



Est. 2002

*Special Newsletter Edition*

The Al & Malka Green  
Artists' Health Centre



**UHN**

Toronto General  
Toronto Western  
Princess Margaret  
Toronto Rehab  
Michener Institute

## Message from our Founder: Joysanne Sidimus



*"Who would believe that a group of artists with a dream and a vision of a dedicated health care centre for their colleagues could possibly make that dream come true? Enter an army of believers, incredibly experienced board chairs and members, private donors, and, ultimately, a home at Toronto Western Hospital, all who joined us in understanding the necessity of making this unlikely dream come true. The names mentioned in this newsletter edition were active and determined participants in the challenging creation and founding of the centre. No words can possibly describe their inestimable contributions. Congratulations on the Artists' Health Centre's (AHC) 20th anniversary and thank you to all who work there now and serve our community with compassion and the specialised expertise needed."*

### About Joysanne Sidimus

Acknowledged as an authority on the ballets of George Balanchine, Joysanne Sidimus has staged the great choreographer's works for dance companies and schools the world over. Born in New York City, Joysanne studied under Mr. Balanchine at the School of American Ballet and then joined his New York City Ballet. She later performed as a soloist with London's Festival Ballet and as a Principal Dancer with Pennsylvania Ballet and The National Ballet of Canada.

As well as being a Balanchine répétiteur for both The National Ballet of Canada and The George Balanchine Trust, Joysanne was the founder and founding Executive Director of the Dancer Transition Resource Centre and the co-author, with Carol Anderson, of *Reflections in a Dancing Eye: The Role and Value of the Artist in Contemporary Canadian Society*. She was also the founding Vice President of the Board of Directors of the Artists' Health Centre Foundation, which established the Al and Malka Green Artists' Health Centre, a comprehensive health care facility for artists at Toronto Western Hospital.

In 2022, Joysanne received an Honorary Membership in Canadian Actors' Equity Association for her outstanding contribution to live performing art and artists. In 2006, she received the Governor General's Performing Arts Award for Lifetime Artistic Achievement and in 2003, she was awarded the Governor General's Meritorious Service Medal.



**Special Issue Contributors:** Joysanne Sidimus, Christine Ardagh, Doyin Adeyale

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**Clinic photo credits:** Leisa Bellmore

## Meet our Founding Members



Al Green



Beverley Spotton



Camille Watts



Elise Orenstein



Kathy Sabo



Lynda Hamilton



Malka Green



Michael Du Maresq



Dr. Phil Ellison



Tennys Hanson

Founding members not in photos: Dr. Wendy Reiser, Graham Savage

### Message from our Former Founding Director of the Artists' Health Centre Foundation

The Artists' Health Centre was a grassroots initiative from the beginning, with artists from many different disciplines coming together to create something truly unique and much needed in the community. We did extensive research in the early days to find out what models for artists' care existed in other countries and cities. There were none that provided services for all artists regardless of their discipline, and very few that integrated complementary therapies into a traditional medical setting and model of care. The energy and passion that our artists brought to the establishment of this clinic, within the very welcoming walls of Toronto Western Hospital, were the elements that helped to make this centre of care the success that it is today. - **Christine Ardagh**

## Our Mission

By offering cost-friendly healthcare options in addition to providing integrative client care, the AHC is motivated towards confronting the barriers that prevent artists from seeking treatment and restoring their health. The AHC's mission is to advance local, national and international standards of excellence in health care for professional artists through three main pillars:

- Patient Care – Delivering complementary care to assist artists in maintaining or improving their health and well-being.
- Research – Conducting research specifically related to the health concerns of artists.
- Education – Communicating our body of knowledge to artists, community, and healthcare providers

## Our Story



Committed to addressing the unique health challenges of artists, **Joysanne Sidimus** helped facilitate the formation of an artists' committee by gathering representatives of major arts institutions in Ontario, Canada. It is through the artists' committee meetings with artists of all disciplines, as well as a 1996 needs assessment survey of >800 artists where the idea of a health centre dedicated to the needs of artists was explored.

With the support of key founding members, combined with the financial backing of **Al and Malka Green**, Joysanne and the key members transformed the idea of an artists' health centre into a reality.

In November 2002 the Al & Malka Green Artists' Health Centre opened its doors in Toronto Western Hospital, University Health Network (UHN). Dr. Phil Ellison, who was the head of the Family Health Team at Toronto Western Hospital, and Kathy Sabo, who was the senior vice president at the hospital, ensured that the clinic planting was a success, and that the Centre's practitioners seamlessly operated within the UHN.

Twenty years later, the Al & Malka Green Artists' Health Centre still stands as the only centre in Canada that provides health services to artists of all disciplines.



# Hear from our Artists!

*We asked our clients to share their thoughts about this special occasion  
Here is what they had to say!*

"I'm so grateful for the people who work here and the people that fund this centre. They have a wide range of health and wellness services for artists - some are OHIP covered and the ones that aren't are available at a reduced rate through a subsidy if you're eligible. All the practitioners I've seen are lovely, highly skilled, and passionate about what they do. If you're an artist, check it out."

- **Bailey Johnson, Artist**



"The very existence of the AHC was an amazing discovery for me as an artist, in a society that treats (non-famous) artists as worthless. The existence of a medical centre which understands the unique challenges of artists, and aims to help them, is marvelous, astounding, and deeply worthwhile. I am tremendously grateful to have had access to their service." - **Visual Artist**

"I'm so thankful to have a health centre that understands the unique challenges of being an artist. I not only had someone who could provide regular ongoing health care but also worked in a team that specialized in artist care."

- **Ashley Culver, Writer**



"I have experienced a few injuries in the last few years and the health professionals at the Artists' Health Centre have been remarkably helpful. Not only have I received excellent care but I've also received a referral to a sports medicine doctor; excellent advice about related health issues and nutritional advice. I feel the health professionals at the Artists' Health Centre are interested in caring for the person as a whole, not isolated issues. I am so much more informed about my health issues and how to manage them." - **Musician**



# Operational & Managerial Staff



**Aga Halonska**  
Administrative Coordinator



**Dr. Shelly-Anne Li**  
Manager, Research Program  
Development & Community  
Engagement



**Teri Arany**  
Executive Director



**Vanessa Ciuffo**  
Clinic Manager

# Healthcare Providers



**Dr. Anita Shack**  
Chiropractor



**Carolyn Franke, RN, BA, CDE**  
Registered Nurse



**Christine Bottomley, NP**  
Nurse Practitioner



**Dr. Jean-Jacques Dugoua**  
Naturopathic Medicine



**Lauren Leslie, MA, RMT**  
Registered Massage Therapist



**Leisa Bellmore, MSc, ST**  
Shiatsu Therapist



**Lezlee Lindzon, MSW, RSW**  
Social Worker



**Dr. Michelle Basil**  
Chiropractor



**Dr. Paul Uy**  
Psychotherapist



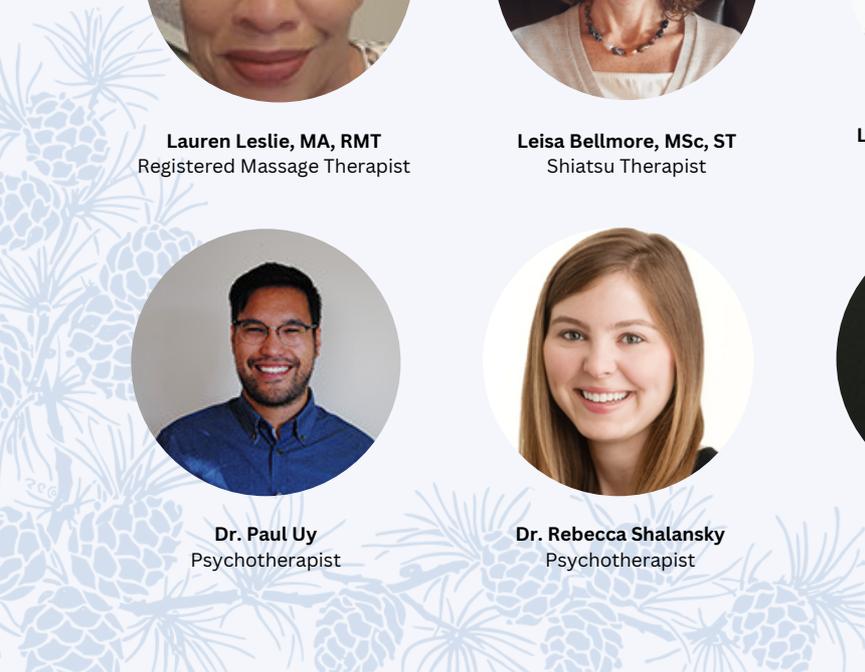
**Dr. Rebecca Shalansky**  
Psychotherapist

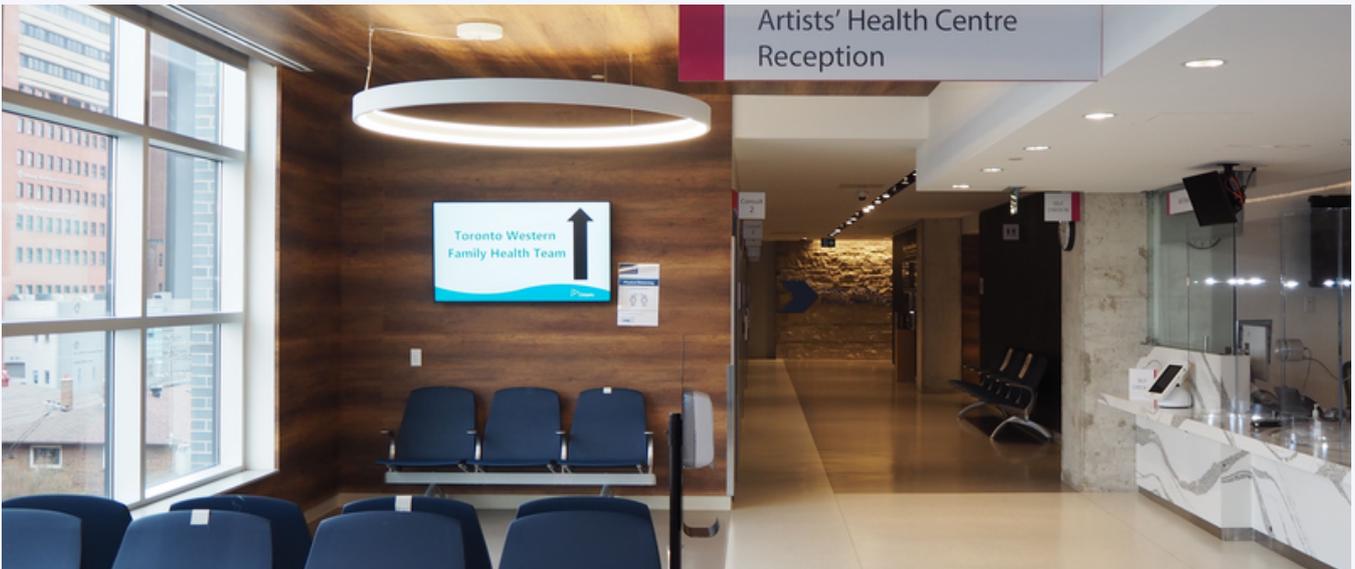


**Susan Lucas, RP, Dip. CTP**  
Psychotherapist



**Vicki Hawkins, BA, BSc PT**  
Registered Physiotherapist





## Check out our Services



### Acupuncture

Acupuncture is a practice of traditional Chinese medicine that involves penetrating the skin with ultra fine needles. These needles vitalize specific points in the body that are located along 14 meridians. Acupuncture is primarily used for treating chronic pain conditions.



### Naturopathic Medicine

Naturopathic medicine combines modern scientific knowledge with traditional and natural forms medicines, forming a unique health care system that supports the body's ability to heal itself and providing treatment for underlying causes for disease.



### Chiropractic Medicine

Chiropractic medicine is a hands-on treatment that focuses on the body's musculoskeletal system. These practices eases body pain and promotes the body's ability to self-heal. This practice provides care for disorders related to the spine, pelvis, nervous system and joints.



### Psychotherapy

Psychotherapy is a collaborative, talk-based therapy between a registered psychotherapist and a client. Psychotherapists work with the client(s) in promoting positive change in the client's thinking, emotions, behaviour and social functioning. Psychotherapists work with clients individual and group settings.



## Craniosacral Therapy

Craniosacral Therapy is a hands-on therapy that is based on understanding the continuous subtle movements of the cranial bones. Craniosacral therapists are therefore able to detect disturbances in the craniosacral rhythm to help them identify areas of dysfunction within the entire body.



## Physiotherapy

Physiotherapy is a treatment that aids patients in restoring movements and bodily-functions that are restricted due to health conditions. Physiotherapy helps through physical rehabilitation, injury prevention, and health and fitness. Furthermore, Physiotherapists get patients involved in their own recovery.



## Registered Massage Therapy

Massage therapy involves the hands-on manipulation of soft tissues in the body for relieving physical dysfunction and improving physical function. Massage therapy focuses on reducing stress, pain, and soreness that are located in the muscular, nervous and circulatory systems.



## Shiatsu Therapy

Shiatsu Therapy consists of using thumbs and hands to apply pressure techniques to different points of soft tissue in the body. By stimulating the body's autonomic nervous system, these techniques can assess and treat a variety of health conditions, improve organ function, reduce muscle tension and relieve stress.

