

# Tidewater Arts Outreach - FY13 Highlights

🌸 305 programs in 67 locations

🌸 229 artists

🌸 250 volunteers

🌸 4200 volunteer hours

🌸 7800 program participants

🌸 30 volunteer program host

🌸 Board of Directors grows to 15 members



## **The arts cultivate a 'healing environment,' helping patients address the mental and emotional aspects of recovery.**

Here are just some of the outcomes of the power of music and the arts in healthcare and congregate care settings:

- Enriches the soul, stimulates the mind and promotes wellness; Reduces anxiety and consciousness of pain
- Creates 'community,' helping people feel connected, heard and appreciated
- Helps people to be seen as individuals, not as patients, numbers, job descriptions or diseases
- Helps staff connect culturally with patients, families and other staff members from diverse backgrounds
- Helps people leave an artistic legacy and create a lasting expression

## **The need for arts in long-term care is great.**

Tidewater Arts Outreach has a waiting list of long-term and crisis care locations that want more music and arts in their facilities. There's also a waiting list of artists wanting to contribute, attesting to not only the great need in our community for more programs, but illustrating the desire of community members to be involved meaningfully, creatively and positively with people who are isolated and who have special needs.

Survey results show our programs are highly valued for content, quality and health and wellness benefits. We see great opportunity to provide artists with the information & resources they need to create effective and appropriate programs, for all abilities, that uplift, engage, stimulate & inspire. We hope you'll join us in our efforts. Together, we can effect positive change for people of all ages and walks of life, through the arts.

**[www.TidewaterArtsOutreach.org](http://www.TidewaterArtsOutreach.org)**