

The Al & Malka Green Artists' Health Centre



UHN

Toronto General
Toronto Western
Princess Margaret
Toronto Rehab
Michener Institute

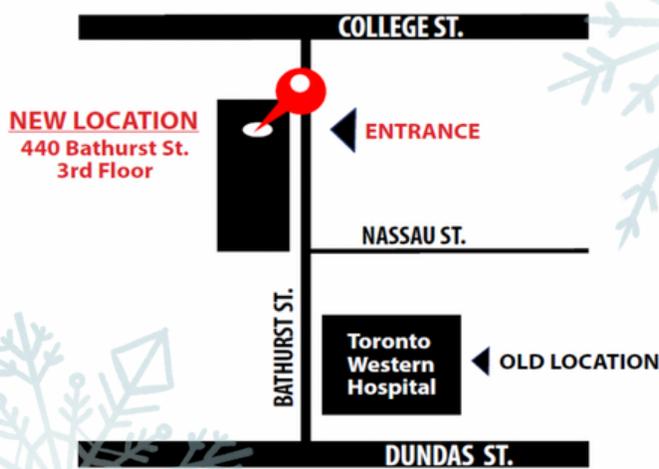


Announcements

Our clinic is IS STILL OPEN for in-person visits!

Current hours: Mondays-Fridays, 9AM-5PM EST

Scheduling an Appointment: If this is your first time with us, call to book an appointment. If you have OHIP and can do online payments, please use the online booking system!



Find us on Facebook!



Have you seen us on Facebook? Our team is regularly posting resources and clinic-related updates. Give us a like and follow us on Facebook to stay in the loop!

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

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Introducing our Newest Team Members

We would like to offer a warm welcome to our newest team members: Agnieszka Halonska, Lauren Leslie, and Lezlee Lindzon. They are all very knowledgeable and very enthusiastic about working with the Artists' Health Centre. We are excited to have them join the team!



Agnieszka "Aga" Halonska, Site Coordinator

Aga is the new Administrative Coordinator at the Artists' Health Centre and she will be supporting complex administration and operational processes. Aga has a wide breadth of experience in medical administration and has perviously worked as an Activation Therapy assistant in a nursing home. She appreciates the comforting properties of art, and as a mother of an autistic artist, she has a lot of experience in managing mental health.

Lauren Leslie, Registered Massage Therapist

Lauren was a massage enthusiast decades before becoming a therapist. Her training at Sutherland-Chan prepared her to treat clients with a wide range of issues, from survivors of catastrophic accidents to those struggling with stress and depression. Her son is an aspiring pianist and composer, so she has a clear understanding of the challenges artists face. She offers Swedish massage, myofascial release & deep tissue work.





Lezlee Lindzon, Registered Social Worker

Lezlee has over 20 years of experience in social work. Her Background includes a combination of working in healthcare and in private practice. Throughout her career, she has worked with a variety of clients to support overall mental health. She appreciates the unique needs of individuals involved in the Arts. She has training in Cognitive Behavioural Therapy, Emotionally Focused Therapy, and Gottman method. Lezlee empowers individuals, families, and couples to draw on their strengths and identify meaningful goals.

Health Practitioner's Spotlight

Vicki Hawkins, BScPT, BA

Vicki completed her Physiotherapy degree at the University of Toronto. Previously she obtained an honours degree in Kinesiology with a Certificate in Sport Therapy and a Certificate in Fitness Assessment at York University.

Vicki is also trained in Manual Therapy, Muscle Energy, Scoliosis, the Pelvis, Pole Walking, and Yoga therapy. She has worked with dance, music, and theatre programs, including the Royal Conservatory of Music, Canada's National Ballet School, and the Mirvish Musical.



Interview with Spotlight Practitioner

"Just seeing the artists do what they do best - that's what makes my heart sing."

Tell us about your role at the AHC.

As the physiotherapist at Artists' Health Centre (AHC), I work primarily with musculoskeletal conditions and injuries. I assess and treat these injuries, and also create treatment plans for the prevention of injuries. Treatments are often developed in coordination with other practitioners at AHC, or sometimes in coordination with therapists outside of the Centre. Usually, my care is provided both in-person and virtually by video. I take a more active approach to therapy and consider what clients can do on a daily basis to help themselves.

How has the pandemic changed your practice?

It has changed my practice a lot. In March of 2020, I started doing virtual physiotherapy by video, and this has been quite successful for a lot of clients. It's not perfect for everybody, but I have some clients who have continued doing virtual sessions because they're more appropriate for them. These clients may be immunocompromised, or they live out of the city, or it just doesn't sit in their schedule to come in to the clinic for an appointment. Virtual physiotherapy also works very well for ergonomic assessments of home offices and studios for visual artists, musicians and dancers.

What are some of the challenges that artists find in accessing physiotherapy?

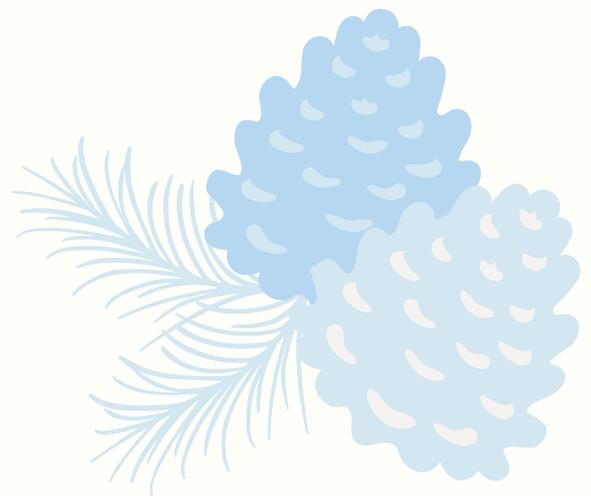
If you polled the artists, the number one thing would be finances. Physiotherapy at AHC is "fee for service", and usually requires more than one appointment. It is pretty rare that what needs to be done can be completed in one appointment. I constantly feel very aware of the financial considerations when I provide treatment to give clients as much as I can within an appointment. Time is another challenge. Sometimes clients' schedules don't work very well with the clinic schedule. If there's a performing artist who is up until 2 am, they don't want to come in for an 8 am appointment.

Is there anything that artists can do to prevent injuries from happening? If so, what?

There is a ton that can be done for prevention. One of the first things that I can think of, as a physical therapist, is physical activity. Is the client doing something to keep the cardiovascular system and their circulation healthy which helps with recovery? Are they doing something for strength and flexibility on a regular basis to help them stay as strong and flexible as they need to be for the activities that they do most often? And then there's the education side of health. This includes ergonomics, proper warmups before activity, taking breaks from repetitive and sustained activities, proper footwear for the activity, about the artist's working environment and more. We also need to think about things that contribute to health, which includes nutrition, hydration, sleep hygiene, and stress management. These are the conversations I have with people several times a week

What is the most rewarding aspect of working as a physiotherapist with the AHC?

Just seeing the artists do what they do best - that's what makes my heart sing.



Disclaimer: The views and opinions expressed are those expressed by the practitioners and do not necessarily reflect the views of the Artists' Health Centre.

Omicron Unfurls New Challenges for Artists in Canada

The COVID-19 pandemic has been an admittedly trying time for many artists. On an individual level, artists faced unprecedented challenges within the context of emotional, physical, and holistic well-being. On a professional level, the newest variant's rapid spread has begun to threaten the progress done earlier in the Fall - the reopening of venues, performance spaces, and additional platforms for artists to reconnect with their audiences in-person.

One of the most prominent challenges Canadian artists have faced is navigating the nuances of individual lockdown rules in parallel with their specific professions. **Most notably, there are a number of regions that do not qualify artists for the Canada Worker Lockdown Benefit (CWLB), even though artists being directly affected by closing venues due to employees, patrons, and venue hosts falling ill with COVID-19.**^{1,2} Physical spaces like the Toronto Christmas Market have also been closed this year, and alternative venue spaces like the Distillery District's Winter Village have also seen limited foot traffic due to Omicron concerns in addition to earlier artist displacements from the Artscape Distillery District Studios.^{3,4}

Despite these challenges, the changes artists have faced during the pandemic have also offered new opportunities to help researchers better understand the individual well-being and health needs of artists. Earlier this year, a research team from Montreal (Quebec) published a protocol for a study designed to better support artists' well-being during the pandemic.⁵ Another Polish study examined the identity crisis artists may face during ongoing pandemics, laying the groundwork for further research and providing valuable insights for future global pandemics and crises.⁶ **While studies like these are important for informing strategies to help artists in future situations similar to the COVID-19 pandemic, the knowledge gap on how artists can be assisted as and their unique professionals needs continues to persist.** Important next steps to highlight the translational value of this research, particularly within the evolving context of the Omicron variant, necessitates designing programs and supports that are centred around the holistic well-being of artists.

References:

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2. Sask. artist says it's 'ridiculous' she's ineligible for federal aid due to lack of capacity restrictions | CBC news. (2022, January 10). CBC. <https://www.cbc.ca/news/canada/saskatchewan/saskatoon-artist-ridiculous-federal-covid-aid-restrictions-1.6310262>
3. Lieberman, C. (2021, December 20). Artists in Toronto's distillery district lose studio space earlier than expected - Toronto | Globalnews.ca. Global News. <https://globalnews.ca/news/8463997/distillery-district-artists-studio- eviction/>
4. Aziz, S. (2021, December 25). COVID-19 surge amid omicron dampens Christmas celebrations for a second year. Global News. <https://globalnews.ca/news/8469703/covid-christmas-2021-omicron-restrictions/>
5. Stuckey, M., Richard, V., Decker, A., Aubertin, P., & Kriellaars, D. (2021). Supporting holistic wellbeing for performing artists during the COVID-19 pandemic and recovery: Study protocol. *Frontiers in Psychology*, 12. <https://doi.org/10.3389/fpsyg.2021.577882>
6. Szostak, M., & Sułkowski, Ł. (2021). Identity crisis of artists during the COVID-19 pandemic and shift towards entrepreneurship. *Entrepreneurial Business and Economics Review*, 9(3), 87-102. <https://doi.org/10.15678/eber.2021.090306>

Snow Shovelling Safety Tips

Some of the Canadian provinces have experienced heavier snowfall than usual! Check out these snow shovelling safety tips to prevent injury.

1. Start with a warm-up

Prepare the body for this snow shovelling. Start with some brief cardio exercise like marching on the spot, leg swings, arm swings for 3 to 5 minutes before starting to shovel.



2. Push, Don't Lift!

Snow can be deceptively heavy. When shovelling snow, try your best to push the snow to the edge of your driveway, instead of lifting it up. If you must, bend your knees and lift with your legs, not your back!



3. Tighten your Core

Try to engage your core muscles as much as possible. When needing to lift the snow, also use buttock & leg muscles to assist. This will help prevent back injuries!

4. Switch sides, and take it easy!

Try to shovel/push the snow on one side of your body for 5 repetitions, then repeat on the other side of the body. Clear small sections at a time. If the snow is very deep, then push the snow away in layers.

5. Pace yourself

Shovel for 15 to 20 minutes at a time, then take a small break to hydrate and rest.



Got a stiff neck? Perform these exercises to increase neck mobility



For flexion, slowly lower your chin toward your chest. Make sure to only move your head, and go only as far as you can without any pain. Hold for 5 seconds, and then return to the neutral position.

For extension, slowly tilt your head back in order to look upward. Keep your back and shoulders stationary. Go as far back as you can without any pain. Hold for 5 seconds, and then return slowly to the neutral position.



More Free Online Exercise Resources

Get your Cardio in!

Just because the gyms are closed, doesn't mean you can't hit your cardio goals. Try these six low-impact cardio exercises to get your heart rate up and stay healthy! [Healthline.com](https://www.healthline.com)

Stay Flexible

Sitting at a desk all day? Stay flexible with these simple stretches. Remember to listen to your body and avoid over-doing anything. Stretching shouldn't hurt, so never push yourself too far! [Verywellfit.com](https://www.verywellfit.com)

On the MOVE 2022 hosted by DTRC



The Dancer Transition Resource Center (DTRC) in collaboration with regional and national arts service organizations present “on the MOVE | danse TRANSIT”, which welcomes young dancers into the professional community, and provides them with the skills, resources and networking opportunities they need to make an inspired and informed transition into the profession.

On the MOVE | danse TRANSIT offers a variety of online workshops, panels and networking opportunities at no cost for budding dancers everywhere. Check out the complete list of sessions at the link below -

[on the MOVE / danse TRANSIT Web Series - DTRC](#)

COVID-19 Resources and Supports from the Canadian Government

City of Toronto Tax Reduction



A new tax reduction comes into effect in 2022, which some small businesses may be eligible for. Read more about it [here](#).

Ontario COVID-19 Worker Income Protection Benefit and Small Business Relief Grant

Financial compensation for employees or business owners that are unable to work due to vaccine side-effects, positive COVID tests, or isolating while waiting for test results.

Learn more [here](#).



ConnexOntario



Information about mental health support and services within your community. Call them (1-866-531-2600) or visit their website [here](#).