

Arts & Medicine Institute



Virginia Crabtree is one of the Arts & Medicine Institute's musicians-in-residence who perform in several locations throughout Cleveland Clinic's main campus.

Artwork: Jennifer Nocon, *Dissolving the Hardness of Ego*, 2007, hand-dyed wool felt

We would like to thank the numerous individuals, corporations and foundations whose generous donations help support the work of the Arts & Medicine Institute.

Letter from the Medical Director



Welcome to the 2017 Arts & Medicine Institute. My team and I are pleased to share with you some of the exciting initiatives taking place in the Arts & Medicine Institute, from our contributions in the new Taussig Cancer Center that opened on March 6 to the publication of research studies about the impact of music therapy on patients and families.

I became the Medical Director of the institute in January 2016 and am very happy to have the opportunity to continue shaping the vision and growth of this innovative institute. I am very proud of the work we have accomplished this year and hope you enjoy learning about us.

Please feel free to reach out to me at any time with thoughts, ideas or questions.

Sincerely,

Thomas Schour

Francois Bethoux, MD, Medical Director

Dr. Bethoux, a physiatrist, is Associate Staff and Director of Rehabilitation Services at the Mellen Center for Multiple Sclerosis Treatment and Research. He also serves as Editor in Chief of the International Journal of MS Care. He sits on the Board of Governors and on the Research Committee of the Consortium of Multiple Sclerosis Centers.

Dr. Bethoux has published extensively, including several articles related to arts and medicine, specifically music therapy. He also served on the Arts & Medicine Institute Physician Advisory Council.

MISSION

To enhance the Cleveland Clinic experience through the arts

To practice and investigate the use of the arts in healing

To build community around the arts, health and medicine

PROGRAMS

Our innovative and diverse programs encourage engagement in many areas of artistic interest. The Arts & Medicine Institute organizes more than 800 performances, exhibitions, art tours and activities per year.

AREAS OF FOCUS

- Music Therapy
- Art Therapy
- Visual Arts
- Performing Arts
- Research
- Community

Contact us to learn more about the Arts & Medicine Institute, our events or the programs offered. clevelandclinic.org/artsandmedicine 216.448.8330 artsandmedicine@ccf.org

Program Growth

The Arts & Medicine Institute was created on May 1, 2008. In its eight full years of operation, the institute has seen significant and steady growth. The charts below and the numbers on the back cover show some of the details.



*The Art Program was formalized in 2006, and was incorporated into the Arts & Medicine Institute in 2008.

Music Therapy



Art Therapy Weekly Hours of Art Therapy by Year



^{**}A grant expired in 2014 that had been funding dedicated music therapy in Palliative Medicine and Hospice.

Performing Arts Program Total Number of Performances by Year



Individuals, families, corporate sponsors and foundations that believe in the arts and healthcare are making a difference every day in the lives of our patients.

To learn more, please contact Karen Wyman, Director of Development, at 216.445.6722, or wymank@ccf.org.

Transplant Patient and Music Therapist Rock Out at Fundraiser



Music therapist Laura Higgins performed on stage at the Transplant Rocks fundraiser with one of her patients. Patrick received a single lung transplant at Cleveland Clinic, and Laura provided music therapy to him during his often complicated and extended stay.

The Transplant Rocks fundraiser supports the Transplant Patient Assistance Fund, which helps patients and their families with expenses not covered by insurance. Each year the event honors a Rock & Roll Hall of Fame inductee, and this one honored Buddy Holly.

Patrick had requested a Buddy Holly song from Laura during their music therapy sessions, so he was the perfect person to join Laura's performance at the fundraiser. Patrick introduced Laura and shared a bit of his story and what music therapy meant to him during his time as a patient. Then they performed a few songs together.

Laura says, "Working with the transplant patients is one of my favorite parts of being a music therapist at Cleveland Clinic. I was honored to be asked to perform, especially with Patrick."

Music Therapy Expands Services in Taussig Cancer Institute

Music therapy has been available for cancer patients in the outpatient setting for several years. The program recently grew with the addition of a full-time music therapist dedicated to outpatient cancer patients.

Pat Eden, music therapist, pictured here in the newly opened Taussig Cancer Center, sees cancer patients in the outpatient infusion suites. She also is able to follow those patients between their inpatient hospital stay and their outpatient treatment.

Having a full-time music therapist dedicated to cancer patients allows for a continuum of care that can help a patient's experience with their hospitalization and treatment.



Artwork: Carolina Sardi, *Blue* (detail), 2016, painted steel. Donated by The Kaplan Foundation.

CureSearch Foundation Awards Grant for Music Therapy for Children

The CureSearch Foundation awarded a grant to the outpatient pediatric hematology/oncology clinic of Cleveland Clinic Children's for music therapy services. Music therapist Arissa Kyler used music therapy to provide opportunities for self-expression, normalization, coping and family support. Music therapy was also used as a means of procedural support and to assist with symptoms. Arissa created educational materials for patients and families about how they can use music techniques at home to support the coping skills gained during individual music therapy sessions.

The mission of the CureSearch Foundation is to end children's cancer by driving targeted and innovative research; to provide resources to support children and families who are dealing with pediatric cancers; and to provide grants for psychosocial resources and programs.





Music Therapist Records Heartbeats of Pediatric Heart Transplant Patients

Music therapy is often utilized in very difficult and emotional situations for patients and their families. Our music therapists work with children who are awaiting heart transplants and their families. A new music therapy tool is being used to create memorable keepsakes of the patients' heartbeats.

Christine Bomberger, music therapist at Cleveland Clinic Children's, records the heartbeat of a pediatric patient awaiting a heart transplant. After the child receives his or her transplant, the music therapists record the new heart. The heartbeat recordings are placed on a CD and gifted to the patients and their families.

Music Therapy in Neonatal Intensive Care Unit at Hillcrest

Emily Guthe, music therapist at Hillcrest Hospital, works with a family to support them throughout their prolonged hospitalization in Hillcrest's neonatal intensive care unit. This premature infant benefited from live music during weekly retinopathy eye exams. Live music combined with his mother's support provided a positive environment to assist with infant calming post-eye exam. Pictured here is Emily using live music to promote secure attachment between the mother and her infant during Kangaroo Care.



Art Program Enhances Newest Regional Hospital in Avon

Avon Hospital opened its doors on Nov. 15, 2016. Avon Hospital is unique in that it is the first regional hospital that Cleveland Clinic has built from the ground up. The five-story, 142-bed hospital includes a pharmacy, two operating suites, a café and bright dayrooms with views of the outside landscape. The hospital features many 21st-century technologies and amenities that have become a standard for Cleveland Clinic.

The artwork both celebrates the Avon community and reflects the goal of Cleveland Clinic to create a "hospital of the future." There are 79 original works of art installed in the public areas and on patient floors, as well as hundreds of art posters throughout the building. A commissioned suite of works on paper by Cleveland artist Timothy Callaghan commemorates Avon's history as a national center for greenhouses, and it is located just off the spacious atrium entrance lobby.

Several of the artworks are included in *Art Break*, Cleveland Clinic's cellphone art tour. If you get the opportunity, look for the orange phone icon on a label by the artwork and follow the directions to participate — it's easy and interesting!



Installation view of Avon Hospital first floor: (left) Michelle Muldrow, *Boxing Rhapsody*, 2011, casein on kaolin clay; (right) Thomas Scheibitz, *Family by the Sea I*, 2008, silkscreen print



Installation view of Avon Hospital first floor: Timothy Callaghan, *Glass Gardens* Suite, 2016, gouache on paper

Major Contemporary Artwork Donated to Cleveland Clinic

If you have been to main campus within the past year, you might have noticed a large sculpture titled *Pumpkin* by Japanese artist Yayoi Kusama in the Linda and Malcolm Glazer Family Lobby of the M Building. An avant-garde sculptor, painter, performance artist, filmmaker, fashion designer and novelist, Kusama is recognized around the world for her iconic polka dots and psychedelic colors. This significant addition to Cleveland Clinic's world-class art collection was generously donated by Robert M. Kaye. It has become a beacon for children visiting Cleveland Clinic Children's and a landmark for visitors and employees at main campus. In fact, the sculpture inspired the employees to undertake a selfie contest that was hosted on Cleveland Clinic's intranet. A major traveling exhibition of Kusama's work is planned for 2018 at the Cleveland Museum of Art.



Installation view of Main Campus M Building first floor: Yayoi Kusama, *Pumpkin*, 2014, fiberglass-reinforced plastic and paint. Donated by Robert M. Kaye.



Caregiver Art Show Brings Employee Talent to the Forefront

The Caregiver Art Show, a showcase of employee artistic talent, was exhibited for the first time in the Julia and Larry Pollock Grand Corridor and Gallery on main campus. This brought employee artwork into one of the most traveled hallways of main campus, resulting in more interest and exposure than ever.

A selection of over 100 artworks was chosen by a jury of art professionals, including Theresa Bembnister, Associate Curator of the Akron Art Museum; Darius Steward, local artist and art teacher at Saint Ignatius High School; and Christina Vassallo, Executive Director of Spaces, a local nonprofit arts gallery.

Six honorable mention awards were chosen, and three best in show awards were presented to caregivers.



Installation view of Caregiver Art Show, featuring a best in show painting: (center) Jawad Shabani, *Disguised*, acrylic on canvas

HONORABLE MENTION

Shoshana Berenholz, Women's Health Institute Mary Ellen Choma, Center for Connected Care Timothy Gaewsky, Arts & Medicine Institute James Johnston, Akron General Elia Pestana Knight, MD, Neurological Institute Gandhivarma Subramaniam, Neurological Institute

BEST IN SHOW

Jawad Shabani, Operations Janine Sot, Dermatology & Plastic Surgery Institute Arthi Venkat, Cole Eye Institute

Art Program Celebrates Anniversary with Exhibition Common Threads

Now in its 11th year, Cleveland Clinic's Art Program continues to enhance the hospital's patient and public areas throughout the health system. In honor of the anniversary, the Art Program installed *Common Threads*, which was on view Aug. 11-Oct. 17, 2016, in the Julia and Larry Pollock Grand Corridor and Gallery (formerly the Art Program Exhibition Area). The exhibition featured some of the recent additions to the collection, many of which have since been installed in the new Taussig Cancer Center and new Avon Hospital.



Left: Swoon, Nee Nee in Braddock, 2014, screen-print on handmade, hand-painted paper Right: Installation view of Common Threads exhibition

Arts & Medicine Expands Program at Hillcrest Hospital

The Arts & Medicine Institute has partnered with Hillcrest Hospital to develop a robust arts and medicine program for patients, caregivers, families and the community at Hillcrest Hospital.

The program includes art and music therapy in the Hirsch Cancer Center, in the Neonatal Intensive Care Unit (NICU) and throughout the inpatient hospital, as well as weekly performances by our musicians-in-residence in the Hillcrest Atrium.

In August 2016, Hillcrest Hospital welcomed a second fulltime music therapist to expand music therapy services at the hospital. Emily Guthe, a recent graduate with her master's degree in music therapy from the University of Iowa, has joined Stephanie Morris to provide music therapy services to patients and families on the adult inpatient units.







With Emily's arrival, music therapy services also expanded to the NICU, as Emily came to Hillcrest with extensive training in providing music therapy services to the most fragile patients infants in intensive care. Music therapy in the NICU can promote calm infants, provide parent support and education to promote bonding through music, provide appropriate developmental interaction, and support neurobehavioral development.

Art therapy also expanded to support a full-time art therapist, Kelly Pecl-Dreamer. Kelly started working with patients in the Hirsch Cancer Center, then expanded services to the whole hospital, and began offering open studio art therapy in the Hillcrest Atrium for patients, families and caregivers.

The Arts & Medicine Program at Hillcrest Hospital is supported by donations. Special thanks to the Hillcrest Hospital Medical Executive Committee and Dr. and Mrs. Beejadi Mukunda for their generous donations to fund the art and music therapy program. Thanks also to the Orthopaedic Department for supporting the pilot phase of the Performing Arts Program in 2016.



Peter Newman, Sky Trans Form (U.S.A.), 2010, photographs

Art Is a Major Feature of New Taussig Cancer Center

Since 2014, when Cleveland Clinic announced plans to build a seven-story cancer facility to house all outpatient cancer care at main campus, the Art Program curators and architects from William Rawn Associates began discussing art for the building. The new 377,000-square-foot Taussig Cancer Center opened March 6. With a 16' ceiling on the first level and floor-to-ceiling windows allowing for an abundance of natural light throughout, the design provided an excellent opportunity to commission artists for site-specific installations.

There are 12 site-specific artworks inside, including works by national and international artists Rana Begum, Nancy Lorenz, and Claudia Wieser, and local artists Ray Juaire and Patti Fields; and one commissioned outdoor sculpture at the entrance off Carnegie Avenue, by London-based artist Eva Rothschild. Several of these were funded by generous donors, including Spencer Finch's light boxes, donated by the Solomon and Post Families; Carolina Sardi's wall installation, donated by the Kaplan Foundation; and Jacco Olivier's animation, donated by The Yuval Brisker Charitable Foundation.



Installation view of Taussig Cancer Center exterior: Eva Rothschild, *Live Edge*, 2016, painted aluminum sculpture



Installation view of Taussig Cancer Center first floor: Elise Ferguson, *Sidewinder 0*, 2016, pigmented plaster on MDF panel



Installation view of Taussig Cancer Center first floor: Rana Begum, No. 688, 2015-16, paint on powder-coated aluminum



Jacco Olivier, *Flow* (video still), 2016-17, digital animation. Donated by The Yuval Brisker Charitable Foundation.



Installation view of Taussig Cancer Center second floor skyway: Claudia Wieser, *Sculptures*, 2016, glazed ceramic tiles

Cancer Patients and Families from Hope Lodge Share Love of Art Therapy

In 2016, the Art Therapy Room, located in the basement of the R Building, Taussig Cancer Institute, was a favorite gathering place for patients and families from Hope Lodge, a residence operated by the American Cancer Society where out-of-town adult cancer patients can stay free of charge while receiving oncology treatment.

A group of 10-12 Hope Lodge patients and caregivers began to frequent the Art Therapy Room on a regular basis for about four to six weeks and became a prolific group of artists. Every day they would board the shuttle to the Cleveland Clinic's Taussig Cancer Institute to work on their various projects.



Rawan Al Salah, of Bethlehem, was diagnosed with cancer while in the United States for an international forum for women scientists. She sought treatment at Cleveland Clinic, and soon her husband and mother joined her at Hope Lodge. All three would come to the Art Therapy Room to create. Rawan would often make things for her children back home. Her husband began painting with acrylics and plans to continue at home and involve their children as well.

Another patient, Cheranda Akers, of South Point, Ohio, came to the studio numerous times and would get so absorbed in her painting that she had to be reminded to go to treatment by her caregiver, who also actively participated in art making.

Mary Sampson, of Lambertville, Michigan, was also part of this group and attended the Art Therapy Room with her sister. Mary expressed delight with her creations, acknowledging that she had never considered herself artistic before.

As they created, the group would talk and laugh, comment on each other's artwork, and draw comfort from each other's company. The Art Therapy Room provided them with a respite from life's difficulties.

Pediatric Patients Benefit from Art Therapy During Hospitalization

Pediatric art therapist Meredith McCulloch works with children of all ages at Cleveland Clinic Children's. Even for the very youngest of children, the hospital can be a stressful and anxietyprovoking experience. Art therapy helps remove the fear of hospitalization and provides normal developmental activities for the children, which can help calm



them while building resilience and coping skills. Hawk, a pediatric patient, engages in some media exploration in the form of finger painting. Hawk's mother says, "With programs like art therapy, Hawk, while still being very sick, was stimulated. This enhanced his growth and development as a baby, while also becoming our little Picasso. We are forever grateful to you."

Art Therapy Expands to the Multiple Sclerosis Infusion Center

In July 2016, art therapy services began at the Mellen Center for Multiple Sclerosis infusion center, initially offered two times a week. Demand grew, and art therapists Tammy Shella and Jackie Kolenz now work with patients Monday through Friday. Patients in the infusion center are often required to stay for three to four hours for their treatment. Art therapy has been a valuable asset for coping through diversion, as well as an opportunity for patients to express themselves through the art, learn new skills and improve their quality of life.



Art and Epilepsy Exhibition at Beck Center for the Arts

Cleveland Clinic Epilepsy Center and the Arts & Medicine Institute, in collaboration with the Beck Center for the Arts, presented a special exhibit featuring artwork by people with epilepsy and their caregivers. The art was created individually during art therapy sessions at Cleveland Clinic's Epilepsy Center and by the Cleveland Epilepsy Association support groups.



Patient Rediscovers Artistic Talent Through Art Therapy

When patients begin working with an art therapist, they often discover or rediscover a love of art. Jackie had not painted since high school, but doing art therapy inspired her to start painting again.



Cleveland Institute of Art Students Draw Dialysis Patients for Class

For the third consecutive year, the Cleveland Institute of Art (CIA) offered a class in collaboration with the Arts & Medicine Institute. "Drawn to Care: Portraiture and Medicine" partners patients in Cleveland Clinic's Eastside (Stokes) and North Randall dialysis centers with a CIA student. Under the instruction of CIA professor Barbara Chira, the students create a drawn or painted portrait of the patient over a four-week period.

The experience places emphasis on gaining empathy, engaging the community and enlivening the medical environment through the arts. Each patient is gifted with a copy of his or her portrait, and collaboration is celebrated at a year-end art show for patients, families and the artists.



Dancing Classrooms Performs at Cleveland Clinic

The Performing Arts Program shared the joy of dancing through a group of fifth-grade students who attend Mary Bethune Elementary School in the Cleveland Metropolitan School District. Students participate in a dance program offered through Dancing Classrooms Northeast Ohio.

Young students from this organization have graced the Gus P. Karos Grand Lobby in the Sydell and Arnold Miller Family Pavilion with ballroom dancing numerous times the past several years. Dancing Classrooms is a nonprofit organization with a local chapter in Cleveland that utilizes dance to build children's social awareness, confidence and self-esteem.



Musicians-in-Residence Program Expands

The Musicians-in-Residence program originated in 2013 with 10 professional musicians. The program has added musicians for each of the past several years, increasing to over 20 contracted musicians who perform on a regular basis.

These musicians bring superior musicianship, diversity and inclusion through music to patients, visitors, families and employees in the Gus P. Karos Grand Lobby in the Miller Family Pavilion, Surgery Center, Crile Building, Cole Eye Institute, Global Patient Services and Hillcrest Hospital Atrium.

Roxboro Middle School Chamber Orchestra Performs and Surprises Septuagenarian Alum

The Chamber Orchestra of the Roxboro Middle School in Cleveland Heights gave a concert as part of the Performing Arts Program. They were joined for a photo by Cleveland Clinic volunteer Jordan Perlman, who attended Roxboro Middle School in the 1940s. The orchestra's performance brought back many good memories for Mr. Perlman.



Beck Center for the Arts Performs Nutcracker and Brings Holiday Cheer

More than 60 ballet dancers from the Beck Center for the Arts filled Cleveland Clinic's Gus P. Karos Grand Lobby in the Miller Family Pavilion with holiday cheer as the group performed selections from *The Nutcracker*. More than 3,000 people enjoyed the day's performance.





Make Music Cleveland: A Celebration of Music at Cleveland Clinic



On June 21, 2016, the community set out to celebrate its first all-day "Make Music Cleveland" celebration. Local musicians held performances all around Cleveland embracing the diversity of music and musicianship, while providing free concerts throughout the community.

The Arts & Medicine Institute, in collaboration with Credo Music, presented a series of free mini-concerts in different locations on Cleveland Clinic's main campus. Young students of Ariel Clayton Karas, a member of our Musicians-in-Residence program, volunteered a full hour of violin performances. Musical performances were given by The Big Finish Band, a rock band from the Beck Center for the Arts, as well as local musicians Sean Snapp, Gayle Getts, Kent Collier, Marshall Griffith, Virginia Crabtree and Ariel Clayton Karas.

Make Music Cleveland is based on France's Fête de la Musique, a national musical holiday inaugurated in 1982. The festival has become an international phenomenon celebrated in more than 800 cities in 110 countries, including Germany, Italy, Egypt, Syria, Morocco, Australia, Vietnam, Congo, Cameroon, Fiji, Colombia, Chile, Nepal and Japan.

Live music performances can be enjoyed from noon to 1 p.m. at one of the following locations:

The Gus P. Karos Grand Lobby in the Miller Family Pavilion: Monday through Friday Surgery Center: Monday and Thursday Crile Building: Friday Cole Eye Institute: Monday and Thursday Hillcrest Hospital Atrium: Wednesday



New Research Focus Spearheaded by Dr. Francois Bethoux

Dr. Francois Bethoux, Medical Director, is an experienced and successful researcher in his specialty of multiple sclerosis rehabilitation. Under his leadership, the Arts & Medicine Institute has expanded its research focus. Lisa Gallagher, MA, MT-BC, became our Research Program Manager from her previous role as Music Therapy Manager. The institute team has undertaken over two dozen research studies of various kinds through the years. Recent highlights include:

"The Effects of Music Therapy Interventions on Symptom Management in Palliative Medicine Patients" was accepted for publication in 2017 in *American Journal of Hospice and Palliative Medicine*.

"Surveys of Families of Hospice and Palliative Medicine Patients Who Experienced Music Therapy" was accepted for publication in 2017 in *Supportive Care in Cancer*.

"Impact of Music Therapy on Hospitalized Patients Post Elective Orthopaedic Surgery: A Randomized Controlled Trial" is under journal review.

Cleveland Clinic Abu Dhabi Arts for Health Programs Continue to Grow

Performing Arts

Since the kickoff of regular performing arts events in November 2015, Cleveland Clinic Abu Dhabi has hosted more than 110 events through two different programs. The first type is a background performance on the ground floor of the clinic. These performances are diverse, including not only Western repertoire and instruments (flute, clarinet, violin, viola, cello, piano, harp, guitar), but also the culturally relevant instruments of the Middle East (oud, qanun, tableh). The second type of performance was launched in partnership with the Abu Dhabi Music and Arts Foundation: the Alhan Recital Series. The concerts provide patients, family members and caregivers the opportunity to experience premier regional talent in a recital-like atmosphere within the hospital. Greg Bonanno, Events and Conferences Associate, coordinates these events for Cleveland Clinic Abu Dhabi.







Cleveland Clinic Abu Dhabi received a donation from artist Steven Naifeh: three sculptures and two works on canvas. In 1975, this Arab-American artist was honored with the first solo exhibition at the Embassy of the United States, composed exclusively of works created in Abu Dhabi. Each of these works reflects a connection between the op art and geometric patterns that are commonplace in the arts, designs and architecture of Arab countries.





Alhan Recital Series

Florida Youth Orchestra Flute Choir Brings Holiday Cheer

Holiday times can be particularly difficult for patients undergoing cancer treatment. To bring comfort to patients, the Florida Youth Orchestra Flute Choir, under the direction of Conductor Sarah Weinstein, performed on Jan. 3 in the infusion suite of the Maroone Cancer Center at Cleveland Clinic Florida.

In 2016 the Arts & Medicine Center at Cleveland Clinic Florida offered patients and caregivers more than 125 performances in lobbies, waiting rooms and hospital rooms. Local organizations and individuals volunteer their time and talent to help patients cope with difficult situations and bring wellness into their lives.



Art and Music Therapy in the Maroone Cancer Center at Cleveland Clinic Florida

Cleveland Clinic Florida is harnessing the healing power of art and music to aid cancer patients in their recovery. It has dedicated studio space in the Maroone Cancer Center for these free therapy sessions, which are led by registered art therapist Marie Doll, ATR, MFT.

"Art and music therapy are two powerful ways to aid in the healing process for someone dealing with a serious or terminal illness," states Doll. "For cancer patients, art therapy has been shown to decrease pain, anxiety and depression." Similar benefits have been seen with music therapy.



Patient Artists Exhibit at Cleveland Clinic Florida

In the spring of 2016, the Arts & Medicine Center at Cleveland Clinic Florida exhibited the artwork of patientartists. Beautiful paintings delighted caregivers, patients and visitors in the main hallway for three months. The exhibit ended with a reception recognizing the talents of these artists who graciously shared their artwork.

The art wall, installed in 2014, honors the multicultural platform that exists in South Florida, with rotating art exhibits showcasing different media such as watercolor, oil and acrylic, and photography, by both local and international artists.

Pictured from left to right: Roma James, Monica Maroone, Linda Schecter, David Friedman, MD (Director of the Arts and Medicine Center), Henriette Arnold, Joseph Reilly, Susan Schuchter and Carole Hartless.





2016 Arts & Medicine Institute IN NUMBERS



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