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Printed by *THE CREATIVE ADVANTAGE*

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ART
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STUDIO

SINCE 1967

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ART THERAPY STUDIO NEWS



CVS Lab Coats

Next time you are in the South Euclid CVS, you may see the pharmacists and techs in brightly colored lab coats—and you can think of the Art Therapy Studio! Ten lab coats were

painted by children with cancer in the Pediatric Oncology Unit of the Cleveland Clinic, along with Art Therapist Kate Strazisar of the Art Therapy Studio. Children ages 4-18 learned how to plan and organize, mix colors, use stencils, draw freehand, experiment with printing styles, work as a member of a team, and share ideas.

“We wanted to provide patients with a challenging and different creative outlet,” Kate said. The project offered the children an opportunity to be fully in charge of selecting a theme and carrying it out. Over 135 children in the Pediatric Oncology Unit of the Cleveland Clinic participated in art therapy provided by the Art Therapy Studio last year. Kate is on-site 6 hours each week to engage patients in the art-making process, a meaningful expressive opportunity while children are on chemo for hours at a time, to help alleviate the tediousness of coming for weeks at a time for treatment, or while kids are waiting for blood test results. Art Therapy is an intentional and creative alternative to television which can be mindless and it relaxes parents to see their children engaged in art. If you would like the Art Therapy Studio to provide therapeutic art at your location, call us at (216) 791-9303 or email info@arttherapystudio.org.

Visitor from Malaysia

The Art Therapy Studio has gone global! A professor suggested to Rina Shukor, a PhD student from Malaysia, that she visit the Art Therapy Studio to learn about what we do. She was visiting family in the United States and made the extra trip to Cleveland to talk with many on our staff about how to design an art therapy program. We are linked to over 150 other websites, including US colleges and universities, and several international websites, including Saudi Arabia and Iran. Every month we receive several requests for information on art therapy from students and professionals as near as the Cleveland area and as far as Anchorage, Alaska. We also receive communication from those in other countries including Canada, Malaysia, Scotland, England, Japan and Australia. The Art Therapy Studio website receives 32,000 hits annually proving it is a resource for thousands of people and promotes the field of art therapy around the world!

MISSION STATEMENT

Enhancing the quality of life for children and adults affected by spinal cord injury, brain trauma, stroke and multiple sclerosis through the therapeutic use of art.



ART
THERAPY
STUDIO

GREETINGS!

As I'm sure you are aware, the Art Therapy Studio has been working through a strategic planning process over the past few years.

One of the strategies that we have been working on is a program assessment tool. This tool will assist us in measuring the results of our sessions. Through this measurement and one of the other strategies we are working on, our new specialized program model, our therapists will now be able to design programs that are more likely to have a deeper impact for our clients.

While the economy has been limping through the last few quarters, our strategic planning process is helping us to refine our strategies and processes and ensure a stronger Art Therapy Studio.

The economy has definitely had a significant impact on many not-for-profits, including the Art Therapy Studio. However, through the hard work of our staff and the generosity of our contributors, the operations of the Studio have not been significantly affected.

Finally, our clients are the reason that our board and our staff work so hard. Included in this newsletter are a few stories illustrating how our therapists have been able to impact the lives of our clients, and what your support has made possible. As you read, please keep in mind anyone you may know that could also benefit from our services and do not hesitate to contact our program coordinators for services ranging from one-on-one to group wellness sessions.

I would like to thank all of our contributors for your past and continued support. Please remember our Dessert Competition scheduled for October 16, 2010. This is a great opportunity to support the Art Therapy Studio and indulge in some of the best desserts in Cleveland.

Jim Graham, Board President

WELCOME TO OUR SUMMER NEWSLETTER



We appreciate your interest in and support of the Art Therapy Studio and hope you will enjoy our client's story on what art therapy has meant to her, as well as a story on a special volunteer.

Do you know someone with a brain or spinal cord injury, stroke, or multiple sclerosis who could benefit from being in a group, getting out of the house, and learning something new? If you're a social worker, case manager, physician, psychologist, caregiver, family member or friend, please introduce them to art therapy by referring them to one of our classes – all are open to the public.

When you've finished enjoying this newsletter, please recycle it by passing it along to someone else – especially someone with a brain or spinal cord injury, stroke, or multiple sclerosis who would appreciate one of our classes.

OTHER WAYS YOU CAN HELP SUPPORT THE MISSION OF THE ART THERAPY STUDIO

Attend our largest fundraising event
Creative Confections 17th Dessert Competition
Saturday, October 16, 2010 *Sweetest Day Delights*

Donate items from our wish list

- PC / Windows XP, 512 RAM
- Bigger Flat Screen Monitor for use in Studio
- Laptop / Windows XP for PowerPoint Presentations
- Scanner Large Enough to Scan Artwork
- LCD Projector to use for Marketing & Education Presentations
- Flat File Drawer Cabinet
- Artwork Hanging System
- Acrylic / Watercolor Paints and Brushes (artist quality)
- Canvas Paper and Boards (various sizes)

Remember the Art Therapy Studio in your will and estate planning

CLIENT STORY



*"Yellow Leaf" by Dolores Williams (based on Craig Kucia, 2009)
18 x 24 acrylic \$100 unframed, call Lynn at (216) 791-9303 to purchase*



Dolores Williams with Art Therapist Rosalia Rozsahegyi, ATR-BC

***"Don't feel sorry for yourself.
It will get better if you keep on trying."***

Dolores Williams had trouble following her own advice at first, after knee surgery led to hypertension and then a stroke two years ago. She "stayed at home and felt sorry for myself" until a social worker persuaded her to take a class at the Art Therapy Studio.

Dolores had never done art in her life, and started with watercolors because "I like the way it works." Since then, she has explored different techniques and three of her acrylics currently are displayed in the hall outside the Art Therapy Studio. She currently paints in Open Studio, where she's working on her first still life. She likes her art classes so much that she schedules her bus a week in advance to make sure she won't have an excuse not to attend.

"My kids support my painting. They like that I'm involved in this," she said. Indeed, at the Art Therapy Studio's last art show, her family members filled the entire Studio table.

Art therapy has strengthened her mind and made her mobility better, Dolores said. Her hands are steady now, and she has learned to be patient and not criticize herself. Along the way, she has also learned to look at people differently.

"People need to appreciate what's around them. I tell my kids to not take anything for granted."

This fall, the Art Therapy Studio will be doing even more to help stroke survivors. Read the accompanying article on our new class, "Art Therapy for Stroke Survivors," to find out how.

NEW CLASS

The Art Therapy Studio will introduce a new class, “Art Therapy for Stroke Survivors,” beginning 10:00am – 11:15am Tuesday, October 5, 2010 and lasting eight weeks. The class, which costs \$65, will be held at the Art Therapy Studio in the Fairhill Partners Building, 12200 Fairhill Road, Cleveland, Ohio. A caregiver or family member is welcome to attend free of charge.

“This class, like our other classes, will allow people to express themselves in a manner they haven’t tried before,” said Rosalia Rozsahegyi, class instructor. “Anyone can make art. We hope to encourage independence, help people master art techniques, and increase self-esteem. It’s very life-affirming.”

Art is a non-verbal form of communication which could be very important if a person has difficulties with language resulting from a stroke. Art also can help pinpoint areas in which an individual might have a deficit, leading them to increasing their coping skills. For example, students who have problems with their dominant hand can learn how to adapt better to using their other hand.

Goals for the class include using art to help individuals identify their feelings about their disability, explore feelings of self-worth, and increase self-functioning. The group setting will allow stroke survivors to interact with others for social support. And, the art itself serves as a means for observing changes or progress.

“If you’ve never experienced making art, you’re missing out on something,” Rosalia said. The Art Therapy Studio encourages all stroke survivors and their caregivers to discover how to create something meaningful. For more information or to register, contact Lynn Lee at (216) 791-9303. The class will be ongoing; if you can’t attend in October, please contact Lynn to let her know when you could attend.

VOLUNTEER HIGHLIGHT



“I’m doing something that I love in my own field and helping others,” said Tina Korting, back for another year as chairperson of the Art Therapy Studio’s benefit, “Sweetest Day Delights,” to be held on Saturday, October 16, 2010, at 7pm at the Cleveland Botanical Garden.

Tina first found out about the Art Therapy Studio when she brought her students from the Western Reserve School of Cooking, where she is Pastry Director, to compete at the area’s only pastry competition 14 years ago. She found the Art Therapy Studio to be “a great organization,” and took the chance to help the community by chairing the benefit.

“Every year we try to make it better,” she said, giving credit to her committee members. “Everyone is talented in their field.” In addition to the committee members, she counts on about 45 volunteers for the night of the event – including her husband and two daughters.

Over the years, the level of competition has become more professional, and Tina has elevated the judging to culinary experts. One of her favorite parts of the benefit is seeing pastry chefs from all over Northeast Ohio come together for a chance to meet and mingle. Also, “It’s fun. A lot of chefs can’t wait to come back.”

The Art Therapy Studio is lucky to have Tina. “Tina is a high-caliber professional and volunteer,” said Karen Peterson, Executive Director. “We really appreciate her commitment and dedication over a long period of time.”

Tina wants to see the benefit grow even more, and hopes the public will learn more about art therapy in the process. She encourages everyone to attend. After all, she said, “It’s the sweetest benefit in town.” To attend, compete, sponsor or volunteer, or for more information, call (216) 791-9303, e-mail us at info@arttherapystudio.org, or visit our website, www.arttherapystudio.org.

