable.”

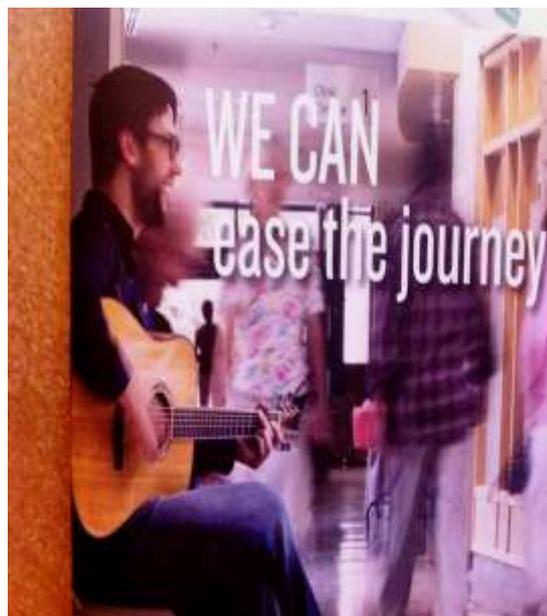


Photo courtesy of the CancerCare Navigator

OUR ORGANIZATION:

Artists in Healthcare Manitoba (AIHM), formerly known as Manitoba Artists in Healthcare (MAH), was established in 2001, with a vision to improve the patient, family and staff experience in healthcare and to address the needs of the whole person through meaningful engagement with the arts.

Our live music and art at the bedside programs are found in hospitals, Cancercare, hospices and long term care facilities. Our musicians play for over 8,000 patients every month, in places such as dialysis, intensive care, chemotherapy, palliative care, geriatric rehabilitation, psychiatric health, and also throughout a variety of treatment and acute care wards, facility lobbies and waiting areas.

In addition, music students hone their skills and learn the healing power of the arts every summer *at facilities, thanks to the Service Canada Student Jobs Program.*

"I was playing some soft instrumental music for a patient in Cancercare when another woman came in and asked:

"You don't play any country do you?"

I said, "Sure I do!"

She said she loved George Jones.

So, I played 'She Thinks I Still Care,' as she sang along with a few others in the room.

The mood was immediately lifted to a more positive place and everyone smiled and chatted."

-Kris Ulrich

Patient and family stories like this make it easy to understand the benefits, as well as the dedication of our board members, and over 40 musicians and artists. At Artists in Healthcare Manitoba, we are regularly made aware the impact that our presence has on staff, patient and family members' morale.

In a multitude of ways, we hear of the 'humanizing effect' of live music in health care settings, and, the positive impact on patients who are provided with the opportunity to engage in art making.

"Today I made art with a man in a wheelchair who had lost one of his legs. We worked on paper quilting for an hour and a half. He wanted to keep working, so I left some supplies with him."



Many staff and patients benefit from the relaxing, stress reducing benefits of having a guitarist play during chemotherapy, or the calming effect of viewing a work of art while waiting for a procedure or test results. Often, the impact is resounding.

One musician told of a palliative patient who requested a particular song. When she played it, to her surprise, he proceeded to waltz through the halls of the care unit with his wife.

Whether we interact with patients through art at the bedside, bring a string quartet to play for residents in long term care, place an artist through a community residency program or partner with the community for a unique project, we know that patient and care provider stress and anxiety are reduced. Relaxation, communication and healing is initiated and stimulated on many different levels.

“I visited with a fellow who could not hear. We had a great time, even though I couldn’t speak words with him. It was a pleasure to know he thoroughly enjoyed the painting and colouring, and it was nice to see him smile so brightly.”

At Artists in Healthcare Manitoba, the impact of what we do is not always visible. We regularly receive feedback from patients, staff, families and caregivers, who share their stories of how our artists and performers have enriched their experiences in health care. One nurse said that every time she saw a musician on a unit she was ‘overwhelmed with gratitude’ that her hospital cared enough to bring music to patients.

“Yesterday, at Boundary Trails Health Centre, I had an exceptional time singing with 3 people of varying seniority. One was a woman in her late eighties, one in her mid-seventies and one was a gentleman, whose age I couldn’t tell... we sat around in a hall that joins the palliative and medical wards.

Mrs. 80’s told us a story of the soldiers from one of the world wars – how they used the Eaton’s building for all their essential activities; dancing, sleeping, eating, and inviting women to New Zealand. She said; ‘It’s a good thing I didn’t go! I would have been maybe two days and then I’d been left high and dry.’ She told this story about 8 times.

Mrs. mid-seventies requested ‘Pack up Your Troubles’ and sang it in a high quaver, after tearing up and telling us of the love story that was hers and her husband’s. The gentleman sang

'Leaning on Everlasting Arms' with gusto. He informed me of the death of a man we'd visited and sang with a few weeks ago. We were quite a queer choir.

This was real life, life at the end of life. Life with fluorescent lights, tubes, walkers, running shoe squeaks and smells of sickness ... where people spend slow minutes, hours, week and more. And, I get to be the gentle light in that." – Jess Reimer

Artists in Healthcare Manitoba is able to make moments such as these happen every day... in Cancercare, at St. Boniface Hospital, the Grace Hospital, Health Sciences Centre, Deer Lodge Centre, Riverview Health Centre, Foyer Valade, Misericordia Health Centre, Jocelyn House, Donwood Manor and Bethania Personal Care Home, Concordia Hospital and in Brandon, Steinbach, Boundary Trails (Winkler) and Selkirk Mental Health Centre and throughout Winnipeg.



ACCOMPLISHMENTS AND HIGHLIGHTS in 2014 / 15:

Artists in Healthcare have been adding more music programming in long term care: at Middlechurch Home of Winnipeg, Beacon Hill Lodge, Deer Lodge Centre and the Maples Personal Care Home.

Our Selkirk Mental Health Centre (SMHC) project was implemented successfully, thanks to a grant from the Winnipeg Foundation and through the dedication of those committed to making it happen.

The program continues with new funding from the Winnipeg Arts Council and the Selkirk Community Foundation for SMHC's Playback Theatre. We are applying to the Winnipeg Foundation for continued funding for the music and Dance/Movement Therapy programs, which have been highly successful at SMHC.

We were excited to launch the Johnston Group concert series at St. Boniface Hospital, to offer noon hour concerts in the Everett Atrium and Buhler Gallery twice monthly.

Artists in Healthcare Manitoba have received another City of Brandon grant for Music to My Ears to continue their long term care series, The Care Home Outreach Project, and it is expanding to Souris.

We have also expanded the Health Sciences Centre program significantly, with support from the White Cross Guild. A generous donation from a physician allowed us to continue the HSC music program throughout the year.

In the summer of 2014 we provided 3,360 hours of music in healthcare with 9 student musicians playing 6 hours a day for 14 weeks. Eight musicians were funded through the Service Canada Student jobs programs, and another was sponsored through the Misericordia Hospital Foundation.

Thanks to a generous donation to our organization through the St. Boniface Hospital Foundation, we will be doubling our music hours at St. Boniface in the fall of 2015 and for the next three years.

A second Manitoba Arts Council grant will allow the Art by the Big Blue Chair program at Cancercare Manitoba in Winnipeg to continue.

We are working to secure sustainable funding to support development and implementation of a palliative care at home music program.



FOCUS

In this Issue: Employee Survey Results • Women's Hospital update • Focus On Monika Warren • Lean: GD2 finds more space • **Nurses!** opps for funding and recognition, call for nursing week posters • Plus a lot more...

Bringing Music to Patients at HSC

"Art encompasses the breadth of human experience; it takes our joys and burdens and sorrows and transforms them into something beautiful," says Dr. Ann Loewen. "Healing, medicine, and the arts all work together to contribute to the wellness of the whole person."

Dr. Loewen has her own medical practice and is concerned with all aspects of well-being for patients. She has supported the Artists in Healthcare Manitoba (AIHM) program at HSC for three years.

Evelyn Casey, manager of HSC Volunteer Services, explains how Dr. Loewen became involved. "Volunteer Services administers the program at HSC. Summer AIHM students are already funded by HSC Staff Wellness, but departments would like music for patients throughout the year. So I approached Dr. Loewen and asked if she would consider donating to extend the program. She said 'Yes' and we were able to add a winter term!"

Kris Ulrich is a professional musician. He became part of AIHM while a student in the Jazz Program at University of Manitoba. "I auditioned and was accepted into the program, then learned about doing music in a hospital setting by being paired with a mentor, Aaron Shore, here at HSC."

Although Kris responds to requests for a wide variety of songs, he feels it is just as important to listen to people's stories.



Left to right: Dr. Ann Loewen, Kris Ulrich, and Evelyn Casey

"Sometimes I spend a lot of time just chatting with patients," he explains. "Because I'm not a healthcare worker, or security or support services, patients can connect on a different level. I've met some very talented musicians here and have had many meaningful interactions with patients."

People express their appreciation to Kris directly, and often emotionally. Sometimes he gets unexpected requests: "Once when I had finished playing a Johnny Cash song, I asked if there were any other requests. From behind a curtain one of the patients shouted 'YEAH - TAKE A BREAK'. It's all part of the experience."

Kris feels profoundly grateful to be here. "Playing for newborns - brand

new hours-old babies - is pretty special," he recounts. "And I played 'You Are My Sunshine' for a family whose Mom was dying. I was honoured when they asked me to play the same song at her funeral."

"We get more requests from the units than we can fulfill," adds Evelyn. "My hope is that we'll raise enough support for this program to have musicians here every day for patients."



The AIHM musicians have recorded a beautiful CD, available by request and free of charge to patients and staff. If you have questions or would like a free CD, or you would

like to contribute to the Trust Account for this program, please contact Evelyn (7-4877) for more information.

"My Walk Out of Town" - Reflections on Dying

HSC Spiritual Health Services presents a 10-minute video of an HSC patient's candid reflection on his dying. His generosity, vulnerability, and words of wisdom may add a new perspective to your day...http://youtu.be/_J7Jdhz_zwU



Health Sciences Centre
Winnipeg

OUR PROGRAMS:

Music to My Ears

Music to My Ears is our core program, and is also our most wide reaching. The response to our musicians is overwhelmingly positive, and we continue our efforts to expand into new hospitals, facilities and in long term and specialized care.

We bring music to patient waiting areas, at bedsides and in a variety of common areas throughout the hospitals. The past year has seen new programs in three long term care facilities, and there is increasing interest from additional care providers.



Music to My Ears can also be found in rehabilitation units, in outpatient treatment areas such as dialysis, intensive care, psych health, radiation, cardiology, hematology, pediatric ambulatory clinic, geriatric, women and child, pain clinics and oncology. Through Music to My Ears, artists in healthcare are also an important part of hospices and palliative care, and provide an opportunity for music and its benefits anywhere it is possible to be enjoyed.

This year we were fortunate to add a Manitoba Chamber Orchestra concert series at St. Boniface Hospital, in both the Everett Atrium and Buhler Gallery. Each performance was unique, ranging from duo violins, to solo cellos, to five 'fiddles'.

A total of nine concerts were held. We are thrilled that the Johnston Group will support this wonderful series for another year.



Year-round programming was enjoyed in a number of health care settings, with the following hours of service:

Cancercare Manitoba - 590
Grace Hospital and Hospice - 288
Jocelyn House - 60
Bethesda, South Eastman Steinbach - 160
Brandon Regional Health Centre - 285
Boundary Trails Health Centre - 160
Middlechurch Home of Winnipeg - 120
Selkirk Mental Health Centre - 99
Personal Care Home Concerts (Brandon) - 80 one hour performances

A number of Music to My Ears programs have continued from previous years, and experienced notable growth in the number of hours of service. We are pleased to have increased service hours in the following programs from those in 2013/14.

Beacon Hill Lodge 21 (0)
St. Boniface Hospital - 914 (710 hours)
Health Sciences Centre - 710 (480)
Maples Personal Care 480 (0)
Misericordia Place - 668 (440)
Riverview Health Centre - 636 (516)

Including the summer student hours, Artists in Healthcare's (AIHM) musicians played over 6500 hours (5000 in 2013/14) reaching well over 8,000 patients and residents.



Art at the Bedside and Art by the Big Blue Chair (St. Boniface Hospital, Cancercare Manitoba)

Art at the Bedside and Art by the Big Blue Chair are programs that bring visual art projects to patients at St. Boniface Hospital and Cancercare Manitoba.

Art at the Bedside is in its fifth year at St. Boniface Hospital, and provides approximately 50 volunteer hours monthly. Art by the Big Blue Chair is in its third year at Cancercare Manitoba.

Misericordia Hospital also runs an art program for residents through their Manitoba Arts Council Grant.

“There was an unhappy, tough- looking guy in leather and tattoos, who looked like he was looking not to be asked- and, staring at me. Usually when people don’t want to participate they decide to sleep or pull the phone and avoid eye contact.

But, this guy looked like he was challenging me to ask him- so I did. He was a closet pencil artist, which turned into talk about his tattoos...

They were all of birds, which he loved. So we found a picture to inspire him in drawing them, which he would not allow me to see until he was finished. Then he gave it to me to keep.”

-Kate Black, Cancercare nurse and Art by the Big Blue Chair artist – Cancercare MB and Misericordia Health Centre

The St. Boniface program uses trained volunteers, who take their art carts, filled with colourful art projects ranging from collage, weaving, print making, beading and painting to paint bedside.



Also at St. Boniface Hospital, the McEwan Mental Health program offers art to between 5 and 13 patients who attend the centre's weekly evening sessions. The volunteers share their skills in marble painting, collage, paper quilting, clay plaques, tile painting, potato prints, beading necklaces, bracelets and other ideas.

"I spent the entire shift working with a woman making a pair of earrings. When her husband and son came in I helped her son make a bracelet for her. The patient said in the 2 weeks since she got there, it had been her best day."

At Cancercare, the nurse volunteer attends weekly, working one on one with patients with similar projects.

"The starting point for discussion is the art cart but so many patients just want a little attention." - Kate Black



This past year, Misericordia Health Centre added a portrait program for patients. Artist Kate Black regularly visits with residents who cannot make art themselves, and paints their likenesses for their families.

Rejuvenation, Resilience and Recovery through the Arts - Selkirk Mental Health Centre

Rejuvenation, Resilience and Recovery through the Arts was developed to reduce marginalization and isolation by building social support. The result has been a sense of community for patients and staff through engagement with the arts at Selkirk Mental Health Centre.

Thanks to a Winnipeg Foundation grant, we collaborated to develop the program model, and brought live music, arts mentorship and Dance Movement Therapy to Selkirk Mental Health Centre this past year.

Dance/Movement Therapy sessions were planned, a local musician was hired to play for patients in three programs weekly and musical instruments were purchased for three groups.

“Karissa is doing really amazing work for us through Dance/Movement Therapy, which is just now growing into something really wonderful... Artists in Healthcare has been a valuable addition to the programming that we offer.”

-Lindy Stanford, Geriatric Resource/Groups

Dance/Movement Therapy through Rejuvenation, Resilience and Recovery with the Arts has grown to offer 4 sessions weekly and has completed 130 sessions/hours up to March 31, 2015. There are staff led music and drumming groups twice weekly (60 hours) and 20 hours of art mentorship has been provided to groups from each program.

“Our musician, Luciano, is currently working in both the Tyndall and Barnett Buildings. He plays his accordion around the patient and common areas, and has noticed that patients have become comfortable with and recognize him. They ask about him when he is not there. Luciano is starting to feel like kind of a “fixture” here. People have really started to respond to him, singing along with his music.

Some of the staff is even participating. A favourite in the building for everyone is the Chicken Dance. Those who used to look disinterested have started to request songs. Many more patients are standing at the microphone (without being prompted to do so) and are singing in front of their peers and staff.”



Service Canada Student Summer Jobs

Every year, we receive funding from the Service Canada Student Summer Jobs Program, to offer employment to approximately 8 students with funding from the Government of Canada. As part of Music to My Ears, they are an integral component of our program.

Students are asked to compose a paragraph or two every few weeks, to journal their encounters with patients. We have included these in at the end of this report for those interested in the longer narratives.

As each of our musicians will attest, the addition of music to a hospital or long term care truly changes the environment and makes residents and staff's experience so much better. All have described that the experience has left them enriched, and often forever changed.





WHO WE ARE:

Executive Director

Shirley Grierson

Board of Directors

Chairperson - Tom Carson

Treasurer - Pam Campbell

Directors - Dan Donahue, Kat Fox, Jennifer Dubiensi, Lea Girman, Geof Langen, David Northcott

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Advisory Committee (Special Projects)

Sylvia Kuzyk, Barry McArton, Dr. Merrill Pauls

Communications

Leif Norman, Michelle Decorby

PROGRAM STAFF and SUPPORT:

Art at the Bedside – St. Boniface Hospital

Program Coordinator –Claire Stephensen

Art by the Big Blue Chair – Cancercare Manitoba and Misericordia Health Centre

Artist - Kate Black

The Care Home Outreach Project – Brandon and Souris

Volunteer Coordinator: Corey Friesen

Student Musicians – University of Brandon



Music to My Ears

Winnipeg:

Tim Cummings - St. Boniface Hospital and Cancercare MB; Lynn McClure - Cancercare MB and Jocelyn House; Peter McClure - Cancercare MB; Keith Price - Cancercare MB and Health Sciences Centre; Ann-Marie Williot - St. Boniface Hospital; Casimir Gruwell – CCMB; Aaron Shorr - St. Boniface Hospital and CCMB; Lois Gillespie - St. Boniface, Grace Hospital, Middlechurch, Maples Personal Care and Beacon Hill; Ashley Au - Grace Hospital; Malcolm Somers - Riverview Health Centre; Jaymie Friesen – Misericordia; Heitha Forsythe – Misericordia; Kris Ulrich - Health Sciences Centre; Myron Kurjewicz - Health Sciences Centre; Jacob Tallman - Health Sciences Centre; Nicole Barrett - St. Boniface Hospital, Sam Knacker – St. Boniface Hospital, Eli Herscovitch – Health Sciences Centre, Jesse Popeski – Deer Lodge Health Centre, Liz Goossen – Grace Hospital, Michael Peters – Grace Hospital and Health Sciences Centre

Brandon - Ann Germani and Matthew Zimmerman

Brandon Home Care Outreach – Corey Friesen and Brandon University students

Boundary Trails - Jess Reimer

Bethesda - Willie Wiebe

2014/15 Service Canada Students - Winnipeg

Jesse Popeski– Deer Lodge Centre
Allan Suban and Dan Blanco - Donwood Manor
Timothy Seier –St. Boniface Hospital
Artur Kivlaht – Misericordia Health Centre
Cole Moreau – Foyer Valade
Jess Friesen - Riverview Health Centre
Jay Buchanan– Health Sciences Centre

Rejuvenation, Resilience and Recovery with the Arts - Selkirk Mental Health Centre

Dance/Movement Therapist - Karrisa Marten

Musician – Luciano Armenti

Art mentorship – Claire Stephensen



artistsinhealthcare.com



Artists in Healthcare Manitoba
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STORIES FROM OUR SERVICE CANADA STUDENTS:

Jesse Popeski – Deer Lodge Centre

~Early one morning, a resident was sitting in the hallway, uncomfortable and complaining to the nurses and staff, who were busy trying to bring everybody their breakfast, give medication, etc. The nurses had helped adjust her chair multiple times but she was still uncomfortable, so I thought I could help. As soon as I sat down with her and started singing, she smiled and began to sing along quietly with me. After I played for a while, she was much more relaxed, and thanked me for the music, no longer thinking of her discomfort, and the staff was able to care for the other residents.~

~I visited Bob in his room regularly last year, and we've kept in touch throughout the year. He is a musician too, and used to play in the same venues – and briefly in the same group – as Neil Young! This year I visited Bob in his room every day I was on his floor, alternating with a group sing along. Eventually I convinced him to come to the sing along and bring his banjo. The other residents thought it was great, seeing their friend perform with me, and hearing the banjo and the guitar together. We had a lot of fun playing together, and Bob came to almost every sing along, with his banjo, for the rest of the summer.~

~Jackie called out to me as I was passing her room one day. “Hey,” she called, “where do I sign up for you to come sing with me?!” She'd seen me around and heard me down the hallway playing for others, but I hadn't visited her yet. I explained my job to her, and sat down to play. She was thrilled, and sang along with every song. She has a big loud laugh and is always kidding around, telling jokes and funny stories in between songs, and requesting new ones for me to learn.~

~My friend Grace is a professional musician, who offered to volunteer with me for an afternoon with her ukelele. The residents loved hearing Grace and I sing harmonies together, and perform the jazz standards from their generation, songs like “On the Sunny Side of the Street” and “All of Me.”~

~Staff recommended that I visit Lynn in her room, saying she loves music and had been asking about me. I played her a couple songs, and she seemed only somewhat interested. The third song I played was “All I Do Is Dream,” by The Everly Brothers, and she lit up! “I was singing that to myself this morning!” she exclaimed. She told me it was the song she sang to comfort herself when she missed her husband, and for that reason it was very special to her.~

Allan Suban / Dan Blanco, Student Musicians - Donwood Manor

“My experience at Donwood helped me to grow not only as a musician, but a whole person. I met many residents and collaborated a lot with the staff. The staff was very appreciative, supportive and kept in constant contact with me. I was able to use a moveable piano to play in common room areas, and use my guitar to play one-on-one.

I played for many events with recreation staff such as church service, outdoor activities, sing-a-longs. I worked closely with the 4 full time recreation staff (wonderful ladies). They were very prepared and gave me a list of specific residents to provide music for. Every Friday I

would play for their BBQ. Vesna (one of the staff), gave me a wonderful resource of songs that the residents would know, which aided me in providing the best musical experience possible.

Overall, not only did I play music for the residents, I had many conversations with them. I found that after I played, they also just wanted to talk. They would give me advice, they would tell me about their lives, and would give me feedback on the songs I should play. The experience taught me to cherish life, love your family (parents), and that music is a very powerful art.” - Allan

“I really enjoyed singing and playing for the residents. At first, residents didn’t know who I was but over time, the staff would wave at me and direct me to people who would likely enjoy music. I got to interact with a lot of residents. There were residents whose faces would light up when I came by and played guitar and sang for them. Other residents would also ask me to play music for them since they could see that I was carrying a guitar. I could also see that a lot of the staff and volunteers enjoyed the music I played for the residents. Playing piano for the residents during mealtimes also showed positive reactions from the residents, staff, and the volunteers. Overall, it was a very positive experience for me as I got to share my music with a lot of people.”
– Dan

Timothy Seier – St. Boniface Hospital

~While I was playing in the halls of the Palliative Care ward in St Boniface Hospital, a patient came out of their room and sat on her walker to watch me play. When I finished the song, I approached and explained who I was, and offered that I could come play for her in the comfort of her room. She agreed, and we had a lovely time talking, listening to and playing music. It was a very pleasant afternoon as we got along very well and enjoyed each other's company.~

~Today I was playing on the cardiac recovery unit, when a nurse stopped to tell me that my music carried throughout the floor. She further explained that it helped bring a kind of normality to the hospital, and helped put people at ease. As she said: “music goes to the heart, which is exactly where the patients are healing.”~

~I was playing for a patient and his sister, when the patient fell asleep and his sister told me that he had been anxious all morning. The nurse had given him something for his anxiety, which helped, but apparently it wasn't until I started playing that he could really relax and get some rest.~

~On my first day back I met an older woman on the Palliative Care ward at St. Boniface. I asked if she would like to hear some music. The woman's face lit up! I began playing and by the time I got to the chorus of the tune the woman began to cry, explaining that she hadn't listened to music for years... and that it was so beautiful. Since then, I've visited her everyday to talk and to play. These days however, I play her to sleep.

~I was playing on the main floor this morning, when a man stopped and asked if I could play his floor and what I would charge. After explaining to him that I work for Artists in Healthcare and that he didn't have to pay anything, he was very excited. He was with his wife

in the Mother and Child unit of St. Boniface Hospital. He didn't know it, but I was also very excited. I had yet to play within the unit, and this was special!

After being introduced to his wife and new child, I started to play. There was a really special feeling in the room, like that of a celebration-an incredibly peaceful celebration. After a few songs and they thanked me for the music I shared, I gifted them one of Artists in Healthcare's CDs as a kind of "birthday" present. I wanted them to have something physical they can hold on to that they can better keep the memory of their daughter's first live music experience, like a soundtrack to the keepsakes. I hope that will help them treasure their new daughter's first few hours of life for years to come. ~

~I have had tons of fun returning to the 5th floor, which is mainly pre-cardiac surgery. Most people there generally have more energy than before, but are bored because they can't leave the floor. Often there are 4 of 5 patients out in the waiting room listening. Between songs they ask me about school and tell me what their kids do. It's always very social, and it is always nice to see conversations start between patients as a result. ~

I'd also like to add that I have had nothing but an incredible day, EVERY DAY I've been here at St. Boniface Hospital so far. I've never felt more appreciated and important so much in my life. I'm having an incredible time back. It's been amazing! ~

~I've been playing for a man on palliative care the past few weeks, almost everyday. He had been a drummer with the military, and always really enjoyed my playing. Between tunes, we would talk about places he's been, bands he had played with and about some of his favorite music. I was pleased to meet his wife and sons. One Friday after I got finished playing with him and his family and John said goodbye, I understood that he was thanking me for my work. I also understood that this would be the last time we would ever speak.

When I returned on Monday, I found him there asleep with his family. I played outside the room for them. I often when playing in the hall get closer to the rooms I've visited so that even though most rooms can hear me, that room can hear best. After I had finished up and began walking away, the man's son who could be no older than thirteen stopped me. He wanted to tell me that my playing was highly appreciated and that I played beautifully. I could tell that it took courage for him to do that.

I thanked him and after we parted, I realized that the tune that I had wrote that morning was for this man and his son. So I returned to play it for him and his family, and dedicated to the memory of their father and husband. I will always remember him and his kindness. ~

Jess Friesen - [Riverview Health Centre](#)

~In the behavioral unit, I've made some close connections. One man has always loved music and claps, sings harmony, and acts like he's playing piano on the table. Since he was the most active, I let him strum my guitar while I held it in front of him. For such an outgoing man, he was really shy to touch the guitar so I took his hand and we strummed together. He absolutely loves it now. I am thinking of bringing other instruments for the residents so they can interact by feeling the vibrations or keep a beat with a shaker or noise maker.~

~In palliative care, I usually sit in the hallways singing and play more relaxing songs. It is very emotional and I have witnessed many people who have passed. Once in a while a family will ask

me to come into their loved one's room and play "You are My Sunshine" or "Amazing Grace." I've even been asked for "I've Got the Moves Like Jagger!" Seeing them respond and smile because of the music makes me certain that they can really hear and really feel it. As weeks go by things change... A family came up to me and said that by hearing "Edelweiss" being played in the hallway, their mother died in peace. She had told them she heard an angel singing.~

~In some long term care units there are people who don't really talk or move. You can tell there is someone still in that body but it's hard to help them shine. I've been more physical, dancing, holding their hands, and, frankly, sometimes making myself look like a complete idiot! There was one lady who never said anything and looked like she was angry all the time. Finally I put the guitar down so we wouldn't have any barriers. I held her hands moving them back and forth, singing "Hey Good Lookin.'" She lit up and mouthed the words...and gave my hand a squeeze. Sometimes, after that, she would light up when she sees me. She is often quiet and looks sad, but when she smiles every once in a while... I know that I've made a little difference.~

~There are many great people at Riverview but I am particularly move by this one lady in the dementia unit. She only comes out of her room when her husband is there. I found that stroking her arm and singing without the guitar calms her down when she is anxious. On one occasion, she stopped crying and held onto my hand and sang "You are my Sunshine." I've had many encounters with her. Some days she's scared and cries and other days the music relaxes her.

Another lady, full of energy, is in long-term care. She is always around for the music and tells me that it brings her happiness to hear me sing. She requests songs from her past and is always the first one to clap and get moving. Long-term care residents always looked forward to singing. I've got them clapping rhythms, using shakers, and sing in a choir-type setting. Even the more grumpy/sad residents would smile, and be willing to dance with me or tap their foot to the beat. It's amazing how music can both relax and make people more alive and happy at the same time.~

~I've heard people who can't talk speak lyrics while singing who then transition to talking. I've had many connections with various people in all units. To me working with dementia and behavioral residents was highly rewarding, especially when I saw drastic changes in the more violent residents. The music calmed them down and the more quiet patients actually started singing for the first time. Nurses were always astonished.

~ I have realized music makes a drastic difference in people's lives and am starting to volunteer during the year.~

Artur Kivlaht– Misericordia Health Centre

~There was a resident who has a passion for singing, so I gave him a private concert to one afternoon. He wasn't much of a conversationalist, but when I started to play a Hank Williams or Johnny Cash tune he would start wailing! It was like a jam session rather than a performance. I'm glad he sang along because he got really into the music and I believe it's always important for someone to be able to get lost in something positive.~

~Every week we got about 15 residents together for 'choir practice,' where I hand out lyric books so that they can sing along while I'm playing on the guitar. I'll have them to sit with good

posture and to make sure they project their voices. We are preparing for a concert in the summer so the residents could sing to their families. I look forward to choir every week, and think the residents do too.

Today was a big day for the residents who are a part the choir. For the last 2 months we have been getting together every week and practicing for the big performance. They were clearly very excited about performing, and all got dressed up in their nicest clothes. Their resident friends who weren't part of the choir came to watch and support, and families were invited. After it was finished, each resident got a flower. They worked hard, and I could really tell it made their day to be able to perform and be a part of something.~

~There is one resident who I especially enjoy playing to. I'll sit down and play a tune and then we'll talk a bit and she shares a story or a piece of wisdom. I'll play another tune and this repeats. She is wise and full of life experience, which makes her stories incredible insightful and interesting. Time just flies when I'm with this her, and we always have a blast exchanging stories and songs!~

~I play a wide variety of styles for the residents; oldies pop tunes like "Five Foot Two" and "Hello My Baby" or songs by Country giants like Hank Williams and Johnny Cash for them to hum along to. However, I most enjoy playing to one resident who appreciates jazz guitar... To me, there is nothing quite like playing to someone who will sit peacefully and listen to you play old standards.~

Jay Buchanan – [Health Sciences Centre](#)

~Things are in full swing down a HSC! Last Friday, I was playing in the lobby and was approached by two women who asked me to come up and play for their dad. He had had liver failure, but was still very mobile and coherent. He had apparently not missed a Folk Festival in 40 years! His spirit was vibrant and contagious. I ended up playing for him for over an hour and a half, with him and his daughters singing along to "Vincent," "Landslide" and "You are My Sunshine." It was difficult for me to keep my emotion in check, as my grandfather had passed away due to liver failure. The sisters were warm and lovely, and so was their Dad. I hope I can meet up with him at Festival 2014! This experience has totally invigorated me, and reminded me exactly why I love this job so much. ~

Cole Moreau – [Foyer Valade](#)

~On my first day at I was introduced to all the residents who expressed an interest in the music program. Some were welcoming, but, naturally there are those residents who are quite introverted and who are always declining offers to come play bingo/ join the sing-a-long or even have ice cream sundaes. During the afternoon on my first day I went around playing for as many of the residents on my list as I could. Some were very excited to have me play.

One particular woman stuck out for me because she enjoyed almost anything I played. She thanked me and asked me to come back soon! I also noticed over time that she was always interested in hearing me play. A couple days later, after I had got the feel of the new environment, I had a meeting with my supervisor. We went over the interactions that I had (who was receptive who was not receptive). Certain residents who they would've imagined to be receptive were not and the opposite was also true.

Most notably, I was told this particular person, the one who stuck out to me, had not attended any of the activities put on by the recreation department in a number of years. Having me play for her was a Hail Mary of sorts. My supervisor thought she might prefer having me play for her in her room and had hoped she would be interested. She agreed and I was thrilled. It made me feel great that she was always happy to see me whenever I came by for the rest of the summer.~



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Links to some of our programs:

<http://www.artistsinhealthcare.com/videos/> - music at Cancercare

Music: <http://vimeo.com/24829257> The Grace Hospital (this program also runs year round at many hospitals, hospices and long term care in Winnipeg and Brandon, Bethesda, Boundary Trails, and Selkirk Mental Health Centre)

Art at the Bedside St. Boniface Hospital <https://vimeo.com/37978606>

String Quartet

Series: <http://vimeo.com/16381026> and <http://vimeo.com/16381760>

Shaw piece on Art by the Big Blue Chair Cancercare MB:

<http://youtu.be/rHwqTUXsPgE>