

**The Al & Malka Green  
Artists' Health Centre**



**UHN** Toronto General  
Toronto Western  
Princess Margaret  
Toronto Rehab  
Michener Institute



**Announcements**

**Our FREE virtual wellness workshops are back!**

The Artists' Health Centre is hosting **free, virtual wellness workshops**.

Check out our workshops and sign up [here](#)



@[artistshealthcentre](#)

We regularly post resources and clinic-related updates. Follow us to stay in the loop!

**Please leave a review!**



Share your thoughts about us on [Google Review](#). Leaving reviews are quick and easy, and as valued clients your thoughts are essential towards improving our services.

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# FREE Virtual Workshops in September!

## Body Image and Our Relationship with Food

*Fiona Macbeth & Lucy Swain*

**WEDNESDAY, SEPT. 13  
AT 1PM EST**

**JOIN THEM ON ZOOM!  
SIGN UP [HERE](#)**



**This workshop discusses the psychological issues behind disordered eating, how these issues affect artists, and what the therapeutic approaches to treatment are. Learn more about how you can stay healthy!**

This workshop is facilitated by Fiona, a BACP-accredited psychotherapist and counsellor, and Lucy, a nutrition specialist; both from the British Association for Performing Arts Medicine (BAPAM).

## Leveraging Emotional Intelligence: A Cornerstone for Wellness and Peak Performance

*Dr. Christoph Wagner*

**TUESDAY, SEPT. 19  
AT 1PM EST**

**JOIN HIM ON ZOOM!  
SIGN UP [HERE](#)**



**Musician wellness and peak performance are connected and inseparable. This session explores the importance emotional intelligence, physical fitness, emotional resilience and mental strength for sustained peak performance.**

This workshop will be led by Dr. Christoph Wagner, an Assistant Professor of Cello at the University of New Mexico and an accredited leadership and performance coach through the International Coaching Federation.

## Healing Through Tapping (EFT)

*Tanzina Amin*

**MONDAY, SEPT. 25  
AT 11AM EST**

**JOIN HER ON ZOOM!  
SIGN UP [HERE](#)**



**With Emotional Freedom Technique (EFT), also known as “tapping”, you’ll learn to liberate yourself from emotional blockages and experience harmony in your mind, body, and spirit. Join us!**

Tanzina Amin is a passionate visual artist, curator, educator and Reiki Master. With a bachelor’s degree in architecture and >25 years experience in corporate management roles, Tanzina now dedicates her time to creativity, holistic wellness and volunteering.



New York City Skyline. Image source: <https://travellemming.com/where-to-stay-in-new-york-city/>

# Artists' Health Centre showcases research findings at New York City and Warsaw!

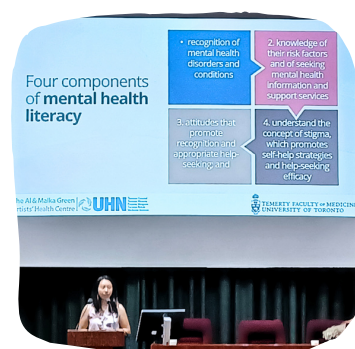
Our scientist Dr. Shelly-Anne Li shared her research findings at two international symposia in the summer of 2023! At the 41st Annual Performing Arts Medicine Association International Symposium in New York City, she presented findings from her study titled, *Impact of the COVID-19 pandemic on Canadian performing and creative artists' health and healthcare access: An interpretive descriptive study using the social-ecological model*. Her findings emphasized the importance of tailored interventions and policies that address artists' financial needs, access to healthcare and social networks, and the infrastructure required to support artists. **A BIG THANK YOU** goes out to the artists who generously took the time to meet with her and share their stories!

In Warsaw, during the 2023 International Symposium on Performance Science, Dr. Li presented on her study titled, *A scoping review of the mental health literacy construct and interventions for artists: Identifying current gaps and future directions*. Dr. Li discussed the significance of recognizing mental health risks and combatting the prevailing stigma surrounding mental health.



Old Town Market Square. Image source: <https://www.barcelo.com/pinandtravel/en/things-to-see-in-warsaw/>

Both symposia stood as important platforms for exchanging ideas and knowledge among artists, scientists, and practitioners from coast to coast. Dr. Li's research continues to spark discussions and initiatives aimed at improving health outcomes of artists at the Centre and across the world!



Left image. Dr. Li presenting at the 2023 International Symposium on Performance Science

## Interview with our Administrative Coordinator!



# Aga Halonska

Aga is our lovely Administrative Coordinator here at the Artists' Health Centre, supporting complex administration and operational processes. Aga has a strong background in medical administration from a variety of different experiences, including both hospital and private clinics, and utilizes her strengths in communication, organization, and multi-tasking to ensure that patients receive the best care possible.

### **What are your main responsibilities as Administrative Coordinator?**

My role combines reception tasks and assistance in managing and monitoring the Centre's operations. The reception part includes communicating with and greeting patients, booking appointments, and managing practitioners' schedules.

My workflow allows me to devote enough time on the phone with a new or existing patient without the feeling of being rushed.

I also monitor the Joysanne Sidimus Fund (JSF) budget and prepare accurate supporting documents for the JSF Committee. I assist with numerical data collection and management, provide patients with information resources, orient new team members, order supplies, and process accounts receivable and payable. I also ensure that clinic operations meet safety standards and cost-effective requirements.

### **Could you share a particularly rewarding experience of an artist who benefited from the Centre's services?**

I receive many calls from our artists who express appreciation and gratitude towards our practitioners' expertise and the Centre's services.

The most recent example includes an artist who benefitted from our services. In return, they are organizing a fundraising event for the Centre. This is a remarkable act of appreciation. Arts students are also actively looking for an opportunity to promote our clinic because they want other artists to receive the same excellence in care.

It also makes my day when I see my name on "Thank you" cards, read warm words of feeling welcomed and helped. By playing a small role into contributing their well-being, I find my administrative duties genuinely satisfying.

**Health insurance and financial concerns can be significant for artists. How does the Centre support artists in these aspects?**

We provide the unique opportunity for artists to apply for financial assistance to help with the cost of treatments. The JSF covers 75% of each visit over a 12-month period. Applicants can re-apply for a 2nd round of this fund, and my job is to explain these requirements and processes to our patients.

We have two OHIP-covered therapists as well. This can be an option to consider if someone is seeking psychotherapy. I also encourage our patients to look into no-cost virtual wellness workshops posted on our website under the tab "Programs".



**How do you manage the logistics of scheduling appointments and coordinating with practitioners?**

Pre-planning is very helpful in navigating well-managed schedules and meeting deadlines. Practitioners always inform me about their availability or other revisions in their calendar. We recently added back an "Online Appointment for Massage Therapy" link that makes bookings accessible.

We are a supportive team and if I am away, practitioners make sure to contact our patients if anything changes. I am grateful for their assistance when I cannot be available.

**I strive for high quality patient-oriented service, making sure that concerns are heard, and needs are addressed.**

**How do you effectively communicate with artists from different artistic disciplines?**

The fact I could meet people from so many artistic disciplines is very exciting! Artists are very sincere and I appreciate to serve this unique patient group.

I have a lot of respect for all artistic professions. Actively listening in order to communicate effectively and politely is key. In 2018, I worked as an Activation Therapy Assistant and organized many arts-related activities for our residents with different artistic talents.

Here at the Artists' Health Centre, I strive for high quality patient-oriented service, making sure that concerns are heard, and needs are addressed. I hope that being cheerful and authentic is also beneficial in communicating with artists.

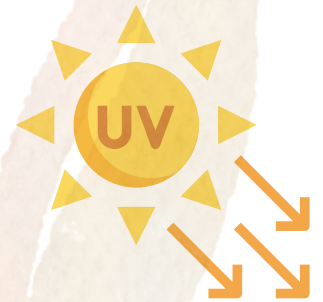
**What are some of the challenges you face as an Administrative Coordinator in your role?**

I realize that my position is a crucial bridge between artists, practitioners, JSF reviewers, and the management team. It comes with facing various challenges, carrying out different requests, and keeping calm at the same time. To-do-lists are a classic yet powerful tool in prioritizing tasks and problem-solving. I believe that every obstacle can be solved.

# Autumn Season Health Tips

## Getting morning sunlight

Getting sunlight as soon as possible after waking up is helpful in boosting energy and dopamine during the day. This can be done by going outdoors in the morning for ~10 minutes. This is crucial in regulating the circadian rhythm and quality sleep during the night.



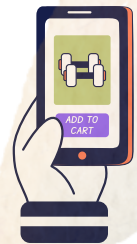
## Nutrition and supplement

Getting a complex and large range of nutrients from the diet is important for overall health. Supplements can also help but please ask your primary care provider. Fermented foods nurtures the gut microbiome and can help reduce any inflammation.




## Screen time management

Blue light and artificial light usage before bedtime can negatively impact sleep quality. Viewing too much artificial light and spending large amounts of time on social media can decrease dopamine levels. So try and reduce screen time if possible.



## Cultivating social connections

Maintaining adequate social connections can mitigate and reduce long term stress, and boost the immune system. Quality social connections is extremely powerful in increasing levels of happiness. Check out more of our social events and wellness workshops at [@artistshealthcentre](https://www.instagram.com/artistshealthcentre) 



## Deliberate heat and cold exposures

Getting into a sauna and taking cold showers can be useful tools in improving health and the immune system. Taking a cold shower in the morning can increase energy and focus levels by releasing the hormone epinephrine. Saunas can improve cardiovascular health and improve mood. Since everyone's health is different, please consult with your primary care provider.



# Partnering Organizations

## Artists' Legal Advice Services (ALAS)

**Artists' Legal Advice Services** is a nonprofit that has helped artists of all disciplines to understand their rights and to obtain summary legal guidance on specific legal problems.

The ALAS legal clinic, which provides **free 30-minute summary legal advice consultations** to artists, operates virtually (via Zoom) on **Tuesdays, Thursdays and Fridays**.

Legal Services Offered:

- Legal clinic (by appointment)
- Database of online resources
- Educational sessions



For more information on ALAS and the services offered, visit [www.alasontario.ca](http://www.alasontario.ca),

## Dancer Transition Resource Centre (DTRC)

DTRC's *EVOLVE / career craft* programs for dance artists **provide skill development and career planning support to dance artists in Canada**. Program streams enable participants to focus on practical skills, finesse their unique career paths and flourish in their chosen futures - in, alongside and beyond dance. The EVOLVE programs are open to DTRC members and qualified non-members.



# Library Resources for Artists

## Growth and Expansion: How Best to Grow your Business



Learn how to grow and expand your artistic business with free seminars and workshops offered by the Toronto Public Library! From building your own portfolio website to receiving mentorship, they have resources to equip freelance artists. <https://www.torontopubliclibrary.ca/smallbusiness/programs-seminars.jsp>

## Arts mentor in residence



This program is dedicated to support artists who are looking to build knowledge and confidence through exposure to entrepreneurial expertise, offered by the acclaimed artist Robert Small. View upcoming program dates and topics at: <https://www.torontopubliclibrary.ca/arts-mentor-in-residence/index.jsp>

## Artists in the Library Grants Program



Toronto Arts Council's Artists in the Library provides grants of \$20,000 to professional artists, arts organizations and collectives. This program encourages applications from TAC's equity priority groups. <https://torontoartscouncil.org/grant-programs/tac-grants/artists-in-the-library>

## Art Exhibit Space



Toronto Public Library is providing space for art exhibits to reflect the diverse cultural interests of the city. The Art Selection Committee considers works in all media, including photography, but not sculptures. Selected artists are given a one-month showing. <https://www.torontopubliclibrary.ca/programs-and-classes/exhibits/art-exhibit-space.jsp>

