

Artists' Health Centre Foundation | Update | January 2010

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Workshop to prevent hearing loss in musicians

Audiologist Dr. Marshall Chasin returns on **Saturday January 30** with a repeat session of his workshop ***Musicians and Hearing Loss: Prevention and protection***. This session is suitable for musicians of any genre, and will cover the main causes of hearing loss and techniques to prevent further damage. Other topics 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). He has been involved with hearing and hearing aid assessment since 1981 and is the author of over 200 clinically based articles.

Location: Artists' Health Centre (Toronto Western Hospital, 399 Bathurst St. 3rd Floor, West Wing)
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://ahcf.ca/hearing.html> to print off and mail in a registration form.

Pre-registration is required, as space is limited.

Avoid seasonal affective disorder

Now more than ever, when the days are short and without much sunshine, it is important to have a regular exercise program to get those endorphins pumping!

Seasonal affective disorder (SAD) can make you feel 'down' and generally depressed this time of year if you are sensitive to the longer periods without sunshine. You don't need to have a gym membership, but do a few jumping jacks and take a brisk walk each day, and your emotional and mental wellbeing will thank you! Try to keep a regular bedtime, get 6-8 hours of sleep each night, and eat nutritiously. Taking Vitamins C and D will also help maintain your immune system and keep you healthy in the winter months. Keep active!

Clinic focusing on 'day jobs' for artists (NEW!)

Join Career Counselor and Transition Coach Anne Carbert on **Monday February 8** for a new clinic called **Artists' Work and Well-Being: Make your day job work for you**. Participants will determine the best day job options for their creative time and personal well-being. Through discussion of their daily needs, creative needs, strengths and transferable skills, they will:

- Describe their ideal day job
- Evaluate recent employment and new job options
- Plan for next steps

Anne Carbert emphasizes meaning, creativity, and quality of life as she helps people to craft satisfying careers. Anne has a master's degree in counseling psychology and specializes in supporting people navigating unconventional and self-directed career paths. She offers personal development workshops as well as individual counseling.

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

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

Pre-registration is required, as space is limited.

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

Or visit <http://ahcf.ca/work.html> to print off and mail in a registration form.

Pre-registration is required, as space is limited.

Popular self-esteem clinic becomes a full-day event

In response to feedback requesting more time to address the topics covered in last year's clinic series focusing on confidence and self-esteem, we are pleased to offer a full-day workshop on **Saturday February 20** called **The Artists' Perception of Self Worth: Building confidence and self-esteem**. This is an opportunity to explore these issues in more detail (participation in past sessions is not required) with Dr. Anita Shack and nurse practitioner Ruth Bittorf. Through discussions and interactive exercises to help define, develop and maintain healthy self-image, participants will examine core beliefs and tools to shift attitudes and perceptions. Emphasis will be placed on: developing self-awareness, quieting the inner critic and assessing events and emotions.

Dr. Anita Shack B.F.A., D.C., F.A.T.A. 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. She has extensive experience working with artists from many disciplines, including: dance, theatre, film, visual arts, music, and writing.

Ruth Bittorf R.N., BScN., PHCNP is a primary health care nurse practitioner with over 30 years of nursing experience throughout Canada. She has been a valued member of many multi/interdisciplinary teams, most recently in Stratford as an integral part of a Family Health Team, and currently at the Artists' Health Centre. She is committed to providing holistic client centered health care in collaboration with a team of health care providers.

Location: Artists' Health Centre (Toronto Western Hospital, 399 Bathurst St. 3rd Floor, West Wing)

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 <http://ahcf.ca/index.html> to print off and mail in a registration form.

Pre-registration is required, as space is limited.

Stress management and relaxation techniques

Back by popular demand is Dr. Anita Shack's clinic ***Managing Stress for Health and Wellness: Increasing creative energy for artistic practice*** on **Monday February 22**. This clinic will help manage stress and increase daily energy and vitality. Participants will explore low impact movements and deep-breathing exercises to help strengthen and rejuvenate the creative process and enhance general health.

Dr. Anita Shack B.F.A., D.C., F.A.T.A. 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. For more visit <http://ahcf.ca/staff.html>

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

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

Pre-registration is required, as space is limited.

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

Or visit <http://ahcf.ca/managing.html> to print off and mail in a registration form.

Pre-registration is required, as space is limited.

Get online for AHCF event listings – don't miss out!

The upcoming winter and spring schedule is now in place; please visit our home page regularly at **www.ahcf.ca** for a complete list of events. Your feedback has contributed to the selection of these topics and presenters, so we hope you find a workshop or clinic that speaks to your needs.

A quick reminder: for notices delivered straight to your inbox, sign up to receive our E-newsletters by emailing **info@ahcf.ca** with SUBSCRIBE in the subject line, or visit our website at **<http://ahcf.ca/newsletter.html>** 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).

The AHCF does not share your information with other organizations. E-newsletters are mailed out once or twice a month to keep you in the loop about our upcoming events.

At the beginning of the month we announced a new clinic called ***Meal Planning On the Go: Informed decisions and healthy choices*** scheduled for **Monday January 25**. Through E-Newsletter announcements and online promotion, registration for this event filled up quickly. This practical session is set up as a virtual grocery store tour with Registered Holistic Nutritionist Ana Alexandre. Participants will plan food for the week ahead, learn how to read labels, and make wise decisions while shopping. This clinic will begin with a quick review of how to stock a healthy kitchen, followed by inexpensive and time saving strategies to prepare menus to support busy schedules.

Ana Alexandre RHN, RNCP, is a holistic nutritionist, certified personal trainer and performer. She is a graduate of the Canadian School of Natural Nutrition, 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 that combine nutrition and fitness for a holistic approach to health and wellness.

If this is a session you would like to see offered again, please get in touch with us at **info@ahcf.ca**, call **416.351.0239** or subscribe to our **E-Newsletter List** to receive immediate notices about our upcoming events.

The Doctor is in! *Introducing...*



Dr. Jean-Jacques Dugoua NATUROPATHIC DOCTOR

Dr. Jean-Jacques Dugoua, or Dr. JJ as he is affectionately known, is a licensed naturopathic doctor and the first ND to practice at the Toronto Western Hospital as well as the Artists' Health Centre, where he practices naturopathic medicine, clinical nutrition, homeopathy, acupuncture and herbal medicine.

Dr. JJ has given a number of workshops throughout Ontario specifically focused on artists and their health care, and has given presentations internationally, including the World Health Organization in Washington DC. He is also a researcher at the Motherisk Program at the Hospital for Sick Children and the Clinic Director of the Liberty Clinic in downtown Toronto.

Dr. JJ is a co-author of "Herbal Medicines in Pregnancy and Lactation - An Evidence-based Approach First Edition" (Taylor & Francis, 2006), which is a collection of 75 systematic reviews, and he has over a dozen peer-reviewed scientific publications published or in press. A leading expert on natural health products, pharmacology and pregnancy safety, Dr. JJ is currently working on his PhD in Pharmacy Sciences at the University of Toronto. As part of his PhD research, he continues to investigate the safety of natural products during pregnancy and lactation at Hospital for Sick Children and is currently conducting a clinical trial on the effects of cinnamon on type 2 diabetes at the Toronto Western Hospital.

To book an appointment with Dr. JJ call the Artists' Health Centre at 416.603.5263

Contact



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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.