



Art and Music are essential for a healthy life

Annual report for the year ending
March 31, 2013

<http://artistsinhealthcare.com>

'The other day I had a particularly distressing time at Cancercare. On my way, I was hearing the melodic tones of music. I tracked it down to a waiting room where there was a harpist sitting and playing. I sat there for awhile enjoying that moment; listening to the music, studying the instrument, watching her fingers. I am very grateful for that moment of peace. That moment allowed me to settle down and leave a lot happier than I would have, without that harpist being there.'



Our mission is to stimulate collaboration between the arts, healthcare and communities to enhance health and healing. We believe that the power of art and music improves the quality of life. By collaborating and strengthening current and new programs we will achieve our goal.

Artists in Healthcare are pleased to report on 2013 program expansion, new programs and the sustainability of our existing programs. We continue to develop relationships and partnerships and look for new opportunities to enhance care through the arts.

This report is organized under the following headings:

- Music to My Ears
- Art at the Bedside, Art by the Big Blue Chair, Misericordia and HSC
- Dance/Movement Therapy
- Media, Marketing and Fundraising
- Red Threads of Peace
- Board of Directors and Organizational Flow Chart

Music to My Ears

Description

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

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

"The music is very soothing to the soul. It helped me to refocus and rethink my diagnosis. It got me back on track to calm down. Please don't stop the music"

Targets/Outcomes this year

Year round programming in 2013 was enjoyed at the following hospitals:

- St. Boniface Hospital (694 hours)
- CancerCare Manitoba (576)
- Grace Hospital and Hospice (288)
- Jocelyn House (60)
- Misericordia Place (400)
- Riverview Health Centre (516)
- Bethesda, South Eastman Steinbach (160)

- Brandon Regional Health Centre (285)
- Boundary Trails Health Centre (160)
- Including the summer student hours, Artists in Healthcare's (AIHM) musicians played over 5,000 hours reaching well over 8,000 patients and residents. AIHM also supervised a CMU practicum student at St. Boniface and Tache who played for 60 hours each term throughout the year*
- Musicians play in patient waiting areas, geriatric rehab, treatment, dialysis, cardiac intensive care, intensive care, psych health, radiation, hematology, rehab, hospice, palliative, pediatric ambulatory clinic, women and child, pain clinic and oncology and generally throughout the hospitals.
- We had 20 musicians working in healthcare in 2013.

New ventures

- Extended summer student programming at HSC starting Jan 2012 – 40 hours to date
- Concordia pilot – 15 hours
- Riverview and Misericordia both kept their summer students throughout the year
- Our Brandon 'The Care Home Outreach Project' is coordinated by University of Brandon student, Corey Friesen. Cory organized twelve concerts for over 300 residents this past year. This community outreach program brought concerts to Dinsdale, Fair View, Valley View, Rideau Park and Hillcrest Place. With the support of University of Brandon's Dean of Music, Corey organized a fundraiser which raised \$5,000 for 80 concerts over the next academic year, creating an ongoing program where U of B students will play concerts in long term care. There is also a research component on the benefits of music, which will be completed under the supervision of Dr. Sheelagh Chadwick.
- Artists in Healthcare will submit a grant to the City of Brandon for year two funding for this program
- We have submitted a funding request to Diageo to start a Gimli music program in 2013
- We submitted an application to the Richardson Foundation for a new concert series in long term care
- We have submitted an application to RBC to fund two years of a new student musician year round program

*Due to the confidential nature of this work, the numbers provided are respectful guesses, with musicians providing estimates which on-site staffs confirm.

Narrative

"A young patient (4years) in chemo was very keen to get his hands on the harp today. After a few minutes of strumming vigorously with both hands we settled on "Twinkle Twinkle Little Star" which he helped to play and also felt the vibration by placing his hands on the soundboard ... a great little boy with lots of lively curiosity and energy.

Middlechurch



Misericordia



St. Amant



Community Development – WSO string quartet series

Our string quartet series in partnership with the WSO has been funded for the 2012 – 2013 and 2013 – 2014 seasons, thanks to Sussex Realty, and continues to be thoroughly enjoyed. Artists in Healthcare will seek another corporate sponsor to sustain this excellent program in 2015. The string quartet play 14, 40 minute concerts with the harp and flute duo offering 5 concerts as well.



Middlechurch



Geriatric Day Hospital St. Boniface



Riverview



Practicum student playing with year round musicians in geriatric rehab at St. Boniface

"Her playing was perfect and her voice was fantastic and the residents loved her. They were clapping and dancing in their chairs and so we got an unanticipated benefit of physical activity as well. – Concordia staff



Our musician with Health Sciences Dialysis staff



At the Grace Hospital



At Misericordia

"...has an amazing effect on patients and staff in the waiting/treatment room environment. All appear more relaxed. Musicians often interact with patients, taking requests and many patients thank them I truly believe that the stress experienced by all is reduced."

"As I left chemo one man said, I will be here again next week.....look for me for more music"

"One of the residents at JHH loved to sing and we identified some songs she particularly liked. I took the words and she remonstrated with me that I hadn't brought all the verses, and she wanted to sing them all! In any case she joined in with great enthusiasm, she sang, I played and she declared after, that her breathing was so much better....."if only my doctor could see me now" – Jocelyn House

Service Canada Student Jobs

The student's experience speaks for itself:

"Being an artist in health care you gain a perspective few see when in the hospital, and it is a view I am constantly learning from. I am developing a deeper understanding and love for the many different people in this world.

I recently played on GD-6 for a patient who passed away. The patient's husband asked if I would play her ceremony. Many people there asked me if I was the musician who played for the patient in her last hours. They were all incredibly grateful and told me how much the family appreciated it. The husband, after the service said, "you were the last music my baby heard."

I feel so honored to be able to share the gift of music. As the summer went on, it seemed to me that consistently, everyday, there was a passerby who stopped to express to me how much they appreciated having music in the hospital. - HSC

One day I went up to play and asked at the front desk if they'd like me to play at for anyone in particular. The nurse asked if I knew any Bob Dylan. I said yes. There was a man who was a huge Dylan fan (he even had posters up in his room). He could not speak. I started to play "Like a Rolling Stone" and he seemed to light up. It looked like when someone realizes something they forgot, and he seemed more alive all of a sudden.

As I was playing, the nurse left and came back with the rest of the staff, and they all stood and watched his reaction, some of them even tearing up. Afterwards the nurse thanked me and told me that none of the staff had ever seen him that alert and happy. - Riverview

Last week I was playing in a hall for a lady I regularly see. Unbeknownst to me, another woman in one of the rooms beside us was listening. She came out to me after and said "You play lovely music, I was a little sad before but now I feel great!" – Deer Lodge Health Centre

I went up to palliative care as I do every day at 2 o'clock and a staff asked me to play for a daughter and her mother. I played for over an hour. They loved it and I kept playing. At the end of the visit both were thrilled, not only that I was there, but that there was an organization dedicated to bringing to everyone, what it gave to them that day. They told me it was the first day they had moved to palliative care, and that I, through music, completely turned their day around and they believed they would be able to make it through. Everyone deserves the opportunity to feel belief and hope in a desperate situation such as this.

I played for this mother and her daughter every day for almost two weeks. I became one thing in the day that they looked forward to the most. They really loved it, it kept their spirits up. Inevitably, the daughter was getting worse and she was not eating very much and then not being able to be woken; except when I was there playing.

The day after we met the mother told me that what I brought with me was a miracle; the daughter had been struggling with eating and wakefulness until I joined them. It seemed that every day that miracle was continued as we all were laughing and having a good time, talking about friends at home and eating, and that very much included the daughter.

It felt almost like nothing was wrong and I almost didn't believe them when they told me that earlier they were having a hard time waking her and that she wouldn't eat. Her mother was thrilled when I was there about her daughter's consciousness. I became the one part of her day that she became fully conscious. I always promised to be back the same time the next day and I never missed.

I soon felt that I had become her mother's hope for that day's strong conscious connection with her daughter. - St. Boniface

This patient's mother asked Timothy to play for her daughter's service, which he did.

My experience has been great; it truly gets better each day. The residents are all so happy to have music around! Some of the folks I've met here I visit every day. Not only does it make their day to have someone drop by to converse and interact with, but it makes my day to see them as well. There are a good handful of residents here that continuously crack me up, this older generation have a totally different sense of humor than what I'm used to, and it's great! Oh and playing guitar all day is alright too.... (HA!)
– Middlechurch

Working for Artists in Healthcare has been an incredibly meaningful experience. It feels so good to be able to touch peoples' lives and, make people sing, dance and smile every day. Some of these people rarely speak, but will sing along to their favorites. One family told me that they don't recall their father ever singing, but are thrilled to see him sing with me! The other day a woman let go of her walker and started to dance. A group of nurses worriedly rushed over, but, the woman said: "Leave me alone, I'm doin' the twist!"

So, with a team of nurses standing in a circle around her, she danced. Everyday at least one elderly person takes my hand in theirs and tells me they love me, and how much it means to them that I play for them. They tell me I'm "the best", or "so beautiful", and "you make me so happy" in various accents.

At Donwood, I jam with a man named Edmund who plays the harmonica. There is also a man there who is deaf and blind but can tell when I am playing the guitar in the room. The first time he did his little air guitar motion with his hands, and had a big smile on his face; the care workers in the room were so shocked! He must be able to feel my music.
– Donwood/Kildonan

I was playing guitar and singing some softer music in one of the lounges. A nurse brought in a fellow who could no longer speak but had a clipboard and pen to communicate with people. As I finished a song he waved me over to read something. He asked if I knew any Bob Dylan, so I played "blowing in the wind" for him.

Then he asked me if I was familiar with a successful local musician who happened to be his cousin. After chatting about music for a couple minutes I continued to play. I noticed one of the residents had fallen asleep in their chair. In regards to this resident, who is quite restless and difficult, the man wrote on his clipboard, "the nurses can't even get him to fall asleep, your voice put him to sleep right away."

And then I thought about it and was quite taken back by the complementary nature of this statement, I continued playing and played him more Bob Dylan. – Foyer Valade

Friday afternoon is one of my favorite times at Misericordia. A group of ladies and I always gather outside on a patio for ice-cream and music. In between my songs we talk about flowers, gardening, the children playing nearby, age, and memories. These ladies are so unbelievably gracious and kind. Elda, a lady with severe dementia sings along to every song as if she is the star of the show. After each song she exclaims how absolutely gorgeous it was...and how I am such a marvelous singer. It doesn't take long before she lapses into her own reality and requests to go "home" or to her "appointment". However, when I start a new song her priorities change, and she resumes singing merrily along to my songs.

Spending time with these ladies on Friday afternoon is immensely fulfilling. Watching them smile, sing along, cry, laugh, tell jokes, and reminisce, reminds me that music is a catalyst to so much more than we realize. Music initiates movement, memories, laughter, and stories. It invites conversation back into this circle of ladies whose interactions grow stagnant out of redundancy and inactivity.

It brings me so much joy to be the one to get these ladies talking, laughing, and singing every Friday afternoon. And from all their hugs and kisses I receive afterwards it would appear that our time together brings them joy too. By now I have established many great relationships with the women and men at Misericordia. What a difference it makes to play music with folks that are no longer strangers but friends. It has been hard to watch some of these relationships when a residents' health deteriorates or one loses their ability to speak. One lady, named Darlene who was at once a chatty, jovial, and interactive lady is now unable to communicate after suffering a stroke. I find it especially beautiful when I go play for her and her weary face lights up and smiles. Although she can't say much to me, she has a hard time letting go of my hand after I sing and makes it clear that my singing had made her day. It's as though we now speak through the language of song.- Misericordia



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

Description

Art at the bedside and Art by the Big Blue Chair are two AIHM programs which bring visual art projects to patients. Art at the Bedside is in its third year at St. Boniface Hospital, and Art by the Big Blue Chair is in its first year at Cancercare Manitoba. The St. Boniface program uses existing volunteers, trained by our coordinator, Claire Stephensen. They take their art carts, which are filled with colourful art projects ranging from collage, weaving, print making, beading and painting, to patient bedsides. At Cancercare Kate works one on one with patients with similar projects.

Targets/Outcomes

- Once the two year Winnipeg Foundation funding for the St. Boniface program was completed, the hospital assumed funding for our coordinator's position. This attests to the value of the program to the hospital and Artists in Healthcare are pleased to continue to administrate this successful program, now in its third year.
- Volunteer Services at St. Boniface show an increase of 4.5% in overall hours since last year, with the art program being offered to patients approximately eighty hours monthly.
- Art by the Big Blue Chair was funded through a Manitoba Arts Council grant. The grant funds will take us to December 2013.
- AIHM has a funding opportunity to apply to this September, for a second year of this program.
- Artist Kate Black works with patients four hours a week.
- South Eastman/Bethesda has made inquiries about bringing this program to their patients.
- Misericordia also has artist, Toby Gillies, offering programs to their patients and interim care residents through a Manitoba Arts Council grant. This hospital is another fine example of how our programs become integrated over time. Initially AIHM brought the string quartet series to them. We wrote a number of grants for year round music for them. In time, their Recreation Director took our proposals and began writing applications for arts council funding. They recently obtained funding for Toby for a second year, and have Kate on a weekly basis, as well as a full time art therapist.
- HSC's volunteer based art program is temporarily suspended as the volunteer coordinator is on a health leave. The Hall of Hope gallery continues to show a permanent exhibit which offers a peaceful oasis to patients at the rehab hospital.

- St. Boniface volunteers have collected patient comments which we used in our final report to the Winnipeg Foundation. This nine page report followed our longer interim report which documents the process whereby the art program was established in the hospital. It gives us a tried and true template for replicating the programs at other hospitals.
- The Grace is very interested in adding this to their Volunteer Services Programs so Artists in Healthcare will look for a pilot year funder for 2014/2015.
- Cancercare assessed the program as well and the comments are provided in their narrative.

Narrative

- St. Boniface

<https://vimeo.com/37978606>



"I am enjoying my shifts at the hospital so much. I leave feeling so fulfilled and touched by the people I meet... I've met so many terrific people who become like friends or family ... The sweet elderly ladies on the geriatric wards, the young woman waiting for a heart transplant, the young pregnant moms on bed rest for long periods all have touched me"



Art by the Side of the Big Blue Chair

- Cancercare



Comments from assessment:

- Chemo comes, chemo goes and I never noticed it – too busy with my art work...
- Excellent program – great distraction for patients as well as time for creative expression in dealing with cancer treatment & diagnosis.
- The 2 patients & their family members were participating. It made the atmosphere in the room much lighter & put all the other patients at ease.
- I was quite surprised by how much I enjoyed it. It's really too bad that I don't have any talent.
- Wonderful program. Helps pass the time for the patient. Keep up the good work.
- I find it a fantastic program that patients are requesting when they come to the treatment room. It takes their mind off their chemotherapy and helps them pass the time.
- Fabulous program. Only good comments heard from patients. Gives them a great creative outlet to release stress and pass time!

One patient started drawing again for the first time in 40 years. She likes to draw people and she is already a repeat customer. She searches for me to show me her latest projects now.

I have had patients hunt me down and want to do the program. I have had a patient request on the weekend I was working to use the art cart. I have been filmed and am in someone's treatment journey book.

A nurse told how calm and focused patients became; "She drew for the entire four hours I was there and she had an hour to go after that. She is normally a very anxious and yes, needy lady, but was drawing a turtle as a personal symbol from a book she was studying."

It has been easier to connect with some of my native patients. Art is a universal language.

One lady had only 15 minutes left so I suggested a short project. I arrived towards the end of her treatment with her frantically trying to finish and announcing she had changed her mind- she wanted to stay longer! This was fun! Her friend was laughing at her.

It truly increases communication. The nurses beam at a happier patient and express amazement at this talent they were unaware of. Patients bloom under the compliments. I circulate and check in at regular intervals, change water, express admiration and interest and encouragement.

A thought hit me how this program was more needed than I anticipated. If these people need this creative outlook so much, why on earth do they not plan to do something? Bring it along.

The effort of course just to get there at the right time is too encompassing. The effort is too large for them. So this is a wonderful thing for the patient.” –Kathleen Black

“A chemo nurse said the music had been especially helpful that day for a patient who was very tense, and with whom she had been having a difficult time getting an IV started. The music had been a distraction and according to the nurse there was a physical and emotional calming impact that helped the procedure to go ahead more easily. The patient also spoke to me as I was leaving and commented upon the music and its soothing effect.”

“Thank you so much for your art. I can’t even begin to tell you how painful the procedure was – I had cancer. I was able to lose myself in your artwork. Even my husband was impressed. Thank you so much. I don’t think I could have gone through the procedure without the art.”

Dance/Movement Therapy

Description

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

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

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

Comment from our Coordinator after the first day:

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

Targets/Outcomes

- This new initiative began with the 'Dancing Deers' program at Deer Lodge Health Centre
- Meetings have been scheduled at Misericordia
- Once we have program assessment and documentation we will offer the program to other long term care
- This program is delivered by therapist Nina Batistoni, who holds a Masters Degree in Dance/Movement Therapy from University of London's Goldsmith College.

Narrative

These are examples of the images we hope to have by fall 2013.



Media and Marketing and Fundraising

Interviews on Artists in Healthcare 's music and art programming and on the healing aspects of music were done by Geof Currier, Larry Updike, Ismaila Alpha, Andrea Ratuski and Kim Kaschor. Pieces on the music program were featured in the Navigator and hospital newsletters.

Shaw interview on the Cancercare Art by the Big Blue Chair program:
<http://www.youtube.com/watch?v=rHwqTUXsPqE&list=UUeuSPVIqb-nGODOY-Nnb0Kw&index=5>

One CBC article:
<http://www.cbc.ca/manitoba/scene/music/2012/10/08/artists-in-healthcare/>

Our musicians have completed Artists in Healthcare's CD which is being mastered and will be given to patients and staff and sold on our website. We are launching an Indiegogo Campaign to finish printing the CD's and hold our first CD launch fundraiser.

In 2012 Artists in Healthcare applied to:

- The Manitoba Jewish Foundation to complete our literature review on research into arts and health
- The Aviva Community Fund Challenge for a year round music program at Health Sciences Centre
- The Richardson Foundation for a new performance series in long term care
- The Royal Bank of Canada for a multiyear student musician program in hospitals and long term care
- Diageo to fund a pilot year at the Gimli Hospital

"It's so delightful to walk into a hospital that's filled with music."

Red Threads of Peace

Artists in Healthcare support the important work Red Threads does in community and we hope to partner more directly in the coming year. In 2012 Red Threads did a very successful project at Villa Cabrini that has great potential for replication at other residences. Here is a link to that project:

<http://playbackwinnipeg.blogspot.ca>



Artists in Healthcare MB
Organizational flow chart

May 29, 2013

Board of Directors
Tom Carson- Chair
Pam Campbell –Treasurer and Official keeper of the minutes
Dan Donahue
Jennifer Dubiensi
Lea Girman
David Northcott

Honorary Advisory Council

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

Advisory Committee

Dr. Merrill Pauls
Sylvia Kuzyk
Barry McArton
Flavia Fernandez Fabio

Executive Director

Shirley Grierson

Music to My Ears - Winnipeg (MTME)

Musicians:

Tim Cummings	St. Boniface Hospital and CancerCare (CCMB)
Lynn McClure	CCMB and Jocelyn House
Peter McClure	CCMB
Keith Price	St. Boniface and CCMB
Aaron Shorr	St. Boniface Hospital and CCMB
Lois Gillespie	St. Boniface and the Grace Hospital
Liz Goossen	Grace Hospital
Vanessa Kuzina	St. Boniface
Malcolm Somers	Riverview Health Centre
Jaymie Friesen	Misericordia Hospital and Place
Kris Ulrich	Health Sciences Centre
Sam Knacker	St. Boniface Hospital
Myron Kurjewicz	Health Sciences Centre

MTME WSO String Quartet series

Musicians change depending on who is available but typically there are four members of the string quartet plus WSO harpist Richard Turner and a flute player. They play 14 string quartet concerts in long term care and 5 harp and flute concerts.

MTME Rural

Brandon

Ann Germani – musician

Matthew Zimmerman – musician
Maria Cheswick - musician

The Care Home Outreach Project - Brandon
Volunteer Coordinator Corey Friesen
Student musicians from the University of Brandon

MTME Rural
Boundary Trails
Jess Reimer

MTME Rural
Bethesda
Willie Wiebe

Service Canada Student Jobs – three months every summer
2013 student musicians
Tim Seier – St. Boniface
Tyler Halmrst – Middlechurch
Malcolm Somers – Riverview
Gabiella Thomas – Donwood and Bethania
Jesse Popeski – Deer Lodge
Jaymie Friesen – Misericordia
Jay Buchanan – Health Sciences Centre
Lacina Dembele – Foyer Valade
*All of the above is Music to My Ears

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

Art by the Big Blue Chair – Cancercare Manitoba
Artist - Kate Black

Dance/Movement Therapy – Deer Lodge
Program Coordinator – Nina Batistoni (Masters in Dance/Movement Therapy)

<http://artistsinhealthcare.com>