

Artists' Health Centre Foundation | Update | October 2009

Contents

- Repeat clinic focusing on nutrition and energy
- Workshop examining the role of the performer
- Communication strategies for stress management
- Daylong workshop for vocal performers
- Call for continuing volunteers!
- AHCF Outreach Program visits the GTA
- The Doctor is in! *Introducing...*

Repeat clinic focusing on nutrition and energy

Due to the positive response to the September posting of ***Achieving Peak Performance: Eating for energy***, we have invited **Registered Holistic Nutritionist Ana Alexandre** back for those who were not able to attend this clinic the first time.

Thank you Ana for helping us meet the needs of the community as quickly as possible! This repeat session will be held **on Monday October 19**.

How does food affect mood, energy and performance? Emphasis will be placed on how to eat during long rehearsal schedules, while traveling, and how to maintain energy while working as a performer holding several jobs. Participants will discover small changes that can lead to big results including: how to stock a healthy kitchen, choosing nutrient dense foods, and pre and post performance meal choices.

Here are a few things the last group said they learned:

- *"More personal control of stress through food"*
- *"Planning for constant energy throughout the day, and for a crazy schedule"*
- *"How to eat foods that don't rob me of energy "*
- *"New products, supplements and ideas to implement into my diet"*

Ana Alexandre RHN, RNCP, is a holistic nutritionist, certified personal trainer and performer. She is a graduate of the Canadian School of Natural Nutrition and a member of the International Organization of Nutritional Consultants and the Canadian Association of Fitness Professionals. She is an enthusiastic speaker and has developed unique programs combining nutrition and fitness for a holistic approach to health and wellness.

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

Clinic Time: 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/peak.shtml> to print off and mail in a registration form.

Pre-registration is required, as space is limited.

Workshop examining the role of the performer

Performance Perception: *Strategies for positive change*
with **Dr. Douglas B. Misener**, Psychologist and Kinesiologist

Saturday October 24, 2009

Participants will examine the role of the performer in the context of their daily lives. This workshop is an opportunity to explore the integration of the body and mind as part of an approach to overall health care and well-being. Topics to be covered include: motivation and self-confidence, enhanced performance training, coping strategies and recovery.

Dr. Douglas B. Misener is a Rehabilitation Psychologist with a doctoral degree from the University of Toronto. As a psychologist and kinesiologist he believes the integration of body and mind are the keys to good health and personal fulfillment. He has worked as a consultant to such organizations as the Canadian Sport Centre Ontario, National Ballet of Canada, and Women's College Sport C.A.R.E. He has also worked with individuals experiencing pain management difficulties.

Location: Al & Malka Green Artists' Health Centre, Toronto Western Hospital, 399 Bathurst St.
Workshop Time: 10:00 a.m. - 1:00 p.m. | **Workshop fee:** \$25 / **Students & Seniors:** \$15

To register: Phone: 416.351.0239 | **Email:** info@ahcf.ca | **Fax:** 416.595.0009
Or visit <http://www.ahcf.ca/performance.shtml> to print off and mail in a registration form.
Pre-registration is required, as space is limited.

Communication strategies for stress management

Living As (and with) an Artist: *Managing stress together*
with **Steve Schklar**, Psychotherapist

Monday November 2, 2009

Explore communication in your primary relationship surrounding the challenges you face in your career and daily lives. This interactive group session will be driven by the issues brought forth by the participants and can range from money and time management to stress and self-esteem. Primary relationships include partners, parents, friends, etc., and registration is limited to 6 "couples".

**Participants should be comfortable in a group dynamic, be prepared to disclose some personal information and comply with an agreed upon sense of confidentiality.*

Steve Schklar, CGP is a private practice psychotherapist treating individuals, couples and groups at the Artists' Health Centre. He has been the co-leader of the Addictions After Care Support Group and an addictions counselor for two years at the Toronto Western Hospital. He has been married to an artist for 42 years, is a retired trumpeter himself and treats many people from the performing, visual, and creative arts segments of our community, specifically, painters, musicians, writers, actors.

Location: Artists' Health Centre Foundation (250 The Esplanade, Suite 500)
Clinic Time: 6:30 p.m. - 9:00 p.m. | **Clinic fee:** \$15 (per person)

To register: Phone: 416.351.0239 | **Email:** info@ahcf.ca | **Fax:** 416.595.0009
Or visit <http://www.ahcf.ca/living.shtml> to print off and mail in a registration form.
Pre-registration is required, as space is limited

Daylong workshop for vocal performers

Vocal Fitness for Actors and Singers

with **Lori Holmes**, Speech-Language Pathologist and Voice Coach

Saturday November 7, 2009

This full-day workshop will focus on ways to prevent vocal injury and assure longevity by teaching the performer how to protect and prepare the voice. Emphasis will be placed on:

- Reviewing basic anatomy of voice production
- Behavioral and environmental influences on the voice
- Identifying healthy voice strategies
- Understanding the essential elements of an individual warm up

Lori Holmes, M. Sc. is a highly respected speech-language pathologist with over 20 years of experience, integrating a solid background in science with practical experience in training the voice. Since 2001 she has had the joy of combining her love of theatre with her love of voice at the Stratford Shakespeare Festival and has since become an integral part of the coaching team. In London, her private practice, *WellSpoken*, provides expertise in communication and speaking skill enhancement, accent reduction and rehabilitation for injured voices. A dynamic speaker, she provides workshops in voice care and training for various professionals throughout Ontario. She currently teaches the graduate course in Voice and Voice Disorders to speech-language pathology students at The University of Western Ontario. She regularly lectures to the otolaryngology residents at the Shulich School of Medicine and is the speech-language pathologist at The Vocal Function Clinic, London Health Sciences Centre.

Location: Al & Malka Green Artists' Health Centre, Toronto Western Hospital, 399 Bathurst St.

Workshop Time: 10:00 a.m. - 4:00 p.m. | **Workshop fee:** \$40 / **Students & Seniors:** \$30

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

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

Pre-registration is required, as space is limited.

Call for continuing volunteers!

A Continuing Volunteer is a volunteer with an interest in making a regular contribution of time and skill 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!**

AHCF Outreach Program visits the GTA

As you know, the AHCF is committed to delivering educational resources to emerging and professional artists through our workshop and clinic seminar series. What you may *not* be aware of is that we also take practitioners and educators out into the community to reach arts companies and collectives, and students in professional post secondary arts training programs.

If you would like us to visit your school or arts organization, please contact us at info@ahcf.ca for more information!

The Doctor is in! *Introducing...*



Nancy Occhipinti Dip.P.T. MCPA AFCI REGISTERED PHYSIOTHERAPIST

Nancy Occhipinti is a registered Physiotherapist with over 30 years of experience as professional practice clinician in the Healthcare industry. In 2005, Ms. Occhipinti joined the practitioners at the AHC, bringing her strong clinical reasoning skills to help identify the rehabilitation needs of Performing Artists.

Utilizing treatment techniques such as Manual therapy, Acupuncture, Electrotherapy, biofeedback and therapeutic taping, Ms. Occhipinti is proud to assist Artists in designing individualized treatment plans. Artists' values are incorporated into their treatment programs by integrating creative activities and movement therapies like yoga and Pilates into unique exercise prescriptions.

Committed to life long learning, Ms. Occhipinti has worked in a Paediatric Burn Unit, developed an integrated Hand Program at Toronto East General Hospital and worked in a variety of Rehabilitation and Sport Medicine clinics. Ms. Occhipinti has worked with members of the TSO, COC, National Ballet Orchestra, students and Faculty from U of T, Humber College, OCAD and York Fine Arts programs. Also, her clients have included many members of Independent Music and Dance groups. In addition to the AHC, Ms. Occhipinti works at a Sports Medicine and General injury clinic in downtown Toronto, has previous dance training and is married to a musician.

To book an appointment with Nancy call the Artists' Health Centre at 416.603.5263

Contact



Artists' Health Centre Foundation
Phone: 416.351.0239
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.