

Annual Report

April 1, 2015 - March 31, 2016



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



Anita Issaluk, Health Sciences Centre

“I have had nothing but great responses from visitors and patients who listen to my music. Many have cried and made very warm and touching comments. I have so many I can't write them all down. I have been approached by so many Inuit too. I'm repeatedly asked when I will play again. I thank you wholeheartedly for getting me involved in this wonderful road of hospital harmony.” Anita

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 2015/16.

It's encouraging to note the numerous books recently published on music, emotion, the brain and memory: 'Musicophilia' by Dr. Oliver Sachs: 'This is Your Brain on Music; The Science of a Human Obsession' by Daniel Levitin and 'Music, Language and the Brain', written by one of the greatest living neuroscientists, Aniruddh Patel. Research-based documentaries such as 'Alive Inside' and 'How Music Works' are drawing attention to the value of live music into mainstream culture – as a tool for health for all.

McGill University now has a Centre for Research on Brain, Language and Music. Ongoing Alzheimer's research also supports the necessity of music to this patient population's care.

Research is validating what we have believed to be true for many years. Music and the arts help with the healing process.

Our focus is to bring all of the healing arts to healthcare communities throughout Manitoba. To that end, we continue to grow our programs with ongoing gratitude for the support we receive from corporate organizations, granting agencies, arts councils and charitable foundations. As in prior years, the majority of funds raised go toward programs, musicians and artists. We know what we do is important. In this coming year we would like to raise the visibility of the organization so that the community at large is more aware of who we are, what we do and that we need to increase our capacity to continue to be able to respond to the significant and growing needs in healthcare.

We also strive to work with sensitivity to meet the needs of diverse patient communities throughout Manitoba. This past year, Anita Issaluk joined our Health Sciences musicians, playing and singing in Inuktitut for patients from the North, with great success.

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.



Sierra Noble playing for a patient at Health Sciences Centre

Greetings from our Executive Director

Dear Friends,

Managing an organization like Artists in Healthcare Manitoba is what it is: another grant to be written, a final report, budgets, quarterly invoices ... But the human piece of Artists in Healthcare is quite another thing: in Brandon a musician plays for a family who is welcoming a baby just two minutes old; a student musician at Health Sciences Centre is asked to play for a bone marrow transplant; another sits quietly at St. Boniface playing for hours for a patient and the family in palliative care. In another hospital, a musician sits with a patient during the first chemo session, playing favourite tunes which provide a very welcome distraction from fear; another plays for patients in a psychiatric health unit to be told; "Your music helps me more than meds ever have."

A physician takes time to search Artists in Healthcare's website to email: "I would like you know that every time your musicians play on my units, there's such a lovely sense of humanity present. Thank you, it makes such a difference."

A patient walks into a foundation office to donate because: "Every time I come for treatment, the musicians make such a difference. They made it so much easier for me to be here and it's been such difficult time." A man walks up to a musician playing in a waiting area to say: "This is my first appointment and I've been dreading it, but now that I see that you're here playing I can relax and feel everything is going to be just fine."

When asked how work is going, a staff member tells family: "It's wonderful. Our administration appreciates us so much that they send musicians to play for us!" A foundation member phones to say: "We usually don't like to fund a project or program more than once as we'd like them to be sustainable, but when we read your patient comments we all agreed that this is so important. We would like to fund this again and please keep up the good work."



Matt Zimmerman playing in the Clinical Adult Psychiatry Program at Brandon Regional Health Centre

Another patient startles a musician saying: "It's been worth having cancer, to be able to come and sit here, to hear you play." Summer student musicians are amazed when Alzheimer's residents 'wake up' and clearly recall previously forgotten pieces of their lives, when a specific song returns their memories to them.

A staff member in the new ER pilot program at St. Boniface says to the musician: "Could you please just follow me and play everywhere I go today?" Our Inuktitut speaking musician searches the units at Health Sciences Centre to find patients from the North, to sing for and with them in their own language...

And so it goes every day, with musicians playing for patients, families and staff; with artists working bedside patients; with Dance/Movement Therapy at Selkirk Mental Health causing one psychiatrist to ask staff to advocate for more funding because he's seeing such improved patient outcomes.

And yet, the numbers of people reached are so few compared to the numbers of patients. There's so

much more to do. We're a 'quiet' organization. Our work is hidden behind hospital doors. Musicians are respectful and protective of patient confidentiality. Most people don't know who we are or that we're a charity always seeking new funding because there are so many patients who don't have music or art programs.

We're not 'open' to the public. In the coming year we would like to raise our visibility in the community at large. We'd like to become better known. We'd like to find funders for more programs as there is so much more to be done.

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



Shirley Grierson
Executive Director, Artists in Healthcare Manitoba



One of two 4' X 6' original paintings done by University of Manitoba Fine Arts students volunteers: Sonia Bogaert and Charlene Matias – for quiet rooms for McEwan Psych Health patients at St. Boniface Hospital

“Thank you very much for facilitating Sierra Noble on GD6 (Bone Marrow Transplant Unit). Several of the patients were extremely touched and one family was especially thankful. Their loved one was passing and did pass shortly after Sierra had sung in his room – he was peaceful and the family was so appreciative of the gesture of music. Thank you!”

“There was a patient who had been in the hospital for a lengthy period of time. She was scheduled to be discharged home from the surgery unit the next day and was feeling both excited and nervous. That afternoon Sierra Noble visited the unit and played the violin. Knowing the circumstances of the patient and her emotions, the Charge Nurse invited this patient to dance as Sierra played. At first tentative, the patient eventually got into the spirit of the moment and danced along with the nurse. Both enjoyed themselves as they laughed and danced. The next morning, the patient died suddenly and unexpectedly. Family soon gathered to be at the patient’s bedside to share the love and care they had for her. This

touching experience provides an important reminder of the fragility of life and the sacredness of beautiful moments such as this one.” – Dana Erickson, Chief Operating Officer, HSC Winnipeg

OUR ORGANIZATION:

Artists in Healthcare Manitoba (AIHM), was established in 2001. Our vision is 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. In the past year we have maintained existing programs and expanded programs at Brandon Regional Health Centre, St. Boniface Hospital, Jocelyn House and in particular at Selkirk Mental Health.

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

Nine student musicians brought additional music to hospitals, long term care and hospices through the Service Canada Student Jobs Programs and our Johnston Group Manitoba Chamber Orchestra series continued with monthly concerts in the St. Boniface Hospital atrium.



Patients, families and staff as well as the musicians and

artists working in the programs, continue to speak to the value of the work. We rely on musicians and artists to document patient comments for us, whereas the visual art speaks for itself – often with a surprising degree of humour.



And it works both ways. Some days patients and staff are inspired by the music and art, and some days the musicians and artists are validated by witnessing the effects those arts have on the patients.

“Between vacation and the end of vacation blues I was unmotivated. I felt so unwell that I thought I would be okay if I gave it up when the funding runs out.

Then of course something quite wonderful happens. This fellow who is an artist with a degree is not drawing. Winnipeg is small, so of course I once worked with his wife long ago. I have gently pushed him for months and he finally drew. His treatment is short but it worries him greatly. Quite understandably as he hates needles and we all hate being sick. He sketched one of the nurses quickly. Then I met him again on the week end and he said he’d rather be drawing. So the next day I leave drawing materials. He draws this huge hand with this humungous needle and syringe. The needle is coming toward this wee person in the BIG Chair. The sweat is flying up. The needles didn’t hurt that morning. I thought he had to be humouring me. His wife said: “No! He would be very honest.”

The next day, he added colour and a balloon of thought above the wee man. It was a reflection of the hand but it had talons and claws. So his fears truly personified. He now has all the admiration of those who saw the drawing and a bit more understanding. The chair of course was blue in the drawing. Sometimes it works so well, this art stuff.”



Misericordia Hospital

Kate Black, Art by the Big Blue Chair artist, Cancercare &



ACCOMPLISHMENTS AND HIGHLIGHTS in 2015 / 16:

- ✚ Artists in Healthcare continue to expand program hours with notable increases at Brandon Regional Health Authority, Selkirk Mental Health and the St. Boniface pilot music program in the ER.
- ✚ Our Selkirk Mental Health Centre (SMHC) project has grown considerably with exceptional results in their Dance/Movement Therapy. With a funding announcement this October on World Mental Health Day, we will have raised \$90,000 for SMHC. Thanks to the funding increases, staff are compiling assessment documentation.
- ✚ The Johnston Group concert series at St. Boniface Hospital goes into its third season with a modest increase. This will allow us one concert monthly at noon in the Atrium or Buhler Gallery.
- ✚ Artists in Healthcare Manitoba have received their fourth City of Brandon grant for Music to My Ears to continue their long term care series The Care Home Outreach Project, which expanded successfully to Souris.
- ✚ Work is underway to expand our Health Sciences music program with new funds from the Children's Hospital.
- ✚ In the summer of 2015, we provided another 3,360 hours of music through the Service Canada Student jobs program.

- 🎨 Art by the Big Blue Chair is funded for one more year through our Manitoba Arts Council grant.
- 🎨 Work continues on the palliative care at home music program with Jocelyn House volunteering to be our pilot location.
- 🎨 A new art program has begun at Jocelyn House where residents will have an art making opportunity weekly.
- 🎨 Two beautiful paintings were created for quiet rooms at McEwan Psych Health.

OUR PROGRAMS:

Music to My Ears

Music to My Ears is our core program, and continues as 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 programs expand at St. Boniface, Brandon Regional Health Authority, Riverview Health Centre and Selkirk Mental Health Centre.



Student musician Jacob Tallman



Landscape Dancers Culture Days St. Boniface

Music to My Ears can 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. We aim to provide music anywhere it is possible to be enjoyed.

This year, thanks to a donor through the St. Boniface Hospital Foundation, we ran a trial in the ER, CPRU area. Patients who need further assessment before being admitted or not, are placed in this fairly small area. We weren't sure whether there would be room for musicians in this area but staff were highly supportive and are delighted to have music four days a week from the hours of 4:00 – 7:00 p.m. in CPRU.

Quotes from the first weeks:

"An elderly patient said, as she slowly walked out of her curtained area: "Oh, there's the girl that's playing the beautiful music."

Another older gentleman who was laying down with the blankets pulled up halfway up his face, started to move his legs to the beat under the blanket when I played.

"A family member of a patient said: "Are you playing so people can have peace?"

"Another said: "You know, one day you're gonna play the harp in heaven. You're gonna be an angel".

"A physician commented: "Nice, you should come play in our office."

"When I arrived today the two nurses behind the desk were really happy to see me. One said "Oh good, it's the first time I get to be here for the music."

"Beautiful music – it's nice to hear."

"A staff member mentioned he liked the way I played. A family member who was visiting, thanked me for the music when I ran into her in the hallway after I was done."

"I love it when I come here and you're playing."

"Staff comments implied that it was very well received and everyone was very happy."

"This afternoon was my second time playing guitar in the ER and both times went really well. I've received a lot of smiles from staff and patients. Some patients said "Thank you" and" It's so nice."

" One patient who was there both nights was happy to see me come back today. His family member said "Oh good, you've come to play for us again!" The patient's daughter took a picture of me to send to her siblings so they'd know their dad was enjoying music. "

"Staff said: "We're really enjoying your music"; "I like it"; "Thanks"; "It really calms the patients when there's music in here. There are so many benefits."

"Staff said: "You're back! Any chance you could just follow me/walk behind me everywhere I go today?"

"In the Emergency Reassessment Unit, I get a lot of good feedback from patients, families and staff, but there was one experience in particular that I liked. It was a time when I came in and the patients were all in the usual places in their respective solitary cloth cubicles and not really interacting with anyone. Usually the patients look like they are in pretty morose moods, for obvious reasons. However, when I began playing a patient began talking to me – a typical occurrence. Then another patient beside him started talking to me and then they started talking to each other.

Usually about music, but there are the range of topics that always come up. Several of the other patients and their families began to join in, smiling. More than just coming and relieving the experience and finding a way to connect with the people around me, I also try to be something that changes the atmosphere of the room, so to speak. In this instance, the music gave the room something less sterile (in the figurative sense), to anchor to and connect with each other in their difficult moments. After all, the only people who are experiencing waiting in that room for hours in a bed and cloth cubicle are the people right next to you."

This year was our second year with the Manitoba Chamber Orchestra concert series at St. Boniface Hospital, in both the Everett Atrium and Buhler Gallery. Hospital staff and patients continue to enjoy the series. We were able to expand it to 11 concerts this past season and have been given an increase for the fall season thanks to the Johnston Group.



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

- Cancercare Manitoba - 670
- Grace Hospital and Hospice - 365
- Jocelyn House - 60
- Bethesda, South Eastman Steinbach – 154
- Brandon Regional Health Centre - 250
- Boundary Trails Health Centre - 145
- Middlechurch Home of Winnipeg - 97
- Personal Care Home Concerts (Brandon) - 120 one hour performances
- Beacon Hill Lodge 24
- Health Sciences Centre 730
- Maples Personal Care 484
- Misericordia Place 640
- St. Boniface Hospital 1270
- Riverview Health Centre 570
- Selkirk Mental Health Centre 144
- Deer Lodge 564

Including the summer student hours, Artists in Healthcare's (AIHM) musicians played over 6,500 hours reaching well over 8,000 patients and residents. Given the nature of the work and the environments (including waiting areas that the musicians play in) the numbers of patients reached are calculated with respectful guesses.





Music at St. Boniface Hospital

Artists in Health Care Manitoba summer student Jacob Tallman has returned to St. Boniface Hospital for a second summer term.

Since late June, Jacob has been playing his guitar in the hallways, waiting areas, and patient care units throughout the Hospital every week day.

Although Jacob has a repertoire of classical songs he likes to perform, he also accepts requests from unit staff, patients, and visitors.

"The types of songs I play will depend on the location, the patient and the general mood of the area. If I get a song request I am unfamiliar with, I am usually look it up on my smart phone and, given my musical training, play it."

Jacob enjoys interacting with staff and especially patients, who sometimes ask to talk. Jacob relates an occasion when he was playing in the Emergency Reassessment Unit. Patients in the unit are understandably anxious while waiting to be admitted to the Hospital or to be seen and discharged. Despite being in a room

full of people in similar situations to their own, patients can feel isolated.

"My music offered a bridge to open conversations with patients, not only with me but with other patients. Once a patient started talking to me, another joined in the conversation. It allowed them to interact with one another in ways other than conversations about what brought them here. The mood in the room changed."

Jacob will return to the University of Manitoba as a full-time student

in September to complete the final year of his Integrated Bachelor of Music/Bachelor of Education degree. Despite a heavy workload, he hopes to continue to play at St. Boniface Hospital throughout the coming year.

If you come upon Jacob playing in the Hospital, please take the opportunity to say hello and thank him for brightening the day of patients, visitors, and staff with his beautiful music.



Sierra Noble at Health Sciences Centre



Patient collage on the bridge at Cancercare MB at the Health Sciences campus site

[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.

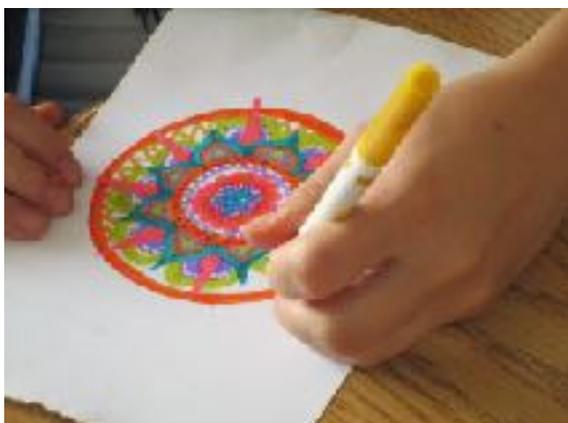
Art at the Bedside is in its sixth year at St. Boniface Hospital, and provides approximately 50 volunteer hours monthly. Art by the Big Blue Chair is in its fourth year at Cancercare Manitoba, with another year funded through our Manitoba Arts Council grant.

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

“The perfect way it can work.

When St. B had closed their Cancer Unit temporarily, their patients came to McCharles. I met a fellow who accepted my offer to draw. He was prickly. He was frightening to approach with his expression, tattoos and tough exterior. After some discussion around his drawings he accepted my offer of a referral to Psychosocial Oncology. He met with a counselor, (also the expressive art therapist) who reconnected him to his psychiatrist. He started drawing again. He was proud of some of his previous work which he shared. I met him again at St. B and he tried something he had planned and I brought special materials. He was supported all through his treatment.” Kate Black, Chemotherapy Nurse, Cancercare MB and Art at the Bedside Artist/Coordinator

The St. Boniface program accesses existing hospital volunteers, trained by our coordinator Claire Stephensen. The volunteers take art carts filled with creative projects ranging from collage, weaving, print making, beading and painting to make art at the bedside.



Also at St. Boniface Hospital, the McEwan Mental Health program offers art to between five 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.

"We didn't really know him: the guy who has been coming for years. This gentleman would just sit and stare into space during his treatment. Not able to really concentrate. Not able to talk much or share with the staff. Then he started drawing. Another closet pencil artist. He loves his nieces and his dogs. He loves prairie elevators. The staff knows more about him and his interests since he started drawing with his treatments."

"I have been at the hospital for six months and I knew about this program before I started working here and I know so much more now! The program is so valuable in enhancing the lives of patients and provides them with interaction and a way to take their mind off why they are in the hospital. I have had the pleasure of talking to all the volunteers in the program and they are very passionate about what they do and I really enjoy hearing their stories about their interactions with patients and families. This program is well organized and it does wonders for enhancing the patient care experience at St. Boniface." Jennifer Cawson, Manager Volunteer Services

At CancerCare, Kate Black offers art making weekly, one on one with patients with similar projects. This year we also made a new video on the Art by the Big Blue Chair program. The link will follow further on in this report.

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



Misericordia Health Centre continues to offer art programs to residents, with Kate running the portrait program also. She visits residents who aren't able to make art independently, and paints their portraits for their families.



Thanks to generous donations from Poco beads, both art programs have beading projects – greatly appreciated and enjoyed by many patients. The infection control prepared packages offer a variety of projects to patients, using primarily semi-precious stones.



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

In its third year at Selkirk Mental Health Centre (SMHC), Rejuvenation, Resilience and Recovery is one of Artists in Healthcare's most significant accomplishment in our 2015/16 year. To date, thanks to initial funding from the Winnipeg Foundation, the Selkirk District and Area Community Foundation, the Winnipeg Arts Council and (as of fall 2016,) Bell Canada, we will have raised over \$90,000 for their Dance/Movement Therapy, visual art mentorship and live music programs. We will be doubling their music program in the following year.

The program 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.

One of the most interesting programs in 2015 was facilitated by the Playback Theatre Troupe, Red Threads of Peace. In collaboration with the Gas Station Arts Centre, the Playback Troupe came to Selkirk Mental Health Centre to conduct a series of workshops with residents/clients.

The entire centre participated, with the exception of Alzheimer's and dementia patients who were too far advanced in their disease to be able to participate in a group. Those residents benefitted from one-on-one sessions. The goal was to write and produce a play based on the resident's experiences, in collaboration with Sarasvati productions.



Playback Theatre at Selkirk Mental Health Centre

**Artists in Healthcare MB
Red Threads of Peace Playback Project
September to November 2015**

'Playback Tuesdays' was launched as part of Artists in Healthcare's Rejuvenation, Recovery and Resilience Project.

This initial (Phase One) program began with a full day experiential workshop for Selkirk Mental Health Centre (SMHC) staff in April 2014. The workshop included: live music for residents on units, Playback Theatre, Dance/Movement Therapy and art mentorship workshops for staff.

Staff were very engaged by Playback and decided that it would be a useful process for SMHC residents/clients.

Moving forward, Selkirk Mental Health Center collaborated with Artists in Healthcare, Gas Station Arts Centre -Red Threads of Peace Project and Sarasvati Productions. They generously welcomed Red Threads artist/facilitators Bequie Lake and Dana Rungay along with movement therapist Karissa Martens to do "Playback Tuesdays." Cairn Moore of Sarasvati Productions attended the sessions as a writer and observer to gather insights for the Sarasvati production on mental health.

The project kicked off with a playback performance on September 22, 2015 for approximately 75 people to introduce the playback theatre project to patients and staff. One hour playback theater workshops were done for six weeks in each of the health center areas and wrapped up with two performances on November 10th, with audiences of 65 and 40 staff and patients.

The participation of the patients and staff was heartwarming. The groups warmed up with movement to their choice of music from Karissa's huge repertoire. The importance of her individual attention and caring cannot be overstated in terms of connecting with the patients through music. Karissa's role was described by one staff as "the lynch pin." Theater games then built group safety, confidence and esprit de corps between the patients, staff and facilitators. Moments and experiences of the participants were offered for improvisation in one of the playback forms. Participants were always encouraged to act or provide the soundscape.

Participants told of past experiences and present day happenings and feelings. Such times as the thrill of 12 year old boys hunting, the relief of surviving life threatening sailing, the frustration of recurring symptoms and also the sense of control over symptoms, the appreciation of learning coping skills, the angst of depression and anxieties, the memories of home and pets, the resistance to be sent to SMHC and the gratitude for the caring and on the other hand, the support and home they have found at SMHC. Playback Theatre honors the diversity of individual voices in the group through the simple improvisational performance. Often these stories resonate with other members of the group. Laughter, tears, comfortable silences and a sense of ease each provide evidence that the patients enjoy their involvement; seeing their story

performed; or playing the music; or performing with the troupe. Several patients and staff have spoken about how much having 'Playback Tuesdays' has meant to their well-being and the need for these types of programs in the health center.

Feedback from patients included:

"This evokes emotion right? And that's good."

"On that side of the door is tedium. On this side happiness."

"Thank you so much for doing this."

"I will never forget you (Playback Tuesdays team)."

Feedback from staff included:

"We need more programs like this."

"This was soooooo good."

"There will be a hole when you leave."

"Playback brought people's stories out and helped them connect with emotion. ...good to do just to have fun as well."

"...brought the group together."

"Good interaction with playback troupe talking with patients."

"...always left happy with changed attitudes."

"...nice to see staff get involved and out of their comfort zones."

"...very positive and reinforcing and there was a great deal of validation."

"...Impact was fantastic. We saw patients that were often non-verbal and non-responsive sometimes really engaging and being a part of it. One patient who we weren't sure about was able to initiate responses and activities...we didn't know this... gave her opportunities that we hadn't been able to provide...just through creativity. It was fantastic, we talked about it for weeks!"

"It's always good for staff to engage in patient's programming."

"...proves that maybe peoples' capabilities are only as much as we expect from them."

"Good for staff to see the responsiveness of the patients. We're all just people, whether patients or staff...we are all connected...It doesn't matter what your role is here, we're equals and I'm a person as you are and today we're banging on drums or making silly faces."

“...had a patient who speaks very little English...attended every single session and loved it.”

“...dealt with really profound symptoms that are really difficult were able to talk about, talking about feeling scared of hearing voices – this was a safe place.”

“Some of our patients who could barely even sit in the rec hall in the first performance – after going through the small group sessions, they spoke up today in the large group (65 people).”

“I think a lot of staff were skeptical at first but by the end of it, it was: “everyone out the door-you are going to Playback.” Out of our 10 patients only two didn’t participate.”

AREA	Sept 29		Oct 6		Oct 13		Oct 20		Oct 27		Nov 3		Total	
	P	S	P	S	P	S	P	S	P	S	P	S	P	S
Area 3/DBT	8	3	6	3	6	2	4	2	7	3	4	4	35	17
Areas 10, 11, Rehab	10	2	12	5*	10	1	18	0	11	1	11	0	72	9
Areas 14,15, Rehab, Forensic	10	2	9	4*	8	2	7	2	7	1	8	3	49	14
Areas 9, 12, Acute	6	3	10	4	12	3	12	4*	9	5*	9	4	58	23
TOTAL Group Participation	34	10	37	16	36	8	41	8	34	10	32	11	214	63
TOTAL Performance Participation													180	
TOTAL Participation													457	

*Includes two student nurses

The quality of participation in the groups was good with very little to no resistance to trying the theatre games, exercises and playback. Staff who role modeled enthusiasm and playfulness were a huge asset to patient participation. In each area, there were a solid core of participants and one patient who attended two sessions in one day. There was laughter, sadness, excitement, tears, frustration, and anger, grief with a broad and deepening range of emotion expressed.

All of the moments, experiences and stories shared in the groups, stay in the groups. However, Sarasvati writers Cairn Moore and Hope McIntyre involved themselves to interview, observe, interact and build relationships with a diverse community of

patients. Patients had a range of illnesses and symptoms, staff and caregivers who are all coping with the impact of mental illness. It is through their subjective experiences, the artistic impressions and expressions of Sarasvati Productions will resonate with a broad audience. Certainly, the “Playback Tuesdays” has deepened our awareness, insight, understanding and compassion of issues in mental health. When a participant says: “I’ll never forget you” (Playback Tuesday team), we are reminded how grateful we are for being able to touch lives through playback.

The play was written and produced with two performances presented at SMHC. It ran at the University of Winnipeg’s theatre for three days with excellent response from their audience. The Sarasvati feedback will be provided separately.

“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 now offers seven sessions weekly. Thanks to the overwhelming positive response from clients/patients and staff at SMHC we have initiated an assessment process, which began spring 2016. It will continue through to the beginning of 2017. At this point, we will have our own documentation of the process and value of DMT to mental health clients and be able to share the information with mental health facilities across Canada – a first for Artists in Healthcare!

There are staff led music and drumming groups twice weekly (60 hours) and art mentorship continues at staffs requests.





Service Canada Student Summer Jobs

Every year, we receive funding from the Service Canada Student Summer Jobs Program, to offer employment to student musicians 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.



"Every time I hear you play my blood pressure goes down."



WHO WE ARE:

Executive Director

Shirley Grierson

Board of Directors

Chairperson - Tom Carson

Treasurer - Pam Campbell

Directors - Dan Donahue, Kat Fox, Jennifer Dubiensi, Geof Langen, Beverly Pageau

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Advisory Committee (Special Projects)

Sylvia Kuzyk, Barry McArton, Dr. Merrill Pauls, David Northcott

Communications

Leif Norman

PROGRAM STAFF and SUPPORT:

Art at the Bedside – St. Boniface Hospital

Program Coordinator – Claire Stephensen. This program's volunteer numbers range from 8 – 14

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 - 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, Jocelyn Goertzen – Cancercare MB, Michael Peters, Health Sciences Centre, Luciano Armenti, Selkirk Mental Health Centre

Brandon - Ann Germani and Matthew Zimmerman

Brandon Home Care Outreach – Corey Friesen and Brandon
University students

Boundary Trails - Jess Reimer

Bethesda - Willie Wiebe

2015 Service Canada Students - Winnipeg

Malcolm Somers - Deer Lodge Centre
Dan Blanco - Donwood Manor and Bethania
Jacob Tallman –St. Boniface Hospital
George Bajer-Koulack and Artur Kivlaht– Misericordia Health Centre
Elizabeth Sadler – Actionmarguerite and Concordia Hospital
Jess Friesen - Riverview Health Centre
Jay Buchanan– Health Sciences Centre
Chenoa McKelvey – Maples Personal Care Home

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

Dance/Movement Therapist - Karrisa Marten

Musician – Luciano Armenti

Art mentorship – Claire Stephensen

Playback Theatre Troupe – Dana Rungay, Bequie Lake, Karissa Martens, Writers - Cairn A. Moore, Hope McIntyre



artistsinhealthcare.com



STORIES FROM OUR SERVICE CANADA STUDENTS:

Service Canada Student Jobs 2015 Narrative

Artists in Healthcare supervised eight students; six funded through Service Canada and two students funded through hospital foundations at Health Sciences Centre and Misericordia Health Centre.

As in prior years, the student's comments on their own experiences with patients, residents and staff give us the best insight as to the value of these positions. These include improving quality of life and 'normalizing' the experience of people living in long term care or staying in a hospital.

Facilities confirmed to date, as funding part-time employment for their students fall 2016 are: Deer Lodge, Misericordia, Health Sciences Centre, St. Boniface Hospital, Maples Personal Care Home and Riverview Health Centre.

You may note that we have a number of returning students. This is becoming more common each year, with two students having completed four subsequent years as student musicians in residence. Of the eight students listed below, five of them played their second year in 2016.

- 1) Malcolm Somers – Deer Lodge
- 2) Dan Blanco– Donwood Manor and Bethania
- 3) Jacob Tallman – St. Boniface Hospital
- 4) Jess Friesen – Riverview Health Centre
- 5) Artur Kivilaht and Danny Bajer-Koulack – Misericordia
- 6) Jason Buchanan- Health Sciences Centre
- 7) Elizabeth Sadler - Foyer Valade and Concordia Hospital
- 8) Chenoa McKelvey – Maples Personal Care Home

- 1) Malcolm Somers – Deer Lodge
One floor where I play for a lunch group has quickly become one of my favourite stops. Some days the residents are content to just listen as they wait for their meals, while some discovered make requests. A few are big fans of the '60s folk movement, which I am also a big fan of, and they've certainly put me through my paces. Sometimes they'll ask for an old tune and I'll know it, but more often than not I'll have to go home and learn it and come back the next day. Sometimes we'll simply talk about music and the people who wrote the songs. *Over the past few weeks I've had a great time with this group, I've*

gotten a chance to meet some really wonderful people and learn some really beautiful music I might not have come across before.

Another of my favourite places to play is for the gardening groups that meet twice a week after lunch. It's a lovely time to play for the residents out in the courtyard and sit back in the shade and enjoy the outdoors. Occasionally there isn't much gardening to be done so I put on miniature outdoor concerts, and other times I simply play in the background while people converse and go about their business. It's always such a peaceful time and everyone enjoys it a great deal.

One afternoon when I was playing on dementia units really stuck with me. Usually I sit in the dining room and play for the people sitting there, but often enough people come and go. I don't mind this at all, and think of my playing as atmosphere rather than performance. I was sitting with some of the residents and staff and over the course of the hour I was there, more and more people gradually made their way into the dining area. By the end of my hour the room was almost completely full! There was probably about 20 plus people who had come to sit and listen. That doesn't happen quite often that I can pull that big of a crowd, and had never happened before on that floor, which even the staff commented on. It certainly made me feel confident about the impact I have here.

A lady in one of the day programs made a comment to me that she really enjoyed my playing and asked if I knew any Patsy Cline. At the time I wasn't very familiar with her music except for "Crazy", so I asked her if she had any particular song in mind. She said no and she didn't want to bother me since she enjoyed my playing so much, but I took the time to go learn more Patsy Cline for her. After that whenever I saw her I played a couple of selections and she just absolutely beamed at me. I find that taking requests and learning new music that the residents know is one of the most important and meaningful things I can do, even if it's just a couple songs.

2) Dan Blanco – Donwood Manor and Bethania

Towards the end of my shift I play piano where residents are gathered. One gentleman was facing towards me and he was looking at me while I was playing the piano. *I subconsciously started bobbing my head to the beat of the song I was playing and he also started bobbing his head with me. After the song, he just smiled and laughed, looking like he really enjoyed that.*

There is a gentleman I visit and play music for who rarely comes out of his room. He also sleeps a lot so sometimes I do not get to visit him. When he is awake however, I visit him and ask if he would like to hear some music. I always get a "Yes!" Some of the songs I sing remind him of when he was in elementary school and he tells me that he used to sing those songs with the whole class. He requests me to sing one of those songs whenever I visit.

Every time I pass one particular lady, I give her a little nod and she smiles at me. When I sit beside her to play, she says: "I like you," with a big smile. After I finish singing, she usually claps which makes the other people sitting at the

table clap as well.

One woman I play for usually looks troubled. Her brow is always furrowed, her eyes are closed, and her hand is on her forehead as she rocks back and forth in her wheelchair. When I approach her and say: "I am going to play music for you. Is that okay?" she immediately opens her eyes and says: "Ohhhh!" excitedly. I can see that she enjoys my singing for her as she is always intently listening to me. When I finish singing a couple songs, she then says: "Awwww, going already?" but I reassure her that I'll be back to sing for her again sometime.

My experience coming back to Bethania and Donwood was definitely better than the first year. I felt so very welcomed by the staff, the residents, and their family members; some of them even remembered me from last year. I got to play music for residents that I played music for last year as well as new residents I just met this year. *Overall, it was a great experience.*

3) Jacob Tallman – St. Boniface Hospital

As I took my first steps through the halls of St. Boniface to try and get the lay of the land myself, I went through one of the geriatric wards to start to get a feel for the place. Immediately as I walked through the doors a woman in a wheel chair smiled and asked if I was going to play some music.

The nurses were unsure if while they were eating breakfast was a good time, but I did have a request so I decided to be a little persistent and sat down and played for this woman. I started off with a J.S. Bach piece and she quickly turned off the television, which was delightful for me, of course. She surprised and impressed me by singing the piece back to me.

Apparently her sister was a classical pianist and had played the piece many times so she heard it over and over again. I learned she was also a classical pianist and knew a lot about music in general. She softly sang some songs with me with a very amazing and beautifully in tune voice. It impresses me the power of musical training and how that effects how you can stay in time and in tune throughout the rest of your life.

Also how it seems to get peoples' bodies moving in sync with themselves even when their bodies aren't the most cooperative. Oddly enough, when she was singing, the speech stutter she seemed to have disappeared. In fact, it seemed to clear up quite a bit after an hour and a half. Hopefully, I'll see her again and fulfill some of her song requests. First day and I've already got too many requests to fill.

Last week, I had the honor to play at the funeral of a young woman who had been in palliative care at St. Boniface. I had been playing up on the 8th floor palliative care unit one day and innocently enough played You Are My Sunshine. Later, I met the woman's husband who was in the waiting/resting area I was playing in. He said to me that when I had played that song, they had a moment of feeling a release of sadness.

The woman used to sing the song to her children who are quite young still. I believe he was referring to the release of bottled up sadness that sometimes

has difficulty passing through us. In the moment, for whatever reason all I said back to him was: “sometimes music just lets us feel what we’re feeling.” Later, he gave me a recommendation for another song by Donovan called *Catch the Wind* and even wrote out the lyrics for me on the back of a poem about true love.

I play it every day at the hospital now. *It is quite something to catch a glimpse and be a small part of the journeys these people are going through. It does not give the ecstatic happiness that we receive from things we “enjoy.” Rather, it stops my mind from racing around so much and be in the present. It helps my mind be still. I played My Hero by the Foo Fighters at the funeral, and to my surprise, despite my years of experience and life commitment to music in general, gave me a new understanding of what all of this does for others and myself.*

A woman in a wheelchair who I had been playing for almost every day since I arrived at St. Boniface was discharged this week. She was a musician herself and would never let me off the hook about any mistakes I made. Her attitudes throughout her experiences at the hospital were unbelievable.

She is a person who is facing so much physical difficulty, yet could come out and still be so polite and positive with everyone and continue to sing with me day after day. *I stayed with her a few times later into the evening and definitely noticed how the hospital gets a little more deserted and lonesome into the evenings.* So much so, that the woman and all the other people I was playing for did not want me to leave and just wanted me to continue playing for them until bedtime. If my fingers and voice weren’t so tired from having already sung and played for six hours I would have continued... alas, I am only mortal. However, the music seemed to make that evening a little calmer for everyone on that unit, and gave them all a connection with one another that quelled the loneliness, at least for that evening. I hope that I made a connection with the woman in the wheelchair that helps ease any loneliness she will experience in the future as her presence in my life and singing with me has done with mine. It was simply an inspiring experience.

I had a surprising experience the other day. A woman in the long term care unit let out a shriek of delight when she saw me, pushed her walker to the side, walked on her own support towards me with her arms outstretched and gave me a big hug and kiss on the cheek and thanked me for playing real music for everyone.

I also had another man using a walker come have a seat beside me and begin to move his feet in particularly coordinated patterns to the music. He then began to tell me how he used to dance all the time and would talk about the different steps and rhythm meters of the music. He said he hadn’t gotten a chance to dance like that in a while. Obviously, he was sitting down on the whole, but you can only work with what you can work with and it seemed good for him to get his legs moving like that.

For a guy that's using a walker, he sure could move his legs and feet and keep in time with the music.

I played for a woman who was a music teacher and had a lung infection; we sang songs in her room together for an hour until it was lunch time. She said it was just what she needed to combat the sterile soundscape environment that comes with being in hospital. I also got the privilege to play for a man who was 101 years old. He still can sing to warm his spirits.

4) Jess Friesen – Riverview Health Centre

Everyone has been enjoying the singing so much that one lady and her daughter follow me to a different floor to sing. The recreation facilitators are fine with it. She is one of the most amazing women because she hits each pitch, mimics random melodies I sing to her, and has a steady beat. She conducts while I sing and always tells me it is wonderful and that I'm beautiful! I talked to her daughter and she said her mother wasn't musical when she was young. It's like she found her calling later in life. She loves to hold my hand and touch my face. She is a very positive lady even though she doesn't talk in full sentences anymore. Even her singing is on an: "ooo."

One lady rarely opens her eyes or talks. I was singing to a small group and she suddenly woke up and began to hum along with me. To connect more fully, I held her hand and she squeezed it to the beat of the song. She looked right at me, smiling. I haven't been able to connect with her the same way since, but that moment was incredible.

I've noticed a big different in the patients and residents at Riverview, using music as a method to help them. One man who recently passed away enjoyed the song "Amazing Grace." He would just stop and watch me. He couldn't speak but would holler and make some noises. Once, while I held his hand and sang this song, he stopped yelling and just watched. I stayed with him for about 30 minutes singing... apparently when I went away he started moaning the melody and tapping his hands to the beat.

On the same unit, there is a lady who is getting more confused and frustrated with things. The only way I can communicate with her is by singing hymns. It doesn't matter how confused or how much she cries, if I start singing any hymn she'll join in. It's amazing how she remembers all the verses to each song but forgets the simplest things. I worked with her last summer as well but it's harder for her to get out of bed these days. When I visit and sing, she lights up.

In palliative care I sit in the halls singing so everyone can hear. There have been a few people who ask me to come in their rooms and sing individually. One lady in particular said that the music is making things go easier for her and if I wasn't there it would be a lot more difficult. Even though people get visitors who cheer them up, music has a different effect that lets them enjoy that moment.

5) Artur Kivilaht and Danny Bajer-Koulack – Misericordia

I just want to say that this summer has been absolutely fantastic! Never before have I felt such a sense of purpose. Every day I wake up looking forward to putting smiles on people's faces and seeing how excited everyone is to see the musician's arrival. I've had countless amazing experiences with residents as well as visitors who really appreciate what I do.

I feel incredibly honored to have had the opportunity to spend one-on-one time with people close to 100 years old who were totally lucid! Just listening to their childhood stories was fascinating; the world was quite a different place 100 years ago. On the other hand, it was extremely fulfilling to see the way people in the advanced stages of dementia would react to my music.

One of my best experiences on the job was with an individual who had an extremely hard time communicating. It was almost as if each new sentence was totally disjointed from the previous one and I could tell that she was extremely frustrated by people's inability to understand her. The one thing would calm her right down was when I sang! She would often sing along if she knew the words and one time she even sang a harmony all the way through "You are my Sunshine!" It was awesome.

I also want to mention how incredible my co-staff were. They set such a great example of how to interact with residents, I feel like each one of them really cared about their job and always went the extra mile to make life better for the people they cared for. They were also extremely supportive, letting me warm up in the office and helping me gather residents for my performances. *The time spent in the hospital was a powerful affirmation of the importance of music as a part of community and how integral it is to people's lives. I would definitely be interested in returning for another summer! I'm so grateful for the opportunities I've received through the artists in healthcare program!* -George

After over a year of working at a care home, I have finally found a style of music or set list that both the residents and I can enjoy. Fiddle music, Bluegrass, and old time music are genres that the senior residents love, probably because when they were my age it was common for that music (among other genres) to be played after dinner for fun (before TV) or at the dance halls. It was a segment of popular music of their day, the equivalent to today's sought after Rap and Hip Hop genres.

One time when I was playing more upbeat Bluegrass tunes like "Black Mountain Rag," made popular by Doc Watson, some of the residents got up to dance. The nurses got excited at this and they jumped up and joined in while other residents, who can't dance or chose not to, tapped their toes or clapped their hands. In any case, everyone was happy and smiling and especially me, because firstly, playing for dancing people is incredibly fun, and secondly, it reminded me why music is so important and powerful as for a brief moment this music just took these residents to a different place. It was as if they were suddenly transported back in time to dancing with their family for entertainment or with their friends on a night in the town. - Artur

6) Jason Buchanan – Health Sciences Centre

I had been playing in the orange/green relaxation room almost every day from 3:00 to 4:00 p.m. at the day's end. For a few days, an older man was rolled in by his son and positioned near the farthest seat away from me. He always smiled and clapped along to the older style of tunes (Hank Williams, Cole Porter). He didn't say anything or make requests, but he sang softly along with the lyrics he knew. Today, he was rolled in and then joined by his sister and her two daughters. They started far away, but eventually came and sat right beside me. They explain that he has been talking about coming down with them all day to hear me play, and that having music to come listen to every day has been very helpful in keeping him relaxed. I sang "Landslide" and one of the daughters sang along. After we finished, she politely asked if she could play something on the guitar. I let her use it and she played a very traditional Irish folk song. The other sister and I sing along with harmonies now. The older man asks if he can play a tune, and I let him too. Though his fingers were uncooperative he managed to get out a fingerpicking melody. He is tired after playing and wants to go to sleep. His family thanks me and they leave with him. The man came down for weeks after that, usually just sitting in the back but always smiling and clapping along.

I was asked to play for a funeral. It was a very unique experience, as I had never played for something like that before as a solo guitar player. I arrived early and began to play as people entered. It was nice being able to give comfort in those moments. I stopped when they began speeches and eulogies. There were several warm stories about special times they had shared with her, and the way she was. I was then asked by the speaker to play while they have a few moments of reflection. I didn't really know what to play at first, but I eventually played an acoustic rendition of "Smile" that lasted almost the perfect amount of time before I was stopped. I played until everyone left the room, and then packed up to leave. I was stopped by many people on my way out, and thanked so much for doing it and playing "Smile." That song is so powerful and positive, yet still somber in a lot of ways. I will always love the reaction you get when playing a perfect song at a perfect moment.

Sometimes I find it difficult to do Psychiatric Health. Yesterday was one of those days, and I was sort of not looking forward to going. In my first session, a semi-threatening looking guy walked up. I asked him what kind of music he liked and who his favourite musicians were, and he said: "I like what you're playing." I was playing a rock lick, and I started singing "Use Somebody" - Kings of Leon... a song I've never sung before, but it went surprisingly well. He asked if I could play "The Middle".. another song I'd never played, but I guessed the chords right and remembered the lyrics. He then asked if I could play 'that song about summer' by Kid Rock. I knew the first verse and lyrics, and guessed the chords right again. He was blown away that I could play every song he asked for.

When I went to the second psychiatric health unit, I was approached by someone else who could have been threatening/aggressive. He sat down quietly, so I asked what kind of music he liked. He said anything... so I played him "This Old House" by Matt Epp, and told him how I met Matt Epp. He seemed interested in how I

knew the musician, and asked me lots of questions about songwriting. He finally asked me to play a song that I wrote. I played him a song called "Northern Lights." He was the first person I had shown it to, and he really liked it! I ended up playing lots of different folk songs for him, and he really enjoyed each one. I was totally wrong about both individuals to start off... psychiatric health is a great place to learn that you actually can't judge the books by their cover.

- 7) Elizabeth Sadler – Foyer Valade/Actionmarguerite and Concordia Hospital
Although I am not a music therapist, it makes me really happy to see that my musical interactions and performances provide different levels of healing to the residents. *One resident gets frequent headaches and they put her in a bad mood. She is very pleased that I come to check on her and even has asked me at times to play even when she has a headache because she says it helps soothe her pain and helps her relax.*

Another resident has Parkinson's disease. She barely leaves her room because she is self-conscious, so I started visiting her one on one. Only just recently had I visited her when she was having an episode of involuntary muscle movements. I thought she would tell me to leave but instead she invited me in and said that my music would help calm her and she was happy to have me there.

Another lovely lady who cannot leave her bed has let me know that she enjoys my music. Recently, she started requesting me to sing the same song every time I come for a visit. I am assuming it was one that she heard while she was growing up. *She always smiles and looks up from her bed to see me. Also, she now waves when she sees me pass in the hall. The small physical act of lifting her hand to wave IS a big improvement for her because she spends almost all of the day lying in her bed otherwise.*

So, even though some of these results may seem small, I believe the sharing of music and the interactions have already started to provide relief and enjoyment to some individuals. I am very grateful for my experience and touched that I have the opportunity to provide some relief and to create smiles on a daily basis.

At Concordia Hospital, I often have visits with more than one patient at a time due to multiple beds in one room. I have often gone into a room to visit only one patient in particular but then after singing some music I hear a faint: "That was really nice!" from the other side of the blue curtains. Next thing you know, the three of us are having a conversation and I am now sitting in the middle of the room playing for both patients, sometimes a room of four too!

Last week I was going in to see an elderly lady that I had sung for before. I noticed as I passed her roommate, that her roommate was very young in comparison. She had always been asleep except for when I visited Friday.

So I asked the younger woman if she minded that I play for the lady I had come to visit and she said, "Go ahead! I've been dying for some music and I

have no T.V. or phone to listen to music and I've been feeling down today, I think I will listen too!" So with that, I pulled open their curtains and sat in the middle of the room and sang a few songs to both of them. After singing, the three of us had a conversation, the two patients were discussing their conditions and their experiences being in the hospital and I noticed that I was able to bring them together by offering a common interest: music. So now, not only were their moods lifted by a kind visit and by the relaxation that the music brings, but now they have each other to talk to.

The younger woman likes to write out lyrics and she was very thankful when I offered her the copy of music I was reading. The best part of all this was that we were able to bridge the generation gap with music. I am 19, one lady was around 30 and the other around 70 yet we all had a great time together. When I left the room at the end of the visit I heard the younger lady without a T.V. say to her roommate: "Hey! Turn it on to Dr. Phil!"

At the hospital I am always meeting new people. Last, Friday I sang for a women in her late 50s who just found out she had pancreatic cancer. She is very religious and I knew she liked hymns from one of my previous visits. When I saw her on Friday, I brought some more hymns and her, her daughter and I all sang together. When we got to "How Great Thou Art" her roommate was being wheeled in and she joined in singing too. *There was a beautiful sense of community in the room.*

8) Chenoa McKelvey – Maples Personal Care Home

I have become friends with one woman who loves to talk about her appearance. She has lovely long hair that she is quite proud of and loves lipstick and clothing. I enjoy talking with her about such things. She always requests "Love Me Tender." With most residents I play music, but with her we usually end up talking which she really seems to prefer and enjoy. Some residents long to sing along, particularly one very sweet woman who comes to sit next to me and sings softly. She often knows most of the lyrics. She is very soft spoken but sometimes I can hear her singing along. She usually comes up to me with a big grin and says: "I'd like to sing with you." It's quite nice not to be singing alone. One other man sings in harmony with me.

I've started to really get into the rhythm of things. I've learned who likes to be played for and what they like to hear, and who does not like to be played for. One of the highlights this past week was getting to play for three men in the bar at the care home. One of them would tell me exactly which song I was playing, who wrote it and who performed it, no matter how obscure the tune. He really seemed to like jazz music. Another one of the men kept smiling at me the entire time, which allowed me to feel welcome and relaxed. The third man came up to

me and told me that he had “never heard a woman play like that” which I forced myself to take as a compliment, and I’m sure it was intended as such. Playing for those three was probably the most fun I have had in my entire experience so far.

I enjoy making friends with the residents. There’s one woman who I will sometimes just sit and talk with for a while. She seems to really appreciate the company. There’s also a woman who will come up to me and talk so quietly that I can hardly hear her. She also loves to sing and will request I play tunes like “You Are My Sunshine” and “Amazing Grace” so she can sing along.

Recently I’ve spent a lot of time going to residents’ rooms to play for them, which has been a much different than playing in large sitting areas. Often I will be playing for a person who I cannot verbally communicate with and am left to assume that they even want me there at all. There are certain residents that I quite enjoy visiting because of their enthusiasm. One is a woman with dementia who has asked me to play “You Are My Sunshine” numerous times in a row. Another is a man who enjoys country and always sings along when I play Johnny Cash.

One particular woman will sit and listen for hours on end and sing along as much as she can.

Today when I was about to leave for home, she rolled up to me at top wheelchair speed and begged me to stay and told me she loved me, which melted my heart.

There are a few others like her who will seek me out so they can listen or sing along.

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New video on art at Cancercare <https://vimeo.com/154359060> A favourite as this is a patient interview

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

Music to My Ears <http://vimeo.com/24829257> The Grace Hospital (this program 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>