

The instruments to heal are in our hands.

2010 - 2011
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Dear Friends,

Tidewater Arts Outreach is leading the regional movement to bring the joy and life-affirming benefits of the arts to people in assisted-living and long-term care facilities, family homeless shelters, hospitals and more. Hundreds of artists, volunteers and supporters are the foundation for our seven years of growth and success. We cannot deliver quality services without them and you.

I hope you are moved by the information in this report. These are the fruits of the labors of many talented and dedicated individuals. TAO exists only because of the community's ongoing involvement and support. As our artists can attest, the needs are great and are growing exponentially as the senior population skyrockets. But the benefits of our services are invaluable—connection, healing, communication and compassion.

We owe deep thanks to our board of directors, our artists, and our staff; to the volunteers, special events committee members, golfers and concert-goers; and to the foundations, commissions, donors and businesses that support our work. Thank you for allowing us the opportunity to serve our community with our creativity, our compassion and our artistic talents. With your continued support, we can share the talents of our artists in creative and compassionate outreach, and strive to help even more of those who need it most.

We are energized. Our artists are inspired. The instruments to heal are in our hands.

MaryAnn Toboz

CONNECTING WITH CHILDREN AND YOUNG ADULTS TO PLAY

Our sense of play is sparked through the creative process. Tidewater Arts Outreach artists use drum circles, sing-alongs, dance and more to set the stage for teambuilding, affirmation and celebration through the arts. These stimulating and joyful experiences promote inspiration and wellness for our young participants. For staff at area youth hospitals and facilities that we serve, these client-centered and outcome-oriented experiences provide fun and stress-reducing activities that support their programming.

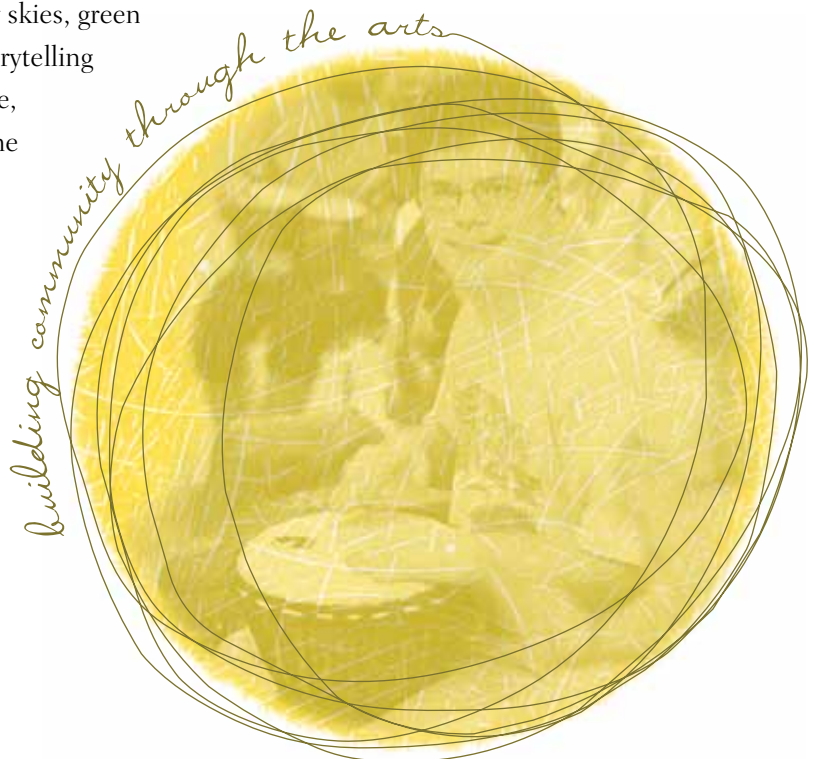
CONNECTING WITH VETS TO INSPIRE AND HEAL

Our military—active and retired—are part of what makes Hampton Roads such a great place to live. They are brave, honorable and selfless individuals to whom we owe a huge debt. TAO artists regularly work with veterans in long-term care facilities, Navy Medical Center Portsmouth and the Hampton VA Medical Center, where we use the arts for relaxation and to foster the healing process.

“Nobody wanted to leave, they wanted them to keep playing. We get all kinds of things here. But every six months or so, you get something special... people really got into it. Everybody started smiling immediately.” —Hampton VA Medical Center

CONNECTING INDIVIDUALS WITH CREATIVE SELF-EXPRESSION

Visual arts teacher Michele Barnes transported kids at Children’s Hospital from their wheelchairs, oxygen tanks and casts to starry skies, green meadows and sunny beaches, using crayons, paints, storytelling and the children’s own vivid imaginations. Retired nurse, dancer and visual artist Angela Stroup gets nursing home residents to think about people, places and times in their lives that have been particularly special to create collages that bring those happy memories to life again. Research shows that involvement in the arts is an excellent way to promote mental stimulation and brain health, particularly for seniors with Alzheimer’s or dementia. The arts are adaptable to all abilities and can be successfully accomplished, at times when other activities cannot.



2010-2011 HIGHLIGHTS

281
MUSIC, VISUAL
AND PERFORMING
ARTS PROGRAMS
& WORKSHOPS

210
ARTISTS

8,316
PARTICIPANTS

71
LOCATIONS

7
HAMPTON
ROADS CITIES

28
PROGRAM HOSTS

1500
VOLUNTEER
HOURS

CONNECTING WITH WOMEN AND FAMILIES IN CRISIS

TAO's Mommy and Me music and arts workshops are designed to teach mothers at area shelters how to engage with their children. Visual journaling, vision board workshops and healing story workshops help women in crisis find their way through difficult times. These experiences help mothers cope, relax, develop self-esteem and provide courage to continue their journey.

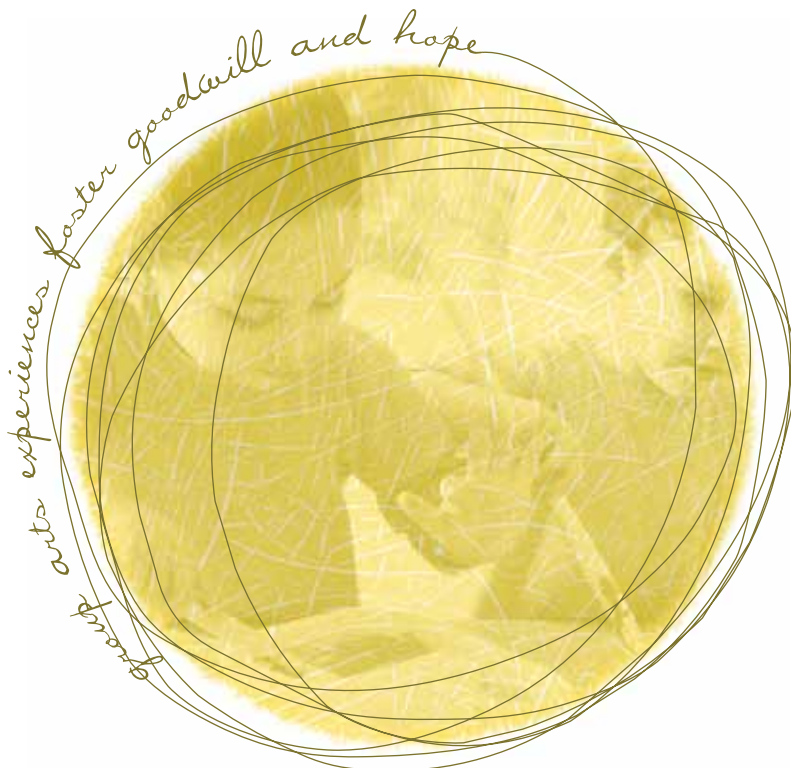
God bless your program. I liked becoming creative all over again.

It has been awhile. –participant, Samaritan House

I loved everything about this program. I feel so much better now, because of this program. My children really enjoyed it! –mother, FORkids

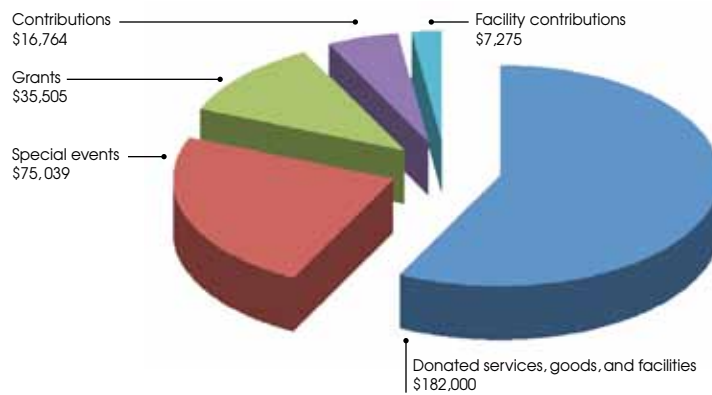
CONNECTING ARTISTS WITH OPPORTUNITIES TO SERVE

Each year, hundreds of artists participate in our programs. We provide stipends and supplies, but they are the faces and the hands that heal on behalf of TAO. We mentor artists to help them understand the needs of the people we serve, and we provide training so our services and programs can be tailored to meet the needs of our various audiences. Our programs promote interaction, and our artists continually amaze us with their talent and dedication to serve their community.



INCOME

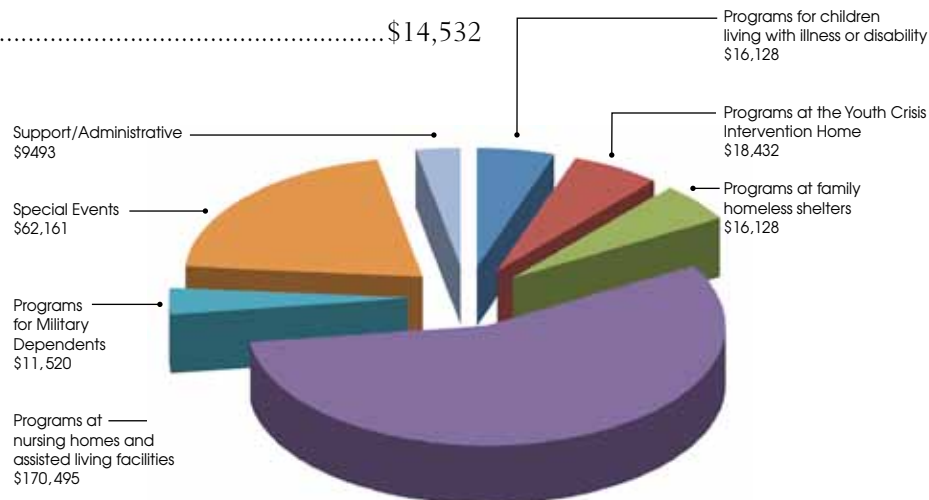
Donated services, goods, and facilities.....	\$182,000
Special events	\$75,039
Grants.....	\$35,505
Contributions.....	\$16,764
Facility contributions	\$7,275
Total support	\$316,583



EXPENSES

Program services	\$230,397
Programs at family homeless shelters	\$16,128
Youth Crisis Intervention Home	\$18,432
Programs for children living with illness or disability	\$16,128
Programs at nursing homes and assisted living facilities ...	\$170,495
Programs for military dependents	\$11,520
Special events	\$62,161
Supporting services / Administrative	\$9,493
Total expenses	\$302,051

Change in net assets.....\$14,532



THE ARTS ARE A CULTURE'S HIGHEST FORM OF SELF-EXPRESSION.

They allow us to connect with our deepest held beliefs, emotions and experiences. TAO uses the arts to build community in the congregate care settings we serve, in fundamental and meaningful ways, by helping participants appreciate one another and celebrate together. Group arts experiences foster goodwill and hope, and alleviate boredom and anxiety. No matter our age or our ability, we all are inspired by the beauty of creative self-expression, and we can all take part in these healing and life-affirming activities.

—MaryAnn Toboz

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Chesapeake Fine Arts Commission
Commonwealth Assisted Living
Economic Development Authority,
City of Norfolk
First Hospital Corporation Private Foundation
Ghent Business Association
Hampton Arts Commission
Hampton Roads Community Foundation
Kaufman and Canoles
Newport News Arts Commission
Norfolk Commission on the Arts & Humanities
Norfolk Rotary Charities
Old Point National Bank
PlanIT Technology Group
Portsmouth Museums and Fine Arts
Commission
Progressive Auto Insurance
Sentara Life Care Corporation
Southeast Virginia Community Foundation
Tapco Group
The Capital Group Companies
Charitable Foundation
The Jacoby Group
The Titmus Foundation
Tidewater Children's Foundation
Virginia Beach Arts and Humanities
Commission
Virginia Commission for the Arts/
National Endowment for the Arts
Walmart #5488

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Helen G. Gifford Foundation
Kitco Fiber Optics
Northside Norfolk Rotary
Office Furniture Outlet of Virginia

\$1-\$499

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AJ Gators
Alarms Across America
Alexander's of Ghent
Boyd & Boyd, P.C.
Capital Industrial Supply
Charlie's Café
Choice Insurance Agency
Coastal Import Auto Repair
Corbin & Company
Ghent Business Association

Healthcare Services Group, Inc.
K&D Rounds Landscape
Mennowood Retirement Community
Mike & Mike Services
Nansemond Pointe Rehab Center
No Frill Grill
Plaza Del Sol
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FACILITIES SERVED

TAO partners that contribute more than \$250 annually are recognized in bold

Hospitals

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

Shelters

TYSF Crisis Intervention Center
The Dwelling Place
ForKids, Haven House
ForKids, Suffolk House
Samaritan House
Transitions Family Violence Program
YWCA Family Emergency Shelter

Day Programs

Camp Horizon--The UP Center
Civitan Acres--Eggleston Services
PrimePlus 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
Commonwealth Memory Care--Norfolk
Eden Court
Georgian Manor
The Hidenwood
Holiday House
King's Grant 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 & Rehab Center
Coliseum Park Nursing Home
Gardens at Warwick Forest
Golden Living Center
Harbor Pointe Med. & Rehab Center
James River Convalescent Center
Nansemond Pointe Rehab Center
Newport News Nursing & Rehab Center
The Newport
Norfolk Healthcare Center
Northampton Convalescent Center
River Pointe Healthcare & Rehab Center
Riverside Convalescent Center
Sentara Nursing Center, Chesapeake
Sentara Nursing Center, Norfolk
Sentara Nursing Center, Hampton
St. Francis Nursing Care Center
St. Mary's Home for Disabled Children
Consulate of Norfolk
Virginia Beach Estates

**AT WHAT POINT
DO SENIORS LOSE THEIR
DESIRE TO CREATE?**

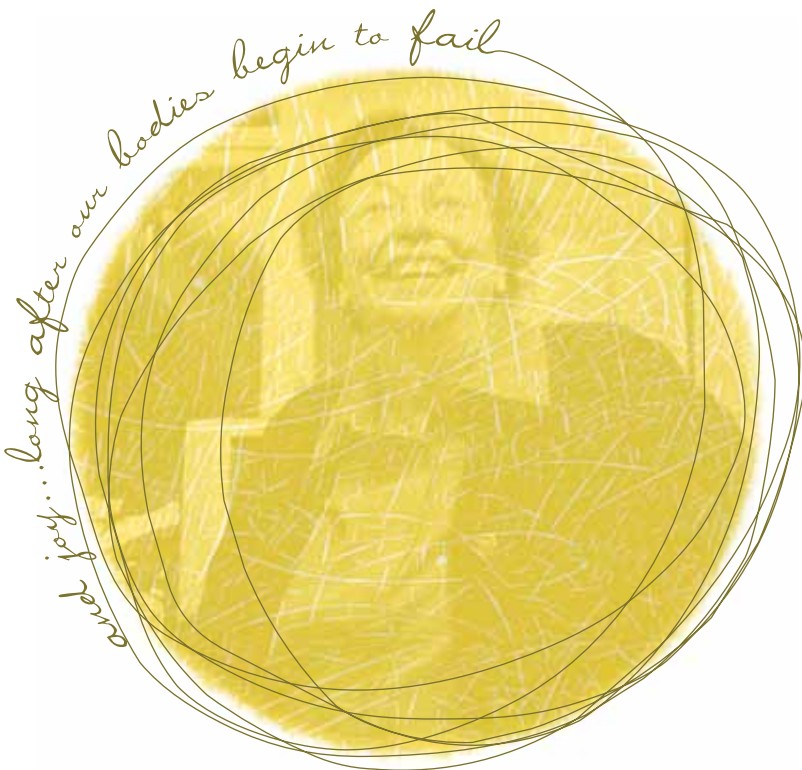
*At what point do we lose
appreciation for beauty, the desire
to give our bodies over to music,
to sing from the memories of our
past and sink our hands into clay
and paint and color? The answer
comes from our residents every day
and that answer is a resounding,
"Never!" The same attraction to
color and sound that captures an
infant's focus holds our focus and
joy long after our bodies begin to
fail us and our memories begin
to fade.*

—Cherry Peters
Sentara Life Care
Administrator

Acclaim! Barbershop Quartet
Acoustic Railroad
Amazing Grace
Apropos
Andy Armano
Michele Barnes
The Bellows Brothers
Bob and Betty Blasch
Narissa Bond
Zach Bridges
Karen Buchheim
Cedar Road
Steve Ciganek
Ryan Clemens
Dorothy Coakley
Harris Creekers
Gina Dalmas
The Delters
Thad Dixon
Dr. Bob and The Burning
Desires
Donna Iona Drozda
Michael Durig
East Coast Edition
Denise Jordan Finley
and Daniel Pagdon
Gary Gard
Adam and Victoria Gicz
Mike Glass Duo
Stuart Goldwag
and Bob Woodard

Dr. Anthony Hailey
Hampton Roads Youth
Guitar Ensemble
Skip Hancock
Sandy Hehl
Jim Hockett & Friends
Dottie Holtz
Hurrah Players
Alycia James
Paul and Marilyn Jersild
J.L. Lyon Project
Joe and Brian "22"
Fred & Nancy Joslin
Kaliki's Clan
Dan Kamin
Fred Karam
Cindy Kays
Sandi Keefer
Dennis Kelley
Chris Koroshetz
Jenn Lawyer
Jenn Lawyer and Fred Karam
The Leighas
Hanks Martin
Kara McGehee
and Fred Karam
Marsha McGehee
and Kayce McGehee
Jackie Merritt & Resa Gibbs
Michas Polish Folk
Dance Ensemble
Charisse Minerva
Mu Mu Mamas
Jim Newsom Twosome
Occasional Singers
Heather Pasko
Marc Pessar
Charlton Phaneuf

Victoria Phelps
Phoebus Rio
Ileana Ramirez
and Matthew Weinstein
Route 58
Rainham Rowe
Lynn Ruehlmann
Eddie Sal
Regina Scott Sanford
Jerry Sowers
Norris Spencer
Chris Spraggins
Eric Stevens
Rick Stirr
Meade Stith
Angela Stroup
Suzuki Strings
Sid and Adam
Sid and Dana Sward
Tangent Trio
TAO Percussionists
Jill Tiderman
Touch of Class
Treasures in the Sand
Virginia Stage Company
"Project Fezziwig"
Virginia Weseleyan
College Students
Harvey Willis
Skye Zentz and
Gabriel Robinson



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