



Sierra Noble and St. Boniface staff: 'It was an amazing private concert on CR4 by the patient's bedside. I was profoundly touched by this experience.' Sierra played for thirty minutes in the atrium and then visited nine units, as requested by staff, playing another three hours.



Myron Kurjewicz playing with a patient at Health Sciences Centre: 'The stories and experiences are wonderful, the warm words and feelings work both ways. There is a huge sense of satisfaction and gratitude'.

*Annual report for the year ending
March 31, 2014*

In addition to sustaining our existing programs, Artists in Healthcare initiated new collaborations and programs in 2013/2014. Thanks to a Winnipeg Foundation grant we began 'Rejuvenation, Resilience and Recovery' at the Selkirk Mental Health Centre.

An Indiegogo Crowd Sourcing Campaign allowed us to raise funds to record and print our first CD, which is being given to patients and staff at St. Boniface Hospital, Health Sciences Centre, the Grace Hospital, Jocelyn House, Brandon Health Centre, Boundary Trails, Bethesda, Selkirk, as well as our summer student program facilities.

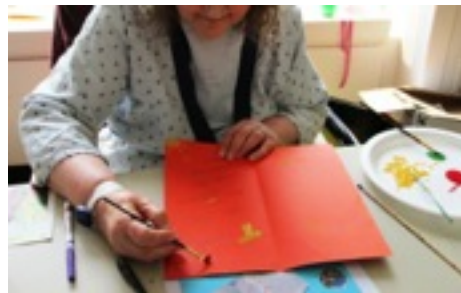
A new website was designed and we are working to engage social media on a weekly basis.

The organization is currently revisiting its strategic plan and vision, but maintains its mission to stimulate collaboration between the arts, healthcare and communities to enhance health and healing. We will continue to develop relationships and partnerships and look for new opportunities to enhance care through the arts.

Music and the arts are essential for a healthy life

The report is organized as follows:

- Selkirk Mental Health Centre (SMHC)
- CD release Indiegogo Campaign
- Music to My Ears
- Art at the Bedside, Art by the Big Blue Chair
- Service Canada Student program
- Dance/Movement Therapy
- Board of Directors and Organizational Flow Chart





Winnipeg musicians celebrating the first day of Mental Health Week with patients (dancing) at SMHC

Rejuvenation, Resilience and Recovery SMHC

Description

Rejuvenation, Resilience and Recovery with the Arts is a project AIHM designed for the Selkirk Mental Health Centre.

The purpose of the project is:

- to reduce marginalization and isolation by building social support and sense of community for patients and staff through engagement with the arts

The goals of the project are:

- to integrate the arts into daily routine for patients and staff
- to recruit, mentor and train a community comprised of staff, local musicians, artists and student volunteers who will deliver successful arts programs, coordinated Centre wide
- to ensure the program's long term success with yearly 'infusions of arts' visits

Targets/Outcomes this year

- Since receiving the grant March 2013, we held numerous planning sessions with staff, culminating in a full day experiential workshop for staff with over twenty staff and nine AIHM musicians, and artists April 25. Staff experimented with Playback Theatre (Red Threads of Peace), created art with our St. Boniface Hospital Art by the Bedside Coordinator, watched our musician play for clients and patients on five units, and experienced Dance/Movement Therapy. At subsequent meetings staff have identified which art forms they feel their programs would benefit from the most
- Long & McQuade is donating instruments to this program
- We will be interviewing local musicians who will be mentored by our regular program musicians, hopefully this summer
- Art mentoring has started on site
- We facilitated an interview with Kim Kaschor (Shaw TV), as part of our effort to generate good news stories on the work being done at SMHC
- Two meetings were held at the Lord Selkirk Regional Comprehensive School and the mentoring volunteer component will begin fall 2014
- All participants undergo mandatory criminal registry and abuse checks, onsite orientation and confidentiality training and comply with all Centre policies

- AIHM has applied for matching funding from Greenshields Canada



Matt Zimmerman playing in the Clinical Adult Psychiatry Program in Brandon

CD Release/Indiegogo Campaign



After a few years planning and recording, thanks to funding from Long & McQuade Music and the Winnipeg Foundation Youth in Philanthropy Program, we mounted an Indiegogo Crowd Sourcing campaign to complete the CD. The campaign began June 2013 and raised 3,400, which allowed us to print the album and pay for a release event which was held at the Park Theatre, November 28th. Honorary Advisory Council Member Sylvia Kuzyk emceed the event with 15 musicians performing. Health Sciences Centre rehab staff brought three wheel chair patients to the evening and

many healthcare staff and supporters attended. The event allowed us to print 1,000 CD's which are currently being given to patients throughout hospitals and long term care in all Winnipeg and rural sites.

We had numerous media interviews with CBC English and French, CTV National, Geof Currier CJOB, Ismaila Alpha, Eleanor Coopsammy, Shaw TV and university radio stations.



Photos Leif Norman



Music to My Ears

Description

Music to My Ears (MTME) remains our flagship program. The power of music to take patient's focus away from anxiety and stress is simply amazing, as the patient and staff comments note. Guitarists, harpists, an accordion player, harmonica player and a few ukulele players bring music to patients in treatment, waiting rooms, bedside, on units throughout the hospitals and in long term care.



Patient comment on Willie Wiebe's playing at Bethesda:
'When you started playing, all my pain started leaving me.'

The power of music to change a patient's experience, if only for a moment, is profound.

Targets/Outcomes this year

Year round programming was enjoyed at the following hospitals:

- St. Boniface Hospital (710 hours)
- Cancercare Manitoba (590)
- Health Sciences Centre (480)
- Grace Hospital and Hospice (288)
- Jocelyn House (60)
- Misericordia Place (440)
- Riverview Health Centre (516)
- Bethesda, South Eastman Steinbach (160)
- Brandon Regional Health Centre (285)
- Boundary Trails Health Centre (160)
- Including the summer student hours, Artists in Healthcare's (AIHM) musicians played over 5,000 hours reaching well over 8,000 patients and residents
- Musicians play in patient waiting areas, geriatric rehab, treatment, dialysis, cardiac intensive care, intensive care, psych health, radiation, hematology, rehab, hospice, palliative, pediatric ambulatory clinic, women and child, pain clinic and oncology and generally throughout the hospitals
- We now have 41 musicians working in healthcare. This number has grown considerably thanks in part to the Brandon 'Home Care Outreach Project' and a growing number of volunteers
- Brandon's 'The Care Home Outreach Project' delivered 80 concerts this year and continues to grow. AIHM received a City of Brandon grant to fully fund this program fall 2014 and students raised another 2,500 at their February fundraiser. We now have an agreement with the Dean of the Faculty of Music, to sustain this program yearly, managed by a student committee, and we will continue to submit grant applications to the City of Brandon to sustain this growing program
- We are meeting with University of Manitoba faculty to discuss replicating the Brandon model in Winnipeg
- SMHC program planning hours and first workshop (80)
- HSC received a second physician donation to maintain 50 musician hours over the winter

*Due to the confidential nature of this work, the numbers provided in respect to how many patients hear the music in each program, are respectful guesses. The musicians provide estimates which on-site staff confirms. The actual hours played, are tracked.



HSC patient: 'When I walked in and heard the music, I knew that I could slow down, and calm down.'

Patient Relations HSC: "Our office received a voice message from a young woman who wanted the musician to know that he made a huge, positive difference to her family. She thinks Jay (2014 student musician), is wonderful and wanted this to be shared. This was all the information she provided, but I think the message is clear."

Art at the Bedside, Art by the Big Blue Chair, Misericordia

Description

Art at the bedside and Art by the Big Blue Chair are two AIHM programs which bring visual art projects to patients. Art at the Bedside is in its fourth year at St. Boniface Hospital, and Art by the Big Blue Chair is in its second year at CancerCare Manitoba. The St. Boniface program uses existing volunteers, trained by our coordinator, Claire Stephensen. They take their art carts, which are filled with colourful art projects ranging from collage, weaving, print making, beading and painting, to patient bedsides. At CancerCare Kate works one on one with patients with similar projects. Misericordia added Kate's portraiture to their arts programs for patients. Kate visits with residents who cannot make art themselves, and paints their portraits for families.

Targets/Outcomes

- This program is now thriving in its fourth year at St. Boniface Hospital.
- Kate's portrait program was a new addition to Misericordia programming as of fall 2013
- Volunteer Services at St. Boniface show a slight increase in overall hours since last year, with the art program being offered to patients just over eighty hours a month. 'The program was extended to McEwan Mental Health fall 2013 and those patients have enjoyed 14 group sessions of various art projects on a weekly basis. Two volunteers each week welcomed patients, providing opportunities for creative self-expression. Volunteers here in the main hospital, have shared that it gives them a reason to visit with the patients. As

they complete a project together, the patient forgets for a short time, their health concerns.’ Shelley Young, Manager Volunteer Services, St. Boniface Hospital

- Art by the Big Blue Chair was funded through a Manitoba Arts Council grant which will be completed in 2014. We will seek ongoing funding.
- Artist Kate Black works with patients four hours a week at Cancercare and three hours weekly at Misericordia
- Misericordia (Ellen Locke) reapplied successfully to the Manitoba Arts Council for continued funding for artist, Toby Gillies
- Health Sciences Centre’s Hall of Hope gallery continues to show a permanent exhibit organized by Darlene McPherson which offers a peaceful oasis to patients at the rehab hospital.

Narrative

- St. Boniface

<https://vimeo.com/37978606>

‘Patients really enjoyed our tile painting today and were extremely thankful for us coming.’

‘I spoke with one patient who had requested a visit, but she wasn’t feeling up for it so we chatted for awhile.’

‘Another patient was feeling agitated. I think making a card helped her calm down a bit.’

‘Spent the entire shift working with a woman making a pair of earrings. Her husband and son came to visit, so I helped the son make a bracelet for her. They both really enjoyed the program and the patient said that in the two weeks she’d been here, this has been her best day.’

‘Today I spent time with a male patient who wanted to draw and visit. I stayed with him for two hours, just talking about his life.’

‘A few nurses sent referrals regarding two patients who have been in the hospital for three months. While neither of them wanted to make an art project, they were both eager to talk with someone.’

‘We did marble painting and painting on tiles today. The patient really enjoyed it and asked us to come back next week.’

‘Wednesday I visited a woman who is fighting a serious health concern. In the end, we didn’t make art but she told me many stories about her life and family. Although she is in a lot of pain, she seemed happy for the visit.’

Cancercare

‘When speaking as a nurse to a patient I first met as an artist, I asked what she was working on art wise. She showed me a picture of a road in a field. While doing her care we discussed the roads and pathways we travel in life – those that we sometimes have to travel.’

'This young woman was delighted with the conversation as we discussed her art and what it meant to her. A demonstration of art improves discussion and conversation between staff and patients. This lovely young woman did not do art prior to our meeting as her sister did the art and was the arty one. She discovered talents with in herself. She found more to talk about with her sister and her parents; all a large part of her care while coming to CCMB.'

'I have held hands with patients discussing their art projects while they get their IV started to help distract them. It seems to help.'

'The starting point for discussion is the art cart but so many patients just want a little attention.' - Kate Black, Cancercare nurse and artist – CCMB and Misericordia

Community Development – WSO string quartet series

'You bring life to us'

Seventy-six- forty minute concerts were thoroughly enjoyed at St. Boniface Hospital, Buhler Gallery and Geriatric Day Hospital, Misericordia Place and Hospital Interim Care, Deer Lodge Health Centre, Riverview Health Centre, St. Amant Centre and the Middlechurch Home of Winnipeg, thanks to a two year sponsorship from Sussex Realty. We are seeking another funder to continue this program fall 2014.



"I like all music. It does something to me. It makes you feel alive!"

"Music is ageless. You don't need two good legs to be able to enjoy music. It's something you can enjoy through your whole life. It doesn't need any special skill. It doesn't need any cognitive ability. It's something we have to have." Staff

“I have seen some residents who showed no emotion for years. But the as soon as they heard the music you could see they wanted to speak, you could see the tear coming or see the smile. It’s a wonderful gift.” Staff

“When you work with individuals with profound challenges in terms of the developing disabled, music can be a form of communication for them. Just to see their attention; they’re watching and listening. You can see some of them dancing in their seats. It’s just phenomenal what live music does.” Staff

“It is so gratifying for us to watch the change in the people’s faces. Once the music starts playing, it’s almost as if there’s some kind of an awakening happening. The music speaks to them on some level. It’s so neat to finish a concert and then have somebody come up in a wheelchair and say: I just so enjoyed this particular piece or oh, I remember my mother playing this particular piece and you can just see it meant so much to them because it brought back memories they had long forgotten.” WSO violist Richard Bauch

“Music begins where words end. It’s the most immediate and direct connection to something deeper inside a person. And that’s why I think music is so successful with people. It calms the soul and gives us something very, very human.” WSO harpist Richard Turner

*“It’s always important for us here to encourage musicians to come here to play. To have 100 of our residents here, our clients that we serve, come to a show, is just not possible. There is no way we could get that many out. It can’t happen. There aren’t enough buses; the weather is always a factor with these guys. It’s impossible. When people like the WSO and Artists in Healthcare can get involved here, you bring life here, and that’s the most important thing. That’s real life. That’s the part they cannot see and for one short moment in time you bring that here, **you bring life to us.**” Staff*



WSO harpist Ann Germani playing at Brandon Regional Health Centre

Service Canada Student Jobs



2014 student musician with the Misericordia Step it Up for Dementia Walk

The student narratives speak for themselves:

Deer Lodge:

I met Bob after he requested a visit; he didn't come out to group activities much. When I asked what music he liked, he replied, "I'm an old rocker." I chose Neil Young's "Heart of Gold," he immediately smiled and began singing along. He told me he played in a band with a young Neil Young, before Neil sang! He played bass.

I visited regularly for the rest of the summer. Bob got his electric guitar set up so we could jam a bit in his room. He told me about being working musician in Winnipeg in the 60s, and showed me a few of the cover tunes he used to play. He sent me this e-mail the other day: Hi Jess, just a quick note to see what you're up to. Have you hit your first day back at the U of M yet? I can tell you this, you're missed here. Mostly by the ladies! You certainly made a huge impression here. Well, let's keep in touch Jess. Be good, and if you're not good, be careful.

Cheers, Bob

Donwood Manor

Frank was very quiet, I think partly due to his English. He was a big man with a tiny walker. If I was in one spot long enough, Frank would leave the room and then return with a little blue box in his shirt pocket. He didn't always pull out his harmonica; many times he would just listen to me play. When he did, all the women in the dining room would applaud. Frank never played once of his own accord, he would always point at me to play and smile in his big, friendly way and we played together.



Helen's gift to me was one- liners that made me smile; 'Your music sounds like my pigeon', 'you are a princess', 'Are you here to take me to the other side?' and... 'I love you, I really do.'



Tina was a florist who once made flowers for the queen. She told me this every time. She had Alzheimer's. She didn't go to recreation activities and would sometimes eat her meals in her room. Every time I would show up, she'd smile from ear to ear. "OH! Is that a guitar?! My goodness, my son plays guitar, you two would have a riot". I could sing anything to her and she'd always say the same thing. She'd say, 'Music is the best medicine, better than drinking a whole bottle. It just fills you up with goodness'. I've never seen a smile so big on a woman so small.

Rosalie was the youngest resident. Her speech was choppy and very quiet. She was a Beatles and Jon Denver fan. She must have enjoyed singing because as soon as I sang Country Roads she'd be right there. She would sing softly, accurately, and with great pitch. The most rewarding thing about working with Rosalie throughout the summer was that she'd recognize me. I'd walk to her wing and she'd lift her arms towards me and smile. I'm going to miss her very much. I could tell the music soothed her. Her body became less tense.

St. Boniface Hospital

For the past few weeks a man in palliative care enjoys sitting in the solarium. He always

invites me in and listens to me for as long as I can stay (usually one hour or so). He is so appreciative. His wife is as well. She always says 'hello' and 'keep up the good work.' They really appreciate music in the hospital.

This summer I've had more staff than ever telling me how much they appreciate music in the hospital and how much it makes their jobs easier for them. This happens at least once, but up to three times every day. It feels good to know that I'm contributing enough that someone stops what they're doing to tell me how much they appreciate it.

Riverview Health Centre

Having worked two summers at Riverview, as well as this past year, I've been able to get well acquainted with some of the residents. There is one fellow I visit twice a week, and we'll often sit and chat for a bit and then I'll play a couple songs. Each time I see him he has me play "Rain Drops Keep Falling on My Head" and "Me and Bobby McGee". He told me the reason he enjoys those songs so much is that they were popular around the time his son was born, and each time he hears them that's what he thinks about.

Whenever I play on the palliative care floor, at least one person tells me how much they appreciate it. One nurse even came up to me, concerned that no one had told me how much the staff appreciated it. I assured her they do. *Many comments have made me realize my playing does so much for more than just the staff and patients, but that it really changes the whole atmosphere of the building.*

Middlechurch Home of Winnipeg

There is one floor I really enjoy playing on. The people who live there seem to like music more than any other floor; they sing along and applaud more than anywhere else. One lady sings along with any song I play, no matter who it's by, or when it's from. If she doesn't know the lyrics she'll just make them up as she goes along. *It's a really great feeling to be able to directly see that you're having such a positive effect on peoples' lives.*

Being a musician in a long care home has been a great experience because everyone loves having a musical presence around. The best part is getting to know the residents and seeing their faces light up when they see you coming. *I play for several residents who almost never leave their rooms and have been told at least once by each and every one of them that those visits make their day.* One resident calls me one of her dearest friends. One visit I played 'My Bonnie lies over the Ocean', but I sang her name instead, because it rhymed and I thought she would like it. When she heard me sing her name, she got the biggest smile I've ever seen on anyone cross her face. She requests it every single time. *The residents really do love having a musician around and I love seeing how excited even the typically quiet and despondent residents can get upon seeing the guitar. Staffs regularly comment on how much the residents enjoy live music and the residents are quick to agree. The look of joy on their faces when you play their favourite songs is worth it. They tell you they think of you as a dear friend and that you constantly make their day and the staff will say how incredible it is that the resident is calm, or how they are being so much nicer since I've been there.* Comments and experiences like these really make you understand how important having us music students around, is for the residents and their day-to-day well being and I'm glad I was given the opportunity to be one of the people who are there for them.

Misericordia Hospital and Place

This moment definitely made my week :)

Often I play music for this very soft spoken woman named Jane who spends most of her day in bed. I will ask her what kind of music she wants to hear and instead of suggesting specific songs she will respond saying; “something familiar” or “something from the 50’s” or “something adorable”. Last time I visited her she asked for “something slow and romantic” so I sang “Moon River”, one of my favorites. When I finished I asked her, “What type of song would you like to hear now, Jane?” She responded, ‘Moon River’. I explained that I had just finished singing that song but if she really wanted I could sing it again. She said “yes please, Moon River.” And so I sang Moon River again.

The thing is that when you sing certain songs on repeat and every day, they often become boring. However, when I notice that a resident loves a song that is carrying them somewhere... I realize that I am giving that person a gift and it no longer takes effort to perform; instead it feels life-giving.

When I finished singing “Moon River” for Jane the second time I asked, “What is it about that song that you love so much?” She replied... “It’s like saying goodbye when you don’t really mean it”.

Health Sciences Centre

I met this beautiful woman today, who touched my soul. I was playing in the atrium, when out of the corner of my eye I see a woman seated, close to tears. I begin to play ‘Smile’, one of my favourite ballads, and she began to cry. I finish and she simply says ‘thank you’. I ask her for a request, and she says: ‘something from you’. After playing she comes and sits next to me. She starts to tell me all about how beautiful music is, and how it is so serendipitous that she happened upon me.

She is at HSC with her sister who has been in and out of the hospital throughout her cancer treatment. It has started deteriorating her mental health, and is starting to look terminal. We talked for almost an hour. She shared many things. One of the most important things she shared with me was her idea of ‘final words’. She didn’t see what the big fuss was about being there right as people pass. Sure, that’s important, but not as important as making sure you are making time for all the people in your life that mean something to you.

Foyer Valade

Residents have been very welcoming and I’m off to a good start. I began with personal songs as residents prefer French. I’ve gotten used to where all the units are and found that the Alzheimer’s patients love to dance.

One of the residents passed away last week and the family thanked me for bringing some joy to her in her last few days. Many people don’t speak a lot but they nod their heads and respond in other ways when they recognize a song.

One fellow loves classical and baroque piano pieces, which I play for him. He’s in the Alzheimers and Dementia unit so he doesn’t remember who I am. Every time I’ve finished playing he tells me that it was a great song and that his wife would have loved it. He used to play the violin himself. Every time I play for him he goes to his room and comes back with a five dollar bill and tells me I deserve it for the great music. I decline,

but he insists. When I accept the five dollars he is so happy. So when he leaves or isn't looking, I put the bill back in the drawer in his room. The next day, he does the same thing ☺ He doesn't remember me from the day before, so he tells me about his wife, his past as a violinist and requests the same pieces and brings me the same five dollar bill. This is a kind of delightful part of my new daily routine.

One resident can only speak in sounds but the nurse told me that she loves two particular tunes. I play them both daily for her now and when she hears them she is able to sing them both clearly and without effort and she recalls all of the words. This is pretty astonishing to see as she doesn't have the use of language at other times.

Lots of residents who sing came to participate this week and there was quite a bit of dancing. When families visit the residents invite me to come and play in their rooms. There is a new resident who loves to waltz. When I play she gets up and asks a nurse to dance with her. If no nurses are around to dance, she asks another resident. She used to be a ballroom dance teacher. In one month she has taught the entire floor to waltz and foxtrot!

Dance/Movement Therapy

Description

Dance/Movement Therapy is defined as the therapeutic use of movement in a process working towards health and the integration of the mind, body and spirit. (Dance, Movement Therapy Association in Canada)

Movement therapy is offered in many contexts; small groups, one on one and in resident's rooms. The benefits are physical, psychological and social. The link following offers an excellent description:

<http://www.bbc.co.uk/news/magazine-21806197>

'It was a great group today. We had eight people; a good start. Nice movements and lots of good sharing of memories and more. Thumbs up :) – Nina

Targets/Outcomes

Deer Lodge enjoyed almost a year of DMT with therapist Nina Batistoni. While working with residents, Nina mentored one of their recreation therapists who had a dance background, who is now running the program with their residents.

Misericordia will begin DMT with Karris Martens this fall. Karris is completing her thesis in Dance Movement Therapy and is the new head of the Manitoba Dance Movement Therapy Association. She has presented at SMHC and will be offering DMT in the Alzheimers Dementia and Acquired Brain Injury programs.

Narrative



Artists in Healthcare MB
Organizational flow chart

March 31, 2014

Board of Directors

Tom Carson- Chair, Pam Campbell –Treasurer and Official keeper of the minutes, Dan Donahue, Kat Fox, Jennifer Dubiensi, Lea Girman, Geof Langen, David Northcott

Honorary Advisory Council

Dee Buchwald, Ken Campbell, Randy Moffat, Sylvia Kuzyk, Dr. Brian Postl, Dr. Merrill Pauls

Advisory Committee

Dr. Merrill Pauls, Sylvia Kuzyk, Barry McArton

Executive Director

Shirley Grierson

Music to My Ears - Winnipeg (MTME)

Musicians:

Tim Cummings, St. Boniface Hospital and Cancercare (CCMB), Lynn McClure CCMB and Jocelyn House, Peter McClure, CCMB, Keith Price, St. Boniface and CCMB, Aaron Shorr, St. Boniface Hospital and CCMB, Lois Gillespie, St. Boniface and the Grace Hospital, Liz Goossen, Grace Hospital, Vanessa Kuzina, St. Boniface, 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, Brittany Thiessen, Health Sciences Centre, Heather Thomas, Health Sciences Centre, Nicole Barrett, St. Boniface Hospital, Anne-Marie Williot, St. Boniface Hospital
Service Canada Students - Seven summer students in 2014

MTME WSO String Quartet series

Four members of the string quartet plus WSO harpist Richard Turner and a flautist

MTME Rural

Brandon

Ann Germani, Matthew Zimmerman, Maria Cheswick

The Care Home Outreach Project - Brandon

Volunteer Coordinator Corey Friesen

Student musicians from the University of Brandon

MTME Rural

Boundary Trails, Jess Reimer

MTME Rural

Bethesda, Willie Wiebe

Art at the Bedside – St. Boniface Hospital

Program Coordinator –Claire Stephensen. This program is delivered by trained volunteers so the number of participants ranges from 8 – 15 over the course of the year.

Art by the Big Blue Chair – Cancercare Manitoba

Artist - Kate Black

Dance/Movement Therapy – SMHC

Karrisa Marten

<http://artistsinhealthcare.com>

