

Annual Report
April 1, 2017 - March 31, 2018



Elder, Linda Bloome at the launch of the Art in Hospital Donation Program, with CEO Kelly O'Rourke, at the Grace Hospital, November 28, 2017 <https://winnipeg.ctvnews.ca/video?clipId=1301173>

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

'What I will take away from interacting (with music) with individuals who are dying is the importance of human connection, which seems to be a type of medicine all on its own.'

A message from the Board Chair

On behalf of Artists in Healthcare Manitoba, I am pleased to provide you with our Annual Report for 2017/2018.

As we went about compiling our report this year, I inquired about the number of programs and hours Artists in Healthcare provide at one of our first hospital sites: St. Boniface Hospital, where we began in 2001, and discovered the following for the year just ending:

'Under the Music to My Ears program we have 4 year-round musicians at SBCH, who play 64 hours a month - 770 hours a year. (new as of March 2018)

The summer student added 270 hours of live music bringing that total to 1038, under the Service Canada program.

The Johnston Group Manitoba Chamber Orchestra series brings another 12 - 14 concerts yearly to the atrium, open to the public, adding approximately 15 hours of music.

Art at the Bedside program, coordinated by Claire Stephensen, delivered by 8 - 15 volunteers, offers up to 80 hours a month of artmaking at the bedside to patients; 960 hours a year at full capacity.

Music to My Ears - 770 hours (this number based on new budget for the 2018 – 2019 year. Funding was down in 2017 -2018)

Service Canada – 270 hours

Johnston Group/MCO series -15 hours

Art at the Bedside -960 hours (at full capacity, as this program is volunteer dependent)

Total 2,015 hours

Patients reached yearly (respectfully approximated); 2,000 a month at SBGH. During the 64 hours monthly of live music we would expect that each musician reaches 100 patients or 640 patients monthly X 12 months (as many as 7,680 patients a year).

In the Art at the Bedside Program's 30 hours a month at a minimum we are reaching potentially 240 a year, (actuals this past year 630). One volunteer art visit may last over an hour so it is hard to be absolutely certain without digging deeply into volunteer services for the records over the last year.

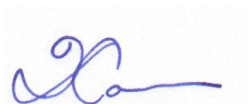
At 6 hours per day the Service Canada program reaches at least 200 patients daily; 45 days, 9,000 patients.

The Johnston Group reaches approximately 200 people each time; for a total of 3,000 families, patients and staffs.

Total patients reached; 19,920 patients yearly through all of the programs, not including hospital staff.'

My response was: 'mind blowing'. This shows, admittedly at the Manitoba facility which has taken up this mantle most aggressively, an example of what can be done, when you can work with key hospital champions, to enrich the patient experience and provide incredible support to patients, families and staff.

Not to leave others out, this is simply a deep look into one site. The Grace Hospital was also a first site and our programs have had consistent growth there. Another strong leader in Winnipeg is CancerCare's 14-year-old live music for chemotherapy outpatients' program – all noted further on in this report.



Tom Carson, Chair, Artists in Healthcare Manitoba



WE BELIEVE:

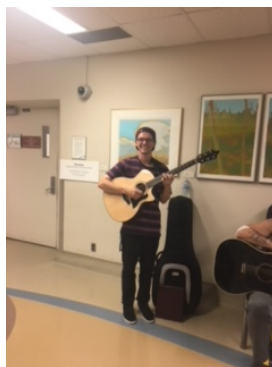
Music and the arts transform patient, family and staff experiences in healthcare. They facilitate communication; hope, healing and can inspire compassion and resilience.

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



A patient brought their guitar to play along

Greetings from our Executive Director

Every year at this time I ponder what we have done that's new or done better? While the new Art in Hospital Donation program is a stellar accomplishment documented further on in this report, in our 2018 greeting we want to celebrate a major accomplishment in our history and relationship with St. Boniface Hospital. The ideal goal of an organization like ours, is to have a working relationship with a healthcare centre, which integrates all of the arts to their patient support programs and ultimately, to have the hospital take a greater role in these programs, which St. Boniface has done exceptionally. From one musician in 2001, St. Boniface hospital's music program grew in the end of this fiscal year to four

musicians playing 5 days a week, sixty-four hours monthly. The primary funder has been the hospital auxiliary's self-generated revenue though four years ago, a donor to the Hospital Foundation gave \$50,000 to the live music program with the proviso that it be utilized in more urgent settings. That donation provided support which almost doubled program hours for 3 years.

The Johnston Group's MCO Chamber series offers fifteen or more performances in the Everett Atrium yearly. St. Boniface has welcomed Service Canada student musicians every summer for over a decade and they have celebrated six years of Culture Days events. They are the only hospital in Manitoba with an established art gallery. The Buhler Gallery welcomes Manitoba artists and musicians throughout the year.

In addition to championing the music program, St. Boniface Hospital is also the originator and co-creator of the Art at the Bedside Program. With a key staff onsite, we sat down in 2010 - 2011, and pondered how we could create an art program for patients in hospital. The intent was to design a program coordinated by a paid artist, but delivered by volunteers, through the hospital's Volunteer Services program.

A Winnipeg Foundation grant provided us with funds to cover a two-year scoping and development process, documented in the final report. <http://www.artistsinhealthcare.com/art-at-the-bedside-final-report-for-the-winnipeg-foundation-completed-version/> (Actual hours in this fiscal year were 630)

Today, the Art at the Bedside program offers patients a wide range of art and craft activities designed by the art coordinator and offered to patients with the help of up to 80 hours of volunteer time monthly. The program is available to patients throughout the hospital.

The success of music and art programs in health care continues to gain momentum with the help of hospital leadership, staff and physicians; champions who understand the value of the arts in reducing stress, in healing and in supporting patients and families through the joys and challenges of health situations.

St. Boniface Hospital has been fortunate to have champions in its midst, and the strong support of its Foundation and Auxiliary who have provided funding in support of the hospital's mission to create a warm and welcoming environment. It continues to define a unique culture of caring.

The relationships Artists in HealthCare has enjoyed at St. Boniface Hospital have allowed these unique patient and family support programs to thrive and become part of the culture of the hospital.

We are so very grateful for their appreciation and support in working with us to integrate music and art with patient care for the greater benefit of patients, families, and all those who work within.

Imagine what healthcare might be like if this was the norm?

Warmly,



Shirley Grierson, Executive Director, Artists in Healthcare Manitoba








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 and expanded existing programs and we began a new program: The Art in Hospital donated program, which saw over 200 pieces of donated art placed throughout hospitals and long-term care at Winnipeg sites as well as Selkirk Mental Health Centre.

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.

Eight 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 extra services in 2017.

ACCOMPLISHMENTS AND HIGHLIGHTS in 2017 / 18:

-  The Art in Hospitals program expanded notably, bringing \$104,000 of Indigenous Woodlands and other art pieces to Winnipeg hospitals and Selkirk Mental Health Centre. The initial launch was held at the Grace Hospital, with another held at St. Amant Centre in a new living unit.
-  Music program hours were maintained with significant increases in live music at St. Boniface Hospital beginning March 2018, with a private donor doubling the program hours at Boundary Trails Health Centre, to be reflected in the 2018 – 2019 fiscal year
-  Selkirk Mental Health Centre's (SMHC) live music program continued thanks to a grant from the Selkirk and District Community Foundation. An existing grant from the Winnipeg Foundation was completed in 2017-2018, providing 133 hours of Dance/Movement Therapy. Artists in Healthcare applied for and received another grant from the Winnipeg Foundation to bring the dance/movement program hours back to 2016 hours.
-  The Johnston Group concert series at St. Boniface Hospital went into its fourth season with another increase
-  Artists in Healthcare Manitoba have received their sixth City of Brandon grant for Music to My Ears to continue their long-term care series The Care Home Outreach Project. We are in the last year of a three-year grant from the Brandon Area Community Foundation for live music for the Brandon Regional Health Centre.
-  In the summer of 2017, we provided 2,160 hours of music through the Service Canada Student jobs program
-  Art by the Big Blue Chair Manitoba Arts Council's funding was completed in 2017. We applied for our third Artist in the Community Residency grant and were delighted and somewhat surprised to receive this. This grant is typically designated for one-time projects, not intended to be used as long-term program funding. This funding will sustain the program for another 15 – 18 months.

✚ Four years ago, Artists in Healthcare began mentoring a Kelowna hospital staff via phone and email, on how to establish a live music program in a hospital. This spring, after starting the program with a \$10,000 grant from their foundation, the staff feedback was so powerful, that the foundation gifted another \$25,000 to increase musician hours. To have such success, that a hospital foundation would commit \$35,000 to a music program begs the question as to what national impact our programming could bear. *"It has been a privilege to get the Musician in Healthcare program up and running in 2017. Your organization has been an inspiration and model for us to follow. Shirley Grierson has been available time and time again for conversations and support. Right now, we host about 5 musicians up to 8-12 hours each week at our hospital. Thank-you!"* Derek Koch, Spiritual Health Practitioner, Kelowna General Hospital

✚ Funding was awarded us through Telus, to bring music to adolescent psych health inpatients at Health Sciences Centre and the Manitoba Adolescent Treatment Centre

✚ A new fine arts student was welcomed to Jocelyn House to continue art making with their residents

As in past reports, our outcomes are often captured or implied by the story; by the staff or patients who take the time to contact us. This captures a staff's response to the first week with their student musician:

"We LOVE HER!! She is so kind and loving with the residents and she sounds terrific!! I have given her duties where needed and NO CONCERNS! Like I said I LOVE HER thanks!! We have adored all of your students really ..."



'Thanks so much for sending Lynn and Peter to play for my brother. He and my sister-in-law really enjoyed the music. They sent me a clip of the music. It was just what I was hoping for.



I am happy to know that there are musical programs at hospitals all over the world. I believe they are a comfort for patients and a respite from their treatments.'

We have numerous instances in this past year where we have been contacted by staff and family, asking for a more 'urgent' musical visit to a patient. The requests have ranged from one family in the states, asking for music for a patient preparing for a bone marrow transplant, families asking for music for patients in palliative care and staff from the MAID team, asking for music visits to a patient whose family was out of town and unable to visit often.

The musicians are receiving direct requests for more music as well: "recently when I've been in the hospital, I have had a lot of "special requests", specifically to visit individual patients and their families. The other day, a nurse in the cancer care facility said that when patients arrive, they often ask whether or not the harpist will be there; on another occasion, a patient said how delighted he was to choose that time for his appointment - and how much the music really got him through his difficulties. I've noticed too, how patients will come after their treatments, just to sit and listen for a while. I pretty much "share my time" between oncology and palliative care, but occasionally change it up with visits to other units in the hospital."

OUR PROGRAMS

The Art in Hospital Donation Program

'Artists in Healthcare officially launched its art donation initiative at a ceremony at the Grace Hospital on November 28, 2018. Begun with a drum prayer, the event included remarks from Kelly O'Rourke, Chief Executive officer of the Grace Hospital, Real Cloutier of the Winnipeg Regional Hospital Authority and Shirley Grierson of Artists in Healthcare.

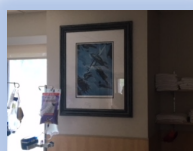
AIHM has organized almost all the hospitals in the Winnipeg region and a number of affiliated healthcare facilities such as St. Amant Centre, Jocelyn House and the Selkirk Mental Health Centre, in exchange for AIHM issuing a charitable tax receipt. Donations are accepted and dispersed to the various facilities.

Following board approval of the proposed art donation program December 2016, the first foray into improving the environment of facilities was an injection of art to A Port in the Storm, a 15-furnished suite building for outpatients.

In the past year, in addition to individual donations, AIHM has received three major gifts of art, from one of Winnipeg's largest corporations; the James Richardson and Sons, Ltd., the Loch Gallery, and from David and Ruth Asper. From its first outreach through the end of 2017, more than 150 pieces of art now grace the walls of facilities or have been used by the various organizations as fund raising ventures. It is expected almost 200 pieces of art will be parceled out.'

- Gary Scherbain, Program architect and Coordinator (Wah-Sa Gallery)

This is one of numerous pieces donated to the St. Amant Centre's new complex healthcare facility, designed for people with intellectual disabilities to stay when they need extra health support, end of life care, respite and behavioral stabilization.



A major focus was to refresh the living areas, move to one-person rooms and create a warmer, less sterile environment. To this end we were able to donate over a dozen art works to the personal rooms and hallways at St. Amant Centre.

This inquiry was followed by one from Paul Wiebe of the WRHA and Sandra Iftoday from Cancercare: “We followed with great interest the launch of the ground-breaking Artists in Healthcare Art Donation program in the past few weeks – congratulations on this excellent initiative!

We recently launched a brand-new Radiosurgery cancer treatment facility located at Health Sciences Centre and operated in collaboration with CancerCare Manitoba, and the facility’s patient waiting area would definitely benefit from pieces of uplifting artwork on the waiting area wall. This new facility was made possible by a generous donation from Mr. Paul Albrechtsen, and helps cancer patients through treatment with a state-of-the-art radiation therapy system. We would greatly appreciate details on how we could apply for an artwork loan or donation for this facility to make it even better for patients and their families”

We were able to facilitate donation of ten pieces from the James Richardson and Sons Ltd., plus another ten pieces donated by the Loch Gallery. Ten of the Richardson pieces were gifted to the Buhler Gallery for their collection.

Inquiries have consistently come in throughout the year with recent donations going to McEwan Psych Health, Manitoba Adolescent Treatment Centre (four sites), Health Sciences Psych Health Centre and others.

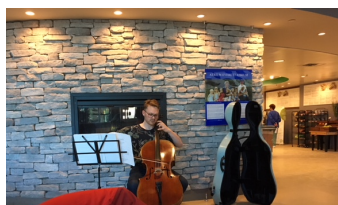
Music to My Ears

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 at St. Boniface, detailed in the letter from our Chair, as well at Psych Health at Health Sciences Centre through a Jewish Foundation grant.

Music to My Ears is found in rehabilitation units, 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 fourth year with the Johnston Group/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.



Yari Piper, guest MCO cellist

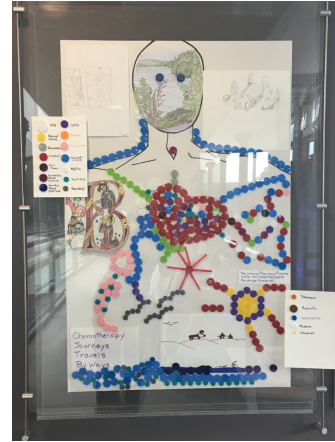
Year-round programming was enjoyed in these healthcare facilities, with the following hours of service:

Cancercare Manitoba	530
Grace Hospital and Hospice	330
Bethesda, South Eastman Steinbach	135
Brandon Regional Health Centre	403
Boundary Trails Health Centre	166
Middlechurch Home of Winnipeg	342
Personal Care Home Concerts (Brandon)	120 - one hour performances
Beacon Hill Lodge	72
Health Sciences Centre hospital and Psych Health hours)	764 (this includes Children's, the
Maples Personal Care	345
Misericordia Place	600
St. Boniface Hospital	720
Riverview Health Centre	270
Selkirk Mental Health Centre	430 music and 133 Dance/Movement Therapy
Deer Lodge	446

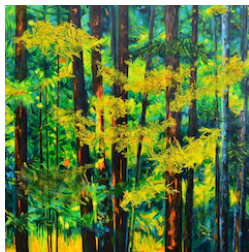
Including the summer student hours, Artists in Healthcare's (AIHM) musicians played 5,673 hours reaching well over 8,000 patients and residents. Given the nature of the work and the environments (including waiting areas that the musicians play in) the numbers of patients reached are calculated with respectful guesses. Hours were down in 2017 due to further cuts in the Service Canada student jobs program. In prior years, we had received between 400 and 420 hours per student. This year the hours were 270 per student.



Art by the Big Blue Chair Cancercare MB



Nurses at Cancercare MB initiated this mosaic project. Using tops from various chemotherapy medications, they map them on the body ... patients participate and conversations ensue regarding the various drugs and their interactions and effects on the body.



Artist Kate Black: 'One of the great things to evolve out of the program is that the staff have started to count on the program to communicate with patients and vice versa. There was discussion about the art program to help illustrate a patient's successful completion of a round of chemotherapy at a staff meeting recently!

This was something I never imagined as the initial reaction when we started was stodgy and stiff - and we were doing 'nonsense'.

More group projects are evolving, more eclectic projects, more assortment of time sensitive projects, i.e. short, long, to suit the treatment and the time of year. Written word is incorporated more.' - Kate

Art by the Big Blue Chair is in its sixth year at Cancercare MB. We applied for and received a third Artist in the Community Residency grant for nurse/artist Kate Black.

'I had a patient arrive to the treatment room few weeks ago to say that she was actually excited about being here. The reason? She knew she was going to see the "bead lady". The minute she made herself comfortable in the "big blue chair" she asked where Kate was. She had started making a necklace the last time she was here and was anticipating finishing it.

She told me how much she loved doing crafts and how doing something here in the treatment room helped distract her and made her feel calm and happy. She was so looking forward to finishing her necklace that even starting her IV did not bother her.

Her face lit up when she saw Kate, who immediately came over to her, greeted her, and got her set up to continue her necklace-making. As Kate was chatting with her and helping her with her creation, the patient actually shared some information with her that she had not remembered to share with me. Kate passed on the information to me which enabled me to make an appropriate decision regarding her care.

This is a perfect example of how offering art therapy to our patients helps them. You can see it throughout the treatment room where patients are making jewelry, coloring, painting or drawing.

This program gives our patients a person dedicated to assisting them in creating a quiet and even healing space for them to pause from their ongoing cancer journey. It allows them to take their minds off what they are going through or how they are feeling. It encourages them to focus on discovering their creative side, to find a moment of peace and calm in an otherwise tumultuous and difficult day, to nurture their soul.... even if it's just for a short while. *This program is worth its' weight in gold.'* -CCMB staffs

<https://vimeo.com/154359060> <http://youtu.be/rHwqTUXsPgE>

The Cancercare Art at the Bedside program was actually the genesis for the Art at the Bedside program, developed so fully at St. Boniface Hospital. An oncology patient at St. Boniface wanted to know why he couldn't make art while he was having his treatments there. This inspired St. Boniface to work with us to create Art at the Bedside. Cancercare's music program was also the genesis for the Music to My Ears program as the Cancercare program, created in 2004 in collaboration with Jill Taylor-Brown, Director, Patient and Family Support Services, became the model for Music to My Ears at all other hospital sites.



Art at the Bedside

Art at the Bedside is in its eighth year at St. Boniface Hospital, and provided approximately 52 volunteer hours monthly. The program hours, participants and projects chosen by patients are documented and tracked monthly.

The St. Boniface program accesses existing hospital volunteers, trained by 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.

Volunteer comments:

"We had a great time making a tissue paper collage together. Other patients were in the room and we all enjoyed each other's company."

“Two paper quilts were made today. One other patient did some crochet and others chatted and watched.”

“I Showed a patient how to make a woven bag and she was teaching her 9-year-old grand-daughter.”

‘I hear more about the Art at the Bedside program through the volunteers as they tell me how much they enjoy this program. They like brightening someone’s day by offering to help guide them through an art project. The volunteers appreciate the art projects Claire creates and that she teaches them how to make each project. They relish seeing how happy the patient is once their project is completed and enjoy watching the patients show their family members what they have made. This is a truly special program and makes a wonderful impact on our patients lives.’

Thank you, Jennifer Cawson, BHEC, Manager, Volunteer Services St. Boniface Hospital



Misericordia Health Centre continues to offer art programs to residents, with Kate Black visiting residents who aren’t able to participate in art making. She sketches residents’ portraits, which they can gift to their families.

Culture Days 2017 Landscape Dancers



[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 program we are proud of and hopeful for its’ continued success. In our 2017 year we completed one Winnipeg Foundation grant, with 133 hours of DMT. We reapplied to the Winnipeg Foundation and received another grant in 2017, with programming starting fall 2018. This grant will provide another 260 hours of Dance/Movement to the Centre’s residents 2018/2019. We continue to hope that they will be able to hire a dance/movement staff at some point in time.

Our Selkirk District Community Foundation was completed. It had brought a local musician Luciano Armenti to play weekly for almost one year. We will reapply in 2019.

'Selkirk Mental Health Centre (SMHC) has been the lucky recipient of music therapy thanks to musician, Luciano Armenti. He spends the majority of his time at SMHC with the patients of the Geriatric Program. He moves throughout the building with his accordion so that he can spend time with as many patients as possible. Many patients ask about him repeatedly throughout the week.

Luciano plays a variety of music and will do his best to accommodate songs that are requested by the patients. He is generally able to remember which songs individual patients request and will play them again in the future. His ability to remember individual favourites makes people feel very special and always brings a smile to their faces.

This year Luciano approached me and asked me to help him form a patient choir to provide entertainment at the Christmas teas. The patients chose their songs and sang enthusiastically at each tea. In speaking with one family following the choir performance I was told that their whole family was in tears from the sheer joy of watching their husband/father/brother singing in the choir. It brought back many memories for them and a sense of normalcy that they had missed since the patient came to SMHC.

Luciano will often encourage patients to sing when he plays. Many patients who would normally not volunteer to sing in public do so when they are singing with him. He has also begun working with the Rehabilitation Program at SMHC on an "Open Mic" afternoon during which he plays a keyboard while patients sing.

Luciano has become a valued member of the team at SMHC. He has been very dedicated to the patients at SMHC and we look forward to the opportunity for him to increase the time he spends with the patients here. - Lindy Stanford

Lindy wrote this support letter for a grant we applied to, to Bell Canada in the spring (\$20,000 for music), sadly, we were declined in this round but will reapply. We had been successful in the 2017 Bell application. Artists in Healthcare make every effort to seek new grant and funding opportunities for our programs at SMHC.

These are four of fifty images/prints and paintings exhibited at SMHC. We would be happy to provide you with the full list in an attachment. The art can be found throughout the Dr. David Young, Tyndall and Barnett Buildings with some in the administration building also.



One other project at SMHC which we simply can't bear to leave out of this report, took place in June 2019. SMHC staff Bonny Murray, had asked Artists in Healthcare whether we could help them find funding for the "So They Can Go Home Project". This initiative provides baby moccasin kits to be sewn together and gifted to various CFS agencies, to be given to babies born in care. We found a private donor who donated for 50 moccasin kits.

We spent the day with 60 or 70 staff and residents at SMHC sewing moccasins and one staff sewed and mounted a beautiful pair to be gifted to the donor's family in honor of their mother, a nurse, decorated in the war, who returned to school in her late 60's and spent the rest of her career working in the North in communities. When she passed, she left a foundation with the University of Winnipeg for Indigenous Education. The moccasins will be gifted in a ceremony fall 2018.



[Service Canada Student Summer Jobs Program](#)

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. The student narrative is provided at the end of this report.





WHO WE ARE:

Executive Director

Shirley Grierson

Board of Directors

Chairperson - Tom Carson

Treasurer - Pam Campbell

Directors - Dan Donahue, Jennifer Dubienski, Chuck LaFleche

Honorary Advisory Council

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

The Care Home Outreach Project – Brandon and Souris

Student Musicians – Matthew Zimmerman, Naomi Leadbeater

Music to My Ears

Winnipeg:

Tim Cummings - St. Boniface Hospital and CancerCare MB; Lynn McClure - CancerCare MB, Peter McClure - CancerCare MB; Keith Price - Health Sciences Centre and St. Boniface Hospital; Ann-Marie Williot - St. Boniface Hospital; Aaron Shorr - St. Boniface Hospital and CCMB; Nic Lawrenz – St. Boniface Hospital; Lois Gillespie - St. Boniface, Grace Hospital, Middlechurch, Maples Personal Care

and Beacon Hill; Ashley Au - Grace Hospital; Heitha Forsythe – Misericordia; Kris Ulrich - Health Sciences ; Nicole Barrett - St. Boniface Hospital; Jesse Popeski – Deer Lodge Health Centre; Liz Goossen – Grace Hospital; Luciano Armenti, Selkirk Mental Health Centre; Jacob Herd, Selkirk Mental Health Centre; Jocelyn Gould – St. Boniface Hospital

Brandon - Ann Germani and Matthew Zimmerman

Brandon Home Care Outreach – Brandon University students

Boundary Trails - Jess Reimer

Bethesda - Willie Wiebe

2017 Service Canada Students - Winnipeg

Noted below

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

Dance/Movement Therapist - Karrisa Marten

Musician – Luciano Armenti, Jacob Herd

Art mentorship – Claire Stephensen



artistsinhealthcare.com



Artists in Healthcare Manitoba
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Service Canada Student Jobs 2017 Narrative

Artists in Healthcare were pleased to have 8 students in the 2017 summer; seven funded through the Service Canada Student Jobs program and one funded through hospital foundations:

- 1) Kyle Cobb – Health Sciences Centre
- 2) George Bajer-Koulack – Misericordia Health Centre
- 3) Candice Black – Middlechurch Home of Winnipeg
- 4) Robbie Sigurdson – Selkirk Mental Health Centre
- 5) Justony Vasquez– Maples Personal Care
- 6) Malcolm Somers – Riverview Health Centre
- 7) Brayden Olson– Deer Lodge Health Centre
- 8) Jacob Tallman – St. Boniface Hospital

Kyle Cobb – Health Sciences Centre

This summer has been such an amazing experience working for artists in healthcare. I've been working alongside some of the most generous and kind volunteers and staff here at HSC and I would not trade some of the friendships I've created for anything.

When reviewing what is most impactful about the program it is hard to know where to start, but it goes without saying that the most meaningful thing I get to be a part of is working with the patients.

It is such an honour to provide any comfort to any patient. Whether they have the common cold or they are learning to walk again, or in the final stages of life. I believe that healing is the most important thing a musician can do, and artists in healthcare makes the space for that.

George Bajer- Koulack – Misericordia Health Centre

One of the most satisfying moments this year was an interaction with a resident who seemed totally unresponsive. I had never before seen this individual react to my music, the care aides, or anyone for that matter until one day, as I was packing up to go, he raised his head and started clapping! I was so thrilled that he'd been listening the whole time.

Another good experience was with a resident who fell asleep while I was playing music for her. Apparently this woman had not slept in several days and would lay awake at night screaming. As soon as I began to play, a soft smile spread across her face and she fell right asleep!

It is always satisfying when I can get the residents a little more engaged by singing or clapping along. My most successful attempt ended with me simply strumming the chords to "you are my sunshine" as everyone in the room sang. It was awesome!

Candice Black - Middlechurch Home of Winnipeg

Playing has been going well. I've been doing a lot of mini concerts in the mornings and early afternoons. I've also started doing a little one on one time with some of the residents both musically and just keeping them company. Every once in a while, I'll go and spend some time with people or wheel some of them outside or to the pub. There are some residents who are still very sharp, so I like to try to have conversations with them and ask them about things in their youth. Keeps their memory going.

There was one man who had a stroke and the entire left side of his face droops. He doesn't speak much and is usually asleep. The other morning, I was playing in the common area and they had wheeled him there. I was playing "What a Wonderful World" and when I looked up, I noticed he was mouthing the words to it. I thought that was pretty awesome.

Robbie Sigurdson – Selkirk Mental Health Centre

I am really enjoying this job. It is awesome playing guitar all day. I always end up enjoying myself whenever I start playing for the patients. I can't think of a better job. At first, I was nervous to play in a mental health centre, but that all went away when I realised that the patients there are just people. I have connected with many of them, and even played guitar with some. I'm getting to know which people like music and which don't, and who likes what music. They really appreciate the company too, especially the geriatric patients. I have had several people cry because they were so glad that I was there playing music. I even have a couple fellows who want me in their area every day at 2:00, and who want to hear the same songs every time I go there. There is also one man who is rehearsing a song with me which we hope will end up on the radio. I really enjoy connecting with all these patients. I enjoyed the job and am thankful for the great opportunity it gave me!

Justony Vasquez – Maples Personal Care Home

At Maples Personal Care Home, the residents that I encounter daily are diverse. While residents come from different cultural, religious, and geographical backgrounds, each resident shares an equal dignity. And while they are different from one another, they are also different from me, a nineteen-year-old university student.

However, these differences do not hinder us from sharing a comradery in music. I sing and accompany myself on guitar, and every day is a different experience and different encounter. I can sing to one individual, or a group of twenty residents. Some residents respond to the music in a lively manner, where they sing and clap along. Others have a lower response, but I am sure that the music is stimulating in one way or the other. It is very rewarding to see a resident in joy when singing along, and in peace when a resident affected by neurological conditions calms down. Not a day goes by that I do not receive appreciation for the work that I do here (whether it's from the residents themselves, staff, or family members), and I am convinced that it is because music is moving. And there is not a day that goes by that I do not appreciate working for Artists in Healthcare and at Maples.

While I can see that the music has an impact on the residents here at Maples, I also know that it has left an impact on me as a musician and a person. I appreciate being able to share in the gift of music and of life, when I sing and play for the residents. What I take away with me every day after playing at Maples is the beauty of genuine human interaction - displayed in the sharing of music, of stories of times past, in conversations, and in smiles.

Malcolm Somers – Riverview Health Centre

When I play at Riverview, I cross paths with all sorts of people; residents, nurses, doctors, administrators, families, caregivers and volunteers. I play in the hallways of the building and as people pass by often they'll thank me, and comment on how soothing it is to have music. I think that is the best compliment I can get about my playing, because I know I'm changing the space I'm in for the better. I see a community that I get to be a part of and contribute to the well-being of those a part of it.

I think I'm at my most effective when I'm creating a new sense of place within the building. A floor no longer is full of bustling professionals and the beeping of call bells, but a place of warmth and comfort, more homelike. It's a great feeling to be able to contribute in making a more calming environment.

I've made some really neat relationships with the people I play for. Some residents really appreciate a small visit during the day, so I always have a mental list of people I try to make an effort in seeing. And others seem to benefit quietly from the presence of music nearby. You learn playing for people that can't respond to look for small cues that they're listening, like a foot tap or a change in expression.

I've had a great summer here, and I feel honoured that I was able to contribute to the well-being of this community.

Brayden Olson – Deer Lodge My experiences working at Deer-lodge this summer has been a rewarding, and profoundly humbling experience. I've made innumerable connections with residents, to the point that I could call them friends. Being in close proximity to the suffering of others in such magnitude can be overwhelming, but the joy expressed by the residents is one of the few times in my life so far that I can say I have made a qualitative difference in people's lives. I've watched couples, married for 60 or more years, hold hands and smile at each other while I played a song from their youth. The look I saw in their eyes is not a feeling easily expressed, but it was profoundly beautiful. I've been told how a certain song reminded them of their youth, their wedding night, walking in the fields as a child, or a deceased relative, etc. I even met some old guitar players, and gave them the opportunity to plunk around on my guitar. When you see the same people week to week, they come to expect you, as I anticipate catching up with them. I made a habit of playing my guitar even while I was walking between units: this was remarked on positively by staff members more than once! I played duets with residents who played the harmonica, and was often accompanied by an out of tune impromptu chorus! However, there were challenges; seeing people in exceedingly difficult, and painful time of human existence. While I was not naive, it was not always easy to digest this. However, these moments gave my work more meaning: I wasn't there just to play music for people, I was there to make difficult situations less difficult, and to provide a compassionate ear when needed. Often, I would spend time just talking to people. People expressed their fears for their future, of death, of physical decline, etc. I felt that

this was my most valuable contribution to these people, a sympathetic ear from someone multiple generations removed from their own. This experience made helped my development as a musician; I have a degree in classical guitar from the University of Manitoba. While, I am well versed in the more "esoteric", "sophisticated" elements of music, I often lose touch with what it means to be an actual musical performer. This is one of the inevitabilities when one is high in the proverbial ivory tower. I've come to appreciate a new repertory of music due to my tenure here, its main component being Country & Western. Additionally, I've become a more confident singer. This position has widened my palette musically, emotionally and professionally. I would consider a career in music therapy after my time at Deer Lodge. Thank you for this opportunity.

Jacob Tallman – St. Boniface Hospital

There are times when I am playing in the hospital with no perceivable audience. I usually am playing in a common area in these instances. Sometimes there is little interaction with people. It seems as if I am simply playing music out in the space. Yet, I still receive many small tokens of appreciation, such as a thank you or other compliments. I have become such a regular in some spaces at certain times that the patients have become comfortable enough to not even bother with thanking me anymore. These are usually people I've seen many times and have had conversations with. They simply come by and sit down in a place where they can hear. As much as I enjoy interacting with people more dynamically, which happens quite a lot, it is interesting to be able to create a space for people where they do not feel any obligation to have to be in a certain mood or act a certain way. They can simply exist with whatever way they'd like in the moment; as a passenger in whatever way they need to be. Hopefully, there is healing in those moments where they don't have to battle with whatever is physically or mentally ailing them. I remember a patient saw me come into the psych ward and immediately walked into his room, left the door open, and lay on his bed. He just lay there the entire time I played until I was leaving and then lifted his head for a moment and said 'thank you' as I left.

I had the opportunity to sit and play for a woman in the post-surgery recovery unit. I was going back and forth playing for her and talking to her. She said it was difficult because even breathing was causing her to panic. Someone else in the room also recovering from surgery began to offer her things to help her calm down; breathing with her, getting a warm cloth, a glass of water. She said it was a moment where she simply needed someone to offer her something in order to help. She fell asleep while I was playing a little later (my music often puts people to sleep). She had been complaining earlier about how she had been having trouble sleeping from the pain. Perhaps the music also offers a space between the part of the experiences that are unpleasant and difficult to get away from, and the things we need to do to heal.

Connecting with others is really the thing that music helps accomplish. I notice interacting with the people at the Day Hospital in this way seems to change their mood and motivates them to move around. Sometimes they'll simply dance with their feet while still sitting in a chair and of course sing along. One time one of them even had a harmonica and played along with me.

I was asked to go and play music for a man who was in his last moments in the palliative care ward. He was not able to move or speak, but her wife held his hand while I played. Her wife thanked me for the moment. I hope it was helpful for them.

I also played for a religious woman who was close to passing at the request of her niece. She had a lot of friends there with her and they requested music, such as Amazing Grace and Precious Lord. They used the music as a prayer for their soon to be leaving friend. They said music was just what they needed at that moment. One of them left me a note thanking me after the woman had past, and the lyrics for another prayer/gospel song. I memorized the song and have kept all the notes that patients and families have written me.

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