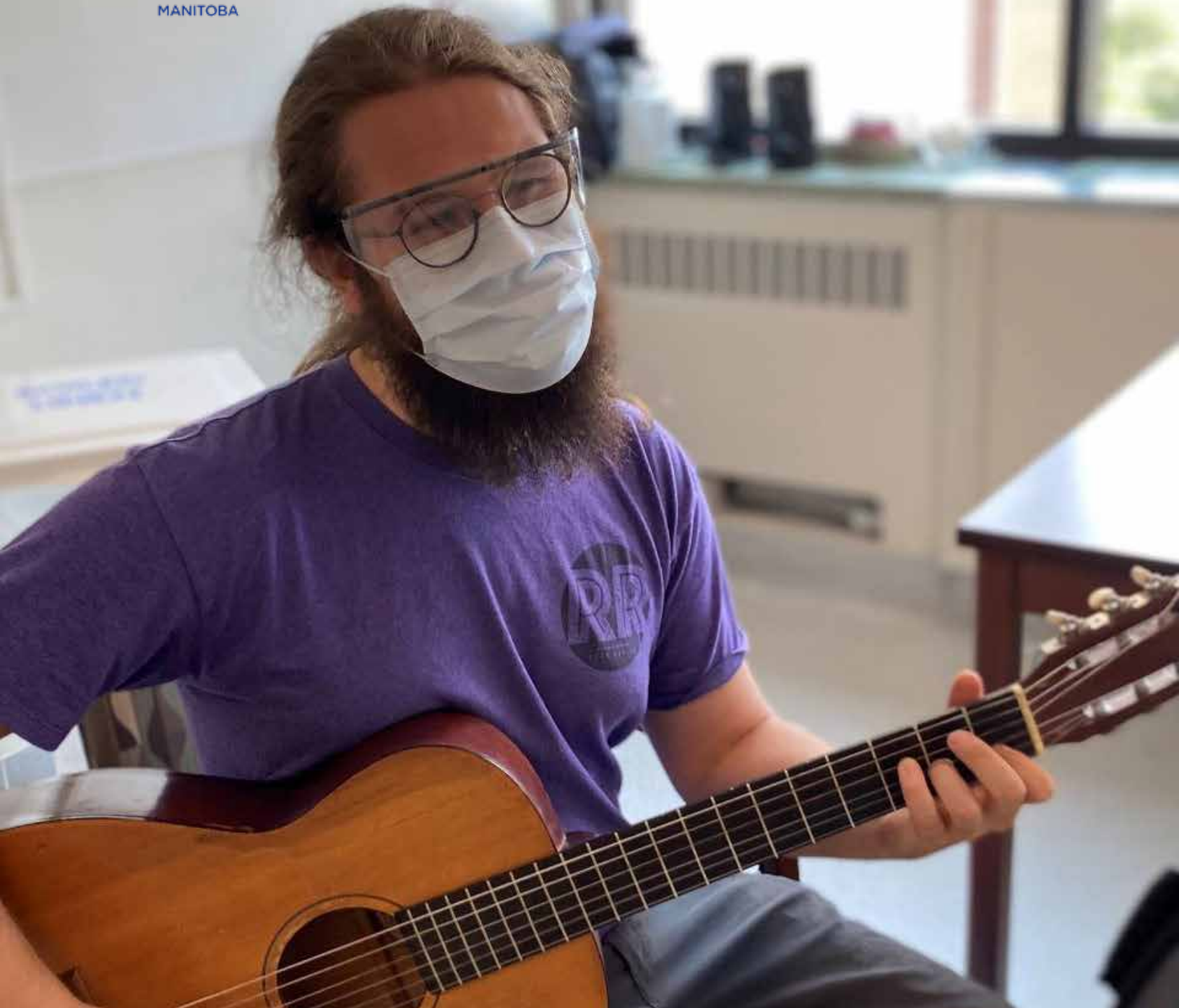




Artists in Healthcare

MANITOBA



Artists in Healthcare Manitoba / Annual Report 2022-2023

Healing Through the Arts

WE BELIEVE:

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

OUR VISION:

Artist in Healthcare Manitoba envisions a future where music and art are part of one's natural experience in healthcare.

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.

LAND ACKNOWLEDGEMENT:

Artists in Healthcare Manitoba acknowledges that we are on Treaty 1 territory, the traditional gathering place of the Anishinaabe, Cree, Ojibwe, Dakota and Dene people and the traditional homeland of the Métis people.

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A MESSAGE FROM THE BOARD CHAIR

Artists in Healthcare’s year was overshadowed by the tragic loss of our Board Chair, Tom Carson on November 15th, 2022.

Tom joined the board in 2004 and assumed the role of Chair in April 2006. His vision and passionate belief that the arts could transform the patient experience inspired us all. He led with the utmost integrity, and care. Every project that might make patients or staff feel better about their day, was endorsed with enthusiasm. Tom dedicated his time and knowledge to this board, and our programs, without reservation.

I look forward to serving as Board Chair, as we continue the important work of Artists in Healthcare.



Jennifer Dubienksi

A MESSAGE FROM THE EXECUTIVE DIRECTOR

Echoing Jennifer’s thoughts, this year has been colored by our loss of Tom Carson.

We received generous funding increases in grants for the music programs in collaboration with the Manitoba Chamber Orchestra, of over \$70,000. New programs were initiated and rural programming restarted at the Brandon Regional Health Centre. Despite our grand achievements, they were accompanied by an emptiness, as none of this could be celebrated with Tom.

Loss is a universal experience. When we experience loss or illness, it is also universal to turn to music, for solace. This forms the basis of meaning, the why it is we do what we do.



Shirley Grierson



Remembering Tom Carson

September 1, 1947 - November 15, 2022

OVERVIEW & HIGHLIGHTS

Artists in Healthcare Manitoba (AIHM) was established in 2001, with a vision to improve the patient, family and staff experiences in healthcare, and to address the needs of the whole person through meaningful engagement with the arts.

In the years since AIHM first offered music and art programming, the organization's scope and programs have grown significantly, thanks to increased awareness and great feedback from our partner hospitals and long-term care facilities.

We are deeply grateful for the support of health care leaders, visionary staff who champion programs that benefit their patients, funders who make it possible for us to do what we do, and of course, the musicians and artists.

The 2022 – 2023 year was interesting in that while COVID-19 restrictions weren't completely lifted until March 2023, staff reached out, especially for more music.

MANITOBA CHAMBER ORCHESTRA CONCERT SERIES

The Winnipeg Foundation and the Department of Sport, Arts and Culture, each provided a \$25,000 grant to Artists in Healthcare to double our collaborative partnership with the Manitoba Chamber Orchestra (MCO). With this grant, AIHM was able to provide limitless live concerts by the MCO directly on site at healthcare facilities. Some performances included entertainment at a 60th wedding celebration at Riverview Health Centre and a 100th Birthday party; where the guest of honour got up and danced!

In addition, our partnership allowed us to provide free tickets to MCO programming off site. We saw an uptake in attendance of the concert series, significantly impacting healthcare staff all season long.

- ▶ ▶ ▶ “Thank you so very much to the MCO! These concerts have been such a wonderful reprieve from the stress of working in a healthcare setting, and have rekindled my love for classical music! I fell away from listening to music these last couple of years with the pure exhaustion of working in healthcare during a pandemic, and I do not exaggerate when I say these concerts have given me a mental “breath of fresh air”. I’m definitely coming back for concerts in the next season!”

OVERVIEW & HIGHLIGHTS CONTINUED...

- The Brandon Regional Health Centre welcomed their music program back.
- As of March 2023, musicians were able to take masks off and sing again.
- The Johnston Group Everett Atrium concert series resumed inside May 2022
- The Service Canada summer program provided 12 facilities with 3,120 hours of live music.
- Culture Days was celebrated outside and inside this year.
- Selkirk Mental Health Centre brought the Mindfulness, Yoga and Music program back, initially outside.
- The Winnipeg Foundation gave \$15,000 for the Selkirk Mental Health Centre's Mindfulness, Yoga and Music Program.
- Art by the Bedside and Art by the Big Blue Chair programs continued to offer art kits to patients, with the CancerCare Manitoba Foundation providing \$6,000 yearly for art supplies.
- Manitoba Adolescent Youth Treatment's songwriting program restarted live inside
- Two hospitals independently retained their Service Canada musician for 20 and 30 hours a week, following the Service Canada summer program.
- The Selkirk District and Community Foundation gave \$7,000 for their live music program.
- The Jewish Foundation of Manitoba allowed us to carry over their donation for the McEwen Tunnel project, which began in 2019 and is expected to be completed in 2024.
- The Winnipeg Foundation gave a \$10,000 grant to complete the McEwen Tunnel Project
- CancerCare Manitoba Foundation funding was doubled, with expanded music programming to come in 2024
- The Art in Hospital Donation program resumed

SERVICE CANADA MUSICIAN STORIES

To read more testimonials from Service Canada musicians, please visit www.artistsinhealthcare.com

PROGRAMS

Music to My Ears

This program expanded throughout the year with hospitals and long-term care delighted to have their musicians back and increasing program hours. The first rural program at the Brandon Regional Health Centre resumed.



Musician hours increased by 45% over a one year period

Musician hours increased from 5,447 hrs in 2021 - 2022, to 7,909 hrs in 2022 - 2023, not including any of the Winnipeg Foundation or Arts, Sport and Culture concerts, or the Johnston Everett Atrium concerts. Many facilities brought their year- round music programs back spring 2023 when restrictions completely lifted.

Art by the Big Blue Chair & Art at the Bedside

Art at the Bedside program introduces ideas and materials to patients allowing them to engage in the creative process of self-exploration. After orientation art kit sessions with nursing at different sites was completed, the uptake on the program was much improved.

One nurse recanted on their skepticism on the usefulness of the kits, stating that they are happy to provide their patients with this tool to help keep them occupied and happier. Each kit has a postcard with information for connecting to counseling and support services, information on why art is a healthy activity and a feedback form and addressed envelopes to make it easy for clerks to return the feedback to the project.



Mindfulness, Yoga and Music

Rejuvenation, Resilience and Recovery at Selkirk Mental Health Centre

Mindfulness, yoga and music programming returned March 2023, to the delight of participants and staff. The new Winnipeg Foundation grant provides funding to offer 16 classes monthly to the Geriatric and Acquired Brain Injury Programs, as well a two Forensic Program 9+6/*s.



“This past week when we began classes on the Acute Area, one participant became emotional in class and afterwards expressed heartfelt gratitude, saying that it was such a wonderful space to be in, that they were moved to tears.”

– Ashley Voth

Manitoba Adolescent Youth Treatment Centre Songwriting Program

This program resumed just before 2022 and continued throughout 2023. Leah Magnan was hired as a new songwriting facilitator after Madeline Roger's musical career soared!



“As someone who has personally felt the life-changing effects of music and songwriting, running this group is an opportunity I don't take for granted. In the hours I've spent with the youth, I've seen how connecting the links between emotion and music can offer opportunities for comfort and self-expression in a way that feels genuine and accessible. I've seen them come to life when offered the chance to speak about the music they love and the excitement it brings them when they learn they can create something similar. While I am only there twice a week, each group ends with a chorus of “Why can't you come more often?” This program also benefited from a Youth in Philanthropy grant this year, which funded the purchase of instruments, and a recording software program so the youth could to learn to record their own songs.”

– Leah Magnan, BMT, MTA, Mt-BC

Art in Hospital Donation Program

This program resumed and continues to receive donations. The program received two pieces in memory of Clarence Nepinak to be gifted to the new St. Boniface WRHA Youth Hub. This program serves Francophone and Indigenous youth.

WHO WE ARE

Executive Director

Shirley Grierson

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Sylvia Kuzyk

Dr. Merril Pauls

David Northcott

Communications

Leif Norman

Editor & Designer

Stephanie Scherbain



PROGRAM STAFF & SUPPORT

Music to My Ears Winnipeg:

Lynn McClure, CancerCare Manitoba;

Ann-Marie Williot, St. Boniface Hospital;

Lois Gillespie, St. Boniface Hospital;

Jesse Popeski, Deer Lodge Health Centre;

Brian James, CancerCare Manitoba;

Nic Lawrenz, St. Boniface Hospital;

Gabriella Ocejo, CancerCare Manitoba;

Leah Magnan, Manitoba Adolescent Youth Treatment Centre;

Quinton Poitras, CancerCare Manitoba and The Saul and

Claribel Simkin Centre;

Sam Singer, CancerCare Manitoba and Health Sciences Centre;

JD Ormond, CancerCare Manitoba;

Tate Hiebert, Concordia Hospital;

George Bajer-Koulack, Misericordia Health Centre;

Dan Keding, CancerCare Manitoba.

Music To My Ears Rural:

Lyndon Bournon, Brandon Regional Health Centre;

Emmanuel Bach, Brandon Regional Health Centre;

Dane Neufeld, Brandon Regional Health Centre;

Luciano Armenti, Selkirk Mental Health Centre;

Ashley Voth, Selkirk Mental Health Centre Mindfulness, Yoga and Music.

WITH THANKS TO ALL OF OUR GENEROUS SUPPORTERS We could not do this without your support

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 Zita and Mark Bernstein Family Foundation

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The Manitoba Arts Council
 The Winnipeg Arts Council

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 Ben Plett

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 Brandon Regional Health Centre
 CancerCare Manitoba
 Concordia Hospital
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 Foyer Valade
 Grace Hospital
 Health Sciences Centre
 Heritage Lodge
 Maples Personal Care Home of Winnipeg
 Middlechurch Home of Winnipeg
 Misericordia Health Centre
 Riverview Health Centre
 Selkirk Mental Health Centre
 St. Joseph’s Residence
 St. Boniface Hospital
 Tache Centre
 The Saul and Claribel Simkin Centre



PATIENT STORIES



"I just had to write to tell you a story. My friend is in HSC with a blood cancer. I have known him for 3 years and we are both members of Charleswood Rotary Club. He has a tough struggle ahead and we are all hoping he has the strength to pull through. His daughter is posting updates on the site about his treatment and progress. On the 29th her post had a mention of the visit from Artist in Healthcare. He loves music and this was a huge highlight for him.

I remember well you introducing me to the organization and I am so pleased to see it is going strong all these years later - Patient Friend



"And we had a surprise on Wednesday! A young entertainer that is part of the Artists in Healthcare program came to play some tunes...Leonard Cohen and some of his originals. Very touching. He said he would come back today! You can imagine how that has pleased Dad!" - Patient's Daughter



MUSICIAN STORIES (SAM SINGER)

This summer I had many impactful experiences and met quite a few amazing people, playing for Artists in Healthcare. I go to the oncology unit three times a week. I would play in the hallway and a patient came out of her room and sat with me in the hall and told me how she used to study in school and listen to Leonard Cohen. All the other times I came to see her, I would sit outside of her room and start playing "Suzanne" by Leonard Cohen as a sort of call that I was there and then she would come out and sit with me for a while and we would share songs and stories.



One day I came in on a Saturday because I wanted to see a patient that I was seeing consistently and unfortunately, he wasn't feeling well. As I was leaving I stepped into the elevator and a man asked me if I go around the hospital playing my guitar? I answered yes. He asked if I could come see his wife who had a stroke and so I went and saw her. When I walked in the room and introduced myself it appeared to me that his wife was laying there with no expression but she nodded when asked if she'd like to hear a couple songs.

I started playing some old songs I thought she might know and then I was totally surprised with what happened next. What was once an essentially comatose state changed slowly, seeing her feet moving underneath the blanket, then moving her hands, and then singing these songs quietly. At first, she made no movements but then by the end of our interaction she was asking if I knew some song about Tom Dooley which I unfortunately did not, but I found that transformation between states of being to be fascinating and beautiful with what music can do for someone.

- Sam Singer

MUSICIAN STORIES (GEORGE BAJER-KOULACK)

(PICTURED ON FRONT COVER)

The music programs at Misericordia Place continue to be an important part of my week and that of the residents. Every time I arrive on one of the floors people look up and shout George is here!

I was away for several weeks and when I returned one of the residents took my hand and tearfully said "we missed you so much". Another person who I've barely heard speak in any other context lights up when I begin to play music; she shouts "everyone loves you" "you're so cute" or "you make everyone happy". Another resident always has a hand drawn picture to offer me when I'm about to leave. I'm getting quite a collection of these at this point and I'm considering putting them in a little book.

At this point I really know most of the residents and their favorite songs. There's even one woman who doesn't speak, but her eyes always light up when I play her special song, she is almost always sleeping, but when I play this song, her eyes widen and she stares at me until it's finished.

It's been terribly hard for these people for such a long time, restricted visits, limited recreational activities and under-staffing issues. These music programs really help break up the week and give people something to look forward to, as well as build a sense of community.

I am very grateful for all of the contributions made to keeping these programs going because I believe that they are absolutely essential for the well-being of many of the residents. For elderly people it is not enough to simply provide them with the medical support to keep them alive, people need a reason to live and for many, recreation activities, especially music, provide that reason.

– George Bajer-Koulack

"There's one woman who doesn't speak but her eyes light up when I play her special song."

MUSICIAN STORIES (TATE HIEBERT)

My experience playing for the residents, patients, visitors and staff at Concordia Hospital and Concordia Place was unforgettable, heartwarming and profound. It was remarkable to see how positively it affected so many people. Residents would have beaming smiles, sing joyously, tap their feet and even dance. Patients would close their eyes and smile, tears welling up in their eyes, they would laugh, they would sing and they would look forward so much to hearing me play again for them.

The staff at each area was also as appreciative, I was told numerous times how wonderful, calming and energizing hearing the music was. It was such a beautiful feeling to walk from place to place and always have people being excited and happy to see me because of what I was giving.

A woman in Concordia Place was so excited by music that she could not stop dancing, clapping and telling me over and over again 'You're great!', 'You're terrific!' and 'I love you!'. The way it affected her was just beautiful and joyous for everyone who was around. When I would come again, the minute she would see me she would have a gigantic smile on her face and be so excited to hear me play again, and she would do and say exactly the same thing over again.

A man upstairs in Concordia Hospital had cracked ribs and a serious head injury. He heard me play and asked me to come closer and he would close his eyes listening and holding his chest. He told me that his ribs didn't hurt anymore afterwards. I would continuously come back to him and do the same thing and he said the same thing would happen; it was like the music numbed his pain somehow. He was so appreciative of it, like it was a way of relieving his pain in a way nothing else could. He called me 'The Medicine Man' once.

There was a female patient who was not very happy and did not want any kind of recreational therapy type of thing. But I went in there and figured out what kind of stuff she liked and she relaxed back, closed her eyes, smiled and was just delighted. We had many good conversations and I played her some of her favourite songs. There were many powerful moments in that room, and she always was so thrilled and satisfied after I played.

I'm so grateful to Service Canada and Artists in Healthcare for this amazing experience doing this for people. I highly recommend it to anyone who's willing and able. This was amazing!

-Tate Hiebert





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