

## Arts | Health | Community SHOWCASE

Friday, March 6<sup>th</sup>, 2020

9:30 am to 3:30 pm

Carleton Dominion-Chalmers Centre

<b>SESSION 1</b>	<b>10:00 - 10:30 am</b>
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### **Room 17: MASC - Awesome Arts en folie**

A program where participants of all ages explore issues and connect with their community through the arts. Come learn about MASC's internationally award-winning community arts program and participate in an interactive arts activity. **MASC** is a charitable arts organization that works with over 200 professional artists of diverse backgrounds, offering workshops, performances, artist-in-residence programs and special events in all artistic disciplines for over 120,000 participants a year.

<http://www.masconline.ca/>

Presenters: **Micheline Shoebridge, Gerald Dragon and Jamaal Jackson Rogers.**

### **Fellowship Hall: Eleanor Crowder - Voicing Community**

Let your full voice be heard! We start with a vocal warm-up and exploration, try out some short choral scripts and hear how they have been used in a variety of models for theatre work in Ottawa communities.

Presenter: **Eleanor's** theatre work empowers individuals and builds confidence in working as a community; she works with Bear & Co., GNAG Theatre, MASC and Arts Network Ottawa.

Contact: [eleanor.crowder@gmail.com](mailto:eleanor.crowder@gmail.com)

### **Chapel: An Ottawa Symphony - Ottawa Hospital initiative**

Does live music make a difference to the hospital experience? A 2019-20 quality improvement initiative to (a) investigate the effect of music on patient and staff experience at TOH Cancer Centre using curated, live musical performance (Phase 1) and (b) to explore individualized, in-patient interventions with a music therapist (Phase 2).

Presenters: **Corianne Bell** maintains a private practice, specializing in the application of sound and music-based fundamentals for developmental and therapeutic outcomes. **Kate Holmes** is the general manager of the Ottawa Symphony Orchestra. [ottawasymphony.com](http://ottawasymphony.com) **Cheryl Jones** RP, MTA, NMT-F, PhD is an accredited music therapist who specializes in music-based rehab following brain injury. She also works in palliative care and with children with special needs. [www.conbriomusictherapy.com](http://www.conbriomusictherapy.com)

### **Room 14: The Art of Being Human – Self-Care – Self Portrait Session**

Draw an image of yourself while being mindful of your thoughts. Art is a reflection of one's self and it can also be a tool for gaining new insights. No experience necessary just an open mind. Based on the elective offered through the University of Ottawa, Family Medicine, Medicine in Humanities certificate program.

Presenter: **Suzanne Valois** is an Expression Arts facilitator, melding creativity and wellness, founder of The Art of Being Human, [www.theartofbeinghuman.ca](http://www.theartofbeinghuman.ca) and she is co-chair of Arts Health Network Ottawa.

### **Sanctuary: Bruyère – ConcertDocs**

Bringing joy to retirement residences and LTC homes in the capital region, Fraser and Carol share their love of music with people who might have a hard time getting to the NAC. These two musician doctors find the community concerts energizing and life-giving, for their audiences and for themselves. Bruyère coordinates their concerts, focusing on creative quality of life initiatives with ConcertDocs and their new Artist in Residence program. <https://www.concertdocs.ca/>

Presenters: **Dr. Carol Wiebe and Dr. Fraser Rubens**

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SESSION 2	10:45 - 11:15 am
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### **Room 17: Lineage Arts Limited – Healing through Arts: Self-Care**

Our speaker will discuss popular forms of self-care situated within the cultural landscapes that they originate and the importance of this knowledge to encouraging purposeful, as well as respectful practice. **Lineage Arts** is an art gallery and cafe space that supports Indigenous and visible-minority artists and craftspeople to build cultural awareness through the arts.

Presenters: **Suny Jacob and Dhivya Shastri**

### **Fellowship Hall: Lotus Centre for Special Music Education – Adapted Music Education**

Learn about the adapted music education programs offered through Lotus Centre, including music lessons, camps and various collaborative programs with arts and community organizations. Strategies for adaptation for musicians with exceptionalities will be discussed and demonstrated.

Presenters: **Erin Parkes** is the founder and executive director of Lotus Centre for Special Music Education, and adjunct professor in music education at the University of Ottawa. **Brett Fortin** is a music educator at Lotus Centre for Special Music Education. [www.lotuscentre.net](http://www.lotuscentre.net)

### **Chapel: Danielle Nicholls – Music Therapy**

“Music therapy is a discipline in which credentialed professionals (MTA) use music purposefully within therapeutic relationships to support development, health, and well-being” (Canadian Association for Music Therapy). In this presentation, music therapy techniques and methods will be demonstrated and participants will be encouraged to explore the power of music!

Presenter: **Danielle Nicholls**, MTA, is an Accredited Music Therapist whose work has focused mainly in dementia and Alzheimer's care. Contact: [danielle.music.therapy@gmail.com](mailto:danielle.music.therapy@gmail.com)

### **Room 14: Ottawa School of Art (Orleans) - Ink and Watercolour for Stress Reduction**

Combine the movement and flow of watercolours with the meditative aspect of zen doodling with ink pen. We will explore moods with colour and calmness with line work starting from a simple image.

Presenter: **Maryse (m.Hatchard) Fillion** is a professional Watercolour artist teaching mostly through the Ottawa School of Art, Orléans, as well as in elementary and high schools. <http://www.adekato.com/> Contact: [mhatchard@me.com](mailto:mhatchard@me.com)

### **Sanctuary: Carmel Whittle – “Bringing the Land to the City” (film screening)**

“Bringing the Land to the City” honours the essential elements of the planet: air, water, earth and fire. It draws us across creeks, waterfalls and inland woods, through fire, to the wind and the ocean using slow motion and sound to create a hypnotic connection to each element.

Presenter: **Carmel Whittle** is a filmmaker, artist, musician, community organizer for the No Borders Art Festival, co-chair of Arts Health Network Ottawa and a member of the National Arts Health Network Canada. [www.carmelwhittle.com](http://www.carmelwhittle.com) Contact: [carmwhittle@gmail.com](mailto:carmwhittle@gmail.com)

### **Room 15/16: Ottawa Art Gallery & Royal Ottawa Mental Health Centre - Creative Space**

Visual art-making as a tool for mental health, wellness, and community building.

Presenters: **Alexis Boyle** is the Curator of Community Access at the newly re-opened, FREE and public Ottawa Art Gallery 10, Daly ave. where she develops accessible programs for all ages in partnership with local organizations. <https://www.oaggao.ca/> **Sara Richardson-Brown** is a Recreation Therapist at the Royal Ottawa Mental Health Centre with a particular focus on building community connections through meaningful activity to enhance long term patient recovery. [www.theroyal.ca](http://www.theroyal.ca) Contacts: [ABoyle@oaggao.ca](mailto:ABoyle@oaggao.ca) & [Sara.Richardson-Brown@theroyal.ca](mailto:Sara.Richardson-Brown@theroyal.ca)

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### REFLECTION ROOM - Parlour All Day

Throughout the day, the Parlour will be open for reflection. Feel free to gather during breaks & lunch for conversations with colleagues and participants, or physically express your thoughts, questions and feedback through the guided **sand mandala** table or **wall mural**.

**Guided Sand Mandala:** Join the all-day mandala making using colored sand. Traditionally, the purpose of making a communal mandala is to call the community to meditation and awareness of something larger than their own individual world. This ephemeral project will be dismantled at the end of the day.

**Presenters:** Arts Health Network Ottawa/ Réseau Arts et Santé Ottawa <http://www.ahno.ca/>

### PLENARY SESSION - Sanctuary 11:30 - 12:00 pm

**The Social Prescription Movement** – Developing the full potential of underserved children, youth and families: **A Day at the Museum** – A collaboration between the Vanier Social Pediatric Hub, CHEO, University of Ottawa, Carleton University and the Museum of Nature

Led by **Dr. Sue Bennett**, Director of Social Pediatrics at CHEO and Professor in the Faculty of Medicine at the University of Ottawa with **Dr. Heather Dunlap**, a CHEO/uOttawa Pediatric Resident, both part of the **Alliance for Healthier Communities pilot project** examining social prescribing in Ontario. The presentation will include a brief history of the **Social Prescription movement** in the UK, Canada and Ontario followed by details of a pilot project of prescribed museum passes to children, youth and their families in Vanier, Ottawa.

#### PRESENTERS:

**Dr. Sue Bennett** is a Full professor in the Department of Pediatrics, Faculty of Medicine, University of Ottawa. She is a pediatrician and mental health professional by training and is Director of Social Pediatrics at the Children's Hospital of Eastern Ontario (CHEO) after more than 2 decades as Director of the Child & Youth Protection Program at CHEO, working clinically with maltreated children, youth and their families. She is a prominent advocate for the rights of children and youth and conducts research and education in social pediatrics, global & child health and protection for multidisciplinary professionals at the local, national and international level. She is co-founder and co- medical director of the recently developed Vanier Social Pediatric Hub with community & academic partners to provide holistic, comprehensive & integrated health and social care to children, youth and their families in order for them to reach their fullest potential in an underserved and richly diverse community.

**Heather Dunlap** is a second year pediatric resident working at CHEO, who shares an enthusiastic interest in social paediatrics & advocacy. During her medical studies, she took part in several advocacy initiatives, including co-leading a vision screening program for children in underserved neighbourhoods and conducting research in barriers preventing children with autism from accessing supports. She is now thrilled to be working with Dr. Bennett, director of social paediatrics, in exploring the impact of social prescribing, specifically museum visits, on high needs families. She hopes to continue engaging in similar initiatives throughout her career.

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SESSION 3	1:30 - 2:00 pm
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### **Room 17: Concerts in Care**

Passion and Compassion - providing musical bridges to memories, family, and community

Presenters: **Debra Chandler**, Executive Director, Concerts in Care Ontario with **Gertrude Letourneau**, flute, voice, and therapeutic musician, and **Catherine Donkin**, piano.

[www.concertsincareontario.com](http://www.concertsincareontario.com)

### **Fellowship Hall: Söl Creations and Arts Express - Improv - Keeping you young at heart and nimble in mind!**

Improv is about the art of possibility in the moment. Using three main principles "1. Help your partner look good and feel insanely smart. 2. Train your brain to go with your gut. 3. Yes!...and." Improv skills can help silence your inner critic and allow for expression in ways that enhance your creativity, help sharpen the mind and warm the heart.

Presenter: **Nancy Solange Dean** is an Expressive Arts Practitioner in Ottawa who encourages healing and personal growth through the creative process. Co-Chair of [Arts Health Network Ottawa](#), Regional Coordinator of [Arts Express](#) and owner of Söl Creations.

Contact: [nancy.artsexpress@bell.net](mailto:nancy.artsexpress@bell.net)

### **Chapel: Pulse! Rhythm & Wellness – Hands-on Drumming**

A participatory drumming session for all levels! Rhythms from Ghana will be layered in simple patterns, building a cohesive sound and energy that supports individual and collective wellness.

Presenter: A faculty instructor in Carleton's SSAC Music Department, **Kathy Armstrong** is a percussionist and educator who also works in the community, as founding director of both Baobab Drum Dance Community and Pulse! Rhythm & Wellness. [www.pulserhythmandwellness.ca](http://www.pulserhythmandwellness.ca)

Contact: [Kathy.armstrong@carleton.ca](mailto:Kathy.armstrong@carleton.ca)

### **Room 14: Jadzia Romaniec – Picture Your Thoughts**

Participants will listen and respond to a short story read in a step-by-step manner using a variety of techniques and materials. They will be encouraged to observe their responses to the story, materials and techniques. Participants will be invited to share their observations after the activity.

Presenter: **Jadzia Romaniec** – Registered Expressive Arts Practitioner (OEATA) with extensive experience in art for workplace team building, art for bereavement, art therapy in addictions programming and courses in art for personal exploration. <https://www.jadziaromaniec.com/>

### **Sanctuary: Propeller Dance - Disability Arts/Dance Inclusion**

This session will share Propeller Dance's methodology of integrated contemporary dance that dance is for everybody. There will be a short presentation followed by a dance workshop where the attendees will be welcomed to participate or watch.

Presenters: **Kira Zanyk Davey and Geneviève Beaulieu** have been involved with Propeller Dance for 7 years – Kira as a co-teacher with the adult recreational classes and Geneviève is a dance partner specialist for the recreational classes and the professional company and a guest dancer.

<https://propellerdance.com>

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SESSION 4	2:15 - 2:45 pm
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### **Room 17: The Perley and Rideau Veterans' Health Centre - Clay in Long Term Care**

Clay artist Cynthia O'Brien gives a heartfelt account of how she uses her material to befriend and inspire an elderly population.

*Presenter: Clay artist **Cynthia O'Brien** has taught all ages for the last 20 years and her art work can be found in many collections. She has also worked in Long Term Care for fourteen years, where she inspires our elderly population in creating time, pride and personal work.*

[www.cynthiaobrien.ca](http://www.cynthiaobrien.ca) Contact: [cynthiaobrien.clay@gmail.com](mailto:cynthiaobrien.clay@gmail.com)

### **Fellowship Hall: The Perley and Rideau Veterans' Health Centre - Music with Trudy**

**Gertrude Létourneau** "Trudy" will take you through the different types of music sessions she has developed in the past 20 years in Therapeutic Recreation and Creative Arts at the Perley and Rideau Veterans' Health Centre. She invites you to be part of the presentation with your voice, hands and feet and with your heart. ***The Perley and Rideau Veterans' Health Centre** is one of the largest and most progressive long-term care homes in Ontario with 450 long-term care beds, a 12-bed Guest House providing respite care and a Seniors Village with 139 independent-living apartments for seniors.* [www.perleyrideau.ca](http://www.perleyrideau.ca) Contact: [gertrudeletourneau@gmail.com](mailto:gertrudeletourneau@gmail.com)

### **Chapel: Tournesol Bande – Improv+Rock Group from the L'Arche Ottawa community**

**Tournesol Bande** emerged out of Joël Favreau's drum lessons with Rory Magill. When Joël's housemate Martin joined in the lessons, the band was born. After learning songs from Joël's favourite rock band KISS, and performing them for the L'Arche Ottawa community, Tournesol turned its attention toward more personal self-expression in free improvisation.

*Members of Tournesol Bande: **Joël Favreau, electric guitar, Martin Goulet, keyboard, vocals, Scott Warren, electronics, turntable & Rory Magill, keyboard, vocals.** Members of Rory's jazz-improv group Rakestar Arkestra (like Scott Warren) periodically sit in with Tournesol.*

Contact: [rorymagill3@gmail.com](mailto:rorymagill3@gmail.com)

### **Room 14: coCreations - Mindful mandalas colouring for healing**

After a short presentation on what mandalas represent, their associations, and how they can be used for healing, manifestation or empowerment, you will be invited to colour the Flower of Life mandala. Subtle yet powerful, mandalas help to stabilize, integrate, and rearrange inner life.

*Presenter: Multidisciplinary artist, Design Thinking instructor, creativity and team-building facilitator, and reiki master, **Louise Lalonde** advocates that curiosity, kindness and play enhance life all around.* [www.coCreations.ca](http://www.coCreations.ca) Contact: [Louise@coCreations.ca](mailto:Louise@coCreations.ca)

### **Room 15/16: Capital Strings and Voices Collective: Arts for Social Change**

Learn how CSVC programs address both individual and societal health issues. Our music and other arts-based programs integrate youth, seniors, new, and established Canadians in co-learning opportunities specifically designed to increase understandings of self and others. We invite you to sample research-based methods we incorporate to improve physical, cognitive, and emotional health while guiding participants to grow as artists and as good citizens.

*Presenter: **Joan Harrison, MM (Yale), PhD (Faculty of Education, uOttawa)** is a cellist, educator, and entrepreneur. After principal cello positions with the New York City Opera, Toronto Chamber Orchestra, and the Arcadia Ensemble, Joan merged her passions and created CSVC. This year Joan was selected as one of only 2 Canadians to participate in the Global Leaders Program, an ivy-league curated Executive Education for impact-focused Arts Entrepreneurs.*

Contact: [Joan@enterprisingrabbit.com](mailto:Joan@enterprisingrabbit.com)