



ART
THERAPY
STUDIO

GREETINGS WITH GRATITUDE

Thank you for supporting the Creative Confections Dessert Competition... *Sweetest Day Delights!*

Whether you were one of 45 volunteers, 35 competitors, 16 judges, 19 corporate sponsors, 150 guests attending, or 80 donors, we appreciate your contribution to our success. Everyone had a great time learning about art therapy and sampling delicious desserts at the Cleveland Botanical Garden on October 16th.

All of our competitors did a wonderful job! Please visit our website (www.arttherapystudio.org) to see the complete list of winners and additional photos. When you place orders with the fine establishments and pastry chefs, please let them know you saw them at the Art Therapy Studio's Creative Confections Dessert Competition.

Sweetest Day has been a Cleveland tradition since 1922. It was originally a day of philanthropy to remember those in hospitals or with disabilities and to spread hope and happiness with sincere gestures of kindness. Jackie Gerber of WCLV 104.9 FM provided personality at the podium as emcee and Mark Zinni of WJW-TV added color to the awards presentation. Honorary chair Chef Roland Mesnier, author and former Executive Pastry Chef of the White House for five presidents, sent a heartfelt and whimsical video message encouraging chefs to compete to their best ability, encouraging guests to pat the chefs on the back for a job well done and to open their wallets wide since it was a fundraising event. He expressed his desire to attend the next event in person and perhaps offer a lecture and demonstration.

This event is our major fundraiser to support our clients in art therapy programs. Whether our clients have had a stroke, received a traumatic brain or spinal cord injury, have suffered from abuse, or turn to art as a creative wellness outlet, art therapy provides self-expression and the opportunity for tremendously valuable healing and growth. With your help, this event raised \$30,000!

Have a Wonderful Winter and we look forward to seeing you at our next events—ArtLoan in 2011 and Creative Confections in 2012!

Best in Show "Sweet Infatuation"

Business: Polaris Career Center
Pastry Chef: Cassandra Bolanos-Bretz and Beth Zolynas

Most Artistic, Cakes & Tortes "Love Notes"

Business: Happy Cakes and More
Pastry Chef: Jean Cheng

Most Artistic, Plated Desserts "Essence of Love"

Business: University of Akron, Crystal Room Restaurant
Pastry Chef: Chef Pam Mock and Students

Most Decadently Delicious, Cakes & Tortes "Exotic Fruit Fantasy"

Business: Polaris Career Center
Pastry Chef: Diedre McCurdy and T'Yona Williams

Most Decadently Delicious, Plated Desserts "Boule de Neige"

Business: University of Akron, Garde Manger Club
Pastry Chef: Chef Richard Alford and Students

Crowd Favorite "Tiered Heart Cassata Cake"

Business: Corbo's Bakery
Pastry Chef: Joe Corbo

The full list of competitors included: About the Cake, Inc., Cakes Plus, Coquette Patisserie, Corbo's Bakery & Café, Edible Designs, The Grand Finale, Happy Cakes & More, International Culinary Arts & Sciences Institute (ICASI), InterContinental Cleveland, Lorain County Joint Vocational School – Buckeye Room Restaurant, Lucy's Sweet Surrender, Patisserie Baroque, Pier W, Polaris Career Center Bakery & Café, Slices, Fabulous Pastries, Twisted Treats, University of Akron – Crystal Room Restaurant, University of Akron – Garde Manger Club, Wedding Cakes of David Gauchat



Jacqueline Gerber and Mark Zinni



Best in Show: "Sweet Infatuation" by students at Polaris Career Center



University of Akron, Crystal Room "Essence of Love"

Jim Graham, Board President

CLIENT STORY



Bob Hill applying glaze to his "pie bowl" during ceramic class



Bob Hill, *American Diner*, 20 x 24 acrylic

Bob Hill loves big old cars, like the kind which had sturdy enough windows that you could hang a drive-in diner tray on.

"Things aren't the same now," he said, noting that even if you can find a drive-in diner, they bring your food in a sack because modern car windows aren't strong enough to support window trays. Bob has memorialized one of those old diner trays in "American Diner," which was on display in the hall outside the Art Therapy Studio. Bob's interest in old cars also shines through in his rendition of another old car, Elvis Presley's pink Cadillac, also formerly on display at the Art Therapy Studio and a two-dimensional clay model of an F150 truck which sold at last year's benefit.

Bob started coming to the Art Therapy Studio five years ago after a car accident. Therapists at MetroHealth suggested he come for the art experience, even though he never thought of himself as an artist before. After participating in several painting classes, he is currently taking Open Studio and Creative Clay Works, which explores basic clay-forming techniques. He has made a wishing well; he is working on the bucket and rope to go with it, but notes that wishing wells are a thing of the past because "now all water is automatic."

Bob also stays active by volunteering at MetroHealth and Marymount, "encouraging people to come out of their rooms," including for art classes. "If you stay in your room you get stiff and nothing will move," he said.

Art Therapy Studio classes help people like Bob understand techniques of working in different media and develop their own artistic talents as they recover from brain injury or stroke, or deal with multiple sclerosis. To learn more about what we do and how you can enroll yourself or someone else in a class, please visit our website, www.arttherapystudio.org.

BOARD AND COMMITTEE OPPORTUNITIES

The Board of the Art Therapy Studio is actively recruiting enthusiastic professionals to assist with identifying resources and guiding the implementation of key strategies. Committee opportunities are project based for short term involvement (6 months – 2 years). Expressing interest can also lead to the opportunity to serve on the Board. Volunteering your expertise will enhance our programs and services to meet the needs of our clients while at the same time offer a way to develop and/or strengthen your skills in project management and leadership.

Operations Committee

Program Delivery

- Provide resources and advice regarding best practices for program services delivery in an anchor location and several satellite locations.

Logistics

- Public Transportation: Increase number of clients reached by providing knowledge of paratransit, RTA, Senior Transportation etc. Experience with clinic outpatient transport desired.
- Inventory Control: Increase efficiency of supplies to staff in multiple locations.

Finance Committee

Development/Fundraising

- Sales / Marketing or Development experience required; professional with strong business relationships and ability to recruit other professionals with influence to assist with aggressive goal.

Income Generating Opportunities (IGO)

- Identify, evaluate, and implement income generating opportunities, potentially wellness programming or selling a mission related product.

Visit our website, www.arttherapystudio.org, for a complete list of volunteer opportunities. Please indicate interest by sending your resume to Karen Peterson, Executive Director, at karen@arttherapystudio.org

Other Ways... YOU CAN HELP SUPPORT THE MISSION OF THE ART THERAPY STUDIO

Donate items from Our Wish List

- PC / Windows XP, 1G RAM
- Bigger Flat Screen Monitor for use in Studio
- Laptop / Windows XP for PowerPoint Presentations
- 12 chairs for the studio —padded with straight backs
- LCD Projector to use for Marketing and Education Presentations
- Flat File Drawer Cabinet
- Artwork Hanging System
- Acrylic / Watercolor Paints and Brushes (artist quality)
- Canvas Paper and Boards (various sizes)
- Lightweight, portable retractable logo banner with stand
- Portable aluminum easels
- Artwork drying racks
- Gift cards to Nasco, Utrecht, Prizm or Pat Catan's for art supplies

Remember the Art Therapy Studio in your will and estate planning. Inquire about our Legacy Club.

WINTER 2011 "DISCOVER THE ARTIST WITHIN YOU"



Quarterly group sessions that focus on specific issues and various approaches to art. A wellness component also brings together people who wish to use the creative arts as a means of stress reduction and personal growth. Our art therapists are trained to share the healing power of art to those with special needs as well as those interested in general wellness and relaxation.

Art Therapy for Stroke Survivors

Join others who want to feel better about themselves while engaging in a journey of self-discovery. The Art Therapy Studio provides a safe and creative space to support each other as you find healthy ways to express emotions, communicate non-verbally and regain confidence through a variety of art projects. The experience of making art takes into account factors that are important in stroke rehab and recovery. No previous art experience is required and caregiver's are welcome (at no cost).

Facilitator: Rosalia Rozsahegyi, ATR-BC
Tuesdays, 10:00 - 11:15am

Session 1: January 11 - February 8 (5-weeks)

Session 2: February 15 - March 15 (5-weeks)

Each stroke session is \$40

Media Exploration for those with MS

Join others with MS to explore and experiment with art media in the safe and supportive environment of the Art Therapy Studio. Whether experienced in the creative arts, or just looking for a new opportunity, explore a variety of creative techniques including painting, collage, printmaking, clay, and sculpture, inspired by artists of the past and present. Under the direction of an art therapist, find new ways to communicate, celebrate strengths, develop a personal style, and share in the creative process with others. Caregivers are welcome to attend (at no cost).

Facilitator: Kate Strazisar ATR-BC, LSW

Thursdays, 1:00 - 3:00pm

January 13 - March 3 (8-weeks), \$96

WINTER STUDIO CLASSES

Community-based classes are offered at four sites. Beginners are welcome and all supply fees are included! No experience necessary! If you would like to register or receive info on scholarships, please contact Lynn at (216) 791-9303.

Fairhill Studio Classes

Open Studio Tuesday

Art Therapy for Stroke Survivors

Women's Painting Group

Creative Clay Works

Media Exploration for those with MS

Expressive Language of Color

River's Edge Studio

Watercolors

MetroHealth Studio

Discover the Artist within You

Ursuline Studio Classes

Painting

Creative Drawing

Mixed Media

Acrylic Painting

Complete details available on our website: www.arttherapystudio.org

2010 -11 BOARD OF TRUSTEES

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2010 -11 STAFF

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The Art Therapy Studio is a 501(c)(3) organization



ART THERAPY STUDIO RECEIVES CUYAHOGA ARTS AND CULTURE GRANT

Art Therapy Studio was one of 133 organizations across Cuyahoga County to receive grant support from Cuyahoga Arts and Culture (CAC). The grant will support the Discover the Artist Within You program.

Art Therapy Studio received a panel score of 88.4 from the CAC. This ranked as the 6th best score among organizations receiving grants.

“We’re incredibly grateful to CAC and the residents of Cuyahoga County,” said Executive Director for the Art Therapy Studio Karen Peterson. “The grant funding we will receive will allow us to offer a special art program that is targeted at individuals with special needs from all around the region. Mentally or physically disabled people are often unable to participate in traditional art programs, because they are not designed to meet their needs, but this funding will make it possible for nearly 150 individuals to have a new and enriching experience that helps them feel included in our community.”

CAC is a sub-division of the State of Ohio, which collects a dedicated tax on cigarettes sold in Cuyahoga County, to fund local arts and culture organizations.



“Christmas Heritage” by Marcia Schiele, 11 x 17 acrylic

*Happy Holidays from all of us
at the Art Therapy Studio*

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.