2010-2011 Replication of The Creative Center's Hospital Artist-in-Residence Program

LIVESTRONG Community Impact Project
In 2010, LIVESTRONG initiated the Community Impact Project replicating evidence-based programs to support people affected by cancer. Through the use of replicable program models with proven effectiveness, healthcare facilities were able to immediately implement valuable support programming for cancer survivors and their families without the cost and time that it takes to develop a new program.

The Creative Center at University Settlement’s Hospital Artist-in-Residence Program was chosen as one of the evidence-based programs to be replicated in the 2010 Community Impact Project. The document that follows is a compilation of art projects and sustainability tactics from the artists and facilitators working at the healthcare facilities that received the award in order to share the programs impact, highlights, and to inspire future Community Impact Project grant recipients.

For more information, contact:
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www.thecreativecenter.org and www.thecreativecenterair.org

Akron Children’s Hospital
Atlantic Health System
Avera Cancer Institute
Banner Good Samaritan Medical Center
Children’s Hospital Boston
Children’s Hospital of Philadelphia
Cook Children’s Health Care System
Johns Hopkins Hospital
Leo W. Jenkins Cancer Center
MD Anderson Cancer Center
Mercy Cancer Center

Mount Sinai Medical Center
Nationwide Children’s Hospital
Providence Sacred Heart Medical Center
Saint Alphonsus Cancer Care Center
St Luke’s Hospital and Health Network
Seattle Childrens Hospital
Siteman Cancer Center
UF Florida Proton Therapy Institute
UNC Lineberger Cancer Survivorship Program
UT Health Science Center
Woodhull Hospital
Emily has been creating updates for the hospital’s online newsletter that feature some of the projects that she has been developing for children and their families at Akron Children's Hospital.

One of those projects is the Artist Trading Card Project. Emily precuts heavy-weight glossy paper to 2 1/2 x 3 1/2 inches and implores patients to make artwork that represents themselves as artists in trading card size! Because of the glossy paper, Emily finds a lot of patients like to work using alcohol ink due to its ability to adhere to a variety of surfaces. This project also fits in very well with the pet therapy support program at the hospital because the pet trainers always give patients a small photo of the dog that visited them. Emily also made AIR trading cards for herself so that she could be able to leave a little take-away with the patient to remember the art making experience.

Dr. Friebert helped to coordinate some of the inter-organizational communication about the program as well as the patient art show. Named the "Gallery of Strength", the AIR created a space in the hospital to display patient artwork in a professional style. The opening event for the gallery received local press coverage from the “Akron Beacon Online Journal” and internationally from "The Korea Herald", among other publications. Dr. Friebert says the AIR program was a "terrific adjunct" to the hospital's Expressive Thearpy Center and that “because of the success of the program, ongoing efforts are in progress to secure additional funding to spread the AIR concept throughout the hospital.”
Opening night at Akron Children's "Gallery of Strength"
Atlantic Health-Morristown, NJ

AIR-Catherine Asher

“In the infusion unit, I see many ovarian cancer patients, some for as many as three months, once a week. One of my newer clients mentioned that next week when I see her she won’t have any hair. This got me thinking about a project using Styrofoam mannequins because I think situations like hair loss can lend themselves to a little humor as well as art. The results were so enthusiastic and whimsical that the Director of Volunteers at the hospital received donations of mannequin heads from an outside organization for me to use in the future.”

FACILITATORS-Maria Lupo, Healing Arts Coordinator & Gilbert Baez, Manager, Outpatient Oncology Services

"Since the AIR program was implemented at Atlantic Health, approximately 850 contacts have been established with patients, caregivers and staff. The Artist-in-Residence provided art experiences that supported both the inpatient and outpatient units. We have made significant advances in promoting this program among patients, staff and other departments throughout the institution. The program has also helped to further advance the organization’s mission to provide quality care within a healing culture. The entity responsible for fundraising for the hospital has secured funding to continue this service upon completion of the grant year and has committed this as a priority item on the philanthropic fundraising list established by the cancer center for the future. We value this program as an integral component to the integrative and supportive programs offered in our institution."
Jo has become a master of the re-use of unusual materials, inspiring patients to create art at home, using what's available. Jo says, "If you want to make a pendant, magnet, pin or miniature piece of art, choose a domino.

DOMINO JEWELRY

Materials:
Alcohol Ink, Alcohol Blending Solution, Dominoes with a white smooth reverse side, Black spray paint suitable for plastic (spray the front side with the dots outside and let them dry before you work with patients), Stamps, Stazon Black Ink Pad, Craft Paint, Mod Podge, E-6000 glue, Felt, Wooden Square

Go to the "Project" section at the end of this document to read more about how to make domino pendants. For other project ideas visit our blog: www.thecreativecenterair.org

FACILITATOR-Carol Rogers, Art Therapist

Carol worked with a digital media company to create a DVD that showcases Avera's "Healing Hands, Healing Hearts" program including LIVESTRONG's and The Creative Center's involvement. The DVD, which also highlights another program called "Think Pink" is very popular with patients and families, and is shown to potential funders. Here is a screen shot from the DVD.
AIR-Pam Ruzi

"I worked with a patient who lived on a reservation 6 hours away and had to come to the hospital for long periods of time. Because she was diagnosed with AML, anyone who came to visit her had to wear a sterile hospital gown, including the hospital staff. Since these gowns had become a big part of her life, we decided to make art out of them. This patient used sharpies to decorate her gown but the possibilities really are endless in terms of what you can do with it. I've had some patients get their doctors and nurses to sign their gowns to signify completing treatment."

DESIGNER GOWNS

Materials:
Hospital gown, sharpie markers, felt, ribbon, fabric, buttons, beads, rhinestones, glue, scissors, needle and thread

FACILITATOR-Tracy Leonard-Warner, Music Therapy Coordinator

Tracy compiled patient artwork along with photos of the patient artist to create a wall calendar for staff and patients at the hospital. It is called “Celebration of Heroic Journeys 2012”. Everyone loves to see the artwork in a package where people can view it and refer to it every day of the year, and for the artists chosen, they have, as Andy Warhol said, their “fifteen minutes of fame” for an entire year!
Ian is a writer who worked with the patients at Boston Children's Hospital to explore the literary arts, often combining it with visual art. Using writing techniques like power writing, free verse poetry, personal narratives, and odes, Ian inspired patients and families to express themselves. The resulting poems and artwork were compiled into a beautiful e-document which is now proudly displayed on the hospital’s website and is also being printed into a book.

**Melancollie**

**BY RACHEL, AGE 14**

She sits in the echoing kitchen
Listening to the faucet drip
And the snow
Whisper outside the darkening window.
It is gone.
The empty reflection stares back at her
As she ponders how long she’ll have
To sit until the next meal fills
The empty dish.
AIR: Aaron Devine

Aaron is also a writer and an AIR at Boston Children’s Hospital. He uses a project called the "Sea Monster Mapping Project" to let visual art lead into literary art.

"A 10-year-old patient started by sketching the Sea Monster in a "Police Sketch Artist Style," meaning I offered up descriptions of the Sea Monster parts (arms, head, body, etc) while the patient interpreted them into a drawing. Then we mapped the Sea Monster's most recent whereabouts. Mapping is a great way to model plot, since it naturally follows a journey from start to finish. While some of the younger (and older) kids are less inclined to write, projects like these recast writing as a creative, fun component of a larger objective. Writing becomes imaginative and fun. That's my goal."

FACILITATOR-Miranda Guardiani, Child Life Specialist, Volunteer Services Lead

"The Community Impact Project grant allowed us to review the needs of our patients and begin to build a framework for future artists. Creative Writing was a great discipline to start with since writing can be published easily and shared in many different mediums – book, social media, website, etc. Our new challenge is effectively sharing our new artist work – cartooning, painting and video presentations. This is a discussion we are having with our marketing department along with our creative department. Due to the success of this program, we have officially been able to hire 6 artists, offering 40 hours of art to the patients each week. We have a videographer, creative writer, painter, cartoonist, mixed media specialist and an art teacher. Although the current funding is only guaranteed this fiscal year, we are confident in our fundraising department that funds will start coming for the longer range plans. "
"One of my favorite mediums to use with kids is printmaking. The process is exciting and they love the idea of having multiple prints. Using Styrofoam plates, have kids draw into the plates with a pencil pressing and indenting adding as much texture as possible. This is great to introduce them to pattern, repetition, and texture. In printmaking, you can’t erase, so I try to have the kids understand that a mark is a mark and it stays there. Sometimes I have to go over the lines and forms they have made if they are weak from treatment and cannot push into the Styrofoam very hard. I explain that we have to start with one color. I describe the difference between warm and cool colors and which side of the color wheel they would like to work with. Once they choose one and roll their print a few times, I let them go crazy with other colors. It’s also great if you are working with a patient on multiple occasions, because you can use the same Styrofoam plate the next time in different ways. Cut it up to make something new, color it, and draw on it. It is a pretty simple project, but the kids love to roll the ink brayer, which occasionally gets out some anger and frustration and they are always surprised at the image they make."

Facilitator-Stephanie Rogerwick, Manager, Child Life, Education and Creative Arts Therapy Department

Stephanie worked closely with the hospital's Public Relations Department to implement a multi-faceted awareness and sustainability campaign. Here, they created flyers to distribute within the hospital, published social media content to highlight the program on Facebook, and created website content to highlight the LIVESTRONG Community Impact Project within the hospital's PsychoSocial Services Department. The PR team also submitted a blog post to LIVESTRONG which was featured on http://blog.livestrong.org in September. Here is a screen shot from that blog post.
Dolly Valdez

Dolly likes to use paint in unorthodox ways. Her project "Acrylic Pour on Paper: Experimental Mixed Media", is an example.

"This is a fun and exciting project for most ages. No brush or pencil work is required. It focuses on the importance of process as opposed to product. The outcomes are very hard to predict, which makes the work experimental. This exercise opens the artist to a "no rules" approach, and leads to freedom, abandon, and boundless creativity- all of which are surprising and exciting in a hospital."

ACRYLIC POUR ON PAPER

Materials:
Watercolor paper (#140 or #300), Plastic Applicator Bottle (2oz. or 4oz.), Spray Bottles, Found Objects and Stencils (Keys, Washers, Rings, Coins, Buttons-in various sizes and shapes), Acrylic Paint, Pan tray with sides (disposable lasagna pan)

Go to the "Project" section at the end of this document to read more about how to make these abstract works of art. For other project ideas visit our blog: www.thecreativecenterair.org

Facilitator-Shannon Jones, Creative Arts Coordinator

Shannon developed a colorful postcard size flyer to announce the debut the program and also worked with the hospital's on-site filmmaker to create a DVD that showcases the Artist-In-Residence program and another support program called "Half Way There". The DVD is very popular with patients and families, and is shown to potential funders. Below is a screen shot from the DVD featuring a child patient painting on the lens of the video camera!
Ms. Wade was unexpectedly offered a wonderful opportunity to initiate an art education program at a new Charter School in Baltimore, MD. She credits her experience with the LIVESTRONG Community Impact Project, The Creative Center and the pediatric oncology art program at Johns Hopkins Hospital for helping her obtain the position.

"I am pleased to announce that our art program has created such interest and publicity that a generous donor recently announced that they would be giving a $40,000 gift to begin development of a therapeutic arts program beyond the oncology unit to benefit all the children at the hospital. We recently applied for a Society for Arts in Healthcare grant; requesting an arts programming consultant to help us develop a program hospital wide.

Also, art created by the participants of the pediatric oncology art program will be featured during the official open house of the new children’s hospital in April 2012. Many VIP’s will be in attendance; among them, Mayor Bloomberg of New York. The new Hospital was built with the generosity of Mr. Bloomberg; the Charlotte Bloomberg Children’s Hospital was named in honor of his mother."
AIR-Megan Ray Erickson

Megan worked in several nontraditional settings to improve the AIR program among hospital staff and patients. This included holding a staff "Art Party" to engage physicians and staff with the AIR program and working with the cancer center's support group at their monthly meetings. During the holiday season, Megan also held an ornament making party for patients who were hospitalized during the winter months.

FACILITATOR-Taylor Bell, Community Outreach Coordinator

As a Facilitator, Taylor was charged with a unique position within her hospital because her facility doesn't have a marketing or development department. This has not stopped her from making tremendous efforts in terms of publicity and garnering funds to sustain the program after the grant year ends.

This includes:

- Sending press releases about the program to local news stations and newspapers.
- Holding a Pancreatic Cancer Awareness Dinner where art created in the program was displayed on the invitation and at the event.
- Setting up multiple meetings with hospital administrators and directors to integrate the program into the hospital's strategic plan.
- Presenting at a Grand Rounds on the importance of patient survivorship and the AIR program.
- Applying to two local foundations and with the local arts council to garner funds for when the grant year ends.
AIR-Andrea Canny

Thomas Thorspecken, a well-known journalist and illustrator in Orlando started a blog in 2009 with the intention to post one sketch per day. In 2011, he accompanied Andrea Canny, AIR at MD Anderson Cancer Center, as she worked with patients. Andrea is both a visual artist and performing artist and uses her dynamic personality to engage patients in the creative process. Andrea specializes in collage and photography.

AIR-Angilyn Watson

Angilyn is a painter and her enthusiasm for painting comes across when she works with patients at MD Anderson. Angilyn believes the stereotype of painting as being a more traditional and “fine art” makes patients interested in wanting to try it. By using table easels, patients that are limited to making art in bed can still have a wonderful experience. Often, Angilyn sets up a laptop next to the patient so that they can find images that appeal to them and to use as a point of reference in creating their original work.

AIR-Patricia Charpentier

Patricia is a writer and an AIR and has compiled a long list of writing activities that she does with patients to incorporate literary and visual arts. Here is a shortened version of that list.
-Button writing and wearing. Use prompts like “phrase of the day” or an attitude or something the patient can promote or celebrate.

-Creating folded paper fortune teller and have patients write messages inside the pockets.

-Creating and writing fill-in-the-blank stories where parts of sentences are already written and other sections remain blank for the patient to fill in.

-Writing a group story in the waiting rooms by asking the group for descriptions of characters and settings and then a series of actions to create a plot.
FACILITATOR-Cory Warren, Events Manager

MD Anderson Orlando was the recipient of two LIVESTRONG Community Impact Project awards and worked in partnership with United Arts of Central Florida, where Events Manager Cory Warren guided the PR and outreach efforts of the program. Cory arranged a press conference with important hospital administration and the local news media to get publicity for the program and the hospital and he also worked with a videographer to create a promotional video for the program to be shown to donors and potential funders.
"In a group workshop, we made Artist Trading Cards—miniature works of art on 2 ½ X 3 ½inch card stock or other material, using just about any medium you can think of. Because our focus is on cancer survivors, I called these SURVIVOR POWER CARDS! I invited the participants to think about how they felt when they were going through treatment—and again to think of a noun that represented how they felt then. They thought of or wrote these silently. Then we wrote short notes of encouragement from our “today selves” to ourselves in treatment. We circled or jotted down words or phrases found in or evoked from the notes, and then started making our survivor power cards using the phrases as inspiration or content for the cards. I invited everyone to make two cards—one for themselves to keep or trade, and one for someone currently in treatment. Since the workshop, I have presented the array of Survivor Power Cards to some patients in the infusion room and several have delighted in looking through the cards and picking out their own. One patient I worked with in the infusion room made her own card using acrylic paint and collaged the word, ‘hope.’"

AIR-Becky McIntosh

Another Artist-In-Residence at Mercy Cancer Center, Becky McIntosh, has initiated a space-transforming initiative which she calls “Hobby in the Lobby”. One Friday a month, Becky sets up art stations around the hospital lobby to include a variety of art activities—often at 7:30AM! By every activity station, Becky includes an instructional book to guide patients in the particular art modality should she be working with another patient when a person has a question. This system gives patients of variety of choices and also creates community, encouraging chatter and laughter! Becky has found that even staff come early on these mornings to do some artwork before work! Patients who participated in “Hobby in the Lobby” said things like “Great! Something to distract me from the reason I’m here.”
FACILITATOR-Jenna Madison, Patient Navigator and Survivorship Coordinator

“We have four display boards set up around the cancer center that highlight program photos and patient’s work. All along I have been logging our participant numbers and it has been neat for all of us to watch the program steadily grow and hear people talk about it. Numbers are helpful to have when justifying the program but comments from patients & family members also make an impact -- both are great for making the case to keep the program going! ”
Creating a collaborative art piece out of individual, disparate elements can be challenging, but Desi Minchillo, AIR at Mount Sinai in NYC, has found that creating a “quilt” combining digital images of artwork and patient photos honors both the patients and the work. Desi’s ongoing “tile” project, in which patients are asked to illustrate a mantra that they develop for themselves, is featured on these large scale panels which will be displayed in the cancer center—bringing hope, beauty and color into the environment!

"Patients who are admitted for weeks or months eagerly wait for Thursdays, or “the artist day” and we have also noticed an increase in scheduled outpatient appointments on Thursday afternoons when the artist comes to work with patients while they’re getting chemo infusions. On two separate occasions AIR and the Oncology social workers have organized fundraisers at local bars and restaurants where guests bought tickets and participated in a silent auction to raise funds for the program. The social workers have presented the positive responses from patients to the Auxiliary Board of the hospital. Finally, both my supervisor and I arranged for meetings with the Director of Development as well as with the Director of the Cancer Institute to brainstorm areas for potential funding to renew the program—our social work department will be funding the continuation of the program this year."
"When I am introducing myself to patients and families as the LIVESTRONG Artist-In
Residence, many of them say; “But I can’t draw”! I just smile and reply; “Who said artists
just draw”? One of my most popular art projects with kids, families, and staff is inspired
and adapted from the book "Wire Bugs: How to Make Your Own Menagerie" by Odile
Vailly. I found the author’s bugs too complicated and time consuming so after
making a bunch according to her instructions, I was able to adapt them to our patients."

WIRE BUGS

Materials:
18 or 20 gauge wire. I prefer semi or half hardened, 24 or 26 gauge wire if you plan to
make antennae*, 1 large bead for body (make sure the hole can accommodate TWO
widths of whatever size/type wire you are using. Natural stones tend not to work.), 2 small
beads for eyes – I use 6-10mm, Round nose and bent, flat or chain nose pliers (used in
making jewelry). Wire clippers

Go to the "Project" section at the end of this document to read more about how to
make wire bugs. For other project ideas visit our blog: www.thecreativecenterair.org

FACILITATOR: Beverly Farinelli, Vice President, Service Line Administrator

"Take photos of your patients with their smiles – show samples of their work – make the
donor feel they are part of the healing process – allow for promotion of the donor."

There is also a copy of the LIVESTRONG Community Impact Project Award press release
which is featured prominently on the hospital’s website.
Nicholas Sironka is a Kenyan artist who, in his own work, specializes in narrative paintings using batik. As a Fulbright Scholar and an AIR at Providence Sacred Heart Medical Center, Nicholas uses this same concept of developing a narrative or a story to work with children in the hospital. Often, he and the child will tell stories to each other and then use that as a jumping off place to create paintings and artwork.

**Kenyan Artist Strengthens Children's Spirits At Sacred Heart**

_Kenyan Artist Strengthens Children's Spirits At Sacred Heart_  
**Robyn Nance | KXLY 4 News Anchor**  
Posted: 12:22 am PDT October 1, 2011  
Updated: 11:05 pm PDT October 1, 2011

**SPOKANE, Wash.** -- A big man from a foreign land is delivering something medicine can’t at Sacred Heart Children’s Hospital.

Nicholas Sironka is 6'5”. but his heart is even bigger.

Sironka is an artist from Kenya, a philosopher, and a kind spirit. He’s at the hospital, as an art therapist for the children fighting cancer. He’s there on a Lance Armstrong Livestrong grant.

**FACILITATOR-Ann Walker, Arts in Healing Coordinator**

Because of the publicity surrounding the Artist-in-Residence program, among other reasons, Ann was asked by the local PBS affiliate in Spokane to serve as a commentator on a panel discussion about the field of arts in healthcare.
AIR- Ted Apel

Ted Apel, a sound artist in his own work, has developed a conceptual art project for the healthcare setting that he calls “generative art cards”. He has found that using these cards is a good way to pique the interest and curiosity of participants and get them involved in the art-making process.

The cards were originally inspired by artist Sol LeWitt’s "line drawing algorithms" which prescribe very specific drawing tasks in order to create geometric wall drawings. Each card has a direction for making marks on paper. Sometimes they are very specific, sometimes they are vague and require discussion and interpretation. For example, one card might read “Draw a large circle with your eyes closed” and the next might read “Draw a square with five sides”. The idea is that each participant (and the AIR too) take turns pulling a card from the deck at random and then follows the directions on the card. With each card selected, the action adds to the participants’ piece of paper, eventually evolving into an intricate piece of abstract art. In a small group, the random nature of the card selection makes every participant’s piece different. Alternatively, you can play so that every participant has to do what’s on the card even if they are not the one who has selected it. For the latter, an AIR might facilitate a discussion about the different interpretations of the card’s direction and the varying results of the participants. Another option is to create cards that refer back to the cards themselves. For example, one card reads “complete the next card using a new medium” and another reads “create a new cards. Thinking of art projects in terms of a “game” can get hesitant participants involved quickly!

AIR-Sue Latta

Sue has developed an ink blot project inspired by the work of Margaret Peot, author of "Inkblot: Drip, Splat, and Squish Your Way to Creativity". One of the things that Sue loves about this is the element of surprise that occurs when patients open up an inkblot to see what shapes and colors have developed. Sue has also used the ink blot project as a starting point for a collaborative hanging mobile project. Patients can then draw and paint into the inkblot after it has dried and cut and fold them into 3-dimensional creatures, such as bugs, dragons, and dinosaurs.
Go to the "Project" section at the end of this document to read more about how to make inkblots. For other project ideas visit our blog: www.thecreativecenterair.org

FACILITATOR-Cheryl Nelson, Integrative Care Program Coordinator

"Early on, educate nursing staff about the efficacy of bringing AIR's in. Present data on the success of the program to high level leaders for support in on-going funding. Focus on patient satisfaction as the time for Accountable Care is here. The LIVESTRONG evaluation reports of program success works well with management for ongoing fiscal support."

There is also description of the AIR program prominently displayed on the hospitals website under "Support Programs".
AIR-Karen Steen

Karen often uses origami as a way to engage "reluctant artists" in her role as an AIR. In a healthcare setting, paper folding can be a great substitute for messy paints and glues and can also be a great way to connect with patients from East Asian cultures. Karen uses simple folding patterns like flowers or birds which can become great gifts or takeaways for patients and can also be a great initial "engagement piece". An AIR can ask a patient if they’d like to fold a flower for a friend, family member, or hospital staff. Sometimes, when you are in treatment, you feel there are so many people to thank and these unique presents say it all!

FACILITATOR-Janice Lipzin, Director of Visual Arts, ArtsQuest

Janice knows how important qualitative testimonials are in sustaining a program. Patient and participant letters of appreciation are compiled and shown to hospital administrators and donors. Notes can also be scanned and then added to sustainability presentations and pitches to funders and donors. Here is an example.

Dear Karen,
Thank you for the supplies to make a lovely bracelet. It went well and I enjoyed the activity. I appreciate your kindness and thoughtfulness.

Very,
AIR-John Blalock

John, a pediatric oncology nurse as well as a photographer and artist, was asked by the nurse manager in his unit if he could work during the night shift because many of the teenage and young adult patients are wide awake due to the steroids they are given during treatment. He used this opportunity for a photographic project that capitalizes on darkened rooms works called “Painting with Light”. This project helped to relieve nighttime boredom, is a great introduction to imaging software and digital cameras, and meets teenagers where they are.

PAINTING WITH LIGHT

Materials:

Digital Camera, Flash Light, Computer or iPad (with connecting cable)

Go to the “Project” section at the end of this document to read more about how to paint with light. For other project ideas visit our blog: www.thecreativecenterair.org

FACILITATOR-Rosalie Frankel, Art Therapist, Therapeutic Play Coordinator

Rosalie believes that, in implementing an AIR program, it is very important for the AIR to be integrated into the existing staff. From the very onset of the program, Rosalie had John conduct staff art workshops so they could get to know John and appreciate the creativity he was bringing to the unit while also making their jobs easier. In addition, she and John did the following outreach:

- Publicized the AIR program by sending photos of the artwork to be mounted on walls of the hospital as well as to the marketing and communication departments of the hospital.
- Garnered letters of support from LIVESTRONG to be sent to key hospital administration.
- Developed a partnership with the local community arts organization to explore ongoing support and cooperative work.
Vicki often incorporates art history lessons into the artmaking process. She also likes to use interesting supplies and finds that Japanese sumi-e brush painting with rice paper is a great way to engage patients with materials they might normally not come in contact with. Vicki says, "Most patients were intrigued by the process and were quite shocked to learn something that looked so simple to the eye employed a well thought out plan before attempting to apply ink to paper."

She suggests that letting patients work on inexpensive newsprint before rice paper can help the process seem less intimidating. For patients nervous about “messing up”, Vicki will speak with them about the “commitment of the brush to paper.” Many patients will want to put their first few pieces in the garbage, so reassure them that experimentation is an important part of the process. Gorgeous and unusual materials can certainly “hook” reluctant patients, but it’s ultimately the act of laying the wet brush across the paper that provides the pleasure in the art experience. For some, this meditative act is addictive and can really help with binding the kind of free floating anxiety that often accompanies a cancer diagnosis.
AIR-Barbara Holmes-Fryefield

The University of Florida Proton Therapy Institute works with patients from all over the world due to the unique proton radiation treatment opportunities they offer. Barbara, the AIR, has developed a keen ability to listen to her patients and develop art activities around their interests and origins. "Aboriginal Dot Painting" was inspired by a thank-you card she received from an Australian family that she had worked with. Using the image from this card, Barbara led a hospital initiative to develop a contemporary "dot painting" in the Aboriginal style of Australia. Like the early cave painters, Aborigines use art as a way to communicate and tell stories known as "dreamings". Dreamings are the aboriginal folk tales and myths that teach why things happen the way they do. This patient-centered interaction inspired another--the construction of a chime to be placed in a prominent spot in the lobby for patients to ring when they complete their treatment.

ABORIGINAL DOT PAINTING

Materials:
Brushes, Acrylic Paint-multiple colors, Spray Paint-earth tones, One large wrapped canvas, Toilet Plunger, Aluminum cans, corks (to make dots and rings), Paper or Foam Plates, Hair Dryer.

Go to the "Project" section at the end of this document to read more about how to create Aboriginal inspired projects. For other project ideas visit our blog: www.thecreativecenterair.org

FACILITATOR-Katie Mahoney, Patient Services Supervisor

Katie and the IT team at her facility have created a patient artwork showcase on their website. Here, they add photos of patients, families, and care givers making art through the AIR program.

http://www.floridaprotom.org/about-ufpti/art-work.html
AIR-Jane Filer

To initiate the program, AIR Jane Filer led a relaxed open-studio workshop environment where participants were encouraged to come with an idea, photograph, still-life, landscape, or anything that inspired them. This special four-session workshop was a great way to initially engage patients with the creative process to ensure they would want to keep coming back.

FACILITATOR-Mindy Gellin, Outreach Coordinator

Mindy’s role as a facilitator was integral in the success of the AIR program. She developed a strategic plan, a powerpoint presentation, and a SBAR (health care tool which stands for Summary, Background, Assessment and Recommendation) for the hospital executives to pitch a full-time artist position at UNC-Lineberger after the grant year ends. She also made sure there was information about the program and grant award on their website.
Katherine worked with patients using a variety of art-making techniques to develop holiday greeting cards. UTHSC printed reproductions of the work to create holiday cards, acknowledging donations to the hospital. This is a great way to put a personal touch on outreach during the holidays and helps to “brand” the AIR program as a complementary service to patients and families.

Mary made sure that the hospital program schedules and brochures included the AIR program, which was published monthly. This included the calendar of when and where the artist was working.
Woodhull Hospital-Brooklyn, NY

AIR-Wilhelmina Grant

An Artist-in-Residence has the ability to set the stage for art-making that can enhance the experience and open doors for patients who might normally not want to participate through the transformation of waiting rooms or unused spaces. Woodhull Hospital AIR Wilhelmina Grant sections off a small corner of the large waiting room and calls it “The Creative Center’s Art Lounge”. She arranges the chairs so patients can create art without feeling like they are at “the kid’s toy table”. With interesting materials such as unique buttons and feathers to make jewelry and jazz music playing over a portable CD Player that she keeps on her art cart, Wilhelmina lures people into the art lounge that feels very much like a soothing coffee shop.

FACILITATOR-Reema Batra, MD

"In order to continue the AIR program at Woodhull Medical Center, my strategy when the Livestrong grant funded position started was to make sure that everyone in the hospital from on the ground staff to executive leadership knew about Wilhelmina. It took a while for people to understand her role and the benefits for the patients but, over time, the program became very popular. Leadership has even had Wilhelmina participate in cancer-related events at the hospital. Once the year of funding was coming to a close, I was asked by leadership to present to the Woodhull Auxiliary Board, with the goal being for additional funding for the AIR program. After five minutes of explaining the program, they agreed to fund the program. I hope we continue the program for many years to come!"
AIR and Facilitator Contact Information

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Project Directions

DOMINO JEWELRY-Jo VanderWoude

Process:

- Take a wooden block, attach a small square of felt and put 4 drops of each color of ink you have chosen onto 3 different areas on the felt.
- Put 2 drops of alcohol blending solution on each area of colored ink on your felt pad.
- Take the wooden stamp block and stamp the colors onto the domino until the white is covered.
- Let the domino dry...it only takes about 30 seconds.
- Evaluate your color. If you would like to see a different look, quickly stamp it once or twice more. Let it dry.
- While your domino is drying, choose your stamp / stamps. The red rubber stamps should be put on the table on one of the plastic squares, tap black ink pad onto the stamp. (not stamp onto ink pad)
- Take your domino and place it onto the stamp (not the stamp onto the domino) pressing with even firm pressure. Do not move the stamp or the domino as it will blur the image.
- Glue on pin back or magnet if so desired. Let dry for several hours.

ACRYLIC POUR ON PAPER-Dolly Valdez

Process:

- Fill applicator and spray bottles with various colors of liquid acrylic using 1 part acrylic to 10 parts water.
- Arrange found objects and stencils on top of the paper in the tray.
- Take applicators and spray bottles and pour and spray paper with various colors.
- When the paper is almost dry, remove the found objects and stencils and allow paper to dry completely.
- Once the artwork is dry, engage patients in conversations about how they might use their pieces. Some ideas are wrapping paper, greeting cards, collage materials, etc.

WIRE BUGS-Debra Bachelder

Process:

- For the Legs, Cut 4 pieces of wire, approx 7” long.
- Take 2 pieces and twist together in the center times.
- Moving away from the center, about ½ way toward the end, make two more twists (it’s literally the bee’s knees or the knee of whatever bug you are making). About ½” from the ends twist twice to make “ankles.”
- Trim to even lengths. Repeat with the other pair.
- Take both sets of legs, cross them and twist together so you have an “X” of four legs. Set them aside while you make the body.
- For the Body and Eyes, Cut another wire, approximately 14” long, fold in half.
- Create a round or heart shape at the fold to prevent the wire from slipping out of the bug’s body.
- Slip both cut ends into the hole in the bead.
- About 3/4” up from body, on each wire, create 45 degree bend away from center. This part is awkward and a bit difficult. It’s easier if you have a second pair of hands helping: one person hold the eyeball preventing it from turning while the other wraps the wire.
- Working one side at a time, place small bead on the wire and wrap wire one time around the circumference of the bead to hold it in place.
- Continue by wrapping it down the piece supporting the eye. Repeat with other eye.
For attaching the Legs, Cut another piece of wire approximately 16” long; fold into a U to accommodate width of wire section of body between the bead and the eyes.

Place body over the set of legs and wrap the two together.

Using the tips of your round nose pliers, turn in ends of wrapping wires and tuck them under another part of the structure so the wires do not scratch or catch on clothing.

Bend “joints:” knees & ankles; trim feet, position legs and wrap on antennae any way you can.

Do not strive for neatness! The wonkier, the more charming they seem to be.

INKBLOTS-Sue Latta

Start with a piece of paper folded in half. The heavier the paper the less translucent it is, the lighter the paper more translucent (so you can see the art from both sides) but it’s also more likely to stick together and tear when you push the 2 sides together so you have to work a little bit more quickly. I generally use 70# paper it seems to be kind of in the middle. As for the folded in half part, that is not a hard and fast rule either I have seen people fold it in other variations including just random to create ink blots that are anything but symmetrical.

I use liquid drawing inks, the bottles with a dropper are the easiest to use because then you don’t have to worry about a delivery method. I have also used watercolor paints. You just make a little puddle of each color you want. I used a small syringe as a delivery method. I have a variety of inks to choose from, the primary and secondary colors make up a good collection.

I have each person choose the colors they want their inkblot to include, two or three colors generally works best. Be careful including complimentary colors together because when they mix they make kind of a bad brown/gray color, red and green are the worst as far as that goes.

Next you’ll drip some color onto the pre-folded paper. It can be drips or streaks, all on one side or crossing over both sides, fairly concentrated or very spread out. Be careful not to put on too much because it will run out the end when you fold it. Also don’t leave it folded for too long because the ink will start to dry and the paper will stick together and tear.

Now open your paper and look at the amazing, organic, beautiful inkblot drawing you’ve created...Wow! This can be the end, you can keep making these (this is good if they have neuropathy and can’t really hold the pen) they are super fun and really beautiful.

If patients are able, after the inkblots dry, consider having patients draw and paint into the piece. You can even cut them out like we did to make a mobile or these interesting shapes and designs!

PAINTING WITH LIGHT-John Blalock

For this project, the participant can either be the photographer, or they can be the subject (the one doing the “painting”).

First, the AIR and the patient work to set up the digital camera so that the exposure is a relatively long value and then turn the lights off. (At this time, the AIR might also need to stop down the aperture on the camera to accommodate for the darkness).

Then once the subject or “painter” is in position, the photographer clicks the shutter to open it, at which time the subject uses a flashlight to “paint” in the air. The subject can use the flashlight as a brush to “smear” the light, or use it more like a pen or pencil and make more definite lines. The slower you shine the flashlight, the brighter and more distinct the light is.

Once the shutter closes, the “painting” has been captured.

Then, using a laptop or iPad, the AIR downloads the digital image onto the device so both the photographer and painter can view it.
ABORIGINAL DOT PAINTING—Barbara Holmes Fryefield

- Introduce artworks created by aboriginal people from Australia. Discuss with patients primitive artists used homemade paints and pencils to create images that communicated ideas to one another. <Show poster or cards of dot paintings.> These are images found on bark, paper and cloth. What kinds of materials do you think these primitive artists used? (Discuss) What types of subjects did they paint? Nature, animals & plants.
- Spray a large wrapped canvas with earth colored spray paint to cover the entire surface. (This should be done before working with the patient and should be done outside the facility).
- Mix different colors of acrylic paint in a shallow paper or foam plate.
- Dip the largest round shaped objects into paint, then press onto canvas surface in multiple rows. Once large circle shaped rows are established, begin placing medium circle shapes, and finish with smallest circle shape.
- Dry circle shapes with hair dryer.
- Once paint is dry begin to paint inside of circle shapes with different colored paints until you are satisfied with the finished design.