

Artists' Health Centre Foundation | Update | November 2009

Contents

- Relationships between movement and creativity
- Help rebuild our facebook fan base!
- Holistic benefits of Craniosacral Therapy
- Checking in with past workshop participants
- Assessing the needs of Canada's senior artists
- Call for continuing volunteers
- The Doctor is in! *Introducing...*

Relationships between movement and creativity

On **Monday November 16**, join Karen Bowes-Sewell for the **Feldenkrais Method of Movement: Reducing strain and increasing focus** clinic. The Feldenkrais Method® is a gentle, whole body approach to moving which helps to enhance artistic practice and support healthier, pain-free activity. This clinic will explore verbally directed movement sequences focusing on freeing the back, neck and shoulders. This practical format is suitable for all disciplines and will focus on working with less effort, gentle self-care exercises, and the relationships between movement and creativity.

Karen Bowes-Sewell is an associate professor in Dance at York University, a graduate of the National Ballet School and former principal dancer with the National Ballet of Canada. Her research focuses on issues of teaching and learning, with an emphasis on non-traditional methods of learning. She is a Guild Certified Feldenkrais Practitioner, member of the Feldenkrais Guild of North America and a guest practitioner at Pivot Sport Medicine and Orthopedics and the Feldenkrais Centre in Toronto. Feldenkrais®, Feldenkrais Method® are registered service marks; Guild Certified Feldenkrais PractitionerCM is a certification mark of the Feldenkrais of Guild® North America.

Location: Artists' Health Centre Foundation (250 The Esplanade, Suite 500)

Clinic: 6:30 p.m. - 9:00 p.m. | **Clinic fee:** \$15

To register: Phone: 416.351.0239 | **Email:** info@ahcf.ca | **Fax:** 416.595.0009

Or visit <http://www.ahcf.ca/feldenkrais.shtml> to print off and mail in a registration form.

Pre-registration is required, as space is limited.

Help rebuild our facebook fan base!

Last year we launched a facebook profile under the name **Art Artist**, and in just 8 short months made over 900 friends. Our profile was recently disabled, but we're back on facebook to keep you connected with our new PAGE!

Search for the Artists' Health Centre Foundation while signed into facebook.com to become a fan, and help spread the word about the AHCF and the Artists' Health Centre to artists all over the world!

Holistic benefits of Craniosacral Therapy

Energy or 'life force' is essential to maintaining health and vitality, and is expressed as rhythmic movement in every part of the body. On **Monday November 30** Dr. Anita Shack will be exploring this journey through her new clinic ***Restoring Energy Through Rhythmic Motion: An introduction to Craniosacral Therapy***. This session will discuss the holistic healing properties of Craniosacral Therapy, and the benefits of individual practice and work with a practitioner. Participants will examine unique self-care tools to reconnect the mind, body and spirit, and explore how to 'listen' to the body to achieve a state of deep relaxation. Emphasis will be placed on wholeness and restoration, balance and self-discovery, and relaxation exercises.

Dr. Anita Shack is a chiropractor who uses an integrated approach in her work at the Artists' Health Centre. She combines chiropractic, craniosacral therapy, and acupuncture, customizing care to the individual artist's needs and goals. Fascinated with the relationship of physical structure to biomechanical, neurophysiologic and psycho emotional function, (body/mind/spirit connection), Dr. Shack is concerned not only with the relief of symptoms but with getting at the cause to facilitate change and healing, with the maintenance of good health. Dr. Shack has extensive experience working with artists from many disciplines, including: dance, theatre, film, visual arts, music, and writing. She performed as an independent dancer from 1974-1986 in Canada and the United States, and is sensitive to the specific stresses, and sensibilities of artists.

Dr. Shack was an original representative of the Health Care Practitioners meetings at the inception of the Artists' Health Centre. Very happy to be working with her colleagues at Artists' Health Centre, Dr. Shack is no stranger to collaborative care. She was founding director of Health Focus, an integrated multidisciplinary alternative health care center in downtown Toronto from 1992-2005. She remains committed to this kind of care to ensure a holistic approach to treatment. In her experience over the last 22 years she has seen how modalities enhance each other, maximizing the benefits of care and the achievement of wellness.

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To register: Phone: 416.351.0239 | **Email:** info@ahcf.ca | **Fax:** 416.595.0009

Or visit <http://www.ahcf.ca/restoring.shtml> to print off and mail in a registration form.

Pre-registration is required, as space is limited.

Checking in with past workshop participants

As part of our effort to ensure AHCF seminar topics are meeting the needs of the artists' community, we will be following up with all workshop participants several months after each session with a short questionnaire. After having had some time to reflect, this will be an opportunity for you to let us know if the information you received has been implemented and useful.

Your feedback is very important as it increases the relevance of future presentations, and helps to secure stable funding to continue this initiative. The first run of these surveys was sent out last week - thank you to those who have already responded!

Remember to visit our website at www.ahcf.ca to see a list of current seminar topics.

Assessing the needs of Canada's senior artists

If you are an artist 60 years of age or over, you are invited to participate in an upcoming action-oriented research project about artists in all disciplines. A group of Canadian artists is looking for ways to do more to support Canada's senior artists, and will be holding meetings to discuss this on:

Monday November 9, 2009

7:00pm – 9:00pm at PAL (110 The Esplanade | King or Union subways)
and

Monday November 16, 2009

2:00pm - 4:00pm at the Museum of Contemporary Canadian Art (952 Queen St. W)

The **Senior Artists' Research Project** is looking for artists of all disciplines 60 and over to participate in a "town hall" discussion about their needs and interests in areas such as artistic creativity, health care, housing, retirement, financial issues, community connections and social networks. This information will be used to improve current services or establish new services for artists in Canada. Your input will help design services that best meet artists' needs and interests.

If you are not able to attend either of these meetings, you can still contribute by completing a survey of the situation and needs of senior artists at www.seniorartists.ca. This research is being conducted by Hill Strategies Research (Kelly Hill at Kelly@hillstrategies.com or 1.800.445.5494).

For more information please contact sarproject@synpatico.ca. Thank you!

Call for continuing volunteers

Recruiting volunteers is an ongoing priority for any non-profit organization, and we feel very fortunate to have built relationships with some amazing people in this community! At the moment, the AHCF has one dedicated volunteer who visits the office every week for two hours to support the behind-the-scenes duties that keep us on track. We also have several regular helpers who welcome participants and man registration tables at seminar events. We are looking for additional Continuing Volunteers to help out at the office and in the community.

A Continuing Volunteer is a volunteer with an interest in making a regular contribution of time and skills to the organization. This volunteer will have an ongoing relationship with AHCF staff and will volunteer on a regular basis for approximately 2-3 hours per week for an indefinite or defined period of time. Continuing volunteers are selected on the basis of their availability and skill set.

AHCF Administrative Volunteer

Commitment: Must be able to commit to at least 2 hours per week.

Dates: To be discussed. Shifts are flexible and will be scheduled around volunteer's availability.

Times: Various shifts available on weekdays between 10:00am and 5:00pm

Location: The Artists' Health Centre Foundation (250 The Esplanade, Suite 500)

Duties: Administrative tasks including but not limited to; photocopying materials for seminars, researching new outreach opportunities, mail-outs and filing.

Skills: Previous office or administrative experience an asset, but not required.

If you are interested in helping out in this capacity please contact Iona Frost at **416.351.0239** or email ifrost@ahcf.ca. **Thank you to all our current and past volunteers!**

The Doctor is in! *Introducing...*



Susan Lucas, RMT Dip.CTP
MASSAGE THERAPY & PSYCHOTHERAPY
Diploma Center for Training in Psychotherapy

Susan employs Swedish Massage Techniques to produce deep states of relaxation to relieve muscular pains & enhance well-being. Her philosophy of massage is to use focused manipulations combined with integrative massage for the whole body. Susan recognizes that artists create using their whole body/mind/emotional/spiritual selves, and is passionate about a holistic approach to restoring and increasing the inner resources available to the creative artist.

Susan is also trained in psychodynamic psychotherapy, the *'talking cure'* that uses the format of a relationship to address problems of living. She has recently trained in Sensorimotor Psychotherapy for treatment of Trauma, which uses a body-centered approach to resolve traumatic memories trapped in the body/mind. She is currently President of the Board of CAPT, Canadian Association for Psychodynamic Therapy.

To book an appointment or consultation with Susan call 416.603.5263

Contact



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Fax: 416.595.0009
info@ahcf.ca | www.ahcf.ca

"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

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.

For notices delivered straight to your inbox, please sign up to receive our E-newsletters by emailing info@ahcf.ca with **SUBSCRIBE** in the subject line, or visit our website at www.ahcf.ca/contact.shtml to add yourself to the list. This is the best way to learn about our sessions as soon as they are announced (please be sure to indicate that you would like to be switched over from the snail mail list). Thank you!