

Arts & Medicine Institute

NEWSLETTER



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We would like to thank our generous donors who help support the work of the Arts & Medicine Institute.

Reflections on the Arts & Medicine Institute



“The Arts & Medicine Institute has made Cleveland Clinic a leader in arts and aesthetics, as well as science and medicine. They strengthen our family of patients and caregivers, and bring us closer to the communities we serve. We thank them for enhancing our healing environment, offering welcome therapies, and helping Cleveland Clinic to provide the best experience in healthcare.”

–**Tomislav Mihaljevic, MD**, President and CEO, Cleveland Clinic

“Good design is part of Cleveland Clinic’s cultural identity. The Arts & Medicine Institute strengthens that identity by its commitment to world-class art and performance. They are true caregivers, enhancing the patient environment, and supporting evidence-based art and music therapy. As Cleveland Clinic expands, they will continue to innovate, and elevate the spirit of all who come here for care”

–**Chris Connell**, Chief Design Officer, Center for Design



“I am proud of the work that the Arts & Medicine Institute team has done to integrate the use of the arts at Cleveland Clinic. We have touched millions of people’s lives – often in ways we will never know – and we have been a significant force in elevating the field of arts and health around the world.”

–**Maria Jukic, JD**, Executive Director, Arts & Medicine

“Celebrating 10 years of the Arts & Medicine Institute is a momentous occasion. The museum quality fine art collection and inspiring music and art therapists play an integral role in providing a healing and supportive environment for our patients and families. Cleveland Clinic’s commitment to world-class care is demonstrated every day by the compassionate work of these caregivers.”

–**Mary Curran**, Executive Director, Executive Administration and Center for Design



“The Arts and Medicine Institute is fully invested in the three pillars of Cleveland Clinic’s mission (care, education and research). Initiatives to promote the integration of the arts into healthcare and health promotion are emerging around the world. AMI is one of the leaders in this field, thanks to the tireless work from our staff and continued support from Cleveland Clinic and Center for Design leadership.”

–**Francois Bethoux, MD**, Medical Director

“The Arts & Medicine Institute provides a seamless integration of the arts, with an emphasis on the importance of empathy in the healthcare setting. The opportunity to ameliorate the experience for all our patients, visitors, caregivers and the community is incredibly rewarding as we assist with the healing process.”

–**Joanne Cohen**, Executive Director and Curator, Art Program



How You Can Help the Arts & Medicine Institute

Integrating the arts into health and medicine is a growing initiative in modern healthcare and a return to the roots of practicing medicine, *ars medicina*, the art of medicine/healing. Cleveland Clinic seeks to move the conversation forward about how and why the arts can benefit us all. Here are four ways we are trying to do just that.

Contemporary Art Collection:

Encountering Art in a Hospital Surprises, Delights, Inspires, Heals

When hospitals exhibit fine art, it is a conscious effort to treat the patient as a whole person: body, mind and spirit. Art can comfort, encourage contemplation, inspire, stimulate, distract and provide hope. Patients positively respond to Cleveland Clinic's fine art collection according to their feedback and our research. Benefactors are crucial to the program's success at all of our national and international locations.

Clinical Art and Music Therapy:

Therapists Change Perspectives, Outcomes and Lives

Art and music are used by board-certified art and music therapists to provide clinical care to patients. Creative expression is an often untapped resource for healing and self-discovery. Therapists use art and music to reduce pain, stress and anxiety and to improve mood and well-being. Philanthropic support is needed to expand services throughout the health system. Contributions also will sustain Cleveland Clinic's ongoing discovery of art and music benefits.

Arts and Health Research:

Science and Medicine Further the Dialogue About the Benefits of the Arts

Innovation and scientific discovery define today's world. Research into the impact of the arts on individuals, groups and communities will contribute to our understanding of health, wellness and medical care. Cleveland Clinic is one of the leading academic medical centers in the world to conduct these exciting studies. Funding is integral to moving this research forward.

Community Impact with the Arts:

Utilizing the Arts in the Community for Health, Well-being and Resilience

The arts are an underutilized resource for helping communities and individual community members achieve and maintain health and well-being. We have reached beyond the hospital walls to introduce and utilize the arts in our communities. Exciting programs and research studies contribute to our knowledge and experience. It takes all of us to move the needle on community health.

To learn more about supporting the Arts & Medicine Institute, contact **Karen Wyman**, Director of Development, at **216.445.6722** or **wymank@ccf.org**.

Ten Years of Healing Through the Arts



The Arts & Medicine Institute was established in May 2008, by Toby Cosgrove, MD, who was CEO and President of Cleveland Clinic at that time. The institute was one of several new initiatives created during a sweeping transformation of Cleveland Clinic's approach to the patient experience. The Arts & Medicine Institute would act as an organizational structure for Cleveland Clinic's arts and cultural activities.

Ten years later, the Arts & Medicine Institute has more than 30 caregivers, 20 musicians-in-residence and dozens of research studies; has sponsored thousands of live performances; and displays tens of thousands of fine art prints and original works of art. It is touching millions of patients coming through the doors of Cleveland Clinic locations and facilities. Francois Bethoux, MD, became medical director in 2016, and recently the Arts & Medicine Institute became part of the new Center for Design at Cleveland Clinic.

The mission of the Arts & Medicine Institute is to practice and investigate the use of the arts in healing; to enhance the Cleveland Clinic experience through the arts; and to build community around the arts, health and medicine.



This mission takes the form of direct patient contact, such as art therapy and music therapy, performances in public areas, art installed throughout the health system, public lectures and workshops, and community events and performances.

The creation of the institute formalized the practice of art and music therapy at Cleveland Clinic to aid the physiological, psychological and emotional well-being of the individual. The art and music therapy program has since grown in staff and scope to allow for more patient visits, becoming part of the multidisciplinary treatment plan for the patients. With more than 20 art and music therapists working throughout Cleveland Clinic, the reach of this very specialized work continues to expand.

Music therapy and art therapy are provided at the bedside, as well as in groups and in public spaces for patients, families, caregivers and the community. More than 10,000 people are touched by music and art therapy per year, covering more than 100 hospital units on Cleveland Clinic's main campus and regional hospitals. The largest patient populations to benefit from art and music therapy treatments are pediatric and cancer patients, as well as patients in heart and vascular and transplant units. A referral for a session can originate with a doctor, nurse, social worker or others. Therapists assess the patients, develop treatment plans and goals, and provide art or music therapy to meet those objectives.

The Performing Arts Program provides weekday lunchtime music and other performances by musicians-in-residence, other local musicians and community organizations, including local schools and arts agencies. The musicians-in-residence are specially trained to work in the hospital environment and serve as members of our team.



Performances are held in multiple locations around the main campus and at regional hospitals. The Performing Arts Program hosts more than 600 performances annually, reaching over 250,000 people.

Research is a core function of the Arts & Medicine Institute. More than 25 research studies have been undertaken by the Arts & Medicine Institute team, with eleven published. Studies range from using functional magnetic resonance imaging (fMRI) to study the impact of music on the brains of multiple sclerosis (MS) patients, to a market research survey of the patients' perceptions of the art collection. Other studies have observed the effects of music therapy on pain and mood post-orthopedic surgery, and observed the results that music and art therapy have on mood, anxiety and



pain in hospitalized patients with different diagnoses. Articles reporting on these studies have been published in peer-reviewed healthcare journals, and more are forthcoming.

While the healing powers of the arts have been acknowledged since ancient times, their integration into mainstream medical care remains a work in progress. The Arts & Medicine Institute is striving to bring the arts to all patients, families, caregivers, visitors and the community, with the goal of optimizing their physical and emotional well-being and to promote a positive and healing atmosphere. Art is a universal language that transcends many barriers and touches each of us in personal, often life-changing ways.

Arts & Medicine Institute Team



***Pictured (Left to Right):** Lisa Gallagher, research program manager; Genell Tuck, performing arts program coordinator; Francois Bethoux, MD, medical director; and Maria Jukic, JD, executive director.*

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

Departments

Art Program | Art Therapy | Music Therapy
Performing Arts Program | Research

HeRe We Arts: Bringing the Arts into the Community

The Arts & Medicine Institute is expanding its reach into the community. “We took what we learned working with patients in the hospital setting, especially with art therapy and music therapy, and turned outward toward the community to see if we could use the arts to help people in their communities,” says Maria Jukic, JD, executive director of the Arts & Medicine Institute. The result was an eight-week arts exploration and education program called HeRe We Arts, which stands for Health, Resilience and Well-Being through the Arts.

HeRe We Arts is both a program and a research study. There are many arts programs in the world but relatively few have a research component. With the research experience, knowledge and skill of the Arts & Medicine Institute team, and our mission of investigating the use of the arts in healing, we embarked on an ambitious attempt to research the impact of the arts on community members with chronic conditions. “This program is unique in that we include six different art forms in the same study, and we are tracking changes in such things as physical activity, well-being, resilience, coping and mood,” says Lisa Gallagher, MT-BC, research program manager. “From preliminary results, it appears that the program not only improves coping but that there is a lasting effect at least eight weeks after the end of the program.”

During each of the eight weeks of the program, participants are provided with education as to how the arts impact health, resilience and well-being, and they have the opportunity to engage in various art forms.



Weekly sessions include Introduction to the Arts and Health; Music, Well-Being and Resilience; Art and Well-Being; Writing and Communication/Self-Expression; Movement and Physical Activity; Art Appreciation and a Healthy Brain; Theater and Socialization; and Summary/Integration of the Arts into Daily Lives. We have conducted the program 10 times in several Cleveland Clinic locations, including Euclid Hospital, Akron General Hospital, Langston Hughes Community Health and Education Center and Lakewood Family Health Center, as well as Stewart's Caring Place in Akron. More than 100 individuals have participated, and each group enjoyed it so much they asked that it be continued.

The program has received funding from the Ohio Arts Council, Cuyahoga Arts and Culture, and donors to the Arts & Medicine Institute.



ARTS & MEDICINE INSTITUTE Programs

- Our diverse and innovative programs encourage engagement in many areas of artistic expression.
- The Arts & Medicine Institute organizes more than 800 public events and activities per year, including performances, exhibitions, art tours and other arts and educational offerings.

Making an Impact: Published Arts & Medicine Research

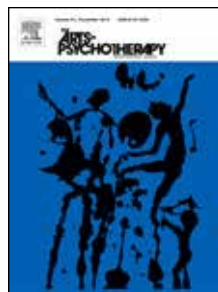
Arts & Medicine Institute is leading the field in medical research related to the arts. As we continue to ask and answer important research questions, we have published 11 research papers in journals, plus more than 25 articles, abstracts and book chapters in various publications and conference proceedings. Below is a sampling of the journals in which we have published articles.



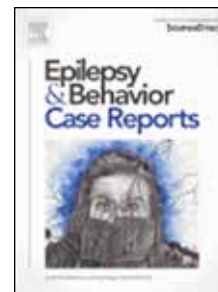
Impact of Music Therapy on Hospitalized Patients Post Elective Orthopedic Surgery: A Randomized Controlled Trial – 2018



Outcomes of Music Therapy Interventions on Symptom Management in Palliative Medicine Patients – 2018



Art Therapy Improves Mood, and Reduces Pain and Anxiety When Offered at Bedside During Acute Hospital Treatment – 2017



Development and Use of the Art Therapy Seizure Assessment Sculpture on an Inpatient Epilepsy Monitoring Unit – 2017



Therapeutic Use of the Arts for Patients With Multiple Sclerosis – 2017



Music Therapy for Symptom Management after Autologous Stem Cell Transplantation: Results from a Randomized Study – 2017



Perceptions of Family Members of Palliative Medicine and Hospice Patients who Experienced Music Therapy – 2017



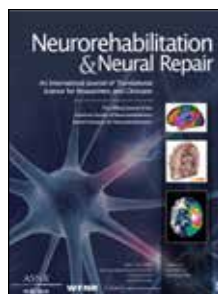
A Hospital's Contemporary Art Collection: Effects on Patient Mood, Stress, Comfort, and Expectations – 2014



The Effects of Modified Melodic Intonation Therapy on Non-Fluent Aphasia – 2012



The Benefit of Music for the Reduction of Stress and Anxiety in Patients Undergoing Elective Cosmetic Surgery – 2012



A Home-Based Walking Program Utilizing Rhythmic Auditory Stimulation Improves Gait Performance in Patients with Multiple Sclerosis: A Pilot Study – 2010



The Clinical Effects of Music Therapy in Palliative Medicine – 2006

Art Program

The Cleveland Clinic Art Program was established in 2006 with the mission to enrich, inspire and enliven our patients, visitors, caregivers and community and to embody the core values of the institution: collaboration, quality, integrity, compassion and commitment. An emphasis on contemporary art fosters an environment of creative excellence, encourages dialogue and challenges viewers to experience diverse points of view.

The Art Program is responsible for selecting new art acquisitions, acting in an advisory capacity to the Aesthetics Committee and the Philanthropy Institute to assist with donations of artworks, and providing services ranging from installation to inventory and upkeep of the collection. In addition, the Art Program curates and organizes exhibitions and related educational programming.



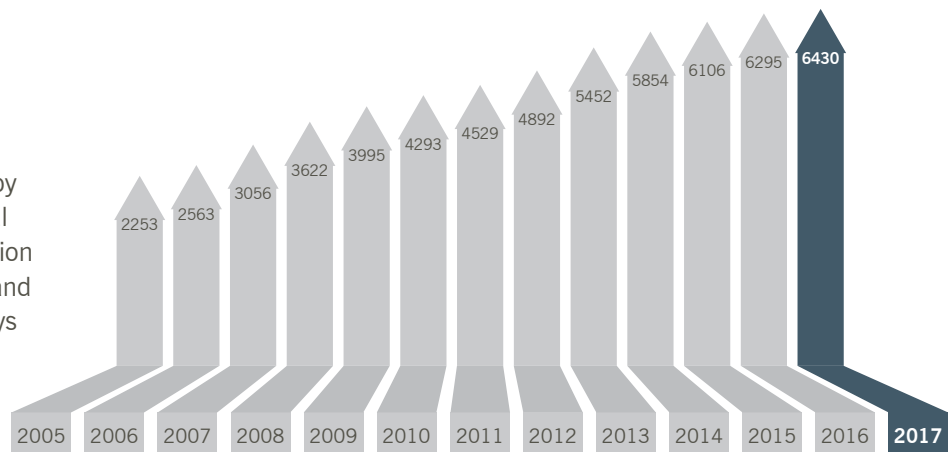
***Pictured (Left to Right):** Kathryn Koran, Bellamy Printz, Jerika Jordan, Jennifer Finkel, Meghan Tedrick, Joanne Cohen, Christopher Kulcsar, and Jane Baeslach.*

Art Program projects include:

- Commissions of site-specific works of art for Miller Family Pavilion, Glickman Tower, Taussig Cancer Center, Hillcrest Hospital, Marymount Hospital and other areas
- The Julia and Larry Pollock Gallery on main campus between Q and G Buildings, which features several exhibitions each year as well as occasional public programs
- An Audio Art Tour showcasing 35 works from the collection with commentary
- An “Art Break” Cell Phone Tour available for visitors at regional facilities to enjoy specific works of art in key locations
- Art Ambassador Tours that give patients, visitors and staff a personal guide to the artwork on select Wednesdays and Saturdays
- Art in the Afternoon Tours that are designed for individuals with memory loss and their care partners, offered by appointment

Collection Growth:

The collection includes works by local, national and international artists in all media. The collection is dispersed throughout Cleveland Clinic in public spaces, hallways and patient rooms.



Art in the Afternoon Engages People with Memory Loss and Their Caregivers

Art in the Afternoon tours are designed to lift spirits, engage the mind and provide an enjoyable social experience for those with memory loss, dementia and Alzheimer's disease and their care partners. Individuals from residential care facilities, adult day centers and their homes attend a free, hour-long program that looks at artworks in an inquiry-based learning environment where interaction is encouraged.

Three exhibitions of works selected and curated around a theme, such as portraiture, landscape, still-life or abstraction, are installed annually. An Art Program professional engages participants in a conversation about the artists and artworks, encouraging them to share their insight, memories, and feelings in response to viewing and discussing the images.

In 2015 the program was moved to the Lyndhurst campus, and serves an average of 10 participants per tour and over 100 attendees each year. When rating their mood from pre- to post-session, 75% of participants surveyed indicated their mood improved or stayed the same, and 88% of participants said they would attend again. Participants responded positively to specific pieces, the art and colors, the descriptions and explanations, interactions with the group, and the learning that occurred. Several participants reported enjoying being out and doing something different, and one individual felt more independent.



Art curator, Katy Koran, engages with participants, answering questions about the art collection, during an Art in the Afternoon tour.

The program also positively affects caregivers. Sam, for example, brought his mother to 15 Art in the Afternoon sessions over the course of several years. He noted that the program was integral to developing a bridge to his mother and her perceptions of a different world. The program was an adventure, as it provided a day out of their typical environment and into the community, where he felt dementia was not the focal point of their day.

Art Program Launches Curatorial Fellowship



The Art Program instituted a new position for curatorial and project management assistance. Jerika Jordan, MA in art history and museum studies from Case Western Reserve University (CWRU), became the first full-time curatorial fellow for a two-year term starting in 2017.

Ms. Jordan assists with mid-tier renovation and new construction projects, educational programming, exhibitions, inventory and research of the collection, as well as writing didactic and press-related material.

She led the planning for *The Third Hand: Art Therapy at Cleveland Clinic*, a collaborative exhibition with the Art Therapy team, and co-curated the *Maker's Mark* and *Active Voice*. She is immersed in the development of AR+, an app that celebrates Cleveland Clinic's commitment to creating healing environments through art and architecture.

The curatorial fellowship provides important professional experience to recent CWRU MA art history and museum studies graduates. This valuable program is funded by generous gifts to the Arts & Medicine Institute. It is our hope to continue offering the fellowship well into the future.

Site-Specific Exhibition Highlights Commission Process

June 15, 2017–January 4, 2018

Julia and Larry Pollock Gallery

Walking through Cleveland Clinic, you may notice certain works of art that are integrated into the architecture. Since 2006, almost 40 different commissions have been created for Cleveland Clinic. In *Site-Specific*, presented in the Julia and Larry Pollock Gallery in late 2017, visitors had the opportunity to see the development of some of these notable art projects unfold.

Unlike other art seen around Cleveland Clinic, larger-scaled works require substantial preparation for a distinct area. The commissioned artist and the curatorial team work very closely when planning and installing these special artworks, along with architects, engineers and construction crews. Sometimes the development can start years in advance, before ground is even broken for construction of a building. When an artist is invited to propose an artwork for possible commission, they are given architectural blueprints for the intended space, some background on the patients and specialty in the area, and general information about Cleveland Clinic and the art collection.

Included in the exhibition were actual samples of working drawings, sample materials, and color tests that the curators received during the development of the artwork's production. Though the artist's vision frequently evolves from the original plan, the end result is a surprising and unique signature work for a public space in Cleveland Clinic.

Viewers were able to watch videos and dial up audio recordings about the works through their cellphones to show how and why some of these artworks have become permanent parts of the patient journey at Cleveland Clinic. Touchable examples of materials and test runs of visual elements were also hung along with illuminating panels, which included images of the artworks, biographical information about the artists and photographs of installations. The response to *Site-Specific* was excellent — people loved the opportunity to learn about these iconic works of art that are spread throughout Cleveland Clinic, and they now have a more intimate understanding of how they came to be.



Catherine Opie, Somewhere in the Middle (details), 2010-2011, Series of 22 photographs. Commissioned for Seidman Tower at Hillcrest Hospital in Mayfield Heights, Ohio.



Eva Rothschild, Live Edge (details), 2016, Painted aluminum. Commissioned for Taussig Cancer Center at main campus.

Cleveland Clinic Children's New Home

In September 2018 a long-standing dream for Cleveland Clinic Children's had been realized: a state-of-the-art pediatric outpatient center with expanded care under one roof. Cleveland Clinic's Center for Design was instrumental in many aspects of the interior design to create an organized, holistic and engaging experience for our patients. Danish designer and artist Per Arnoldi was commissioned to create a cohesive visual language for the new facility that combined large-scale graphic installations, wayfinding signage and custom furniture. *(pictured right)*. Arnoldi's signature colors – blue, red and yellow – activate, organize and unify waiting areas, exam rooms and corridors. Another exciting feature is the two monumental interactive motion walls on the first and second floors that use gesture-tracking technology that responds to slow and controlled movements by the visitors' arms and legs. Colors blend together as if mixing paint or pouring colors into water, almost like a massive lava lamp, serving as a fun and soothing distraction for kids and their families. In addition, the Art Program installed over 100 artworks throughout the patient corridors from local, national and international artists.



Rhys Coren, various titles, 2018, screen prints

Donated Artwork Brightens Patients' Days

The vivid work of an Algerian American artist captured the imagination of a Cleveland area man, inspiring what was to become both an expansive collection and a long-term friendship.

In 1980, Eli Goldner began collecting prints, paintings and works on paper by Jean Sariano, who creates invented environments and energetic characters. Over the next 38 years, until Mr. Goldner's death in February 2018, the collection grew to over 200 works of art.

Twenty-seven of those works are now brightening the new Cleveland Clinic Children's state-of-the-art facility at main campus *(pictured below)*.



Meanwhile, three other works by Jean Sariano animate Cleveland Clinic's Medical Outpatient Center on the border of Stow and Cuyahoga Falls.

The Goldner family donated the prints and paintings to Cleveland Clinic because they wanted the works to have a more public home, where children and families could enjoy them.

The images installed at both locations are serene with a touch of humor. Mr. Goldner, who was a Cleveland Clinic patient, had a chance to see photographs of the artwork installed in Stow, and was thrilled with the installation. "The artwork looks awesome," he said at the time.

Mr. Goldner's sons, Jarred Goldner and Zachary Goldner, and his wife, Cheryl Childress Goldner, donated a total of 30 works by Mr. Sariano to Cleveland Clinic. The substantial gift was donated with the goal of bringing a smile to children (and their families) and dedicated in honor of the family, friends and loved ones, past and present, who bring the Goldner family so much joy, including their loving father and husband, Eli – the dedicated enthusiast behind the vast art collection.

Art Therapy

Art therapy is engaging in the creation of art, with the help of an art therapist, to assist with both emotional and physical healing and growth. Anyone can benefit from art therapy; it does not depend upon talent or technical ability. The art therapist will discuss interests and goals for the session and then suggest art tasks. This may include painting, simple sculpting, drawing, collage or craftwork. Art therapists are professionals who possess a master's degree in the field of art therapy.

Art therapy is currently available in the inpatient units at main campus via consult. Programs and groups are offered in the Heart and Vascular Institute, Cleveland Clinic Children's, the Taussig Cancer Institute and the transplant units, as well as Behavioral Health at Lutheran Hospital. Drop-in programs for visitors, caregivers and patients are offered in the Cleveland Clinic Wellness Store and the Center for Consumer Health Information.



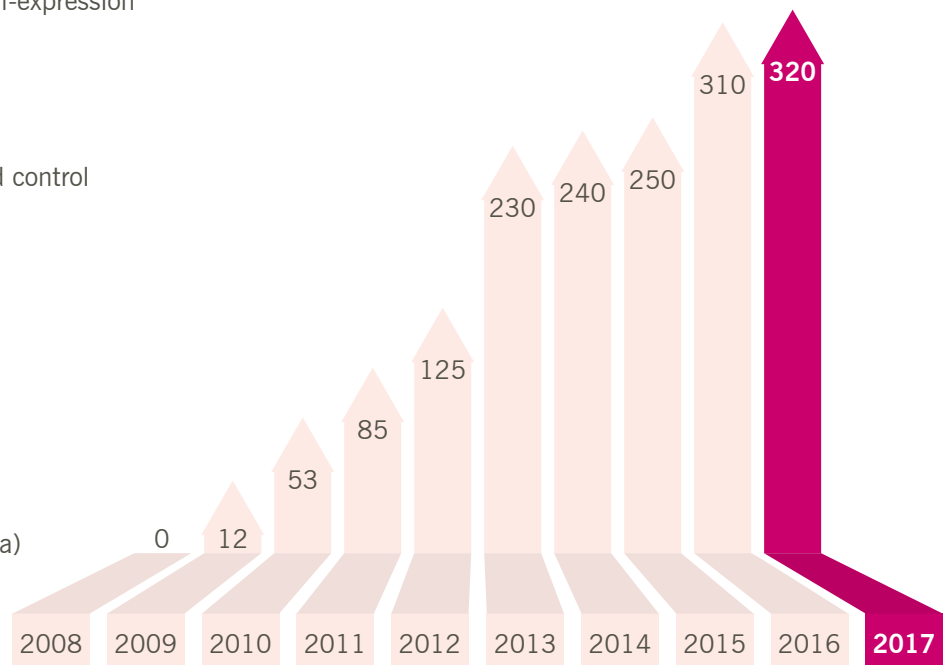
***Pictured (Left to Right):** Natalie Sadar, Tammy Shella, Lisa Shea, Mededith McCulloch, Kelly Pecl-Dreamer, Jackie Kolenz, and Kate Taricska.*

Art therapy can help:

- Decrease pain and anxiety
- Improve coping skills
- Provide an opportunity for self-expression
- Enhance self-esteem
- Promote relaxation
- Provide a sense of choice and control
- Improve attention span
- Assist with rehabilitation

Weekly Hours of Art Therapy:

(Main Campus, Hillcrest, Florida)



Saudi Arabian Pediatric Art Therapy Patient Creates Art for Everyone to See

Abdulaziz was born with hollow visceral myopathy, a disease that causes the intestines to not contract and move food through the digestive system. He had multiple surgeries to remove blocked sections of his small intestine that lead to short bowel syndrome, which causes the body to not retain needed nutrients, among other issues.

The Saudi Arabia native traveled to Cleveland Clinic Children's numerous times for a serial transverse enteroplasty procedure (STEP) to lengthen his intestine, and two small bowel transplants.

While Abdulaziz was recovering from the STEP in 2016, Meredith McCulloch, MA, ATR-BC, PC, REAT, a pediatric art therapist at Cleveland Clinic Children's, visited Abdulaziz, who was alone in his room and spoke little English. He declined her invitation to join her in making art so she said, "I'll make art for you."

Moments later, his eyes lit up as he saw Ms. McCulloch working on an art project for him — and he joined in the project with her.



Two years and 100 art therapy sessions later, Abdulaziz is fluent in English and always eager to try something new. "Despite his lengthy and complicated recovery, he was constantly motivated to engage in art therapy, even when he was critically ill," says Ms. McCulloch. "Abdulaziz always requests to be my first patient of the day."

Abdulaziz's courage, positive attitude and prolific collection of artwork created in art therapy caught the eye of *Where I'm From*, a Cleveland-based clothing company that partners with Cleveland Clinic Children's each holiday season.

The company was inspired by a small hot-air balloon Abdulaziz created in art therapy, and used it as the featured artwork for holiday T-shirts.

All of the proceeds from the T-shirts featuring Abdulaziz's artwork were donated to Cleveland Clinic Children's art and music therapy programs to ensure other children with chronic and complex illnesses will have the opportunity to express themselves, develop coping skills and have fun during their hospital admissions.

"It has been wonderful to see Abdulaziz's transformation from being frightened and withdrawn to a confident, talkative and motivated child!" recalls Ms. McCulloch. "Art therapy helped him adjust to hospitalization [and] develop confidence and coping skills, and provided him with an opportunity for self-expression. He looks forward to engaging in art therapy during his hospital admissions and was thrilled his artwork was featured on a T-shirt for all to see."



Abdulaziz (middle) with art therapist, Meredith McCulloch (far left) and hospital staff wearing *Where I'm From's* T-shirt featuring Abdulaziz's artwork.

Cancer Patient Secretly Leaves His Mark at His Favorite Cleveland Clinic Locations

Dominic Marazita was a 21-year-old oncology inpatient at Cleveland Clinic's main campus in the spring and summer of 2017 when he was introduced to art therapy.

"Dominic was interested in art therapy to further his artistic technique and to explore new media as a way to cope with his illness [and] loss of strength and mobility, and found art to be beneficial to his mood," says Kate Taricska, MA, ATR-BC, LPC, an art therapist at Cleveland Clinic.

When he wasn't painting, getting cancer treatments or participating in music therapy, Mr. Marazita's family would push him in his wheelchair, going on adventures around the hospital to explore Cleveland Clinic's extensive art collection.

During art therapy sessions, while he was admitted in the hospital for various treatments, Mr. Marazita and Ms. Taricska explored many different art techniques and media. "He said art therapy helped him because he could get the pain out and onto paper while he felt like a prisoner in his own body," recalls Ms. Taricska.

As months passed, it became clear the treatments, no matter how aggressive, weren't working. One day as Ms. Taricska entered his room for their art therapy session, Mr. Marazita and his parents had tears in their eyes. He told her that there wasn't anything else that could be done for him medically.

With that news, he became even more passionate about leaving his legacy and about gaining acceptance of his inevitable death.



Left: Visitor taking photo of Dominic Marazita's artwork on display in the patient art show.



Right: Dominic Marazita, *Untitled, 2018, acrylic*.



The first art therapy patient art show was exhibited in 2018 as a result of Dominic's influence. Pictured are other patients whose artwork was featured and their art therapists.

As he lost further control of his body, art became his primary means of self-expression because he often was not able to verbalize what he was feeling. Mr. Marazita explored many existential and end-of-life questions through art therapy sessions — questions like, What happens after we die? Will it hurt? Will I be forgotten?

Before he was discharged, Mr. Marazita and his family went on one last secret outing on main campus. "They placed replicas of a painting that Dominic created, in one of our last sessions, at their favorite locations throughout the hospital," says Ms. Taricska.

Not long after his secret mission, Mr. Marazita died. When Cleveland Clinic patients and caregivers saw the reproductions of the artwork that he and his family had hung around the hospital, complete with educational wall labels, it made them curious about who made them and what they meant.

"Dominic's desire to leave his mark on the world helped inspire a patient art show, which allowed patients to share artwork they created in art therapy sessions and encouraged other patients to share their stories through creative self-expression," explains Ms. Taricska.

Mr. Marazita's artwork carries his memory, and his memory has inspired the sharing of others' legacies through their art and the mark they leave on the world. Just like he did.

Cleveland Clinic Florida

Cleveland Clinic Florida offers eight temporary art exhibits throughout the year in two different locations drawing in local artists and reflecting the diversity of the community. The relationship between engagement with the creative arts and health outcomes, specifically the health effects of music engagement and visual arts therapy, is the key component for the Arts and Medicine Center. The photography of Zach Levitetz delighted our patients and caregivers during his exhibit showcasing the beauty of the ocean and bringing the peace and tranquility of this environment to the hospital and clinic.



From left to right: Jeff Levitetz, Wael K. Barsoum, MD, CEO and President of Cleveland Clinic Florida, his daughter Mya, Zach Levitetz – the artist, Robert Cubeddu, MD and David Friedman, MD, Director, Arts and Medicine Center.



Music and Art Therapies Help Cancer Patient Heal Body and Mind

Beating kidney cancer in 2008 and caring for her daughter who was diagnosed with lymphoma in 2015, Cheryl Connors of Geneva, Ohio, was a little overwhelmed when she received a splenic marginal zone B-cell lymphoma diagnosis in August 2017.

When Ms. Connors, 59, began cancer treatment, her daughter, Colleen, was now her caregiver. At Taussig Cancer Center, the mother and daughter learned about the complimentary patient services available, such as art therapy and music therapy, and decided to take advantage of them.

“Music always played an important role in my family’s lives,” says Ms. Connors. “It has served as a soothing way to calm down or as a motivator to energize.”

When Ms. Connors met with Pat Eden, MT-BC, a music therapist at Cleveland Clinic, for her first music therapy session, she never realized that experience would become a crucial part of her cancer therapy.

During her chemotherapy infusions, Ms. Connors and her daughter explored a variety of instruments, improvising sounds and melodies along with the music therapist’s accompaniment. Together, they played songs that addressed Ms. Connors’ mood.

Ms. Eden suggested incorporating art therapy into the treatment plan and made a referral to art therapist Lisa Shea, MA, ATR-BC. Engaging in art and music therapy completely changed the atmosphere for both mother and daughter.



Pictured (Left to Right): Music therapist, Pat Eden; Cheryl Connors; her daughter, Colleen; and Art therapist, Lisa Shea.

“It gave us something positive to look forward to. It made the infusion suite feel much more home-like,” says Ms. Connors. “We were able to enjoy our time together without being worried.”

During her chemotherapy treatments, Ms. Connors tended to be anxious and hyper vigilant, but art and music therapy enabled her to focus entirely on the creative and expressive process.

“Putting a bead on a string or playing an instrument would take my mind off of the treatment. The next thing you knew, the nurse was coming in to tell me the treatment was over and I left with a smile,” recalls Ms. Connors. “Just like physical therapy helps heal your body, art and music therapy help heal your mind.”



FRONT International: Cleveland Triennial for Contemporary Art Highlighted at Cleveland Clinic

Cleveland Clinic participated in the inaugural FRONT International: Cleveland Triennial for Contemporary Art. FRONT included paintings, sculpture, photography, film, video, performances, installations and outdoor sculptures by 116 artists from 15 countries and 18 U.S. cities. From July 14 through September 30, 2018 contemporary artworks were on view throughout Akron, Cleveland and Oberlin in museums, in galleries, in outdoor spaces, on building façades and in unconventional arts venues such as the Federal Reserve Bank, the Cleveland Public Library and our own Cleveland Clinic main campus.

The Art Program oversaw two FRONT installations by artists Sharon Lockhart and Jan van der Ploeg. Installed in the Julia and Larry Pollock Gallery, large format photographs, newspapers and specially designed benches from Lockhart's Little Review, produced for the 2017 Venice Biennale, was the culmination of a long-term collaboration with girls living in Poland. Nearby, in a central corridor within the Miller Pavilion, Dutch artist Jan Van der Ploeg created a vibrant site-specific abstract wall painting. During the opening weekend of FRONT, both artists spoke to caregivers and visitors about their respective installations. One caregiver wrote in response to the mural, "The burst of color brightens up my day every time I walk past it."



Sharon Lockhart, Little Review series, 2016-2017, photographs, Installation view for FRONT Triennial at Cleveland Clinic.

Jan van der Ploeg, Wall Painting No. 464, 2018, latex paint on wall, installation view for FRONT Triennial at Cleveland Clinic.



Music Therapy

Music therapy, under the supervision of a board-certified music therapist, combines music and therapeutic techniques and aids in the physiological, psychological and emotional well-being of the individual during treatment of an illness. Music therapy is currently offered in the Taussig Cancer Center, Cleveland Clinic Children's, the Heart and Vascular and Neurological Institutes and the Bone Marrow Transplant units, and through referrals to patients throughout the hospital. Music therapy is also available at Euclid, Hillcrest and Akron.



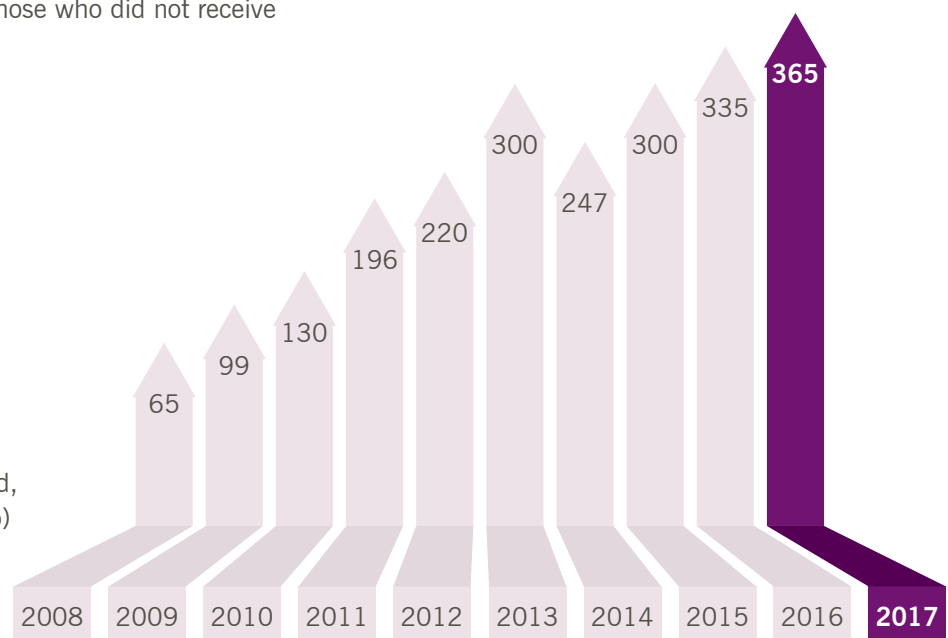
Music Heals | Research Findings:

- Bone marrow transplant patients receiving music therapy required significantly less pain medication than those who did not receive music therapy.
- Palliative medicine patients showed improvements in pain, anxiety, depression, shortness of breath, mood, facial expression and vocalization after participating in music therapy, with 96 percent of these individuals indicating that they had a positive response to music therapy.
- Individuals who had elective orthopedic surgery and experienced music therapy post-surgery had lower pain and anxiety levels, better mood and, on some days, reduced nausea than those who did not receive music therapy.

Pictured (Left to Right): Arissa Kyler, Kaitlin Klein, Pat Eden, Emily Guthe, Wiley Smith, Debbie Bates, Laura McFee, Stephanie Morris, and Christine Bomberger.

Weekly Hours of Music Therapy

(Main Campus, Hillcrest, Euclid, Florida, Fairview and Lou Ruvo)



Music Therapy Plays an Important Role in Pediatric Heart Transplant Patient's Life

Music has been part of Emma Detwiler's life since before she was born. While at a doctor's appointment at 19 weeks, her parents learned there was a serious problem with her tiny heart. Reeling from the news and trying to figure out how to deal with the information, Rachel Platten's song "Better Place" came on the radio.

"The song gave me hope that Emma would be OK and would make this world a better place, even through the hurdles we knew she was up against from the start," says Cara Detwiler, Emma's mother. "It was a very unknown and scary time for us. From that day on, we played the song every single day to her."

Emma was born with a severe congenital heart defect—pulmonary atresia with intact ventricular septum (PA-IVS) and hypoplastic right ventricle — where the right side of her heart did not develop enough to pump blood to and from her lungs, requiring urgent surgery within her first days of life. During her first surgery, at three days old, she went into cardiac arrest and was in critical heart failure. She was put on an extracorporeal membrane oxygenation (ECMO) device — a temporary device that helped support her body since her own heart wasn't able to. A heart transplant would be her only chance to survive.

After Emma was born, music therapy was an important therapy service she encountered early at Cleveland Clinic, as Emma's condition was too critical for other therapy services. "Music therapy brought light and hope to an otherwise dire situation and brought to life the songs we had been playing for Emma since she was in utero," recalls Ms. Detwiler.



Music therapy soon became something the Detwiler family looked forward to and often requested. It became a way to help lift up their spirits and gave them strength to fight through another day waiting on a new heart for their sweet baby girl.

"Music therapy sessions aren't just beneficial for patients; they can help families take their minds off the difficult and complicated medical situations their loved ones are going through and provide a moment of relaxation [and] joy, as well as some normalization to their day," explains Christine Bomberger, MT-BC, a pediatric music therapist at Cleveland Clinic Children's.

Three months after Emma was born, she received her new heart, fittingly, the day before Valentine's Day. Her parents couldn't be happier, but it wasn't the end of Emma's struggles. She had a long journey of medical care ahead of her.

Ms. Bomberger would customize songs for Emma and sing them as she fought through her latest battle — coming off of heavy sedation, trying to extubate, coming off of dialysis, several procedures and ultimately transitioning from the intensive care unit to rehabilitation.

As Emma became more alert and stable, it was clear that she had gained an early love for music. "Emma always responded well to music, smiling and reaching for various instruments, wanting to explore and play them herself," says Ms. Bomberger. "Many times, I'd use the music as a distraction when she was having a procedure done that caused her discomfort, like an ECHO (sonogram of the heart) or a dressing change."

After spending 323 days in the hospital, Emma was finally well enough to go home. Music therapy remains an important part of hospital visits for Emma and her family.

"The role that music therapy has played is immeasurable and will no doubt continue to play a significant role in Emma's medical journey and overall life," says Ms. Detwiler. "We cannot thank Christine and the music therapy team enough."

Performing Arts Program

The Performing Arts Program is a cornerstone of the Arts & Medicine Institute. The program enhances the environment and Cleveland Clinic experience for patients and caregivers. Listeners are provided an opportunity to engage in high-quality performances every weekday by local musicians, with special events featuring dancers, ensembles and local schools and arts organizations.



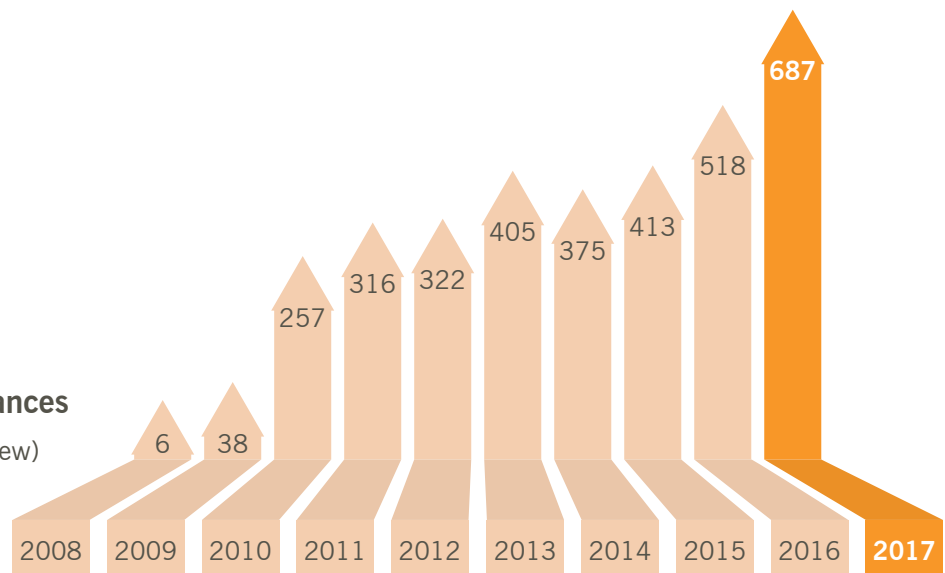
Artists and groups who have performed include:

- Musicians-in-Residence
- Dancing Classroom of NE Ohio
- Beck Center for the Arts
- Roots of American Music
- City Ballet of Cleveland
- Cleveland Institute of Music students
- Dancing Wheels Company & School
- Credo Chamber Music
- Oberlin Conservatory students
- Contemporary Youth Orchestra
- Cleveland Orchestra Youth Orchestra
- Guardians of Praise



Total Number of Performances

(Main Campus, Hillcrest, Fairview)



Guardians of Praise: Teaching Youth to Excel at Dancing and Life

Guardians of Praise kept the holidays going with a special performance for patients, visitors and care-givers at Cleveland Clinic's Miller Pavilion in the Karos Grand Lobby on Dec. 27, 2017. This is the third year the group has entertained attendees with expressive dance performances.

The dance group was founded more than 20 years ago by Peggy Jones as a way to reach youth from inner-city areas to build diversity, discipline, purpose and expression of love through dance in a positive environment. The Guardian of Praise dancers perform at various venues including shelters and senior citizen homes. Laquetha Nelson assists Ms. Jones with the dancers.

"For many years, my dream has been to offer up our dance performances at Cleveland Clinic," says Ms. Jones. Bringing joy to patients through dance is grounded in personal experience for Ms. Jones.



Anniatasia Woods, 13, has danced with Guardians of Praise since the age of 2. The teen dancer also assists with choreography for the group.

From the age of nine, she recalls spending three to four days a week at hospitals with her parents who both had various ailments.

The number of dancers changes yearly since most participants join the group at a young age and then move on to attend college or other positive ventures in their adult lives.

Many of the children who participate in the dance program enter with multiple personal issues. One young man started out with Guardians of Praise as a 10-year-old foster child. Now, as a 21-year-old, he is on his college basketball team and continues to participate in the dance group. "He once told me he learned to give his all at everything he does through dancing with the Guardians of Praise," recalls Ms. Jones.

Ms. Jones continues to encourage her dancers to push for personal excellence in all areas of their lives — both on and off the dance floor.

Beck Center Brings Holiday Cheer

Beck Center for the Arts, in Lakewood, is one of the largest performing arts and arts education organizations in northeast Ohio. During the holiday season for the last several years, they have brought over 60 ballet dancers to Cleveland Clinic to perform selections from the Nutcracker and other favorites.



Musicians-in-Residence

Live music performances were one of the first undertakings of the Arts & Medicine Institute. Local, professional musicians and music students formed the backbone of the Performing Arts Program. A few years ago, we elevated our most trusted and talented musicians, who share our mission of improving lives through music, to Musicians-in-Residence, pictured below. They continue to provide the most performances, and have become a valuable part of our team.



Lisa Bell Benedetto, piano



Lee Bush*, guitar



Kent Collier, cello



Virginia Crabtree, flute



Gayle Getts, flute



Marshall Griffith, piano



Robert (Bob) Gruca, guitar



Larry Hunsicker*, string bass



Ariel Clayton Karas, violin



Rob Kovacs, piano



Guytano Parks, piano



Alan Petersen*, vibraphone



Sean Snapp, flute



Chiara Fasani Stauffer, violin



Joshua Stauffer, guitar



Susan Strasek, harp



Linda White, flute



Doug Wood, guitar



Kim Zaleski, flute and
Trevor Kazarian, cello

More information
is available on
our website at,
[my.clevelandclinic
.org/departments/
arts-medicine](https://my.clevelandclinic.org/departments/arts-medicine)

* member of Nice Jazz Trio

New iPhone App AR+ Launching Soon



Coming in Spring 2019

AR+ app will feature augmented reality technology, as well as text, video and audio resources.

The Cleveland Clinic Art Program and Center for Design are creating a new iPhone app, AR+. With an interactive and educational focus, AR+ will allow patients and visitors to take a deeper look at the art collection and architectural features of nine Cleveland Clinic locations. The app will feature augmented reality technology, as well as text, video and audio resources. By providing this new, exciting avenue of exploration, we hope to engage patients, their families and visitors in learning about the Cleveland Clinic's efforts to create healing spaces through art and architecture. The nine Cleveland Clinic facilities to be featured include Avon Hospital & Richard E. Jacobs Health Center; Cleveland Clinic Abu Dhabi; Hillcrest Hospital; Taussig Cancer Center; Lou Ruvo Center for Brain Health; Braathen Center in Weston, Florida; Children's Outpatient Center; Miller Pavilion; and The Health Education Campus.

The forthcoming digital platform was made possible by a generous donation from Anita, Nicole and Britt Cosgrove to recognize Toby Cosgrove, MD, immediate past President and CEO, for his innovative leadership in establishing the Arts & Medicine Institute to further improve the patient, family and caregiver experience.

“Power of Art” Showcases Cleveland Clinic’s Innovative Art Collection

Cleveland Clinic is commemorating the 10th anniversary of its Arts & Medicine Institute with the new book, “Power of Art: Cleveland Clinic Collection,” which masterfully illustrates the visual history of Cleveland Clinic’s Art Program through more than 90 images of contemporary art and architecture.

The centerpiece of the book is Cleveland Clinic’s expansive art collection, which includes works of art from renowned artists, including Yayoi Kusama, Catherine Opie, Jaume Plensa, Eva Rothschild and Jennifer Steinkamp.

“The ‘Power of Art’ is a testament to the impact of the arts in the healthcare setting,” said Joanne Cohen, executive director of the Art Program at Cleveland Clinic’s Arts & Medicine Institute. “Moreover, it illustrates the paradigm shift from what genres or type of art can become an integral and essential part of the healing environment.”

“Power of Art” is published in collaboration with Christie’s and is available for free online at clevelandclinic.org/power-of-art.



Jaume Plensa, Whispering (detail), 2007-2008, stainless steel.

Lakewood *Light-in-Sight* Installation Graces New Lakewood Family Health Center

The new Cleveland Clinic Lakewood Family Health Center opened to patients in July 2018. The design of the building includes an 80-foot gallery space facing Detroit Road that features rotating exhibitions and commissions.

For the opening of the new family health center, the Art Program commissioned local artists Liz Maugans and Dana Depew to create a temporary, site-specific installation. Lakewood *Light-in-Sight* is a community-centric art installation that connects and responds to the city. Maugans and Depew designed a smaller playful version of the Solstice Steps, an area park feature frequented by Lakewood residents. It features quirky sculptural “Solstice Steppers” made from upcycled and found materials from foreclosed houses by the principal artists and other area artists. Beyond incorporating locally sourced materials, the unifying color is also significant: yellow elicits feelings of joy, warmth, energy and cheerfulness and, of course, reminds us of the sun.

The central component of this installation invites community participation. Maugans and Depew have created numerous forums for residents to respond to the prompt “Lakewood is ...” to be featured in an eclectic lit sign display. Answers gathered from the community are showcased on a large marquee at the



Liz Maugans and Dana Depew, Lakewood Light-in-Sight, 2018, mixed media installation.

center of the work, and changes regularly throughout the temporary installation. Thus, *Light-in-Sight* captures the diversity of the local population and celebrates how residents positively respond to their city and its public spaces.

Art Therapy at Farmers' Market



The Art Therapy Department provides weekly groups in the Wellness Store at main campus, called Art as a Path to Wellness. These groups are open to the public, and participants include patients, families and caregivers.

When the weather gets nice, the art therapists have started providing this program at the weekly farmers' market on main campus.

“We have facilitated several Art as a Path to Wellness groups at the farmers' market the last two summers, during pleasant and not-so-pleasant weather,” says Natalie Sadar, one of the art therapists. “Many people, including patients, family members, visitors and caregivers, actively participated in creating artworks such as hope rocks and altered dominoes.”

The activities have been very well received by all participants. Patients and visitors say it brings them peace, and caregivers say it makes them more productive.

“We enjoy the opportunity to showcase art therapy in this way,” continues Ms. Sadar. “People easily forget the enjoyment they get from making art, and we are happy to remind them!”

Hillcrest Patient Art Show

Kelly Pecl-Dreamer, ATR-BC, is the art therapist dedicated to Hillcrest Hospital. She works with patients in the Hillcrest Cancer Center, as well as the inpatient hospital.

Ms. Pecl-Dreamer has organized a patient art show in Hillcrest Hospital's atrium for two years now. "After building rapport with several patients diagnosed with cancer, my vision for a patient art show was ignited," she says. "I learned that many have artistic abilities and were already using art as therapy in their lives. To know that our patients have a creative outlet, another tool to express themselves along their journey is comforting and hopeful. Each patient had their unique story that deserved to be told, each one impacting the life of another."

The opportunity for patients to display their art is a form of communication and expression to other people who may be going through similar situations, to offer hope, courage and love. The gifts that these patients possess should be celebrated.

Ms. Pecl-Dreamer also hosts open art studio for patients, families, visitors and caregivers in the atrium of Hillcrest Hospital.



Music Is Contagious at Hillcrest Cancer Center

Stephanie Morris, MT-BC, provides music therapy services 20 hours per week in the Cleveland Clinic Cancer Center at Hillcrest Hospital, as well as 20 hours inpatient.

The cancer center at Hillcrest is also lucky to have an infusion nurse who is a talented singer and will occasionally sing harmonies with the music therapist and patients. This is offered at the patient and therapist's discretion. Ms. Morris facilitates music therapy with one particular patient in the cancer center who especially enjoys singing. This patient welcomes the nurse to join in singing hymns during the music therapy session.

This patient became temporarily hospitalized during the course of treatment. Music therapy was a requested service. "I began singing, but he didn't join this time," said Ms. Morris. "He asked for the nurse from the cancer center. Despite the late time of day, the nurse arrived in minutes. When she walked in the room his entire affect brightened." He began singing with the music therapist and nurse through several songs and rated decreased pain numbers, as well as improved mood scores.

These moments highlight the kind of collaboration found at the Cleveland Clinic Cancer Center at Hillcrest Hospital and the way that music therapy can bring people together. The caregivers go above and beyond and understand the impact of music therapy for the patients.



Stephanie Morris (pictured right) with infusion nurse at Hillcrest Hospital.

Center for Design

In 2017, the Arts & Medicine Institute became part of the newly created Center for Design at Cleveland Clinic. Led by Chief Design Officer, Chris Connell, the Center for Design includes:

- Arts & Medicine Institute
- Office for a Healthy Environment
- Planning and Design
- Strategic Space

Our Vision

A global model for healthcare design. Focused on patients and caregivers. Strengthening the community. Creating healthy, lasting efficiencies. With consistent, beautifully functional, uplifting aesthetics.



The Center for Design open office work space

Office for a Healthy Environment



OHE works in the community to improve environmental health which improves human health. They partner with communities to plant trees and parks and run a farmer's market to provide fresh local health food to Fairfax.



Children's Outpatient Center

When Taussig Cancer Center moved into their new building in 2017, its former location became home to the pediatric outpatient center of Cleveland Clinic Children's, which opened in 2018. Center for Design team members including architects, planners, interior

designers, curators, and many others were involved in the renovation and construction of the new space. Art and music therapists work with patients and families in the renovated building.



64 hospital units

requesting Art or Music Therapy at main campus

Performing Arts Program reaches

250,000+



29

Research Studies

40+

Community
Partners



300

Tours of the
art collection

20



Musicians-in-Residence

1,000,000+

People touched by
the Arts & Medicine
programs

7 hospitals with Music Therapy:

Main Campus, Hillcrest,
Akron, Euclid, Weston,
Fairview, and Lou Ruvo

687

Performances

6 hospitals with Art Therapy:

Main Campus, Hillcrest,
Euclid, Fairview,
Lutheran, and Weston

8 locations for Performing Arts:

Main Campus (5), Hillcrest,
Fairview, and Medina

Top 5

Art and Music
Therapy areas:

Oncology,
Pediatrics,
Heart and
Vascular,
Transplant,
and Neurology

6,632

Objects in the
art collection

89 buildings

that have fine art from the collection



For information on all programs offered through the Arts & Medicine Institute please visit clevelandclinic.org/artsandmedicine.

Questions? Email artsandmedicine@ccf.org or phone **216.448.8330**.