

How easily the



can change a life



The instruments to heal are in our hands.

annual report fy 2009-2010

Dear Friends,

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In the past year TAO artists, volunteers, and supporters have taken this young organization farther than I ever imagined possible.

Back in the early days, little did we know of the great compassion of so many creative artists and volunteers. And though we knew there was a need for our services, the appreciation and gratitude expressed by our audiences—the community's oldest citizens, families and women in need, and those living with disabilities and disease—has been astonishing.



Our board and committee members have always been at the heart of all we do, and these community leaders are deep into the governance and strategic decision-making that dictates TAO's development. To have come so far in such a short time is testament to their talents and resourcefulness.

Several excellent members have transitioned off the board – most notably Tim Bellars, former board chair and longest-tenured board member, at six years. Thankfully, we have had talented, visionary leaders join TAO and take their place.

Our golf tournament, house concerts, and especially our signature event, the Sea Level Singer/Songwriter Festival, continue to help fund our operations and recruit, mentor, and showcase the talents of hundreds of caring artists and supporters. The festival's Instruments of Art Auction, where musical instruments were turned into works of art, and the Emerging Artist Contest for regional singer/songwriters, have been two hugely successful components of the festival. Both speak well to the aspect of our mission to create a sense of community and source of inspiration for our artists.

Strategic planning, board development, and business development activities played a big part in our growth this past year, and continue to lay the groundwork for the future TAO. But our real work, with the music, words, colors, joy, fragile hugs, and silent tears, was played out at nearly 70 locations throughout seven Hampton Roads cities. In one-hour arts experiences, creative, compassionate artists were paired with thousands of people who needed them – bringing hope, healing, inspiration, and recreation.

Thank you for your part in giving life to Tidewater Arts Outreach and making this important work possible.

MaryAnn Toboz

“It was incredible to watch the kids light up”

by Kara McGehee, President, TAO Board of Directors

My first experience with teaching guitar at the 13th Street Crisis Center was with Stuart Goldwag and Bobby

Woodard, two doctors who have contributed their time to TAO for several years. I was unsure about how the kids would receive me, and whether or not I had the requisite skills. Stuart and Bobby were very enthusiastic about their experiences with the kids, and showed me their ways of getting the kids engaged.



It was easy, really: start by asking about their levels of exposure to playing music, and get them acquainted with the instrument and a few basic chords. I was surprised that first day that within an hour we went from identifying what “frets” are to playing a song that actually sounded like a song.

Over the next year, I encountered dozens of kids from age 13 to 17. Some were at the center because it was a less restrictive alternative to the detention home, and they had been involved in criminal activity. Others were there as a temporary placement through the Department of Human Services, awaiting the green light from Child Protective Services to move into a foster home or residential treatment facility. Every single one of them had a desire to learn, even the kids who initially seemed “too cool” to be in the class.

It was incredible to watch the kids light up once they realized that they were making music. Some of them had disabilities, and the ability to participate in making music in a group was often a completely new experience for them.

The kids encouraged and helped each other through the process, and for some of them, I could see sparks of true talent that I hope they pursued after they left.

At one point, the facility housed a student who had extreme emotional problems. He had acted out violently on numerous occasions

and was in the facility because of criminal charges. The director told me that the only way they were able to keep his behavior in check was to reward him with time to practice the guitar.

I am an attorney who works in the juvenile system frequently, and I saw that student and others from time to time at court. They always greeted me with smiles and often spoke enthusiastically about their guitar lessons to their parents who accompanied them to court.

Although my career is one that many find fulfilling, I have yet to have a case professionally that makes me feel as good about what I do as the smiles on the faces of the guitar students when they realize they can make beautiful music.

“These concerts can even heal a broken heart”



The room was quiet, its occupants seated in a circle around the perimeter – some dozing, some looking out the window – when the folk trio entered. Sid and the Singing Swords, a father and two daughters, smiled, greeted, and engaged folks in friendly chit-chat as they set up chairs and music stands in the center of the room.

What happened next was a little bit rehearsed, a little ad-libbed, but very much inspirational and serendipitous. The strains of accordion blended with and punctuated the vocals and sister-harmonies of tunes from Broadway shows and a bygone era. In that room, among the group of 18 elderly participants and several staff, moods were lifted, reminiscences shared, and a community blossomed around the artists and the arts experience they offered.

The PrimePlus Adult Day program participants, many of whom have varying stages of dementia and Alzheimer’s disease, often respond favorably to what supervisor Tammy Greene calls failure-free activities like music. Senior companion Curtis Futrell agrees, adding that music “lifts them up.” The artists themselves were delighted to share their common bonds of music and familial cheer with the seniors, bonds that often bring back many happy memories.

Greene believes that these programs encourage otherwise reticent participants to respond and even find joy in the world around them. Sid and the Singing Swords’ set included several oldies, which elicited subtle but poignant responses from their listeners. Slight movements, smiles of recognition, and foot taps from the audience constitute resounding victories for staff, who may attend to participants for periods of time without seeing them move or acknowledge the presence of others.

Because a participant may be here one day and back in the past the next, staff believes interactive and synergistic activities are crucial to their mental health. They associate activities and feelings with the music, says Futrell, who noted that these concerts can even heal a broken heart.

Greene, a 14-year veteran of the program, also appreciates that seniors under her care can respond to music on several levels. “Making an impact on someone’s day,” she says, is the best part of her job, and the programs featuring live music and arts, such as TAO provides, help her to that reward. By now, many have probably forgotten the name Sid and the Singing Swords, she added, but the imprint of their heartfelt smiles and memory-teasing music lives on in quiet ways.

Statement of Income and Expenses

FOR THE YEAR BEGINNING JULY 1, 2009 AND ENDING JUNE 30, 2010

INCOME

Individual donation	\$6,715
Facility contribution	\$5,300
Business contributions and grants	\$6,125
Foundation/trust grants	\$12,563
State grants	\$2,295
Local government grants	\$12,380
Interest income	\$20
Special events	\$58,179
 Total Income	 \$103,576

EXPENSES

Grant and contract expense	\$3,722
Program expense	\$45,492
Other personnel expenses	\$1,377
Special events expenses	\$20,216
Artist and friends appreciation	\$546
Workshops and CD expenses	\$1,476
Fundraising expenses	\$1,111
Non-personnel expenses	\$10,047
Occupancy	\$4,200
Travel and meetings	\$799
Miscellaneous	\$1,242
 Business expenses	 \$147
Marketing	\$9,883
Rollover to next year	\$3,318
 Total Expenses	 \$103,576

09-10 Highlights

250 music, spoken word, performing and visual arts programs and workshops

7700 clients served at 67 locations in seven Hampton Roads cities

231 artists directly involved, contributing 1200 service hours

Nearly 4,000 hours contributed to TAO by community volunteers and supporters

Donors, Sponsors & Volunteers

2010-2011 Board of Directors

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TAO Major Donors

Virginia Commission for the Arts/
National Endowment for the Arts
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Business Consortium for Arts Support
Capital Group Companies Charitable Foundation
Chesapeake Fine Arts Commission
Hampton Arts Commission
Hampton Roads Community Foundation
Helen Gifford Foundation
Newport News Arts Commission
Norfolk Commission on the Arts & Humanities
Office Furniture Outlet of Virginia
Portsmouth Community Foundation
Portsmouth Museum & Fine Arts Commission
Virginia Beach Arts & Humanities Commission
Virginia Beach Foundation
Virginia Health Services, Inc.
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Carrington Place of Chesapeake
Charlie's Cafe
Choice Insurance Agency
Coastal Imports
D'Egg Diner
Farm Fresh Foundation
Festevents
Fire and Vine
Five 01 City Grill
Ghent Business Association

Harbor Pointe Rehabilitation Center
Interim Healthcare
Kaufman & Canoles
Lake Taylor Transitional Care Hospital
Little River B&B Floyd, VA
Mackey Ink
Mini Price Self Storage
Nansemond Pointe Rehabilitation Center
No Frill Grill
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 Ben Taylor
 Dan and MaryAnn Toboz
 John and Pat Ward
 Marie Welch
 Carrie White and Paul Campsen

Facilities Served

Bold indicates our Partners

Hospitals

Children’s Hospital of the King’s Daughters
 Chesapeake Reg. Medical Center
 Hampton VA Medical Center
Lake Taylor Transitional Care Hospital
Sentara VA Beach General Hospital

Shelters

13th Street Crisis Center
 The Dwelling Place
ForKids, Haven House
 Samaritan House
 Transitions Family Violence Program
 YWCA

Day Programs

Camp Horizon – The UP Center
Civitan Acres – Eggleston Services
 Norfolk Senior Center Adult Day Program
 M.E. Cox Center
 Sentara Senior Community Care
 Virginia Beach PALS Program

Assisted Living

Ballentine Manor
Beth Sholom Sands
Beth Sholom Terrace
 Brighton Gardens
The Chesapeake
 Churchland House
 Commonwealth Assisted Living
 Eden Court
 The Hidenwood
Holiday House
 Leigh Hall
 Mennowood
 Shelton on the Bay
 Virginia Home for Adults
 Warwick Forest Assisted Living – Keswick Place
 Westhaven Manor

Nursing Homes

Autumn Care of Portsmouth
Autumn Care of Suffolk
 Bayside Healthcare Center
 Beacon Shores Nursing & Rehab.
Berger Goldrich Home
 Bon Secours Maryview Nursing Care Center
 Carrington Place of Chesapeake
Chesapeake Health and Rehabilitation Center
Coliseum Park Nursing Home
Gardens at Warwick Forest
 Golden Living Center
 Harbor Pointe Med. & Rehabilitation Center
James River Convalescent Center

Nansemond Pointe Rehab Center
 Newport News Nursing & Rehabilitation Center
The Newport
 Norfolk Healthcare Center
Northampton Convalescent Center
 River Pointe Healthcare & Rehabilitation Center
 Riverside Convalescent Center
 Sentara Nursing Center – Chesapeake
 Sentara Nursing Center – Norfolk
 Sentara Nursing Center - Hampton
 St. Francis Nursing Care Center
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 Consulate of Norfolk
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 Allen Chester
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 D.D. Delaney
 The Delters
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 DnD Music
 Donna Iona Drozda
 Kateri “Kat” Edell
 Anne Edwards
 Kim Foley
 Karen Freidt
 Skip Friel
 Keri Furey
 Thomas Fusaro
 Kelly Gaita
 Gary Gard
 Robin Garelick
 Pam Getty
 Resa Gibbs
 Mike Glass
 Stuart Goldwag
 Amazing Grace Quartet
 Girls With Guitars
 The Gurleys
 Anthony Hailey
 Tyler Hamill
 Skip Hancock
 Sandy Hehl
 Randy & Lori Hernandez
 Jenny Hill
 Hunter Hughes
 Kevin Jamison
 Annie Johnson
 Josh Jordan
 Denise Jordan-Finley and Daniel Pagdon

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 Mackey Ink
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 Karen and Bob Macomber
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 Charlton Phaneuff
 Phoebus Rio
 Residence Inn
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 Rick Romano
 Rainham Rowe
 Lynn Ruelmann
 Anna Rybat
 Nance Schwegler
 Paul Shugrue
 Rebecca Shultz
 Sinclair Stations
 Louis Smith
 Print Smith
 Staci Smith
 Jerry Sowers
 Christopher “Jay” Spraggins
 Debi Stadlin
 Rick Stirr
 Angela Stroup
 Cheryl Tan
 Levi Tarr
 Teagle & Little Printing
 Chris Thomas
 Scott Thomas
 Tangent Trio
 Virginia Stage Company
 Nick Vitale
 Marsha Wallace
 Bobby “Blackhat” Walters
 Suzanne Waltz
 Antique Warehouse
 Christine Warfel
 Robin Welch
 Anatash Werne
 Karl Werne
 Nick and Ginny Werner
 Nicole Wichman
 Jill Winkowski
 Don Womack
 Bob Woodard
 Eric Worden
 Skye Zentz

2010 Program Artists

Acclaim! Quartet
Acoustic Railroad
Melissa Adessi
Amazing Grace Quartet
Jade Andwele
Angeli String Quartet
Apropos Quartet
Michele Barnes
Bellows Brothers
Larry Berwald
Black Pearl
Bob and Betty Blasch
Narissa Bond
Cedar Road
Julie Clark
Dorothy Coakley
The Delvers
Thad Dixon
Sam Dorsey
Dr. Bob & the Burning Desires
Donna Iona Drozda
Michael Durig
Denise Jordan Finley & Daniel Pagdon
Gary Gard
Gary "JuJu" Garlick
Pam Getty
Adam Gicz
Girls With Guitars
Mike Glass
Stuart Goldwag
The Gurleys
Hampton Roads Youth Guitar Ensemble
Skip Hancock
Harris Creekers
Sandra Hehl
High Maintenance
Dottie Holtz
Alycia James
Paul and Marilyn Jersild
JL Lyon Project
Annie Johnson
Fred Karam
Cindy Kays
Christopher Koroshetz
Jennifer Lawyer
BJ Leiderman
Leigheas
Jennings Lyon
Kara McGehee

Lewis McGehee
Jackie Merritt & Resa Gibbs
Michas Polish Dancers
Tina Micula and Mary Beth Carriero
Chris Morton and her Suzuki Violinists
Mosaic Steel Drum Youth Ensemble
Muu Muu Mamas
Amanda Nitz
Occasional Singers
Paper Mountain
Marc Pessar
Charlton Phaneuf
Phoebus Rio
Ileana Ramirez & Matthew Weinstein
Regent University English Students
Gabriel Robinson
Route 58
Lynn Ruehlmann
Eddie Sal
Regina Scott Sanford
Tom Schlater
Jerry Sowers
Norris Spencer
Christopher "Jay" Spraggins
Debi Stadlin
Eric Stevens
Rick Stirr
The Strellos
Angela Stroup
Sid, Dana and Pamela Sward
Swing Virginia
Tangent Trio
TraLa
Treasures in the Sand
Virginia Coast Chorus
Virginia Harmonichords
Virginia Stage Company
Marsha Wallace
Wicked Hips Belly Dancing Troupe
Jill Winkowski
Bob Woodard
Skye Zentz

The Healing Power of the Arts



Being engaged in an artistic activity – whether by a child who is ill, a family in crisis, a foster teen between placements, or a frail senior—can have powerful positive impacts, including:

- Reduced anxiety, pain, depression, and fatigue
- More positive outlook and better cooperation
- Higher levels of involvement in other activities
- Improved communications with staff and others
- Increased appreciation for people as individuals, instead of as numbers, problems or diseases



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