

Volume 4 No. 2  
March 2015

Faculty of Music  
University of Toronto

### **Tour of Holland Bloorview Kids Rehab**

On February 25<sup>th</sup> Dean Don McLean, Judi Cooper from the Development Office, and Lee Bartel were hosted on a tour of Holland Bloorview Kids Rehab by Tom Chau, Director of the Bloorview Research Institute. The purpose was to get an overview of what music and sound related research has been underway at Holland Bloorview with the intention to project what research connections between music and rehabilitation exist. Research scientists, graduate students, music therapists demonstrated musical steps, Biomusic, Brain response to music by functional Near Infrared (fNIR) scan, the virtual music instrument, and music therapy. One of the interesting spaces was Screenplay, a project funded by CIHR to create a calming and engaging space for children waiting for appointments. It consists of touch sensitive squares on the floor that trigger a visual image projected on the wall and sound in the room.



Elaine Biddiss, Bloorview research scientist, demonstrating Screenplay to Dean Don, McLean, Judi Cooper, U of T Development Officer, and Tom Chau, Director of Bloorview Research institute

### **CBC “Ideas” Broadcast: Allison’s Brain featuring Cheryl Jones, MaHRC Graduate Associate**

The Canadian Broadcasting Corporation’s (CBC) signature broadcast, Ideas, featured the story of Allison’s Brain on Thursday, February 19, 2015. Quoting the CBC, “In 2011, Allison Woyiwada – a retired music teacher – was told that she had a giant brain aneurysm. After surgery, she experience severe cognitive and physical defects. But then she



Cheryl Jones, Neurologic Music Therapist and PhD student

began a programme of music therapy: this is the remarkable story of her brain's recovery." The neurologic music therapist working with Allison was Cheryl Jones, a PhD student in the Music and Health program in the Faculty of Music. To hear this exceptional story go to the website of "Ideas" and select the February 19<sup>th</sup> podcast, or click on the direct link.

<http://www.cbc.ca/radio/ideas> Allison's Brain – Thursday February 19, 2015

Podcast:

[http://www.cbc.ca/radio\\_template\\_2012/audiopop.html?autoPlay=true&clipIds=2654742346](http://www.cbc.ca/radio_template_2012/audiopop.html?autoPlay=true&clipIds=2654742346)

## UPCOMING EVENTS

### NICU Music Therapy Training – Still Room for Registration

Early Bird Deadline: April 1, 2015

To Register go to: <http://mahrc.snappages.com/home.htm>

A Music Therapy in NICU training opportunity is set to take place on Saturday May 30, 2015 (9 am-5 pm) at the University of Toronto. This is the first time this training will be offered in Canada! This instruction is open to music therapists, students in music and health related programs, allied health care professionals, nurses, doctors, researchers, etc. Registration fees before April 1 are \$200. After that \$250.00 Costs for this event are subsidized by the Music and Health Research Collaboratory.

For more information on this event or if you have any questions, please email Amy Clements Cortes [a.clements.cortes@utoronto.ca](mailto:a.clements.cortes@utoronto.ca)

#### Topics

- First Sounds: Rhythm, Breath, and Lullaby
- EMT as a Noise Modulator: A Continuum of Care

#### Instructors:

- Joanne Loewy, DA, LCAT, MT-BC Director, The Louis Armstrong Center for Music & Medicine, Mount Sinai Beth Israel Associate Professor, Icahn School of Medicine at Mount Sinai, Mount Sinai Health
- Andrew Rossetti MMT, MT-BC The Louis Armstrong Center for Music & Medicine, Mount Sinai Beth Israel The Louis & Lucille Armstrong Music Therapy Program for inpatients

## **Music and Health Colloquium:**

TITLE: Clarifying the connections between music, hearing, and emotional communication

PRESENTER: Frank Russo, Ryerson University, Associate of MaHRC

Wednesday, March 25, 3:00 – 4:30

PLACEL Room 216, Edward Johnson Building

These Colloquia are open to all faculty, graduate, undergraduate students, MaHRC Associates, and the public.

## **Webinar Series by Room217 Foundation, a MaHRC Affiliate,**

Room 217 organizes a webinar series that features topics relevant to Music Care. These are free webinars and are available for participation as they are offered and for free download after the event.

March 11	Music at End of Life - Dr. Colin Lee
April 8	Music & Dementia Care - Robin Rio
May 13	Singing for Wellness - Melanie Boyd
June 10	Music & Parkinson's Disease - Dr. Bin Hu

To register for these or to download past webinars please go to:

<http://www.room217.ca/music-care-webinars>

## **Performing Arts Medicine Association (PAMA) – Toronto Regional Meeting – March 7-8**

The PAMA conference in Toronto takes place March 7 – 8 with a schedule of outstanding leaders in this field. Please see details of the program below.

Performing Arts Medicine Association and  
Glenn Gould School of the Royal Conservatory  
*present*

# Tuning the Athlete and Performing Artist for Optimal Health and Performance

Fifth Annual Toronto Regional Meeting of PAMA

**March 7-8, 2015**

**Royal Conservatory of Music**  
273 Bloor Street West  
Toronto, Ontario Canada

**Who should attend:**

All professionals who provide care and training for performing artists and athletes will gain new insights, knowledge, and skills to improve their practice. Performers, athletes, and students will learn how performance skills can be improved.



PAMA is an international member organization comprised of dedicated physicians, therapists, trainers, educators and administrators, as well as performers and students with the common goal of improving the well being of performing artists. The annual Symposium is held in conjunction with the summer Aspen Music Festival & School, Aspen, Colorado. [artsmed.org](http://artsmed.org)



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The Glenn Gould School is one of the few music schools in North America dedicated exclusively to performance. With an enrollment of 125, students have many performance opportunities and virtually unlimited access to practice studios. With small scale, internationally recognized faculty, and immersive performance environment, our students have access to everything they need to fulfill their dreams. [rcmusic.ca](http://rcmusic.ca)



## Presenters

### **James Anagnoson, BM, MS**

Dean Glenn Gould School, Royal Conservatory of Music  
Toronto, ON

### **Leisa Bellmore**

Shiatsu Therapist, Artists' Health Centre  
Toronto Western Hospital  
Toronto, ON

### **Marshall Chasin, AuD**

Doctor of Audiology, Musicians Clinics of Canada  
Recipient of 2012 Queen Elizabeth II Diamond Jubilee Medal  
Toronto, ON

### **John Chong, MD, FRCPC**

Medical Director of Musicians Clinics of Canada  
Faculty Glenn Gould School of Royal Conservatory of Music  
Immediate Past President PAMA  
Toronto, ON

### **E. Laura Cruz, MSc, MD, CCFP, Dip Sport Med**

Medical Director, LiveActive Sport Medicine Health and Performance  
Medical Consultant, Canadian Women's Hockey League  
University of Toronto Sport Medicine Fellowship Committee  
Secretary-Treasurer, Canadian Academy of Sport and Exercise Medicine  
Toronto, ON

### **Gregory Frankson, OCT, BEd, BA**

Cytopoetics Creative Services  
Toronto, ON

### **Gayanne Grossman, PT, EdM, BFA**

Director of Dance Wellness, Instructor of Anatomy, Kinesiology and Conditioning for Dancers,  
Muhlenberg College, Lehigh Valley Health Network Performing Arts Wellness Program  
Allentown, PA

### **Christine Guptill, BMus, BSc, MS (OT), PhD, OT Reg. (Ont.)**

Adjunct Professor, Music and Health Research Collaboratory, University of Toronto  
Vice chair of Research, Performing Arts Medicine Association  
Faculty, National Youth Orchestra Canada  
London, ON

### **Lucinda Halstead, MD**

Associate Professor  
Medical Director, Evelyn Trammell Institute for Voice and Swallowing, Department of Otolaryngology-Head and Neck Surgery, Medical University of South Carolina  
Charleston, SC

### **Amanda Hancox**

Executive Director, Dancer Transition Resource Centre  
Toronto, ON

### **Vicki Hawkins, BSCPT, BAKIN**

Registered Physiotherapist  
Level 2 GYROTONIC® Trainer, Level 1 GYROKINESIS® Trainer  
Toronto, ON

### **Kelly Hill, BA, MA**

Hill Strategies Research  
Hamilton, ON

### **Janet Horvath, BA**

Former Associate Principal Cello  
Minnesota Orchestra  
Author Playing (Less) Hurt  
Minneapolis, MN

### **Murray Howerth, RMT**

Director Essential Kneads Rosedale Health Clinic  
Company Massage Therapist, National Ballet of Canada  
Artists' Health Centre  
Toronto, ON

### **Ashley James, ND**

Naturopathic Doctor  
Sport Nutrition and Sport Medicine Specialist  
Toronto, ON

### **Doug Johnson, MM, RN, Licensed Andover Educator**

Associate Professor of Piano  
Berklee College of Music  
Boston, MA

### **Carina Joly, DMA (Piano Performance and Pedagogy) and CAS (Music Physiology)**

Pianist and Independent Researcher  
Zurich, Switzerland

### **Nancy Kadel, MD**

PAMA President  
Orthopaedic Surgeon  
Group Health Physicians  
Seattle, WA

### **Robin Kish, MS, MFA**

Assistant Professor  
College of Performing Arts, Department of Dance  
Chapman University  
Orange, CA

### **Sang-Hie Lee, PhD, EdD, MM**

Professor of Music  
University of South Florida, College of the Arts  
Tampa, FL

### **Peter Lejkowski, BKin, DC, FRCSS(C)**

Sport Specialist Chiropractor  
Pivot Sport Medicine and Orthopaedics  
Toronto, ON

### **Lynda Mainwaring, BA, BHK, MHK, PhD, C.Psych.**

Associate Professor  
Faculty of Kinesiology & Physical Education  
University of Toronto  
Toronto, ON

### **Don McLean, BMus, MA, PhD**

Dean and Professor Music Theory, University of Toronto  
Toronto, ON

*Continued on last page*

## Schedule

### Saturday, March 7

- 8:30-9:00 Registration - available all day. Displays open. Morning sessions will be held in the Conservatory Theatre
- 9:00-9:30 Opening Remarks
- 9:30-10:30 **Keynote Address** - Life on Broadway: Care of the Professional Theatrical Performer, *David S. Weiss, MD, FAAOS*
- 10:30-10:45 Questions & Answers with David S. Weiss, MD, FAAOS
- 10:45-11:15 Integration of fMRI, and nEMG, and MIDI in a Professional Pianist with Focal Dystonia, *Sang-Hie Lee, PhD, EdD, MM*
- 11:15-12:00 Concussions in Athletes and Artists, *Robin Kish, MS, MFA and E. Laura Cruz, MSc, MD, CCFP, Dip Sport Med*
- 12:00-1:00 Lunch on your own. Student performances and afternoon sessions will be held in Mazzoleni Hall
- 1:30-2:00 Student Performances
- 2:00-2:45 Artists in Canada and their Health Disparities, *Kelly Hill, BA, MA*
- 2:45-3:00 Reflections on Poverty and Health, *Gregory Frankson, OCT, BEd, BA*

#### Concurrent Sessions:

- 3:00-4:00
- Panel - Disparity, Prevention and Provision of Care in PAM, *Nancy Kadel, MD, Chair; John Chong, MD, FRCPC; Christine Guptill, BMus, BSc, MS (OT), PhD, OT Reg. (Ont.); Amanda Hancox; Clay Miller, MD, MFA; Jennie Morton, BSc (Hons) Osteopathy*
  - Workshop - GYROKINESIS® for the Performing Arts, *Vicki Hawkins, BSCPT, BAKIN* - Room 250
  - Self-Shiatsu to Improve Sleep, *Leisa Bellmore* - Room 251

#### Concurrent Sessions:

- 4:00-5:00
- Panel - Integrating Performing Arts into School Curriculum, *Lynda Mainwaring, BA, BHK, MHK, PhD, C.Psych, Chair; James Anagnoson, BM, MS; Gayanne Grossman, PT, EdM, BFA; Robin Kish, MS, MFA; Sang-Hie Lee, PhD, EdD, MM; Don McLean, BMus, MA, PhD*
  - Workshop - Hearing Loss Prevention, *Marshall Chasin, AuD and Janet Horvath, BA* - Room 250
  - Workshop - Beyond Technique: The Science and Art of Communications for Professional Vocalists, *Jennie Morton, BSc (Hons) Osteopathy* - Room 251

#### Evening on your own (reserve your own tickets, visit our website for links to purchase tickets)

- National Ballet Mixed Programme - 7:30pm (short subway ride)
- Jon Batiste - Koerner Hall - 8:00pm (in building) tickets available at [www.rcmusic.ca](http://www.rcmusic.ca)
- Blythe Spirit Angela Lansbury, Mirvish - 8:00pm (subway and short walk)

### Sunday, March 8 - Workshops at OISE and Conservatory

- 9:00- 9:45 Registration - Coffee and snacks available outside G015

#### Concurrent Sessions:

- 9:30 -10:30
- Body Stabilization for Pianists: A Preventive Approach for Optimal Piano Performance, *Carina Joly, DMA, CAS* - G015 Conservatory
  - Body-Mapping, *Doug Johnson, MM, RN* - G016 Conservatory
  - Mindfulness Warm-up for Musicians, *Gayanne Grossman, PT, EdM, BFA and Bonnie Robson, MD, DC P, FRCPC* - 2279 OISE
  - Affordable Healthy Nutrition, *Ashley James, ND* - 2286 OISE

#### Concurrent Sessions:

- 10:45-11:45
- See it, Feel it, Fix it, *John Chong, MD, FRCPC and Peter Lejkowski, BKin, DC, FRCSS(C)* - G015 Conservatory
  - Vocal Landmines, *Lucinda Halstead, MD* - G016 Conservatory
  - Proprioceptive Neurologic Facilitation, *Murray Howerth, RMT* - 2279 OISE
  - Treating Athletes and Artists: Similarities and Differences, *Jennie Morton, BSc (Hons) Osteopathy and Nancy Kadel, MD* - 2286 OISE

- 12:00 Network in Lounge outside G015 - performance by Canadian Memorial Chiropractic College Choir



## For More Information

[www.artsmmed.org](http://www.artsmmed.org) for conference details (PAMA)

For questions contact course directors:

John Chong, MD FRCPC  
[John.Chong@sympatico.ca](mailto:John.Chong@sympatico.ca)

Bonnie Robson, MD FRCPC  
[Bonnie.Robson@xplornet.com](mailto:Bonnie.Robson@xplornet.com)

## Presenters Continued

Clay Miller, MD, MFA

PAMA Secretary  
Sports Medicine North  
Peabody, MA

Jennie Morton, BSc (Hons) Osteopathy  
UCL Honorary Lecturer, MSc PAM  
New York, NY

Bonnie Robson, MD, DC P, FRCPC  
Psychiatrist Retired  
Picton, ON

David S. Weiss, MD, FAAOS  
Clinical Associate Professor,  
Department of Orthopedic Surgery  
New York University School of Medicine  
Associate Director Harkness Center for Dance Injuries,  
Hospital for Joint Diseases, NYU Langone Medical Center  
New York, NY

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## Registration and Fees

### Full Conference Registration

#### **PAMA Members:**

Physician/DO/Chiropractor/Dentist - \$150

Teacher/Artist/Administrator/Other Health Professional - \$100

#### **Non-PAMA Members:**

Physician/DO/Chiropractor/Dentist - \$180

Teacher/Artist/Administrator/Other Health Professional - \$130

Students - \$35

### One Day Conference Registration

#### **PAMA Members:**

Physician/DO/Chiropractor/Dentist - \$75

Teacher/Artist/Administrator/Other Health Professional - \$50

#### **Non-PAMA Members:**

Physician/DO/Chiropractor/Dentist - \$90

Teacher/Artist/Administrator/Other Health Professional - \$65

Students - \$20

### Registration and payment options:

To register online visit the registration website at:

**[www.artsmed.org/toronto-2015](http://www.artsmed.org/toronto-2015)**

## Transportation and Lodging

The TELUS Centre for Performance and Learning is conveniently located near the corner of Bloor Street and University Avenue. To reach the Conservatory by public transit, take the TTC subway to either St. George or Museum station. There is no parking available, but there are several municipal parking lots in the immediate area.

**Special Hotel Rate:** Intercontinental Toronto Yorkville  
220 Bloor Street West, Toronto, ON M5S 1T8

To reserve your hotel room online go to:

**[www.artsmed.org/toronto-2015#hotel](http://www.artsmed.org/toronto-2015#hotel)**

- Select "View Rooms & Rates"
- Select your arrival and departure dates
- Click on View Availability
- Select room preference, enter a credit card to hold your room

Or, you may reserve your room by calling or emailing:

1-800-267-0010 or 416-960-5200

[reservation.torontoyorkville@ihg.com](mailto:reservation.torontoyorkville@ihg.com)

*You will need to identify yourself as part of RCM when you call or email for reservations.*

On the MaHRC Newsletter is created and edited by: Prof. Lee Bartel, Associate Dean-Research and Acting Director of MaHRC. For questions or comments:  
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