

Artists' Health Centre Foundation | Update | August 2009

Contents

- “TEN BUCKS” Challenge results
- Get online and connect with AHCF
- Musicians and Hearing Loss workshop
- Cycling injuries reported at AHC
- Visual arts professional development day
- AHC Artists’ Support Group
- The Doctors are in! *Introducing...*

“TEN BUCKS” Challenge results

Thank you to everyone who contributed to the 2009 “TEN BUCKS” Challenge!

Your donations raised \$2100! These funds will be put towards programs and services at the Al and Malka Green Artists’ Health Centre, including support for expert treatment and specialized care for artists, research in the field of arts medicine, and health care subsidies for artists in need. Please visit <http://www.ahcf.ca/ten-bucks.shtml> for your last chance to donate!

To date over 2,000 artists have been helped at this on-of-a-kind facility, and more than \$100,000 has been awarded in subsidies for clinic treatments through the Joysanne Sidimus Subsidy Fund. Thank you for supporting this very important resource for Toronto’s arts community!

Get online and connect with AHCF

Last year we launched a facebook profile under the name **Art Artist**, and in just 8 short months made over 900 friends from all over the world. Our profile was recently disabled, so if you’re wondering where we’ve been, look no further...we’re back on facebook to keep you connected with our **new PAGE!** To become a fan visit: <http://www.facebook.com/pages/Artists-Health-Centre-Foundation/233505215121?ref=ts>

Spread the word to fellow artist and friends, add an AHCF fan box to your web site or pop in and say hello on our wall!

In addition to our newsletter and facebook page, we are in the process of creating a **blog** to give you the opportunity to learn more about our Education & Outreach Program and contribute to the content of seminar presentations. **How will this work?** A reminder about upcoming sessions will be posted two weeks before each presentation date. You will be encouraged to submit comments about the topic, ask questions, and share related health and injury concerns that affect your professional practice and day-to-day life.

Stay tuned for information about our first post in the next newsletter!

Musicians and Hearing Loss workshop

On **Saturday, September 12** join audiologist Dr. Marshall Chasin to explore the difference between loudness and intensity and the effects of long-term exposure. ***Musicians and Hearing Loss: prevention and protection*** is suitable for musicians of any genre, and will cover the main causes of hearing loss and techniques to prevent further hearing damage. Other areas of focus will include: appropriate ear protection, environmental modification and improved monitoring.

Dr. Marshall Chasin, AuD, M.Sc. is an Audiologist and the Director of Auditory Research at the Musicians' Clinics of Canada in Toronto. He is also the Co-ordinator of Research at the Canadian Hearing Society, Director of Research at ListenUp Canada, Adjunct Professor at the University of Toronto (in Linguistics) and an Associate Professor at the University of Western Ontario (School of Communication Sciences & Disorders). Dr. Chasin has been involved with hearing and hearing aid assessment since 1981 and is the author of over 200 clinically based articles. He has lectured extensively, and is the author of several books including "*Musicians and the Prevention of Hearing Loss*", "*Noise Control-a primer*" and "*Hear the Music*". He has recently edited a new book on musicians called "*Hearing Loss in Musicians*" through Plural Publishing.

Workshop: 10:00 a.m. - 1:00 p.m. | **Fee:** \$25 / **Students & Seniors:** \$15

Location: Artists' Health Centre | Toronto Western Hospital (3rd floor) | 399 Bathurst Street

To register: Phone: **416.351.0239** | Email: **info@ahcf.ca**

Or visit our website to print off and mail in a registration form at: **www.ahcf.ca**

Pre-registration is required, as space is limited

The Artists' Health Centre Foundation gratefully acknowledges the support of the Ontario Trillium Foundation. The Ontario Trillium Foundation is an agency of the Government of Ontario.

Cycling injuries reported at AHC

Practitioners at the Artist Health Centre have been noticing many bicycle mishaps causing a variety of injuries to several artists. No one wants an accident that leaves you unable to work to your full capacity!

Remember, the first step in collision prevention is to scan the road for potential hazards. Learn to anticipate errors by motorists, pedestrians and other cyclists. Don't *assume* they see you. Remember those hand signals? Don't forget - the "rules of the road" apply to motorists *and* cyclists alike! These and many other valuable safety tips and instructions are in the Ministry of Transportation's booklet called "**Cycling Skills**", and are available at Ontario Service Centres.

Even if you're a long time cyclist, it's a great idea to review these important tips:

- Make sure your helmet is a proper fit, and wear it at all times
- Wear bright clothing (yellow and white stand out at night) and use reflectors
- Make sure your bell or horn is functioning
- Let people know you're there – be SEEN and HEARD!

We want to encourage everyone using a bicycle to be savvy about road rules, defensive cycling, and self-responsibility. Keep it up - cycling is eco-friendly, inexpensive, great exercise, and a natural antidepressant!

Visit: **www.mto.gov.on.ca/english/pubs/cycling-guide/index.shtml** for more information!

Visual arts professional development day

Creating a Healthy Practice

Professional development for visual artists

In partnership with
Ontario Craft Council (OCC) and Arts for Children and Youth (AFCY)

With presenters:

Ted Rickard, Studio Health & Safety Specialist
Dr. Jean-Jacques Dugoua, Naturopathic Doctor
Karen Bowes-Sewell, Certified Feldenkrais Practitioner.

Saturday September 26, 2009

Toronto Western Hospital Auditorium
2nd floor, West Wing | 399 Bathurst Street, Toronto ON

AHCF, CCO and AFCY are pleased to offer a professional development day for visual artists! The agenda will begin with Ted Rickard focusing on tips to protect against harmful chemical exposure and product handling, followed by naturopathic support options with Dr. Jean-Jacques Dugoua, and an introduction to The Feldenkrais Method®, a gentle approach to pain-free movement, with Karen Bowes-Sewell.

Visual artists and educators from diverse practices will explore a holistic approach to self-care strategies, and discover steps to creating safe and healthy workspaces.

This event is intended for visual arts professionals, educators, craft artists and health care practitioners with an interest in the subject. Refreshments and a light lunch will be provided.

Please visit **www.ahcf** for more information about the presenters and partnering organizations.

Time: 10:00 a.m. - 5:00 p.m. | **Fee:** \$40 / **Students & Seniors:** \$30

To register: Phone: **416.351.0239** | Email: **info@ahcf.ca**

Or visit our website to print off and mail in a registration form at: **www.ahcf.ca**

Pre-registration is required, as space is limited.

Support Group for Artists'

In addition to the AHCF's fall seminar schedule announcements, the Artists' Health Centre would like to remind those interested in the **Support Group for Artists'** that there are only a few spots left.

Find support in a therapeutic environment where you can discuss, explore, and learn to deal with some of the difficult challenges you are facing in your career and in your life.

By request this session of the 'group' will be extended to 24 weeks. This will ensure ample time to explore and experience a supportive interpersonal group dynamic. There will be time to interact with other artists around both common and individual situations in which you might feel stuck or off track.

For more information visit **http://www.ahcf.ca/support.shtml** or please phone AHC reception at **416.603.5263** to schedule a 30-minute intake appointment with the group's facilitator.

The Doctors are in! *Introducing...*



Ruth Bittorf
NURSE PRACTITIONER

Ruth is a primary health care nurse practitioner with over 30 years of varied multicultural nursing experience in Ontario, British Columbia, Nova Scotia and the Yukon Territory. She has been a valued member of many interprofessional teams, most recently in Stratford as an integral part of a Family Health Team, which included exposure to the local artist community.

Ruth has a long-standing interest in classical music, and has recreationally played the clarinet, saxophone, piano and drums as well as occasionally singing in choirs. She is passionately committed to providing holistic client centered health care in collaboration with a team of health care providers. She is a life long learner who loves to combine humour with a great sense of adventure in her personal and professional life. Ruth feels that maintaining a stable work-life balance is critical to good health, and is diligent to consider all aspects of wholeness to balance the physical, emotional, mental, social and spiritual needs we experience as individuals. To book an appointment call **416.603.5263**



Dr. Philip Ellison MD, MBA, CCFP, FCFP, DOHS
MEDICAL DIRECTOR

Dr. Philip Ellison is a staff physician in the Department of Family and Community Medicine at the University Health Network. He is director of its Family Medicine residency program and Family Medicine In-patient Service. He joined the Toronto Central Community Care Access Centre in April 2005, acting as a Medical Advisor.

Dr. Ellison is also a member of the Board of Directors of the Ontario Chapter of the College of Family Physicians. Dr. Ellison has been a practicing family physician in downtown Toronto since completing his undergraduate and postgraduate training at the University of Toronto. He has been associated with academic family medicine at the University of Toronto, first joining the Toronto General Hospital in 1980. At varying times his professional practice has included obstetrics, inpatient medicine, emergency medicine, long-term care, and occupational medicine. Dr. Ellison in his previous role as Family Physician-in-Chief assisted with the planning and initial implementation of the Artists' Health Centre at the Toronto Western Hospital. Visit www.ahcf.ca/staff.shtml for all bios.

Contact



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"Through its activities and services, and its support of the Artists' Health Centre, the AHCF is committed to ensuring that Toronto's professional artists are able to work and create at their best."

If you do not wish to continue receiving updates, please leave a voice mail message at 416.351.0239. If you are interested in receiving the AHCF update via e-mail, please contact us at info@ahcf.ca