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## Life's a celebration: Sing!



That's the credo of **Arts for Health** music co-ordinator in Hamilton, **Rosemary Biland**, (daughter of the late Dr. Kägi, past president of the Auckland Swiss Club) and a small band of volunteers who are using music to buoy the spirits of people in hospital or community care.

"Every day is a celebration and that's what art and music are here for - they render this place (the hospital) less clinical. Music works on a psychic or emotional level and patients can forget they are in hospital."

Rosemary, a teacher of piano, composition and musical instrument making, co-ordinates volunteer musicians to visit the Waikato Hospital wards, as well as community mental health groups Arohakite Tangata and Mahi Tahi, two groups of intellectually disabled adults, and a group of four profoundly intellectually disabled teenagers who respond to music. The music uplifts not only the patients, but also their caregivers, who constantly play a

physically and emotionally demanding role.

- Arts for Health director Ed McAvoy says the Arts For Health trust has recently bought two new keyboards with a Health Waikato Charitable Trust grant, helped along by a generous discount from Hamilton's Weir's Pianos.

The new keyboards allow the group to expand its hospital-based music programme to include music composition and songwriting and to take that programme to more patients.

-The keyboards are readily portable and can be used with headphones. The beauty of them is that they stay in tune.

- The guiding principle of Arts for Health is: "Art is an integral part of our physical and spiritual well-being." The organisation is staffed by a core of 26 volunteers who are skilled in arts and crafts, tactile therapies and music. In the past 11 months almost 3500 people have had contact with the service, about a third of whom have benefited from the music programme.

- Rosemary's belief in the healing power of music was formed 40 years ago. At that time she took three months' leave from her general nursing training at Waikato Hospital to provide palliative care for her mother.

"She would ask me to play the piano or sing because it lifted her above everyday things and took away the

pain - she asked me to always play to my patients," Rosemary says.

- And just as music has been a constant in her life, so has sharing that talent with her patients.

- When she was working as a psychiatric nurse at Kingseat Hospital, she found patients would respond positively to music and discover lost joys and talents.

- Since that time she has found music can unlock a range of intellectual, mental and physical barriers.

"Those who are physically incapable of speech, for example, some stroke patients, can still sing and give of themselves. Music is also particularly suitable for autistic people or someone with a lot of aggression who can work off their anger on a drum."

- Of course the choice of music is important. The Arts for Health music programme has more than 2000 pieces of music to play.

(We are proud to hear of your talents, Rosemary, you are obviously using them well!! Ed.team)



### Answers

#### SPOT THE DIFFERENCE

- 1) The cat's tail is thinner.
- 2) The glass is full.
- 3) The tree on the right is bigger.
- 4) The bullrush on the right is bigger.
- 5) The cow has got a black patch missing.
- 6) The cloud on the right is smaller.
- 7) The fishing rod is shorter
- 8) The top of the hat is round
- 9) The ploughed field on the right is larger.

#### GUESSING AND CALCULATING

$$46 + 69 = 115$$

$$X \quad - \quad +$$

$$22 \times 42 = 924$$

$$1012 + 27 = 1039$$



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