

# Music & Wellness

## Music Care Conference

Saturday November 5, 2022

New Westminster, BC | Hybrid



BC  
Brain  
Wellness  
Program



# EmpireMusic

## Music Care Musical Instruments from Empire Music



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Monday - Friday 8am - 4:30pm for telephone and online order support.  
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Our showroom is open for product pickup and pre-arranged viewing.



## Welcome

Music makes life better!

We are here today to discover together the hows and whys of that statement through research, lived experience, and clinical practice. You may be a believer already. Or you may simply be curious and needing to explore. For whatever reason you have come, welcome!

The last two and half years have been challenging. We acknowledge and honour the work of frontline and family caregivers and hope you find today refreshing. Our goal for you today is that you will go back to your daily practice enriched and resolved to use music more intentionally as an approach to care and wellness. We hope that you will discover resources and services that you can use for self-care as well.

You are part of a growing learning community across Canada that is digging deeper into using music for health, wellness, and care. Over the years, we've gathered in Fredericton, Waterloo, Toronto, Calgary, Edmonton, and Mississauga; our last in-person conference was in 2019 in Hamilton.

We are especially thankful to be able to meet in-person at the beautiful Anvil Centre. With the support of the Canada Council for the Arts, we can extend our reach to those who may not be able to travel to New Westminster. A warm welcome to our virtual participants!

Alongside five local BC groups, we have developed a day we hope you will find inspiring, full of compelling stories, information, and insight. Our thanks to Cynthia Friesen - BC Brain Wellness Program, Susan Summers & Melody Owen - Music Therapy Association of BC, Jodi Mason -The Vancouver Symphony, Graeme Wyman - The Vancouver Adapted Music Society and Katherine Evans - UBC School of Music for their support in the planning.

We are grateful for all our partnerships – you have helped make today possible. Thank you to the Anvil Centre, our speakers and workshop presenters, exhibitors, donors, and Empire Music.

We encourage you to share stories and learn from one another. Enjoy the day.

Yours in learning,



A handwritten signature in black ink that reads "Bev Foster".

Bev Foster  
Executive Director  
Room 217 Foundation



A handwritten signature in black ink that reads "Dawn Ellis-Mobbs".

Dawn Ellis-Mobbs  
Education Manager  
Room 217 Foundation

We recognize and respect that New Westminster is on the unceded and unsundered land of the Halkomelem speaking peoples. We acknowledge that colonialism has made invisible their histories and connections to the land. We are learning and building relationships with the people whose lands we are on.



# Program at a Glance

Music Care Conference 2022  
 Saturday, November 5 - New Westminster, BC

Time (PST)	Venue	Title and Presenter (Hybrid sessions indicated with *)
8:00 - 9:00 A.M.	Atrium/3rd floor	Registration/Exhibits/Music Store/Douglas College Jazz Trio
<b>Gathering 1</b> 9:00 - 10:30	Theatre	*Music Care Cameo – Olivia Blander & Julia Lockhart *Welcome – Bev Foster *Opening Plenary – Be Still, My Heart: Reflections on the Healing Power of Music, Love & Community – Dr. Heather Mohan *Music Care Cameo – Brian Doerksen with Harry Doerksen
10:30 - 11:00	3rd floor	Refreshments/Exhibits/Music Store
<b>Gathering 2</b> 11:00 - 12:00 P.M.	Theatre	*Music Care Cameo – Jeff Standfield *Plenary – The Effects of Neurologic Music Therapy – Dr. Corene Thaut
12:00 - 1:00	Atrium/3rd floor 3rd floor Ballroom 114/115	LUNCH Exhibits/Music Store *Room 217 Lunch and Learn
<b>Workshops 1</b> 1:00 - 2:00	Theatre  Ballroom 111 Ballroom 112  Ballroom 115 Ballroom 114	*1. Caring, Engagement & Hope - Addressing Loneliness in Dementia – Dr. Kristine Theurer 2. The Singing Soul – David Hatfield (max 20) 3. Meet in the Music: Practical Tools for Working with the Autistic Child – Esther Thane 4. Creating Person-Centred Music Care Programs – Dawn Ellis-Mobbs *5. Research Track – Hosted by Dr. Susan Summers <ul style="list-style-type: none"> <li>· Using music for personal and professional resilience – Aimee Berends</li> <li>· Caregiver confidence using music scale – Chelsea Mackinnon</li> <li>· Music therapy and the advancement of family-centred care in the neonatal intensive care unit: a philosophical inquiry – Carol Weidemann</li> <li>· Arts on prescription – Carolyne Clare with Jodi Mason</li> </ul>
2:00 - 2:10		Travel
<b>Workshops 2</b> 2:10 - 3:10	Ballroom 115  Ballroom 111 Ballroom 112 Theatre  Ballroom 114	1. Caring, Engagement & Hope - Addressing Loneliness in Dementia – Dr. Kristine Theurer 2. The Singing Soul – David Hatfield (max 20) 3. Rooted in Music: Relaxation for Self-Care – Esther Thane *4. Adaptive Music: Engineering a new way to play – Eric Molendyk & Graeme Wyman *5. Research Track – Hosted by Dr. Susan Summe <ul style="list-style-type: none"> <li>· Culturally diverse music creation as a prototype – Bev Foster</li> <li>· Working through the pandemic: aspects of organizational resilience – Sarah Ganter with Jodi Mason</li> <li>· Using passive music listening versus music therapy interventions in persons living with dementia – Camilla Schroeder</li> <li>· Targeting apathy with rewarding music in Parkinson's Disease – Mikey Jose</li> </ul>
3:10 - 3:30		Exhibits/Music Store
<b>Gathering 3</b> 3:30 - 4:30	Theatre	*My Story – Susan Aglukark
4:30		Close

Theatre is located on the 3rd floor. Ballrooms are located on the main floor.

# About Today



**Refreshments** – Refreshments will be served on the 3rd floor outside the Theatre



**Exhibitors** – Please visit our exhibitors who will be available all day on the 3rd floor. We appreciate their support and encourage you to take a moment to connect and benefit from their varied knowledge and expertise.



The music store will be available all day, on the 3rd floor. Try out instruments, speak to their music experts and shop!

## Lunch



Boxed Lunch will be served on the 3rd floor and on the main floor Atrium.

Feel free to take your lunch to Ballroom West (rm 112) if you wish to sit at a table.



## Lunch and Learn – musiccare CERTIFY – 12:30 pm

Join us for a Lunch and Learn about Room 217's new individual and organization certification programs. Bring your lunch and join Dawn and Bev to learn more.

Meet in Ballroom 114.

Music therapists meet in Ballroom 115.



Washrooms are located on Level 1 & 3 behind the elevator banks.



**Evaluations** – An online evaluation will be sent via email to all participants next week. The organizers would appreciate your feedback and constructive comments. Thank you in advance for helping us in this way.



## A reminder that:

- Sessions will begin on time and the doors will remain closed once they begin.
- Name badges are to be worn at all times.

**Cell phones and other electronic devices are to be on silent with no vibration.**



## Name Badge Return

**Instructions** – Please return name badges and lanyards to the registration table at end of day. Thank-you.



## Need Help or Directions? –

Come see us at the registration table on the main floor.



Do you Twitter? Share your day with **@room217fdn** using **#musiccareconference2022** **#MCC2022**

# About the Conference Organizers



The Room 217 Foundation is a music-based health arts social enterprise, producing and delivering purposely designed music products, education, training, and certification to improve quality of life and care. Our three pillars of musicare are - CONNECT, LEARN and CERTIFY – each designed to support caregivers and care communities to increase engagement and life enrichment.



Changing lives by optimizing brain wellness. We offer evidence informed lifestyle and wellness programs for individuals living with chronic brain conditions, their care partners, and healthy agers. We integrate active research and education in all that we do. Our program empowers individuals to tailor their participation to physical and cognitive abilities, rather than diagnostic labels. Our ongoing delivery of classes supplements traditional medical care and can lead participants to a better quality of life.



The Music Therapy Association of British Columbia (MTABC) is a provincial professional association whose mission is to promote excellence in music therapy practice, research, education, and development. MTABC partners with like-minded organizations to provide our members with professional development opportunities and advocates for expanded music therapy services and practice. Working in cooperation with the Canadian Association of Music Therapists (CAMT), MTABC aims to further the awareness of music therapy in BC and across Canada. Certified Music Therapists believe that musical experiences are integral to sound health.



The Vancouver Adapted Music Society (VAMS, vams.org) is a registered charity in British Columbia created in 1988 to enable people with physical disabilities to enhance their quality of life through music. Since then, VAMS has grown to provide 1,000 music instructions in 2019, 26 gigs and events, and serve over 84 musicians from beginners to professionals. During these 33 years, VAMS operates the only adapted music studio in Western Canada at the GF Strong Rehabilitation Centre; BC's largest rehabilitation hospital, located in Vancouver.



Founded in 1919, the Grammy and Juno-award winning Vancouver Symphony Orchestra is the third largest orchestra in Canada, the largest arts organization in Western Canada, and one of the few orchestras in the world to have its own music school. With the mandate "To enrich and transform lives through music", the VSO has evolved into what is distinctly, one of the most successful, active, and innovative orchestras in North America. Led by Music Director Otto Tausk since 2018, the VSO performs more than 150 concerts each year, throughout Vancouver and the province of British Columbia, reaching over 270,000 people annually.



UBC Music is "one of the oldest and largest music schools in the country, the UBC School of Music offers a wide array of undergraduate, graduate, and non-degree training in composition, performance, education, and scholarship. Whether you're an aspiring musician or musicologist, studio producer or teacher, we have a program for you.

# Conference Speakers



## **Dr. Heather Mohan – Be Still, My Heart: Reflection on the Healing Power of Music, Love & Community**

This opening presentation will use song, poetry and story to explore the healing power of music, its capacity to open our hearts and connect us with an experience of love and community.

Drawing on her many years of experience as a counsellor and music therapist supporting children, adults and families through serious illness, grief and loss, and on lessons learned through the establishment of her non-profit organization Lumara, Dr. Mohan will reflect on the ways in which suffering can shift when we allow our hearts to open ~ transforming our experiences of pain and isolation into experiences of love, belonging and community.

*Dr. Heather Mohan is a Registered Clinical Counsellor and an Accredited Music Therapist with a Masters degree in Music Therapy, and a PhD in Arts Education. She has worked as a therapist, program coordinator, researcher and educator in the hospice/palliative/bereavement care field for over 25 years. She has been a faculty member in the Graduate Counselling program at the City University of Seattle, in the Music Therapy program at Capilano University in North Vancouver and is currently an Adjunct Professor in the UBC Department of Medicine (Division of Palliative Care). She works full-time as the Executive Director of Lumara – a BC-based, registered charity she co-founded in 2007 to provide emotional support and care for children and families coping with serious illness, grief and loss.*



## **Dr. Corene Hurt-Thaut – The Effects of Neurologic Music Therapy**

Very few people would argue the universal power that music has on humans, but what is really going on in the brain when it engages in a task such as listening to, moving with, or playing music? This presentation will give you a brief introduction to the evidence-based practice of Neurologic Music Therapy, and a glimpse at how elements of music can be used to influence non-musical brain and behaviors functions. Through several case studies you will experience the transforming power of music on cognitive, sensorimotor, and speech and language, and the indirect influence on the emotional health of our clients with Parkinson's Disease, dementia, and acquired brain injury.

*Dr. Corene Hurt-Thaut is a professor of music, director of the MMus in Applied Music and Health, and a research associate at the University of Toronto; associate professor at the ArtEZ School of Music – ArtEZ Conservatorium in the Netherlands; and co-founder and Program Director for The Academy of Neurologic Music Therapy. She is nationally and internationally recognized for her clinical expertise in the evidence-based practice of Neurologic Music Therapy. Dr. Hurt-Thaut has numerous research publications in the area of music and motor control as well as ten book chapters highlighting specific applications of neurologic music therapy to her credit.*



## **Susan Aglukark – My Story**

Susan Aglukark will be singing and speaking about her journey over the last 30 years, from small town Nunavut, and talking about art and music as healers.

*Dr. Susan Aglukark is the first Inuk artist to win a Juno (3) and a Governor General's Performing Arts Award for lifetime artistic achievement, she is an officer of the Order of Canada, holds several Honourary Doctorate degrees and has held command performances; but Susan also acknowledges the path has not been easy. She most recently received the Humanitarian Award at the Junos in 2022.*

*Despite the success she experienced in the 1990s, by 1998 she was suffering from post-partum depression and found herself in a dark place in need of time to reflect and heal. What followed was several years of reflection, healing and making deeper commitments to her singing/songwriting career. And so began what Susan calls her "awakening". As she learned more about her culture and the strength and resilience of the Inuit who have been on this land for over 5,000 years, Susan was also engaging her own "inner artist" and falling in love with performing, sharing stories and singing.*

# Music Care Cameos



## **Olivia Blander**

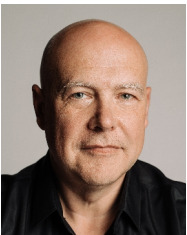
Originally from Ottawa, Olivia's early musical interest led to her pursuing advanced degrees in cello performance at McGill University, Yale University, and the Harid Conservatory. She has appeared frequently as a soloist and in ensembles on CBC radio and has participated in several major festivals including at the Banff Centre and the Tanglewood Music Centre. In 2000, Olivia joined the Vancouver Symphony. In addition she teaches cello privately and on faculty at the VSO School of Music and at the Saint James Music Academy. Olivia's long-time interests in psychology and neuroscience led to her completing a Master of Arts in counselling psychology in 2022, and after her recent internship as a counsellor in a community service agency, she is excited to explore career possibilities where she can continue learning and applying her new skills as a counsellor.



## **Julia Lockhart**

A native of Calgary, Julia gained her first professional experience at age sixteen, playing as an extra musician in the Calgary Philharmonic Orchestra. She is a graduate of the Curtis Institute of Music in Philadelphia, where she earned a Bachelor of Music in bassoon and a Diploma in harpsichord. Her Master of Music was completed through studies at Yale and UBC.

As a teacher, Julia has served on faculty at UBC and has given guest master classes at several other Canadian universities. She is particularly dedicated to helping students of any instrument overcome performance anxiety, giving classes on this at the VSO Institute, University of Toronto, and the VSO School. Julia has played chamber concerts throughout the Vancouver area and the BC Interior. She has created and performed arrangements for solo bassoon with piano, with classical guitar, and for bassoon quartet. In her spare time, Julia enjoys gardening and creating mosaic art.



## **Brian Doerksen**

Brian Doerksen's songs ('Refiner's Fire' 'Faithful One') are sung in faith communities around the world. In 2008, Brian received a JUNO award for 'Holy God' (Contemporary Christian/Gospel Album of the year) and in 2014 at the Covenant Awards he received a 'Lifetime Achievement Award' from the Gospel Music Association of Canada. Brian continues to write new songs and is the director of a new online songwriting program called 'Unlocking Your Songs'. His 6 adult children include 2 sons with special needs, and he lives with his wife of 37 years Joyce and their family in Abbotsford BC.



## **Jeff Standfield**

West Coast singer songwriter Jeff Standfield entertains audiences with poignant original lyrics, rich acoustic guitar and vocals, and a warm and often humorous banter. Discovering the beauty and power of music as a boy from his folk singing parents, he learned how writing and performing was a way to process his own emotions as well as inspire and entertain others. When Jeff was an infant he contracted a rare virus causing permanent paralysis in his legs. But with his love of music, he has excelled, not only in business, but as an elite three-time Paralympic athlete.



# Workshop Presenters



## **Dr. Kristine Theurer – Caring, Engagement & Hope – Addressing Loneliness in Dementia**

Research indicates one out of every two individuals living with dementia suffer from chronic loneliness. Studies suggest that peer support is a powerful effective approach to loneliness—if the right structures and training are in place. Dr. Kristine Theurer will share research results of a pilot evaluating an innovative approach to loneliness called Java Memory Care. Attendees will have an opportunity to experience this approach by walking through the steps of the program. Inspiring stories of caring, engagement and hope among participants—despite the mental and physical challenges—will be shared. Attendees will leave with a practical takeaway strategy handout.

*Dr. Kristine Theurer has pioneered the use of standardized peer support and mentoring programs to address loneliness among older adults. She is the author of 'It Makes Life Worthwhile!' Peer Mentoring in Long-Term Care in Aging & Mental Health and The Need for a Social Revolution in Residential Care, one of the most downloaded articles in the Journal of Aging Studies. Dr. Theurer has received numerous research awards including Michael Smith Foundation for Health Research and the Social Sciences and Humanities Research Council of Canada. She serves on the planning committee for the Canadian National Conference on Culture Change.*



## **David Hatfield - The Singing Soul**

The Singing Soul is spontaneous, in-the-moment singing; the unveiling of our very uniqueness in melody, harmony, and rhythm...our stories, in words, and beyond them. There are no wrong notes and there's nothing to memorize, just breathe and sing...ahh! Sessions begin with physical and vocal warming, improv style! A variety of clearly outlined structures are offered, each of which generates different experiences and outcomes. Sessions are punctuated with pauses to process our learnings together. You'll strengthen your abilities as a vocal musician in creating melodies and harmonies, laying down vocal percussion grooves and bass lines, and gelling with others in creating freewheeling counterpoint that just begs for a soloist - then becoming that too!

*David is a lover of vocal music and has led The Singing Soul nationally and internationally since 1997. He was the conductor of the improv choir House of Song, and his music experience includes percussion, bass and guitar and ranges from street performing to off-Broadway, from fully choreographed to fully improvised. David has won numerous music scholarships including trainings at the Banff Centre for the Arts and Simon Fraser University. He is also a leadership consultant specializing in communication, conflict, and masculinity. He holds an Associate degree in Jazz Studies, and has won numerous music scholarships including the Banff Centre for the Arts and Simon Fraser University. He holds an MA in Process Oriented Facilitation and Conflict Studies, and an MEd in Social Ecology.*



## **Dawn Ellis-Mobbs - Creating Person-Centred Music Care Programs**

This workshop will focus on several of the core programs found on the musiccare LEARN platform and will dive into how the music care approach is a tangible example of person-centred care. Discover a few strategies and learn how to access resources that are sure to help you develop rich and meaningful programs and deepen relationships in your care community through the music care approach.

*Dawn Ellis-Mobbs is an experienced educator, community musician and arts administrator with a passion for creating innovative programs for the use of music in care settings. Dawn has created programs that are intergenerational in design and is skilled at developing partnerships in arts and music-based programming.*

# Workshop Presenters Continued



## **Esther Thane – Meet in the Music: Practical Tools for Working with the Autistic Child**

This workshop presents a background of autism, considerations, and practical ideas of incorporating music into interactions with the autistic child. Musical components will require no instruments or musical ability, but simply an openness to explore rhythmic and melodic realms of interaction, including the use of pre-recorded music selections.

## **Rooted in Music: Relaxation for Self-Care**

Are you in need of some self-care or some time out to be just “be”? Come to this workshop ready to be relaxed! This will be a fully immersive experience. Participants will receive a sound bath in the form of a skilled, researched, live music relaxation, while laying down. Experience deep breathing, a form of Jacobson’s progressive muscle relaxation and a positive affirming segment that will leave you feeling refreshed, calm and self-regulated.

*Esther has specialized since 1996 in the field of Autism and special needs. After over a decade on faculty at Capilano University, teaching in the Bachelor of Music Therapy Program, Esther continues to enjoy presenting at conferences, writing book reviews for published journals, and holding workshops for universities, local agencies and internationally. In 2014, Esther completed Dr. Diane Austin's (Music Psychotherapy Center, NY) first international distance training program in Advanced Vocal Psychotherapy. Her publication in the book: Voicework in Music Therapy (Jessica Kingsley Publishers), focuses on her innovative method of Vocal-Led Relaxation for Children with Autism.*



## **Graeme Wyman & Eric Molendyk - Adaptive Music: Engineering a New Way to Play**

Explore how creativity and design plans work together to make music production and creation accessible to all at the Vancouver Adapted Music Society (VAMS). VAMS supports and promotes musicians with physical disabilities in the Metro Vancouver Area. They operate Canada's only fully accessible recording studio, release CDs, create music videos, and promote concerts. Formed in 1988 by two musicians with high-level disabilities, VAMS shows that disability is not a barrier to creativity. Accessibility is central to everything they do. Participants explore and discover music and their own capabilities.



*Graeme Wyman started with VAMS in 2014 and became the Program Coordinator helping the program grow to over 1,000 sessions in 2019. His love of performance, recording and producing started at an early age and after high school he attended Berklee College of Music in Boston, MA. Graeme is currently a Program Manager with the Disability Foundation; however, he still supports VAMS by recording, and playing live with clients.*

*Eric Molendyk first became involved with Tetra in 2001 when he took the role of Provincial Coordinator Assistant. Throughout the years, Eric's career grew alongside Tetra, and after multiple promotions, he now holds the title of Program Manager while maintaining his role of BC Regional Coordinator. He is honoured to continue his work with all the staff, clients and volunteers from coast to coast and is often in awe of their ingenuity and brilliance.*

# Research Track



## **Aimee Berends - Using music care for personal & professional resilience**

Aimee Berends is a music therapist and freelance musician. She has held the position of principal oboe in the Guelph Symphony Orchestra and played with several other groups. As a music therapist, Aimee's clinical focus is mental health and addictions. One of her favourite roles is consulting with organizations who wish to include music for the health of their service users but don't know where to start. Aimee is a continuing education instructor and researcher with the Room 217 Foundation.



## **Chelsea Mackinnon - Caregiver confidence using music scale**

Chelsea Mackinnon is a Sessional Instructor and Research Supervisor at McMaster University in the Faculty of Health Sciences where she engages students in community-based education and teaches coursework in music and health. Chelsea's research interests include community music, long-term care, intergenerational music-making, and vibroacoustics. Chelsea is the Research Lead at the Room 217 Foundation, and founder of Intergenerational Music Hamilton (IMHope).



## **Carol Weideman - Music therapy and the advancement of family-centred care in the neonatal intensive care unit: A philosophical inquiry**

Carol Wiedemann, MTA, NICU-MT, is a certified music therapist who has worked at BC Children's Hospital and BC Women's Hospital and Health Centre since 2003. She is currently working in the Burn Program, NICU, and T6 supporting in-patients of all ages in neurology, cardiology, orthopedics, and the medical/surgical unit.



## **Carolyne Clare with Jodi Mason - Arts on prescription in BC**

Carolyne is currently a Postdoctoral Fellow at UBC's School of Population and Public Health, and she holds a PhD in Performance Studies from Simon Fraser University. Carolyne was a 2016 Vanier Scholar, and her current research is supported by the department of Canadian Heritage. Carolyne's research on Arts on Prescription is being conducted in collaboration with the BC Alliance for Arts and Culture.



## **Bev Foster - Culturally diverse music creation as a prototype for effective intercultural collaboration in health care**

Bev Foster is an experienced musician and music educator having taught music in both elementary and secondary schools and her private studio. Bev has free-lanced as conductor, accompanist, clinician and solo performer in community projects as well as leading initiatives such as the Ontario Vocal Festival, and David Festival. Currently, Bev is the Founder and Executive Director of the Room 217 Foundation, and a community Research Fellow of the Laurier Centre for Music in the Community at Wilfrid Laurier University.



## **Sarah Ganter with Jodi Mason - Working through the pandemic: Aspects of organizational resilience in the performing arts sector during COVID-19**

Dr. Sarah Anne Ganter is Assistant Professor of Communication and Cultural Policy in the School of Communication at Simon Fraser University where she directs the Cultural Industries in Acute Crisis Project Group. Her work focuses on cultural industries in times of crisis, platformed cultural industries and related institutionalization processes. She is the co-author of 'The power of platforms: shaping media and society' which was published with Oxford University Press.



## **Camilla Schroeder - Comparing the effectiveness in reducing agitated behaviours in persons with dementia using passive music listening versus music therapy interventions**

Camilla Schroeder is a certified music therapist who works in long-term care and oncology, and teaches Private Music Instruction in the Music Therapy program at Capilano University, BC. She supervises Music Therapy practicum and internship students, and has contributed to the profession as a board member with the Music Therapy Association of BC.



## **Mikey Jose - Targeting apathy with rewarding music in Parkinson's Disease**

Mikey Jose is a PhD Neuroscience student at UBC, pursuing research in clinical music neuroscience. Graduating with a BSc in Cognitive Systems at UBC in 2020, Mikey's research orientation lends itself well to multidisciplinary research, as he continuously strives to bridge the gap between the arts and health/medicine. Mikey is a TEDx speaker, invited panelist at UBC's Neuroscience Colloquia series and Vancouver Symphony Orchestra's Roundtable series, and Director of UBC Brain and Music Group.

# Exhibitors

Thank you to our exhibitors, we're grateful that you are here to share your resources with us. We encourage you to visit them during the refreshment breaks located on the 3rd floor.



After more than 70 years in the music business, we take pride in offering music care educators, caregivers and students a choice of the best musical instruments available. We're committed to offering you the best products, customer service, and value in the industry.

Check out our website for our extensive range of products to find the musical instruments that interest you. If you can't find exactly what you're looking for, or have any questions, please contact us and we would be happy to help with your search.



On behalf of the Canadian Association of Music Therapists, we invite you to attend the 17th World Congress of Music Therapy taking place in Vancouver, Canada from July 24 – 29, 2023. For many of us, this will be the first in-person opportunity in recent years to (re)connect with colleagues, both old and new. The Congress will be an in-person event and also

accommodate those who are unable to join us through various online options and remote packages, so everyone will still have an opportunity to meet new faces and see familiar ones.

We hope you will join us as a delegate, a sponsor or an exhibitor in our hosting of the World Congress of Music Therapy! We look forward to showcasing Canadian culture and the diversity of music therapy and music therapists across our vast country. We are also eager to learn about music therapy practices and research trends from countries around the world. It is a time of global innovation, and it is our privilege to partake in this growth together.

Register today at <https://www.wcmt2023.org/>



# Save The Date

**Music Care Conference**  
**Saturday October 28, 2023**  
**Ottawa, ON**

# Donors & Sponsors

A word of appreciation to our donors and sponsors who have helped make today's experience accessible and affordable.



Canada Council  
for the Arts

Conseil des arts  
du Canada

The Canada Council for the Arts is Canada's public arts funder, with a mandate to "foster and promote the study and enjoyment of, and the production of works in, the arts."



Sovereign Order Of  
ST. JOHN OF JERUSALEM  
Knights Hospitaller c.1048

The Sovereign Order of St. John of Jerusalem, Knights Hospitaller (Sovereign Order) is an international community of members, who continue more than 900 years' of tradition helping the sick and the poor of all nationalities, races and creeds. The International office is located in Vancouver, Canada.



Canadian Centre for  
Caregiving Excellence

The Canadian Centre for Caregiving Excellence (CCCE) is an initiative of the Azrieli Foundation to support and empower family caregivers and care providers across Canada. We bring together stakeholders from across the country, translate knowledge to practice, scale what works and fill gaps through innovation. We are guided by four focus areas: support networks and knowledge sharing; education and leadership development; advocacy and policy development; and inclusion and underserved communities.

**MUSIC**  
**HEALS**

Since 2012, Music Heals has raised awareness and funds to increase access to music therapy and music and mental health services for patients in children's hospitals, seniors centres, palliative care, AIDS & HIV programs, at-risk youth, rehabilitation, bereavement support, and more in BC and Canada. We partner with each program we fund to tell real stories of impact and sustain music therapy programming. To date Music Heals has funded over 32,000 music therapy sessions for Canadians in need.

Foster Hewitt Foundation

—FAVDTR—

Special thanks to the musicians from Douglas College who welcomed us this morning in the Registration area.



**NEW**

An achievement program that raises the standards of music delivery in care

Do you and your organization want to be recognized for how you are using music in care?

Consider becoming **musiccare Certified**.

There are two types of certification:

**For Individuals** – the pathway to integrating music into your regular care practice

- Increase your confidence
- Learn music care strategies
- Build personal skills and capacity for using music in care
- Develop music care competencies through quality development training
- Deepen your caring relationships
- Gain continuing education hours

**For Organizations** – a quality improvement program for better care outcomes

- Use a sustainable approach to music care delivery with processes, training, toolkits, and tip to tail support
- Leverage an evidence-based quality improvement model with measurables
- Stand out from your competitors
- Engage your whole team and boost morale as a pathway to pandemic recover
- Complete a tangible achievement – GOLD, SILVER or BRONZE, beneficial for accreditation
- Increase music care strategies
- Free team access to CONNECT app



**Learn more today at our Lunch & Learn @ 12:30 pm**

Bring your lunch and join Dawn Ellis-Mobbs and Bev Foster from the Room 217 Foundation to learn more about how musiccare CERTIFY works.

**More online learning opportunities – Visit our Virtual Learning Studio**



Ukeleles for Care



Resilience



Songwriting



Singing for Care

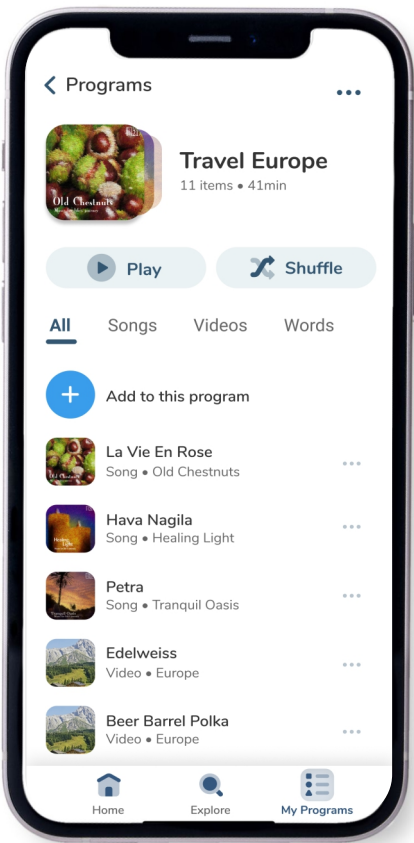


Music and the Aging Brain



Music and the Developing Brain

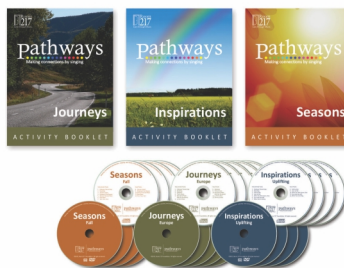
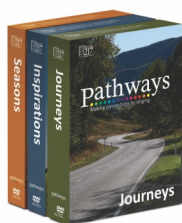
# Room 217 musiccare Products



A **musiccare app** that fits in your pocket! Digital delivery of all Room 217 products. Available at Google Play and Apple App Store.

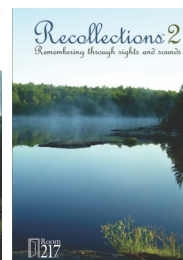


**Music Collections** – 24 albums designed for palliative and end-of-life care



**Pathways Singing Program** – 13 facilitated episodes for dementia care

**Recollections** – 3 videos designed for reminiscence and stimulation



**Conversation Cards** – pictures and conversation starters for 1:1 visits

▶ **For sale today** at the **musiccare exhibit** or online at [musiccare.org/store](http://musiccare.org/store)

## Take the conference home and keep learning!

### WEBINARS

Free! Learn from experts  
2nd Wednesday of each month – 3:30 pm EST

### TRAINING

3-level standardized training in the theory and application of music in care; no musical expertise necessary

### SKILLS DAY

Customized hands-on music care training for your group

▶ **Visit our free online resource** library for podcasts, blogs, infographics, and links to resources:  
[musiccare.org/resources](http://musiccare.org/resources)



# musiccare

## by Room 217

The great cellist, Pablos Cassals said that “the capacity to care is the thing that gives life its deepest meaning and significance.”

Room 217’s Music Care Conference is an opportunity to transform the way we care for one another in our neighbourhoods.

The Music Care Conference brings together a cross section of community stakeholders in music and care to provide both information and inspiration that will have far reaching and prolonged impact on how use of music can make a difference to quality of life and well-being.

Thank you for joining us.



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