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To the greatest family in the world:

I feel like every time I write letters like this, I do so from the very privileged position of saying, once again, you have outdone yourselves.

2022 was a blur, but the best kind of a blur. Partners and artists joined us left, right, and center. New program ideas were created. Joy was spreading, wellness was enhanced, and the healing power of the arts started unleashing creativity for the adults in our community in huge quantity and quality.

You're going to learn more in this "score" we've put together. And yes there will be music puns everywhere. But you will also find beautiful stories of what happens when the very talented and wonderful adults in our programs came face-to-face (yes, truly face-to-face now!) with the arts programs you made possible.

But first, thank you. Thank you from the bottom and to the top of my heart. It is such an honor to watch this mission crescendo into something truly extraordinary. Something that other organizations and individuals in other regions (and even other parts of our country) are beginning to notice.

You're doing so well.

And now *taps the baton on the music stand* - let's begin!

Kate Powell
Executive Director
WHY TAO MATTERS?

TAO recognizes the impact social isolation has on our community's health and creates opportunities to creatively engage the residents of Hampton Roads with the arts. We are an organization that provides a medical service with a holistic approach to enhancing our neighbors well being.

Social isolation infringes on health in such a detrimental way it affects humans at their core as “being connected to others socials is widely considered a fundamental human need—crucial to both well-being and survival.”

Social isolation is a public health issue that is as damaging as smoking, being obese, and immobility.

"The arts and creative expression have been shown to promote health, self-worth, accomplishment, and social engagement."
HARMONIZING WITH...

Thank you for partnering with us to bring the healing power of the arts to the adults in your care!

Arden Courts Promedica Memory Care
Autism Society of America - Tidewater Virginia
Berkley West
Beth Sholom Village
Brookdale Chambrel Williamsburg
Catholic Charities of Eastern Virginia
Charter Senior Living of Williamsburg
Chesapeake Health Department
Chesapeake Integrated Behavioral Healthcare
Chesapeake Public Library
Chesapeake Task Force on Aging
City of Chesapeake Parks, Recreation & Tourism
Clare Bridge Brookdale Virginia Beach
Coliseum Nursing and Rehabilitation Center
Commonwealth Memory Care at Chesapeake
Commonwealth Senior Living at Hampton
Commonwealth Senior Living at Leigh Hall
East Suffolk Recreation Center
Eggleston
Elizabeth River Trail Foundation
Everyday Angels
EVMS Loving Steps
First Colonial Inn
Franklin Arms Apartments
Giving with a Golden Hand
Greenfield Senior Living Of Williamsburg
Hampton Public Library
John Knox Towers
Lake Prince Woods
Lake Taylor Transitional Care Hospital
LGBT Life Center
London Oaks
Newport News Parks & Recreation
Newport News Public Library
Norfolk Healthcare and Rehabilitation Center
Norfolk Mayor's Commission on Aging
Norfolk Public Library-Jordan Newby Anchor Branch
Old Dominion Rehabilitation and Nursing
Parsons Residential Care Center
Peninsula Agency on Aging
Portsmouth Redevelopment and Housing Authority
Portsmouth Senior Station
PrimePlus Norfolk Senior Center
Promedica Hospice Virginia Beach
Savvy Senior Connections
Senior Advocate
Senior Runs
Seniors Aging Gracefully
Sentara PACE Norfolk
Shea Terrace
Signature HealthCARE of Norfolk
Sullivan House
The Ability Center of Virginia
The Hamilton Assisted Living
The Up Center - Parents as Teachers
The Waterford Senior Living
Verena at the Reserve
Virginia Beach Art Center
Virginia Beach Healthcare and Rehabilitation Center
Visiting Angels Virginia Beach
Western Tidewater Task Force on Aging
Westminster-Canterbury at Home
Willow Creek Gracious Living Retirement Living
York Nursing & Rehabilitation Center
MOVEMENT I: CRESCENDO...

Well that escalated quickly. We grew from 45 programs hours a month to 99 program hours in December 2022 alone.

Visual Arts and Music continue to be in demand for programming. We saw the most growth in Visual Arts again! Dance programs also grew in popularity this year from 15 to 248 participants.
Ashley joined the team in early 2022. not only did she and Georgie immediately get along "like a house on fire" (ask her about that sometime), The two of them quickly embraced the growth TAO was experiencing with open arms and unique ideas.

Ashley's compassion for the adults we serve is evident in all she does and her leadership to bring the best to each partner and artist from the TAO team is truly one-of-a-kind.

Georgie

We threw Georgie into a whirlwind when she was hired in late 2021 and she (for some reason) did not run away screaming.

One of our favorite parts about Georgie is her instinct for the creative. She'll often identify herself as "not artistic" but that very much downplays her appreciation and insight into the arts. artists and partners alike love her matchmaking skills in each program!
MOVEMENT II:

ARTS + HEALTH = HARMONY!

The CDC Foundation funded our original art competition that inspired an audience of all ages across Hampton Roads to get life-saving Covid-19 and Influenza vaccines.

MUSIC, MEET, MEDICINE
- Combine music with vaccination clinics to create a welcoming, enjoyable, and uplifting experience
- Use music as a calming distraction from getting a vaccination
- Show appreciation for those receiving a vaccination

KNOWLEDGE IS AN ART FORM
- Use visual art to increase vaccine confidence
- Create art that is conversational rather than confrontational
- Solicit community feedback
- Display the art in nontraditional places throughout Hampton Roads

CHALLENGES
Finding vaccination clinics that would welcome us
Getting artists to participate and finding locations to host the exhibition

SUCCESSES
25 hours of musicians playing at vaccination clinics!

I enjoyed every piece. They all have a wonderful message. Thank you for tackling something this important.

Seven amazing art pieces were created and toured three different locations in Hampton Roads:
Lynnhaven Mall
Hampton Public Library
The Salvation Army KROC Center
At TAO we orchestrate quality and professional care for our community members who are at risk of social isolation. We love to hear from the seniors and neighbors with disabilities that we serve and that enrich our lives in return.

“The participants can't stop talking about it! They loved what they learned. They had fun, met members in the group that they had not interacted with before, and felt better afterward.”

“This program really gets our participants engaged and feeling much more relaxed and creative. I love that the artist/musician is able to facilitate the group completely and so do the participants!”

“The residents really enjoyed the violinist duo! Great songs that really had them reminiscing!”

“Tidewater Arts Outreach never disappoints! David was amazing and he made very positive connections with the group of Seniors! He was very knowledgeable and made every effort to engage everyone!”

"TAO artist was perfect for our self-care. Thank you all so much for all you do!"
MOVEMENT 3:
FINALE

To those who made it possible...
Thank you for all you do to spread the healing power of the arts!
IN REVIEW

TAKE IT FROM THE TOP!

In 2022 we saw immense growth. We partnered with more artists, we hosted more events, and we engaged thousands of our Hampton Roads neighbors.

Every hour engaged in community and the arts means an hour less of isolation and an hour more of health and happiness.
Our annual event pairs up four residents in Hampton Roads with four songwriters who create music for an evening of entertainment and storytelling.

This year was the first in-person show at Zeiders American Dream Theater.

**INSPRIATIONS**
- G. William "Bill" Whitehurst
- Mary Brewer
- Lillie Gilbert
- Evoria Moring

**ARTISTS**
- Myra Smith-Jones & Bryan Austin
- Lewis McGehee
- Valeria Morales
- Tina Micula

DID YOU MISS IT? CHECK OUR YOUTUBE CHANNEL FOR THE 2022 CONCERT
We're adding more team members!

A new professional resource for activity professionals serving adults!

The Once More Concert becomes

Tidewater Arts Outreach is about to turn the page to our next movement.

We hope you take a seat in the audience and experience the beauty of helping those struggling with isolation through the healing power of the arts.

Looking forward to 2023:

○ We’re adding more team members!
○ A new professional resource for activity professionals serving adults!
○ The Once More Concert becomes Tidewater Arts Outreach is about to turn the page to our next movement.

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Looking forward to 2023:

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○ A new professional resource for activity professionals serving adults!
○ The Once More Concert becomes
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J. Benjamin Unkle
DIRECTOR

OUR TEAM

KATE POWELL
EXECUTIVE DIRECTOR

ASHLEY CARROLL
PROGRAM DIRECTOR

GEORGIE DARRAH
PROGRAM MANAGER
THANK YOU TO ALL OF OUR TALENTED AND AMAZING ARTISTS!
YOU ARE THE MELODY TO THE SONG OF HEALING THROUGH THE ARTS.
CONNECT WITH US!

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Join the Music...Drop us a Line!

OUR WEBSITE!

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