

# The Al & Malka Green Artists' Health Centre



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

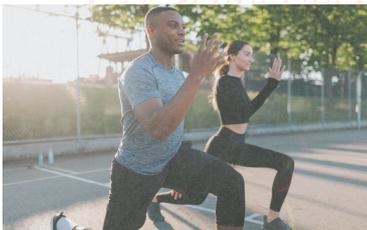


## Announcements

### Check out our **FREE Virtual Wellness Workshops!**

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

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



Instagram

@[artistshealthcentre](#)

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

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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 June!

## Restorative Sleep by Leisa Bellmore

**THURSDAY, JUNE 15TH  
7PM EST**

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



**Sleep is essential for mental and physical health, allowing our bodies and minds to repair and rejuvenate. This webinar offers insight on factors that impede and promote sleep and self-care techniques that encourage revitalizing sleep.**

This workshop will be facilitated by shiatsu therapist, Leisa Bellmore, who is also an international speaker, researcher, and publisher. Leisa has a comprehensive understanding of sleep, as several of her research studies have focused on how self-shiatsu techniques can aid sleep.



## Wellness on a Budget by Carolyn Franke

**WEDNESDAY, JUNE 28TH  
11AM EST**

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



**Artists shouldn't be convinced that they cannot afford to promote their well-being; there are cost-friendly strategies to maintain wellness. This workshop offers ways that enable you to stay in charge of your health without the expense of your financial stability.**

This workshop will be led by Carolyn Franke, a registered nurse with 37 years of experience and certification as a diabetes educator. Discover more about her in the interview on the following page!



## Interview with Spotlight Practitioner

**"Mind, body and spirit are all connected and if there's a problem in one area, it may be affecting the other areas."**

### **Carolyn Franke RN, BA, CDE**

Carolyn Franke is a registered nurse with 37 years of experience. She is a certified diabetes educator. She believes passionately in assessing the whole person. She has a special interest in the arts community as she is an enthusiastic weaver, spinner, dyer and knitter and has professional musicians in her family.



#### **Can you describe your role as a nurse coordinator at the Artists' Health Centre?**

My role is to use my nursing skills, knowledge, and judgment to assess each patient or potential patient of the Artists' Health Centre to make sure we can meet their needs. For example, if I'm talking to a patient who's looking for a massage or hands-on treatment to relieve shoulder pain and I suspect that they may have a structural problem, like a tear to their tendons, I might recommend that they get imaging done first. I make sure that people are coming to the Artists' Health Centre with things we can actually help them with.

#### **What are some of the most common health concerns or issues that artists come to the Centre for?**

About 50% of people come with a mental health concern or feelings of worry, often around their financial situation and the precariousness of their work. Then about 30% would be for physiotherapy. I get people looking for massage, especially with our shiatsu therapy. The others are mostly looking for chiropractic treatment.



**"I really enjoy my work here because I'm able to use my humanity every day. That's the beautiful thing about healthcare. We're dealing with our fellow human beings and to be able to help somebody is the best feeling in the world."**

**What strategies do you use to ensure that your patients feel comfortable and at ease during their visits to the Centre?**

Developing a therapeutic relationship with the patient is a core skill that every healthcare practitioner needs. I want the patient to feel comfortable telling me anything. Anything the patient tells you is significant because they're voicing what is of greatest concern to them. You have to meet people where they're at and try to assist them with their health concerns by offering suggestions. I recommend healthy habits like getting outside and exercising every day to relieve stress. I also use my body language. I make eye contact with the patient. When I'm talking to people online, I'm looking at the camera. Patients have recognized that, and that's a very powerful tool. I want to somehow communicate through technology that I'm here so it's as if we're talking in person. I also use the tone of voice that I think is appropriate, whether it's gentle or a little more firm. I use a lot of humour in my work, which I've found helps relax people.

**What are some of the biggest challenges you face in your role as a nurse coordinator?**

Focusing the patient on their most pressing need can be difficult because of the global nature of the assessment. The questions I ask can go down various tracks but I'd like to see if someone's living situation contributes stress to their life. For example, when I ask: "Do you have any concerns about your diet?", patients might say, "I'm not hungry in the morning and I'm too busy through the day so then around 5 pm I'm ready to eat my arm off." So, I talk to them about the needs of the mind to get work done but that the needs of the body cannot be met by the body alone. You have to prepare a meal for yourself to fuel the body so that the mind and the spirit can work properly.

**What do you find most fulfilling about working with artists in the healthcare setting?**

When I'm interviewing the patient, I have a template that helps me gather the information I need to direct them to a practitioner, but along the way, nursing is very holistic. I am responsible for understanding how the problem is affecting the patient's life. I can acknowledge that what they're feeling is real and that they're entitled to those feelings. Assessing the whole person is what I find most satisfying. I appreciate being able to find out about their social situation because the mind, body and spirit are all connected and if there's a problem in one area, it may be affecting the other areas as well.

# Health Tips for the Summer

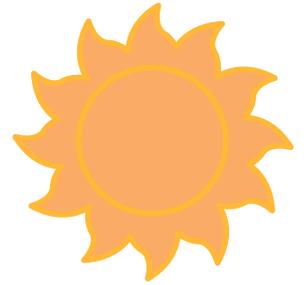
## Stay Hydrated

Ensure that your body is well-hydrated as you work by drinking water and eating fruits and vegetables. Feeling thirsty and fatigue are early signs of dehydration, so it is essential for artists to recognize and address these conditions early.



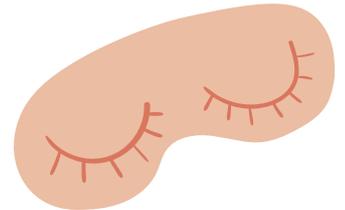
## Protect yourself from the Sun

Excessive exposure to the sun can lead to harmful skin and eye conditions. Make sure that you are wearing the appropriate sunscreen and sunglasses for protection against UV radiation.



## Sleep Well

Sleep is helpful towards reinvigorating our minds and body. Make sure that you are getting at least 7 hours of sleep each day for the betterment of your health, creativity, and performance.



## Engage in Physical Activities

Staying active can involve engaging in exercise, participating in recreational activities, and going on walks with regularity. Physical activity can be beneficial in reducing disease and improving your ability to perform tasks.



## Stretch Often

Sitting or standing in one position for an extensive period of time increases the risk of chronic health conditions. Stretching encourages good posture and prevents injuries. We have useful stretches on our Instagram account. Follow us  [@artistshealthcentre](https://www.instagram.com/artistshealthcentre)



## Take Breaks when Necessary

Taking breaks offers a remedy for physical, emotional, and mental stresses while also serving as a preventive measure against injuries. Additionally, breaks play a crucial role in revitalizing the creative mind and restoring the physical strength of artists.



# Accessible Mental Health Services

## CMHA – York & South Simcoe



Offer a variety of mental health supports at no cost, primarily for individuals with serious mental illness. Age eligibility is 16+. For more information, visit <https://cmha-yr.on.ca/> or call 905-841-3977.

## TeleCBT



An online service that offers OHIP-covered, CBT-informed individual psychotherapy (by phone or video). TeleCBT also provides support for a long list of mental health concerns. For more details, visit <https://telecbt.ca/> or call 416.777.9933.

## York Support Services Network, Streamlined Access



This is a centralized referral service for mental health and addictions resources in York and South Simcoe. To access, call 289-340-0348 or visit <https://yssn.ca/> to fill out an online application form.

## Catholic Family Services of Simcoe County



Offers a wide-range of virtual and in-person counselling options, including individual, couples, and family counselling. For more information about how to secure an appointment, call (705) 726-2503 or visit <https://cfssc.ca/>

