



THE INSTRUMENTS TO HEAL ARE IN OUR HANDS

Tidewater Arts Outreach

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# Artist Profile: Chris Koroshetz

written by Brenda Barrera

**Several residents at Northampton Convalescent Center** gathered in their dining room on a sunny Monday morning and listened to the gentle sounds of a steel drum as percussionist Chris Koroshetz played a variety of tunes ranging from Disney's "The Little Mermaid" theme to Jazz, Pop, Classical and of course, Calypso songs.

It might not be the type of program that makes you jump up and do a two-step, but it's a melodic sound that is exceptionally soothing. Activities Director Peggy Spechio sat with the residents, leaned over and we both agreed the music transported us to a Caribbean island with the water lapping up on the beach and we could envision enjoying one of those drinks with a tiny umbrella in it.

Chris has been doing TAO programs for over a year now and has contributed his time and talent on a regular basis. Originally from Colorado, he has been performing professionally for over 20 years. A former active duty Navy musician, he has traveled the world performing a wide variety of music in a multitude of settings. He spent six years on staff at the Armed Forces School of Music in Norfolk, and recently completed a Master's degree in Music Education at Old Dominion University.

As he set up his steel drum that looks similar to a giant wok, he explained the history of the instrument to the residents, visitors and staff who stopped by to enjoy the program. Halfway through the 50-minute program he quizzed his audience about the instrument's origin and two seniors raised their hands, answering "Trinidad" and another said, "Jamaica" ("Trinidad" was correct). Chris introduced each song with a little background information and also shared

with his audience how he discovered the steel drum when he lived in New Orleans. It's one of many connections he makes at each program and why he often gets rave reviews.

As his concert was winding down, a visitor paused in the entryway. "I was going to leave and almost walked out the door, but the music is so beautiful I think God directed me to come back and listen." She was curious about the instrument and stayed to see what the drum looked like up close.



Photo: Brenda Barrera

One of the many benefits of being a TAO artist is the time it saves the musician or artist. "It's very convenient," Chris acknowledged as he packed up his equipment. "You just show up and know that all the legwork [for scheduling] is already done." Another benefit is 'being part of a growing organization with

name recognition and a like-minded arts community,' he said.

Chris recently collaborated on a TAO program with percussionist, Gabriel Robinson. "We didn't know each other beforehand and we kind of winged it, but it worked out." They bought along TAO's djembes and bongos. "We started a rhythm," he recalled. "At first, people were shy but then we got them to play quarter notes together. When people are playing the same rhythm together, it's like they become one."

*Brenda Barrera is TAO's Creative Services Director. She also is the editor of Washington Running Report, and is an avid runner.*

*For more information on Chris Koroshetz, visit [www.myspace.com/ckcybersounds](http://www.myspace.com/ckcybersounds)*

**"The residents tapped their feet and hands, moved their shoulders, and smiled the entire hour. They fell in love with the Black Pearls. Our long-term residents are getting older and usually doze off during programs...but not during this program. never - no one!"**

*Newport News Nursing and Rehabilitation Center*



# Creating Community in Long-Term Care.

by Sonya A. Barsness

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**We all live in communities**, but we do not always think of long-term care facilities like nursing homes and assisted living as being communities of their own. Long-term care communities are made up of people who live, work, and visit there. They are interconnected and care for each other. Building community in long-term care is integral as we change the culture of long-term care from an institutional model to one that embraces person-centered values of choice, dignity, respect, self-determination, and purposeful living.



Building a sense of community in a nursing home or assisted living is an active process that includes engaging everyone in normal parts of living, whether it be making and eating food, conversation, celebration, or the enjoyment of art. Yes, art! Having art available to a long-term care community enables its members to enjoy something together. The experience of art that is shared by a group of people, whether it is music, dance, or visual arts, helps break down barriers between staff, residents, and families. In long-term care, we all have stories of times when we learned a resident was a magnificent dancer, or the cook was an amazing guitar player, or

a family member created spectacular paintings. These shared experiences of art bring us together in long-term care, help us see each other as individuals, and help us to get to know each other better.

Using art to build community is even more than having art programs presented to your long-term care community. It includes looking at the members of your community and seeing what art means to them as individuals and how they can share art with each other. Is there someone in your kitchen who has the voice of an angel and would like to share that with others? Is there a family member who would like to lead a sculpting class? Would nursing

assistants like to share their love of dance with residents? Or perhaps residents would like to teach nursing assistants their dance moves? These shared experiences of art build relationships, promote respect for each other, and give meaning to our lives. They create community and great places to live and work.

*Sonya is a Masters-prepared Gerontologist with over 15 years of experience in aging, primarily in long-term care and dementia care.*

**Tidewater Arts Outreach House Concerts**

August 7, 2010  
**MSG Acoustic Blues Trio**  
Hosted by Drew and Kate Landman  
1337 Laurel Crescent, Norfolk

September 24, 2010  
**Ragin' Cajuns**  
Hosted by Rick Mapp  
715 Shirley Ave., Norfolk

October 17, 2010  
**Kevin So**  
Hosted by Drew and Kate Landman  
1337 Laurel Crescent, Norfolk

October 30, 2010  
**Jimmy Masters "School of Jazz"**  
Hosted by Kelly Murphy and Steve Newman  
2 Edinburgh Lane, Hampton

to benefit Tidewater Arts Outreach

# Sea Level Singer/Songwriter Festival Thanks

The 3rd Annual Sea Level Singer/Songwriter Festival was a critical and financial success for Tidewater Arts Outreach, raising more than \$25,000 and involving musicians and artists from throughout Hampton Roads. There were great turnouts for our happy hour concerts, the Ben Taylor/Julie Clark kickoff event was incredible, the Instruments of Art Auction was wildly successful, and the Emerging Artists Showcase was the best ever. Hampton Roads is rich with talent and blessed with a generous and giving community.

The Festival provides a new opportunity for singer/songwriters to be recognized and put their talents on display. Sea Level also helps, in a very significant way, to fund the work that we do each week to provide arts experiences that stimulate and enrich the lives of people who have limited access to the arts due to health, economic or social circumstances in Hampton Roads.

TAO thanks the following individuals and organizations, for their involvement in, and support of, the Sea Level Singer/Songwriter Festival.



*Clockwise from left: Ben Taylor in concert at the Naro; Sea Level Chair Kelly Murphy with artists at Instruments of Art – Kateri Anne Edell and Allen Chester; Paul Norfleet, winner of the Emerging Artist Showcase.*



## Committee Members

Bob Boester  
 Anne Edwards  
 Kim Foley  
 Pam Getty  
 Randy Hernandez  
 Hunter Hughes  
 Nancy Kline  
 Drew and Kate Landman  
 Cindy Mackey  
 Karen Macomber  
 Bette Magao  
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 Charlie's Café  
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 Five01 City Grill  
 The New Belmont  
 No Frill Grill  
 Tap House  
 Towne Bank  
 Waterside Listening Room  
 YNot Pizza  
 San Antonio Sam's

## Instruments of Art Artists

Jon & Teviya Abrahams  
 Rod Adams  
 Allen Chester  
 Susan Deshazo  
 Kateri "Kat" Edell  
 Karen Freidt  
 Keri Furey  
 Kelly Gaita  
 Tyler Hamill  
 Jenny Hill  
 Hunter Hughes  
 Sarah Munford Macomber  
 Larry Merrill  
 Amy Morrison  
 Sarah Munford  
 Ingrid Newkirk  
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*"One of the  
50 best rated  
clubs in  
America"*  
— Golf Digest

THURS, OCT 21, 10  
**ELIZABETH MANOR**  
GOLF & COUNTRY CLUB

6th Annual  
**T/O**  
golf  
tournament

12:30 pm Shotgun Start  
18 Hole, Best Ball

Cash prizes  
raffle  
giveaways  
dinner  
and more



Proceeds Benefit  
**T/O**  
Tidewater Arts  
Outreach

Tidewater Arts Outreach is a Virginia non-profit formed in 2003 that share the joy and healing power of the arts in hospitals, nursing homes, assisted living, youth and adult dependent care programs, shelters and crisis centers throughout Hampton Roads.

The Instruments to heal are in our hands.

\$320 minimum donation  
per foursome includes  
cart and dinner.

Sponsorship and registration forms  
are available by emailing  
[TWartsoutreach@cox.net](mailto:TWartsoutreach@cox.net).

For more information,  
call 754-4486,  
or visit [TWartsoutreach.org](http://TWartsoutreach.org)