

The Al & Malka Green Artists' Health Centre



UHN

Toronto General
Toronto Western
Princess Margaret
Toronto Rehab
Michener Institute



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CREATIVE CONNECTIONS!



A biweekly opportunity to connect with other artists and arts workers in a safe, facilitated discussion space.

GOALS

- Share experiences, triumphs, and challenges through discussion of a weekly theme
- Exchange resources
- Build community

WHEN: Wednesdays, 2:30-4:00pm

WHERE: Virtually via Microsoft Teams - join anywhere!

2022 Session Dates:
September: 14th & 28th
October: 12th & 26th
November: 9th & 23rd



PRE-REGISTRATION REQUIRED

Please use link to register:
<https://artistshealthcentre.ca/displayPage.php?event=4>

- Maximum 20 participants each session.
- Artists' Health Centre clients only.
- Registration closes 24 hours before session.



**Artists and arts workers
of all disciplines are
welcome!**



with Dr. Anita Shackl

Check out BAPAM's P.E.R.F.O.R.M.A.N.C.E. Series

The British Association for Performing Arts Medicine (BAPAM) is hosting a series for performing artists geared at giving performing artists, arts workers and educators the knowledge they need to improve health and enjoy sustainable careers. Almost 75% of performing artists have health issues that impact their work, ranging from small injuries to career-limiting events. Many of these can be prevented.

BAPAM has developed a P.E.R.F.O.R.M.A.N.C.E. mnemonic to tackle some of the major causes of health issues, and is hosting one workshop per theme from now until December (dates above).

These online workshops are completely free and open to all, and will explore themes of Posture, the Environment, Routine, Fitness, Overuse, Rest and Recovery, Mental Health, Anxiety, Nutrition, and Clinical Expertise. Please remember to convert the session times to our local timezone, since the sessions are hosted in the United Kingdom!

Spots are limited!! Learn more and sign up here:

<https://www.bapam.org.uk/events/>



Posture
Environment
Routine
Fitness
Overuse
Rest and Recovery
Mental Health
Anxiety
Nutrition
Clinical
Expertise

Interview with Spotlight Practitioner

"I consider the whole person from head to toe, and consider the demands of each artist's discipline"



Dr. Anita Shack, BFA DC FATA

Dr. Anita Shack is a Toronto based Chiropractor who uses Chiropractic, Acupuncture, and Craniosacral Therapy to facilitate change and wellness for her patients. She is a published researcher, and international speaker and teacher who explores holistic contexts in her work and workshops to increase personal awareness leading to improved health in her patients. She has extensive experience working with artists from many disciplines and is a member of the Performing Arts Medicine Association and Healthy Dancer Canada.

Q: Can you please tell us about your role at the AI and Malka Green Artists Health Center?

A: I'm the lead chiropractor and I integrate acupuncture and cranial sacral therapy into comprehensive treatments. I participate in outreach, education, and research. I've been part of the center for about sixteen years and still feel very passionate about the artists, the center, and our team.

Q: You mentioned integration. Can you elaborate a little bit more on that?

A: I consider the whole person from head to toe, from a structural, functional, neurological, and psychological perspective, and consider the demands of each artist's discipline. I integrate all the tools that I have to give each artist a customized treatment, best suited to their needs and health goals.

Q: Can you also tell us more about your role with group programs?

A: I've done a lot of outreach at the Center, the AGO, Canadian Film Centre, OCAD, and at university dance, film, drama, and music programs. I teach a variety of topics, the most popular being ways to cope with stress and how to find balance. I've also co-taught with other practitioners presenting a multidisciplinary approach to topics.



I developed the day long Building Confidence and Self Esteem Toolbox Workshop with our nurse practitioner. A research study showed that attending the workshop made a significant and lasting impact on improving self-confidence. These findings were published in the Frontiers of Psychology journal. I'm very excited to be facilitating Creative Connections, a series of virtual sessions for artists where we discuss relevant topics. It's a chance for artists to come together in a safe and supportive space, to share and learn from each other. It's been going very well and the artists are finding it valuable.

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Q: What is the most rewarding aspect for you as you run these workshops and do these types of outreach?

A: The best reward is seeing how people let their guards down and deeply connect. It is rewarding to facilitate and witness changes whether that be in mental framing, attitude, or behaviour. I really appreciate how open and receptive the artists are to learning from each other and I learn from them as well.

Q: Which aspect of your practice do you enjoy the most?

A: Reducing pain, and improving function for someone and helping them be able to get back to doing what they love is what I'm passionate about doing. Together, we work through the layers of an issue looking at structure, function, joint mobility, muscular tension, alignment, and often the intimate connection that thoughts and emotions have with the body. I really love to see an artist's relationship with their body improve. Often, I ask artists to demonstrate how they do things. For example, how a musician holds an instrument so we can make some adjustments to how they're holding it, in terms of the position and the amount of tension used and we explore how that is impacting them and their playing. I can see the relief and the reduction of stress when we approach things in this way. So I'd say what I enjoy most, is helping someone make a change so that they can have more fulfillment, ease, joy, understanding, knowledge, health, and more creativity.

Q: Do you see any differences between the general population and the artistic community?

A: Artists have an extremely high level of stress when something is going wrong physically because their body is their instrument and is necessary for all the things that they do, including tasks of daily life, but especially creating and performing. Imagine a performer/creator of any discipline who can't perform/create due to injury. This adds an extra amount of stress to the stressful situation which produces negative impacts and consequences for the artist. I work with artists to help deal with their injuries and chronic stress to reduce the negative impact of stress. Artists don't separate themselves from what they do. A dancer doesn't go home and then stop being a dancer. It's part of how they live, how they eat, the choices they make. I think that's a very big difference from the general population.



"What I enjoy most, is helping someone make a change so that they can have more fulfillment, ease, joy, understanding, knowledge, health, and more creativity."

Q: What are some ways that we could continue to advocate for artists?

A: Financial barriers for healthcare is an issue. I'm so grateful for the Joysanne Sidimus Fund that helps artists access healthcare that they need and deserve. Continuing to work with schools and professional companies to keep educating artists about the importance of self care and where they can get support to be able to sustain their work is important. Educating the public and especially patrons that artists' health matters, and that it matters to society as a whole, might raise awareness and spark some interesting fundraising possibilities.

Disclaimer: Practitioners' views and opinions are independent and do not necessarily reflect the views and opinions of their affiliations.

Healthy Tips for a Healthy Musician

Taking care of your mind and your body

1. Instrumentalists

A few ways to reduce performance injuries can be to re-evaluate your technique, remember to warm up, take breaks to stretch and relax, pace yourself and learn to say 'no' to certain performances, check your posture when playing your instrument, and pay attention to your body.

2. Singers

Singing is an aerobic activity! Remember to exercise regularly, eat a balanced diet, and get some rest. Maintain your own hydration, and avoid dry environments. To keep your voice in top shape, avoid yelling, adjust the speaking pitch of your voice, avoid coughing and throat clearing, and reduce the demands on your voice!

3. All Musicians

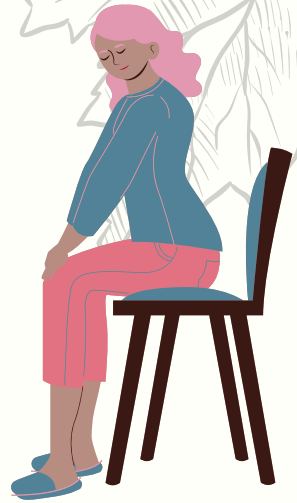
Stay informed! Prevention is easier and less expensive than looking for a cure. Take your time when approaching something new, and always read through resources explaining possible injuries you're at risk for with your art.

4. Preserve Your Hearing

Our ears can't distinguish sounds we love from those that are harmful. Hearing well may be an essential components of your career and passion, and constant exposure to loud noises can put that at risk. Rest your ears between practices, have regular check ups, and try using earplugs (some exist just for musicians!)

5. Don't Forget Your Mind

It is common for musicians to show such dedication to their work that they push beyond reasonable limits in their mental health. Goals are important, but unrealistic goals and high expectations are stressful. Don't let burnout and untreated mental stressors take away from your talent! Put yourself first, and always reach out to others when in need.



Family Doctors Who Are Currently Accepting New Patients

Healthcare Connect

Goal: Connect Ontario residents currently without a family doctor to those who may be accepting patients. Must be a resident of Ontario.

Registration: through their website, contact your local care connector

Olive MD Medical Centre

Goal: Provide services in Family Practice, Pediatrics Care, Preventative Care, Geriatric Medicine, Ultrasound, Women's Health, Audiology, Minor Procedures, and Cosmetic Dermatology (coming soon).

Registration: Please call (416) 626-6323 to book an appointment.

Address: 1750 The Queensway, Unit 6 Etobicoke, ON M9C 5H5

HealthSource Medical

Goal: Provide family care.

Registration: Fill out an intake form at this link: <https://hsmedical.ca/new-patients-toronto/>

Address: 473 Dupont St, Toronto, ON M6G 1Y6

Adelaide Health Clinic

Goal: Provide Family Doctor, Sports Rehabilitation, Physiotherapy, Massage Therapy, and Chiropractic care.

Registration: Fill out an intake form at this link: <https://www.adelaideclinic.com/Book-an-Appointment>

Address: First Canadian Place, 1, Toronto, ON M5K 1C8

Emery-Keelesdale Nurse-Practitioner Led Clinic

Goal: Provide care through nurse practitioners, registered nurses, dietician services, enhanced health promotion, care coordination, and disease prevention and management.

Registration: Must be living in catchment area and must not currently have a primary care provider. To find out if you are eligible, call 647-476-1351.

Address, Location 1: 2972 Islington Avenue, Suite 6, Toronto, ON M9L 2K6

Address, Location 2: 2562 Eglinton Avenue West, Suite 102, Toronto, ON M6M 1T4

Albany Medical Clinic

Goal: Provide care in categories of family care, immunization services, diagnostic services, physiotherapy, mental health services, audiology, dental services, balance rehabilitation and wellness.

Registration: Can book telephone or in person appointment through their website.

Address: 807 Broadview Ave, Toronto, Ontario M4K 2P8

Financial Resources and Support

Financial Wellness Program

The Financial Wellness Program helps entertainment professionals working in all aspects of film and TV, theatre, music and dance build and maintain financial stability. Work in the entertainment industry poses unique challenges and risks, making it difficult to stay on an even keel in an unpredictable career. The Financial Wellness Program is designed to empower you to build financial resiliency while continuing to do the work that you love.

Currently available as online workshops and discussion events.



Reactivation Program

The Reactivation Program is a new, short-term initiative that has been funded by the Department of Canadian Heritage through the Canada Performing Arts Workers Resilience Fund, and is distributed by The AFC to help independent/gig workers in the performing arts, such as theatre, comedy, and circus performers, as well as technicians, production, and other live performance professionals. **Independent and self-employed workers in the live performance sector experiencing financial hardship due to the COVID-19 pandemic and who need emergency support to maintain or regain work in the sector can apply for up to \$2,500.** This can be used for basic living expenses, expenses that will help with getting back to work, as well as additional costs incurred during the pandemic that are causing financial instability.

The Reactivation Program will run until March 2023.

Reactivation Program

Connect With Us!



Find us on Facebook!

Have you seen us on Facebook? We are regularly posting resources and clinic-related updates. Like and follow us on Facebook!

[AI & Malka Green Artists' Health Centre - Facebook](#)