

## **MARY PFAFF**

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Studio: 15 Bridge street, Almonte, Ontario

Mary Pfaff is a full time professional visual artist and educator, arts for wellness coach at the Ottawa Regional Cancer Foundation's Maplesoft Centre for Cancer Survivors and the former Founder and Director of Arts and Development of Artswell, an arts and healthcare charity organization. Mary graduated in Fine Arts, magna cum laude from the University of Ottawa in 1990. Working for over 27 years in the dynamic field of arts and health, Mary is an international presenter and leading advocate for engagement in the arts and creative process to effect positive change in the quality of life and sense of well being for individuals and communities.

### **Community Art Projects**

2015 –ongoing, visual artist, art facilitator and consultant in Faculty of Health Sciences, School of Rehabilitation Sciences, University of Ottawa with Roanne Thomas, PhD  
Canada Research Chair/Qualitative Health Research with Marginalized Populations /Full Professor

2011 –ongoing, arts for wellness coach for cancer survivors, Ottawa Regional Cancer Foundation, Maplesoft Centre Alta Vista Drive, Ottawa

2013 -2014 Artist in Residence, Humanities and Medicine program, University of Ottawa with Pippa Hall

2003- 2013 - as the former Founder and Director of Arts and Development for Artswell, a non-profit organization dedicated to improving the quality of life and well being of individuals affected by age, illness or injury by drawing on the arts to empower people and communities.

- My responsibilities included designing and delivering interactive arts programs, enhancement projects, creativity and wellness workshops and presentations for hospitals, long-term care facilities, palliative care, community support centres and where accessibility and special requirements are a consideration.
- In 10 years leading Artswell, I presented abstracts and led workshops to international audiences about the benefits of arts and health, including subjects such as creativity and ageing, visual journaling, mandalas for health, and art projects designed to strengthen and build healthier communities through the arts and empower individuals.

### **Grants and Projects**

2011 New Horizons for Seniors grant. Art Sparks a collaboration with the Ontario Alzheimer Society and Artswell. A government grant that enabled seniors in the Lanark county Alzheimer Society adult day programs to produce artwork for their various sites, changing the perception of their abilities.

2010 • Motions and Potions: A Telus grant, which included a series of 12 workshops, designed to address poor self-image and boost confidence for youth.  
2008 Ontario Trillium community art project grant. Footprints: Creativity, Recovery and Mental Health in collaboration with Ottawa mental Health community and Artswell  
2006 Ontario Trillium Operating Fund grant for Artswell Arts and Healthcare  
2005 Artsmarts – “Circle of Life”. St. Monica’s School, Ottawa.  
2004 Artsmarts – “Masks and Mandalas”. Corpus Christi School, Ottawa.  
2003 The Ottawa Hospital, Arthritis Centre, City of Ottawa

### **Teaching/Lectures and Workshops**

Rediscovering PSR in a New Decade Conference 2010  
The Ottawa Hospital – Nephrology and Eating Disorder Clinic - Director of two pilot visual arts projects; Cast Off and Shine  
Hopewell, Eating Disorder Support Centre, Regional Cancer Centre – workshop facilitator/presenter  
FICCDAT International for Caregivers, Technology and Aging – Presenter for Pages of Hope ( Caregivers) and Fill Up My Senses ( Growing older with a disability) Toronto  
The National Gallery of Canada 2007 Masters Series, workshops for hearing and  
The Perley and Rideau Veterans' Health Centre, Ottawa, CAS, artist/facilitator  
Presenter “Mandalas: All Around Health”, SAH international conference, Edmonton, 2005. Creator and facilitator, (with Creative Arts Services PRVHC and Lyle Povah, drummer/ facilitator) for the conference closing celebration.  
Guest lecturer, Moses Brown College, Providence, Rhode Island.  
Artsmarts National Schools Program.  
Algonquin College, Ottawa. Creative Arts Certificate compulsory mixed media course.  
The Alzheimer Society of Ottawa-Carleton.  
Activity Professionals of Ontario at Ottawa seminars.

### **Awards:**

2013 recipient of the Lucille Broadbent Award presented by the Ottawa Art Expo for demonstrated artistic leadership and commitment to the furthering of the arts community in Canada.  
2011 Exceptional Community Partner award from Ottawa Salus

### **Education**

1990 Bachelor of Fine Arts, Magna Cum Laude University of Ottawa, Ontario;  
1984-85 Carleton University Psychology  
1972 Commercial Art, Honours Diploma Algonquin College, Ottawa;