

Annual Report
April 1, 2018 - March 31, 2019



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



Manitoba Chamber Orchestra cellist Desiree Abby at St. Boniface Hospital

“Music does a lot of things for a lot of people. It’s transporting, for sure. It can take you right back, years back, to the very moment certain things happened in your life. It’s uplifting, it’s encouraging, it’s strengthening.” – Aretha Franklin

A message from the Board Chair

On behalf of Artists in Healthcare Manitoba, I am pleased to provide you with our Annual Report for 2018/2019

Looking at the arts in healthcare field, I can find no other organization like Artists in Healthcare in Canada or North America. There are small individual programs in hospitals, often run in conjunction with Recreation Therapy or Spiritual Care. There is an Arts in Humanities in Health & Medicine Program at the University of Alberta, and you will find single programs in a facility initiated by one artist or musician, but no other organization that offers music, visual arts, an art donation program,

dance/movement programs, a songwriting program and a concert series to twenty different facilities in three cities and two rural towns.

We are unique and we are quietly unique, respectful of PHIA. Our focus is primarily on patient and staff support, so raising awareness of what we do, isn't a first priority. When we launch a program, we sometimes benefit from news coverage and there's a flare up of interest, but every day thousands of patients in Manitoba receive care from compassionate musicians, artists and movement specialists.

I am proud of the scope of our programs; the numbers of artists and musicians involved, and the numbers of patients served and this continues to grow. This year we are expanding the Art at the Bedside program to the Grace Hospital, with inquiries about Music to My Ears increasing ... quietly but consistently we hope to transform the healthcare community from the inside out, with patient support programs unique to our organization.

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.



Tom Carson, Chair Artists in Healthcare Manitoba



The Jewish Foundation of Manitoba funded musician Kyle Cobb for one year in the Health Sciences Psychealth Centre program



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

“Music can lift us out of depression or move us to tears – it is a remedy, a tonic, orange juice for the ear. But for many of my neurological patients, music is even more – it can provide access, even when no medication can, to movement, to speech, to life. For them, music is not a luxury, but a necessity.” Oliver Sacks, best-selling author and professor of neurology and NYU School of Medicine

Greetings from our Executive Director

It's intriguing to watch how change evolves. When a new priority is identified, the community responds with new programs, with funders following. Currently, mental health is a priority in the healthcare community.

Every Artists in Healthcare program provides mental health support. Research shows that 52% of health-care team members suffer from anxiety, with patient anxiety as high as 75% in the ER.

We have had physicians take the time to email us to thank us for the musicians on their units, saying that they can sense when a musician has been there as the atmosphere on the unit is refreshingly calm. Patients arriving to their first chemo treatment in agitated states say things like: “I was really not looking forward to my first chemotherapy treatment today, but

now that I see that you're here, (in response to finding a musician playing in the treatment area), I know that everything is going to be alright."

One ER staff approached a musician to say: "Could you please follow me around everywhere I go today, playing your guitar?"

If you google research on music and the brain, music and the relaxation response, or patients using less pain medication when they're listening to music, there is a wealth of information. Awareness on the benefits of music and the arts continues to gather momentum.

'Numerous scientific and psychological studies have shown that music can lift our moods, combat depression, improve blood flow in ways similar to statins, lower levels of stress-related hormones such as cortisol, and ease pain. Music can improve the outcomes for patients after surgery. A recent study reported in Nature Neuroscience even demonstrated that levels of the feel-good chemical dopamine in the brain rose by up to nine per cent when people listened to music they enjoyed.'

Participating in the art programs, patients find great relief engaging in a project for a few hours, doing something creative to take their minds off the stress of coping with illness. Outcomes from the art programs include: reduction of isolation of the participant, heightened pride in sharing their art works, increased sensory stimulation, and 'a sense of joy, happiness, peace and laughter is possible.'

One art volunteer said: "I spent my shift with an elderly lady with dementia. She was crying. She cries when she remembers that her mother died. At first, she didn't want to do anything, but when I showed her the paper quilting she got quite excited. I worked closely with her and she became animated. This is an amazing program!"

Our programs do a great deal for the mental health of the participants; patients in hospitals, their families, and for staff, who are able to appreciate how the arts make the patient's experience better, bringing positivity to their work environment as well.

Shirley Grierson
Executive Director, Artists in Healthcare Manitoba



'This patient was accompanied by her husband and daughter and started to use watercolour paint. Her paintings are part of our display. She was obviously agitated, perhaps frightened at the beginning but then she would become engaged and her family was very supportive of her efforts. Everyone relaxed and she has discovered something new to do at home.'



Concordia staff Kathleen Remple Boschman with their 2018 Service Canada student musician, Stephanie Wilson, in front of Concordia's Art in Hospital Donation program paintings.

“Music is life itself.” Louis Armstrong

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 maintained existing programs, continued giving art to facilities through the Art in Hospitals donation program and started a songwriting program for youth at the Manitoba Adolescent Youth Treatment Centre. We also received a new grant in collaboration with the Manitoba Chamber Orchestra to bring a series of performances to eighteen facilities in Manitoba in the 2019/2020 season.

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.

Our Art in Hospitals Donation program continues to bring quality donated art to numerous hospitals, hospices, and long-term care, including Concordia Hospital, Deer Lodge Health Centre, Health Sciences Centre, Manitoba Adolescent Youth Treatment Centre, Misericordia Hospital, Port in the Storm, Riverview Health Centre, Selkirk Mental Health, St. Amant Centre, St. Boniface Hospital and others.

Nine student musicians brought additional music to hospitals, long term care and hospices through the Service Canada Student Jobs Programs and the Johnston Group Manitoba Chamber Orchestra series expanded with increased services in 2018.

ACCOMPLISHMENTS AND HIGHLIGHTS in 2018 / 19:

- ✚ Music program hours were maintained and expanded with excellent outcomes in the new songwriting program at the Manitoba Adolescent Youth Treatment Centre, thanks to a grant from Telus
- ✚ A Winnipeg Foundation Collaborative Grant (\$25,000) for Artists in Healthcare and the Manitoba Chamber Orchestra will bring concerts to eighteen hospitals and long-term care, scheduling currently underway to begin August 2019. MCO press release link:

<https://www.themco.ca/artists-in-healthcare-manitoba/>

- ✚ A generous Winnipeg Foundation grant returned Dance/Movement programming to Selkirk Mental Health Centre (2,178 new hours). The Winnipeg Foundation has funded programming for SMHC through AIHM grants for seven years.
- ✚ A fourth Selkirk and District Community Foundation grant maintained weekly music concerts for residents in the Alzheimer's and Dementia Geriatric Programs at Selkirk Mental Health Centre
- ✚ The Johnston Group concert series at St. Boniface Hospital went into its fifth season
- ✚ The Art in Hospital Donation program continued to receive art. James Richardson and Sons donated Kathleen Richardson's first collection to Artists in Healthcare. The collection was dispersed to the Buhler Gallery, the Grace Hospital and to the new radiation surgery treatment suite at Health Sciences Centre. The Grace Hospital hosted an exhibit of the donated Richardson collection.
- ✚ Artists in Healthcare Manitoba have received their seventh City of Brandon grant for Music to My Ears to continue their long-term care series The Care Home Outreach Project, and completed a three-year grant from the Brandon Area Community Foundation for music at the Brandon Regional Health Centre.
- ✚ In the summer of 2018, we placed ten summer students, eight through the Service Canada Summer Jobs Program and two through hospital foundation funding, providing another 3,000 hours of live music programming.
- ✚ The Art by the Big Blue Chair went into its seventh year thanks to our third Manitoba Arts Council grant
- ✚ Residents at Jocelyn House enjoyed weekly art making throughout the year



Kelly O-Rourke, CEO Grace Hospital, Leona Boyd, Curator Buhler Gallery, St. Boniface Hospital, Gary Sherbain, Art in Hospitals Donation Program Coordinator and Wahsa Gallery and Jennifer Dubiensi, Artists in Healthcare Board Director at the Grace's Richardson collection exhibit.

As in past reports, our outcomes are often captured through a story from the families, staffs and patients who take the time to contact us. The stories and thank-you's we receive are often difficult to share, not only because of PHIA, but due to the respect our musicians and artists have for the patient experience.

This year we received a long letter, conveying a very positive music experience with a patient at end of life. This patient was in distress which medications were not easing. At this point the

musician entered the room and played until their breathing eased and heart rate became normal ...

“The medical staff were astounded at the physical change the music made where their array of drugs had failed. When the musician finished playing we saw our wonderful girl at peace. Seeing her at peace brought everyone a sense of ease, and her breathing and heart rate continued normal throughout the night, til the early morning when she passed. We came to understand and appreciate the role non-medical factors play in the lives of patients and their families. It is not an understatement to say that the music gave her a peaceful death. Having experienced the impact of music during this traumatic chapter of our lives, we would not only urge the continuation of music in hospitals but also urge its expansion to provide much needed comfort for those in need.”

Based on this feedback from family and the medical team’s awareness of the significance of the benefits to patients in their Palliative Care Program, music program hours were doubled.

OUR PROGRAMS:

Music to My Ears

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

Musicians are found playing in patient waiting areas, at bedsides as invited and in a variety of common areas throughout the hospitals. This year has seen program expansion maintained at St. Boniface, Brandon Regional Health Authority and Selkirk Mental Health Centre with new year-round programming at Deer Lodge.

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 was our fifth 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, which has grown yearly.



A young lad was mesmerized by Alex Adaman’s cello



A son wrote on a cafeteria napkin: “What a lovely selection of tunes. Thank you! This is a BIG outing for my 90 yr-old Dad ... and a heart.



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

Cancercare Manitoba - 521
 Grace Hospital and Hospice - 409
 Bethesda, South Eastman Steinbach – 164
 Brandon Regional Health Centre including Home Care Outreach– 1,068
 Boundary Trails Health Centre - 208
 Middlechurch Home of Winnipeg - 360
 Beacon Hill Lodge - 72
 Health Sciences Centre - 986
 Maples Personal Care - 351
 Misericordia Place - 660
 St. Boniface Hospital - 1271
 Riverview Health Centre - 300
 Selkirk Mental Health Centre - 52
 Deer Lodge - 432
 MATC - 85
 St. Amant Centre - 240
 Concordia - 227

Including the summer student hours, Artists in Healthcare’s (AIHM) musicians played over 7,400 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.

[Art by the Big Blue Chair](#) – CancerCare Manitoba



This patient started drawing for the first time in treatment

Stories from artist Kate Black:

You know you have converted someone when....

My “head “nurse went down to the sub-basement where I store the art cart.

She took a colouring book and pencil crayons and took them to an anxious patient. She sat down with her and told her to colour and that it would help calm her.

The patient coloured during that first cycle of chemo which was weeks long and did not have the same level of anxiety at all.

This is a patient at CCMB I have known for many years. She has grown older, become more visually impaired. She loves colouring and crafting so much so that there is some sadness that she cannot do this easily anymore due to her vision. We experimented with larger illustrations but they were hard to work with as they were huge pieces of paper.

Now when she comes, I sit with her after a big hug and kiss and she wants to give. We talk about her favourite things to draw and I draw them on regular size paper but draw it large with dark lines for easy viewing. She starts colouring and will finish it at home. It’s usually different flowers... a crocus, roses, tulips.

This man is very, very educated and retired from a professorship in an unusual field. Think maths, science. This cheerful man was open to trying to express some of his mathematical ideas in paint. He insisted on sending me homework.

The idea of Phi. Colours in graphs and how importance is attached to colours in the interpretation of data. He enjoyed talking with someone, explaining what he was doing, trying something new. He changed his appointments to insure he was there for program times.

My volunteer is a retired nurse who is able to come occasionally. She helps clean, has experience with art, understands hand washing! Luckily, she was available the day of spring break. A very sick mom had to bring a precocious daughter to treatment room. Joan sat with the family and guided an art project that interested the child and everyone in that small space was happy.

This patient was accompanied by her husband and daughter and started to use watercolour paint. Her paintings are part of our display. She was obviously agitated, perhaps frightened at the beginning and she would become engaged and her family was very supportive of her efforts. Everyone relaxed and she has discovered something new to do at home.

This patient was enamoured of creating during treatment. She would almost scold me if I was not there that week. She enjoyed it so much and felt it should be promoted more. She wants to push our Facebook page for Artists in Healthcare.

Art by the Big Blue Chair is in its sixth year at Cancercare MB, thanks to a third successful Manitoba Arts Council Grant.



Art at the Bedside

Art at the Bedside is in its eighth year at St. Boniface Hospital, and provided approximately 60 volunteer hours monthly with 6 hours monthly paid coordination. Program hours, participants and projects chosen by patients are documented and tracked monthly.

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 bedside.

The Grace Hospital is adding Art at the Bedside to their patient support programming fall 2019.



Volunteer comments:

I talked with the patient about the transition from childhood to adulthood, relationships and other curious aspects of life. The patient painted flowers on a tile and drew her cat with crayons. I loved visiting with her and getting to know her.

I did weaving with a lady who had just had a stroke and she took to it and really seemed to enjoy it.

We did 'Winnipeg Rocks' painting on rocks. They had a lot of fun with these and plan on hiding them. One wanted to keep his and a nurse said that it was 'great to hear them laughing!'

I gave a patient in isolation a colouring package, did marble painting with another patient and I coloured while a patient painted. I enjoyed talking with them all.

We coloured together while talking about his children and his family.

Some patients did Zen doodling and some were interested in the watercolour crayons. I also brought watercolour pencils. One patient made a picture which he described as 'messy' (it was!), but he was smiling as he said this to a nurse. She later relayed: 'he never smiles or laughs.'

We can understand from the stories and comments, how patients are able to relax, laugh, enjoy art making and visiting with the volunteers ... all of this affecting their states of mind positively.

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



Culture Days 2018

Art in Hospitals Donation Program

This program continued to bring donated art to hospitals and long-term care (\$98,000), and inspired a temporary Grace Hospital exhibit from the Richardson's Collection.



Donated art was also exhibited in the new Radiosurgery suite



'We were at the JRSL offices today at noon to pick up the 10 pieces chosen by our Art Committee. They are now safely stored in the Radiosurgery Clinic waiting to be wall mounted. Thank you again for your work in this initiative!' Paul Wiebe, Regional Director, Research Administration

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

In its sixth year at Selkirk Mental Health Centre (SMHC), Rejuvenation, Resilience and Recovery is a successful ongoing program thanks to the Winnipeg Foundation and the Selkirk District and Community Foundation.

Music returned to SMHC once weekly in the Alzheimer and Dementia Geriatric Program and dance/movement programming was resumed. The fourth Selkirk Foundation grant also covered the drummers and dancers for SMHC's Indigenous Day Celebrations for a second year.

Dance/Movement at SMHC
Helene Le Moullec Mancini

Dance/Movement sessions have been running Mondays and Saturdays at the SMHC since September 2018. Weekly individual and group sessions have been offered to all Areas 1-15.

Area 1 & 2: Individuals with Acquired Brain Injury

Average attendance: 8 people

Group Goal:

- Increased mobility
- Increased pro-social behavior
- Increased memory

Observations:

- More connection and participation between all participants
- Body awareness and mobility has exploded
- Connection to music, requesting songs, signing along, drumming rhythms
- Movement has introduced connections to memories and the sharing of them
- Individuals have gone from staring at the floor and not participating to requesting music and asking other participants to dance
- Every session now ends with a group dance party that involves everyone including the staff.
- Participants now request certain movements and share how they are using them throughout their week.

Area 3: Individuals with Borderline Personality Disorder

Average attendance: 1-3 people

Group Goal:

- Increased participation in movement
- Increased relationship building
- Increased body awareness

Observations:

- Participation is growing and building
- One on one sessions have been very valuable
- One participant was able to contact their parent through exploring movement. It opened a connection with the parent and was able to rebuild an open dialogue. Has since gone home and is now actively using movement to ground and start the day and is perusing dance classes on their own.

Older Adults-Group One

*Typically, individuals who are less verbal and less mobile

Average attendance: 18 people per group as well as one on one

Group Goals:

- Increased personal connection
- Increased stimulation

Observations:

- Increased awareness and movement
- Increase in being awake

- Increased dialogue between all participants, recounting of memories and stories.
- Remembering themes from week to week and requesting songs and artists
- Overall calmness has increased, agitation is now very minimal
- Movements have increased from a simple changing of eye focus to moving of hands and feet and even arms and legs.

Older Adults-Group Two

*Typically, individuals who are more verbal and mobile

Average attendance: 18 people per group as well as one on one

Group Goals:

- Increased enjoyment
- Increased client leading
- Increased Movement

Observations:

- Increased conversation and sharing of the day and week and thoughts
- Sharing of personal stories and losses
- Increase in movement and sharing week to week on how they feel better, more alert, laughing more.
- Individuals now are waiting for Dance/Movement teacher to arrive and have rounded each other up, asked for assistance to clear a space and are always making sure that everyone is respectful.
- One individual believes that the Dance/Movement teacher is his deceased wife. He now is able to remember her name talk about her and request her favorite song and acknowledge that she is not there.
- Increased support in each other

Area 9 & 12: Individuals in the Acute Program

Average attendance: 6-18 people

Group Goal:

- Increased socialization
- Increased connection to Body

Observations:

- Huge increase in participation
- Choosing to stay and dance versus going out to smoke
- Requesting music and special songs
- Requesting dance styles and dances
- Discussion of parents, siblings, children
- Wanting to share their movement with their visiting families
- Connecting with drumming and instruments
- Reaching out to loved ones post sessions
- Choosing to wake up in the morning and move because of increased body awareness

Area 14 & 15: Individuals in the Forensic and Rehabilitation Programs

Average attendance: 5 people

Group Goal:

- Increased relationship building

Observations:

- Increased willingness to participate and share
- Individuals want to stay for the entirety of the group even when other activities are offered at the same time, and continue to attend each week.

The value in finding ways to connect with the mind and heart through movement are clearly reflected from session to session. *The increase in memory, and willingness to share and participate is extraordinary.* Sound and music open a door to thoughts and emotions, and movement brings us through that door to explore. Dance is what lets us explore those feelings and memories and bring them joy.



June 2018 a private donation purchased 50 baby moccasin kits sewn by staffs and residents at SMHC, which were gifted to various CFS agencies to be given to babies born in care. A ceremony was held September 2018.

Manitoba Adolescent Youth Treatment Centre Songwriting Program

A Telus grant funded a songwriting program for youth at MATC, as of fall 2018.

“The song writing groups that have been funded through the Telus grant at the Manitoba Adolescent Treatment Center have provided our youth with opportunities of creative self-expression unlike anything else we offer. The arts and this initiative have provided unique and individual moments of healing for youth who are often marginalized by virtue of culture, color, experience and illness. They are able to find and express their voice.

Youth who challenge us as care providers because they don't want to engage or are unable to trust, open up and share their often very personal stories through the development of their songs. They look forward to the next group and are eager to share and develop further skills. Many continue to develop songs outside the group times.

The treatment team has commented frequently about specific youth, how they 'light up' in the group and how the song writing has provided a very successful venue to engage the youth in serious, meaningful and productive discussions and learning opportunities outside of the group times.

The facilitator's excitement is infectious and reminds those of us who have worked in mental health for a long time, how truly amazing it is to walk with someone through their mental health recovery journey. Creativity in all its many forms is or can be healing. I hope that the youth who have engaged in this group take away life-long skills and enjoyment from this very valuable experience.” - Deb Melanson, MATC staff

Musicians Madeleine Roger and Logan McKillop discuss literary tools, song structure, musical genres, and have shown the youth how to start writing songs on their own. Throughout these workshops, there has been measurable success on many levels:

“The youth at MATC are excited to be a part of the class. They tell us that they look forward to the next time we are there. Many of them have written several songs about their personal

struggles and how they are working on overcoming them. I am a firm believer in music as a form of therapy. The fact that some of them are writing songs about these topics is a great sign. We have provided music and melody to accompany their words (we've got many complete songs). They are thrilled to have completed full songs. Several are now writing songs on their own time and putting them to music (when we are not there). There has been a lot of interest in learning how to play the guitar and piano. Most of the kids have a very close relationship to music and are excited about the fact that they are now creating it themselves. Many have repeatedly thanked us for being there."

'I have been absolutely thrilled to see the youth not only participating enthusiastically, but also spending time while we are not present working on their songs, practicing playing instruments (we've started giving some basic guitar and piano lessons to those interested), and prepping questions for when we return. We have seen impressive growth through the weeks, particularly in the participants finding genuine, honest, and personal things to write about. I have noticed that the kids are thrilled to get the chance to emulate some of their music heroes, and that brings a real feeling of accomplishment and pride.'

Quotes:

"Thank you so much for coming here, this has been really seriously helping me."

"I love this, I'm going to keep writing after I'm out of here."

"I'm going to stop getting fake nails so I can learn how to play the guitar."

"We've been really impressed with the engagement we've been seeing. Everyone has been really interested and they get excited for every class." - A staff member

"I've always wanted to write a song, this is awesome." -

"This is several of the kids' favourite group." - A staff member

"Oh, so you can *practice* expressing yourself, and you'll get better at it..."

'From what I am seeing in this group at MATC, using song writing as a tool to be expressive is not only incredibly powerful and empowering, but also fosters skills and interests that can be carried for a lifetime. It has been amazingly inspiring and moving to me to see how many of the youth are actively engaged, curious, and excited to be working on their songs. Their creativity and honesty has humbled me to the point of wanting to tour less so that I can spend more time working with them. This program is extremely worthy of continuing (given the success that it has been so far), and I sincerely hope that there can be more funding allocated to such a fantastic initiative.'

"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, Jennifer Dubiensi, Chuck LaFleche

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

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

Art in Hospitals Donation Program – Gary Sherbain. This program has seen over 300 donations of art to participating hospitals, hospices, and long-term care, and continues to receive and disperse art on a consistent basis.

The Care Home Outreach Project – Brandon

Student Musicians – University of Brandon

The Johnston Group St. Boniface Atrium Concert Series

Various MB Chamber Orchestra musicians as well as others from the community: Latin, Jazz and 60's musicians – these musicians will also be scheduled for the concert series in 18 facilities through our new Winnipeg Foundation Collaborative Grant with the MCO

Music to My Ears

Winnipeg:

Tim Cummings - St. Boniface Hospital and Cancercare MB; Lynn McClure – Cancercare MB; Peter McClure - Cancercare MB; Ann-Marie Williot - St. Boniface Hospital; Alex Derlago, St. Boniface and CCMB; Aaron Shorr - St. Boniface Hospital and CCMB; Lois Gillespie - St. Boniface, Middlechurch, and Beacon Hill; Ashley Au - Grace Hospital; Daniel Nemez - Riverview Health Centre; Heitha Forsythe – Misericordia; Jesse Popeski – Deer Lodge Health Centre, Liz Goossen – Grace Hospital, Kyle Cobb, Health Sciences Centre, Justony Vasquez, Maples Personal Care, Susan Hoeffler, St. Boniface Palliative Care

Brandon - Ann Germani, Matthew Zimmerman, Ainsley Friesen

Brandon Home Care Outreach – Matthew Zimmerman and Naomi Leadbeater

Boundary Trails - Jess Reimer and Linda Hiebert

Bethesda - Willie Wiebe

Selkirk Mental Health Centre – Luciano Armenti

2018 Service Canada Students - Winnipeg

Narrative and student names listed below

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

Dance/Movement - Helene Le Moullec Mancini

Musician – Luciano Armenti,

Art mentorship – Claire Stephensen



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STORIES FROM OUR SERVICE CANADA STUDENTS:

Service Canada 2018 student narrative

Artists in Healthcare received eight CSJ students through Service Canada this year, and placed two others through hospital foundation funding.

Quoting two student texts from their first day of work: *“This is the best effin’ job ever!!! Thank you so much!!” “I’m having a total blast at Deer Lodge! I can’t thank you/Artists in Healthcare enough for the opportunity. It’s totally awesome.”*

The students are:

- 1) St. Boniface Hospital – Alex Derlago
- 2) Kyle Cobb – Health Sciences Centre
- 3) Brendan McLean – Deer Lodge Health Centre
- 4) Daniel Nemez – Riverview Health Centre
- 5) Justony Vasquez – Maples Personal Care Home
- 6) Naomi Klassen – Middlechurch Home of Winnipeg
- 7) Stephanie Wilson – Concordia Hospital
- 8) Danielle Siemann – St. Amant Centre
- 9) Heitha Forsythe – Misericordia Health Centre – not funded through Service Canada

- 10) Ainsley Friesen – Brandon Regional Health Centre (initially funded through Service Canada but Ainsley is 38, so we had to ‘return’ the funding, and the hospital auxiliary funded her job)

Alex Derlago – St. Boniface Hospital

My time at Saint Boniface Hospital has been quite amazing. I have had the opportunity of playing and speaking to several individuals/patients who have now passed away. It seems as though the music had made a big difference in these people’s lives, and extended towards visiting family members and friends. This type of work can be quite difficult at times, although it can also be very enjoyable to interact with these individuals.

There is a lot that can be learned from people who know they only have a little time left in their life. One individual that I visited almost every day near the of the summer did not have a lot of visitors come by. She also no longer had the ability to move or speak. Music, volunteers, nurses, and dogs made her remaining days a little more joyful. What I will take away from interacting with individuals who are dying is the importance of human connection, which seems to be a type of medicine all on its own.

Kyle Cobb – Health Sciences Centre

This summer has been another very enlightening experience. I’ve had the chance to form relationships with many patients. It is a real privilege to observe some people’s courage, hope and positivity on a daily basis.

I’m realizing more and more that’s what I can provide in this position; a carefree outlook on life. And it doesn’t come from me but music has the effect of bringing that out of people. Contributing to that process has been a very meaningful experience for me.

Brendan McLean – Deer Lodge Health Centre

My experience with Artists in Healthcare was extremely humbling. Over the course of summer of 2018, I had the pleasure of playing for residents at the Deer Lodge Centre. Some of my most remarkable experiences involved working with patients in the special care units. I was able to see firsthand the impact that music can have with Alzheimer’s and dementia patients; it’s almost an indescribable feeling. I recall one morning playing in one of the SCU dining areas and playing/singing the standard, “Autumn Leaves”. A woman at the other side of the room who had been sleeping broke out into operatic singing and sang the song word for word with me. By the end of the song she had tears rolling down her face. I will always remember that moment.

There wasn’t a day where I left DLC without the feeling of being truly fulfilled. The staff are compassionate and caring, they work hard to provide the best possible care for their residents and this reflects on an extremely positive environment to be in. I am extremely grateful to have had the privilege of playing for the residents at the Deer Lodge Centre.

Daniel Nemez – Riverview Health Centre

The job has been great! However, I’ve never had a job that requires this much emotional energy, so that has been a huge adjustment. On the other hand, it is also by FAR the most rewarding job I’ve ever had. It’s a weird thing to look forward to and need my breaks more than most jobs I’ve had, yet enjoy the work more than any other job. It has definitely been a challenge to be “on” all the time, putting energy into my posture, expression, and fingers constantly. I think it might actually really help my focus while practicing in the future!

The response from patients has been almost entirely positive. The biggest challenge as far as pleasing patients goes is balancing saving my voice with the constant desire of patients to hear me sing something. Especially once they know and remember that I can sing, they want me to sing all the time. I’m settling in to more of a routine where I’m better at judging which units

work best to just play, and others where people would greatly appreciate some singing. One lady gets so excited every time I come to her unit, and she knows me by name and asks me to sing, and when I'm done each song, she asks for another one until I tell her I have to go! She even had a paper that she was drawing on with the heading "things that make me happy" where she drew me with a guitar, labelling both. Those moments with patients are what make the job so rewarding. There is one man who chats to me about music and guitar and various artists. I often play where he is, and he knows just about everyone you could name from the 20's to at least the 70's and he always recognizes a jazz standard if I pull one out!

Justony Vasquez – Maples Personal Care Home

Working through the Artists in Healthcare Summer Jobs Program at the Maples Personal Care Home has been such a blessing in my life. This summer was my second year and it brought just as much joy and fulfillment as the first summer. At the Maples, I sing and accompany myself on guitar - playing classics like You Are My Sunshine (their favourite), or singing hymns and other inspirational music. I find that it not only helps create a positive environment for the residents, but for the staff as well.

When I sing to the elderly, I'm met with varying responses. Most of the time it is happiness and gladness shown in smiles, clapping, singing along, and engaging with fellow residents.

Sometimes, I'm met with responses of sadness or emptiness, anger, and confusion. However, I am still grateful for these responses, knowing that the music I play for them reaches to their heart of hearts and creates a very human experience.

Maples Personal Care Home has become family to me, and I wake up excited to serve the elderly. Through this program, I've been privileged to be a gift to these residents, and receive the gift of their presence. I hold these experiences dear to my heart knowing that music truly brings a spirit of healing, comfort, and joy to everyone.

Naomi Klassen – Middlechurch Home of Winnipeg

The dementia care unit is the highlight of my day because I love noticing the toe tapping and hands clapping of people who normally have trouble focussing/engaging. Some are up and dancing along with me to folk tunes they know from childhood. Music held the attention of one "happy wanderer" who would stand face-to-face with me, arms in the air and swaying her hips as she sang along to well-known 60's tunes. Whistling was my connecting point with a Portuguese gentleman, church hymns were sung softly together with another resident, and "woofing" along to "How Much is that Doggie in the Window?" was sure to bring a smile to many faces. Contrastingly, one gentleman who was non-verbal cried big tears when I sang familiar Beatles tunes. I observed this to be his only form of communication, and one which made me aware of everyone listening in their own capacities.

I make my way around the building, pub, and courtyard, gathering folks in the sitting areas to entertain and invite them to join in music-making. I like to make the long wait for lunch more enjoyable, as I perform in two of the dining rooms before lunch is served. I also have time for a few one on one visits with folks who are not able to get out, or who do not wish to... some are delighted to sing along, others just relax and listen.

I've expanded my 50's-80's repertoire tenfold and there is much more to learn! This job has been so applicable to my studies as I get comfortable with connecting with the residents. A woman living in the dementia care unit was a pianist and violinist in an orchestra. We go to the piano and she relaxes and listens, after each piece saying "oh, that was wonderful!"

I visit another woman every day who is mostly in bed recovering from an injury. Although she doesn't speak, I've been able to chat with her family members- she is a music lover, and sometimes lifts her eyes to look at me while I sing.

I've gotten countless positive responses from residents and staff that the music is fun and enjoyable to listen to. These far outweigh the experiences of residents yelling at me to go away or complaining!

One challenge is that a lot of the folk tunes the elderly know and enjoy are really sad! Emoting and communicating the ideas of loss and sadness without being able to talk about it or check in with everyone is tough for me. I wish I had time to do more since I have the music therapy training in my head, but what a privilege it was to be welcomed into the lives of the folks at Middlechurch! As a music therapy student, I took special interest in the interpersonal aspects of making music together while meeting goals such as increasing social interaction and maintaining memory.

In every case, the blessing of music always went both ways. Playing classical piano for a woman who had dedicated her life to orchestral violin was an honour, and as much a joy for me as it was for her. These are just some of the relationships that I will remember dearly.

Stephanie Wilson – Concordia Hospital

This past summer, I had the privilege of working as a summer student musician for two months at Concordia Hospital through Artists in Healthcare's, Service Canada Student job initiative. Any full-time student who is a musician qualifies, and I was thrilled to be a part of such a fantastic program! This allowed me to do what I love, and to learn new skills- musically, socially, and emotionally; all valuable experiences that I likely wouldn't have had the opportunity to learn in the same unique way in any other work setting.

At the hospital, I worked with Recreation Therapy and Spiritual Care, spending half of my time in both areas. In recreation therapy, I would plan and execute activities such as group sing-alongs, and bring patients into the Recreation Room to play piano while they sang. My role in spiritual care included playing piano or clarinet at chapel each week and leading a spiritual reflection with the patients every couple of weeks. In both areas, the biggest and most important aspect was individual visits with patients and building relationships with them. One of the coolest things about my job was that as much as it was about music, it also wasn't. It's been an incredibly eye-opening experience to see first-hand how valuable human life is at each and every stage, and to experience the joy that comes from a simple visit or walk through the courtyard. I believe that all the aspects of my job were formative in their own special way, and I've learned a lot about myself along the way too.

Danielle Siemann – St. Amant Centre

I am so thankful to have had this opportunity to be an artist in healthcare at St. Amant Centre; not only grateful for how much I was able to make an impact, but also for how much St. Amant impacted me. This has truly been the most rewarding job I have ever had. With St. Amant being such a unique facility, I didn't often receive verbal responses, but I quickly learned that I did not need this to recognize an impact. I could tell I was changing the energy, mood, and feeling in the room. It often went from stagnant and mundane, to lively and full of energy. Individual's faces would light up as soon as I walked into the room with my guitar, and they would vocalize and join along. My time was beneficial to everyone; not only to the individuals who live there, but also to the dedicated staff who pour their lives into assisting these individuals every day. The staff are all truly amazing, and they really inspired me. I loved seeing when staff would start to dance, sing along, and join in music making. They would interact with the residents, creating an environment that was nothing short of wonderful. I could tell I was offering a change in pace, a nice break from everyday struggles, and was adding liveliness and joy to the day. Never before have I had a job where what I was offering was giving the same back onto me. St. Amant is truly an extraordinary place. This experience has been invaluable to me, and has shown me that I chose the right and most amazing career path in pursuing music therapy. May the joy and power of music continue to be experienced by all.

Heitha Forsythe – Misericordia Health Centre

My summer working at the Misericordia Health Centre involved playing and singing throughout the interim and long-term care units in the hospital. Residents living in the facility are often transitioning out of home and into care permanently; a difficult adjustment, to say the least, for them and their families. My presence brought an element of fun, comfort and distraction from their reality as well as exercise.

One of my regular programs included a weekly choir where residents who were able to read lyrics from a book, sang together with myself leading. This created a valuable opportunity to exercise their cognitive and fine motor skills and respiratory apparatus while having fun and connecting with others. There were a lot of laughs, a few tears and the growth of community within the facility because we connected over music.

Everywhere I go in the hospital residents and staff light up when they see me coming with my guitar “Oh! are we having music?”. Many residents and their families ask when I am coming again and keep track on the calendar to be sure they can participate when music is happening. I have been made to feel very welcome and valuable here and have fostered relationships with residents that cause me to believe I am a bright spot in their day despite the unknowns and transitions of their current situation.

Ainsley Friesen – Brandon Regional Health Centre

I never could have imagined how important this job is until I actually started. I have played many different venues and many types of events in my years as a performing singer/songwriter. As a private music teacher, I have a wide repertoire of songs to choose from by memory or an easy learn. But until I started to really recognize how music really affects a person, I could not have known the depth of the position I was working.

In my first week I felt nervous and apologetic, afraid to “be in the way”, or too loud, or too this or not enough that. But those concerns faded in the weeks that followed as I became more and more comfortable simply sharing the music, and through the music, the empathy and compassion that I felt deeply. I made connections with individual patients, was on a first-name basis with many, and conversely had regularly scheduled “performances” (to put it loosely- they were very interactive!) on specific units where the patients were familiar with my music.

I was also being affected. I was exhausted at the end of each day but every morning I went to work excited at the possibilities of grace and kindness to share with people who really, really need it. Some days had extra special surprises in them... a special conversation, a certain song at just the right time... an expression on someone’s face... a tapping toe... all of these instances would always confirm that I was doing something positive for people. That must be one of the most rewarding feelings in life.

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