



Tidewater Arts Outreach

The instruments to heal are in our hands.

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Contact: MaryAnn Toboz, 754-4483, TWartsOutreach@cox.net

TIDEWATER ARTS OUTREACH PROGRAMS HEAL THROUGH CREATIVE EXPRESSION AND JOY

NORFOLK, Va. – (March 2011) – Tidewater Arts Outreach (TAO) looks for creative ways to present the healing power of the arts to people in need in Hampton Roads. From drum circles at senior facilities, group story making at dementia care sites, visual arts workshops in homeless shelters to music and movement exercises for kids, Tidewater Arts Outreach brings arts experiences to those who need and can benefit from these types of healing expressions.

Tidewater Arts Outreach, since its inception in 2003, has evolved not only to meet increasing demand for its services but also in the types of programs it offers. The transition has gone from a performance-program model to one that is more experiential.

“When people express themselves through the arts, they speak from a deeper part of their person,” says TAO executive director MaryAnn Toboz. “When we paint, sing, play an instrument or dance, something stimulates the mind that is inspiring, life-affirming and joyful. These types of experiences are even more important for folks who are isolated from the community, are ill or in crisis.”

The benefits of arts experiences in healthcare settings include:

- Reduces anxiety, pain, depression, and fatigue
- Lowers heart rates and blood pressure
- Improves lung function and mobility
- Improves relationships between staff and patients
- Stimulates levels of involvement in other activities
- Enhances connection to the community

This spring, TAO presents dozens of programs throughout the region. A few highlighted programs hold particular interest:

DATE March 16, 2 p.m.
PLACE Virginia Beach Estates, 937 Diamond Springs Road, Virginia Beach
ARTIST Lynn Ruehlmann
PROGRAM TimeSlips© Creative Group Storytelling

Lynn Ruehlmann (www.cascadingstories.com) is a well-known storyteller who has presented professionally in Hampton Roads for years. Virginia Beach Estates is a memory-care facility, housing and caring for 50 residents who are living with dementia. The TimeSlips method brings meaningful, engagement into the lives of people experiencing dementia, through a facilitated, creative group storytelling process.

DATE March 31, 10:30 a.m.
PLACE Chesapeake Healthcare and Rehabilitation Center, 688 Kingsborough Square,
Chesapeake 23322
ARTIST Dan Kamin
PROGRAM Musical Comedy in Motion

Dan Kamin (<http://www.youtube.com/watch?v=0w6ytiEHcK0&feature=channel>) is an exceptional comedian who taught Robert Downey, Jr. to be Charlie Chaplin for his Oscar-nominated performance. He performs both solo and with symphony orchestras worldwide. He is in town to perform with the Virginia Symphony on Sunday, April 3 at 3 PM. TAO is presenting this program in partnership with the Virginia Symphony Orchestra.

DATE April 1, 10: 30 a.m.
PLACE Lake Taylor Transitional Care Hospital, 1309 Kempsville Rd., Norfolk
ARTIST Karen Bucheim
PROGRAM BrainDance©

This is TAO's first BrainDance© program, which is comprised of eight fundamental movement patterns that we learn in the first year of life. Research has shown that these patterns are crucial to the central nervous system. This dance is an excellent full body and brain warm-up for children and adults. The benefits include reorganization of the neurological system, increased blood and oxygen flow to the respiratory system and brain, and enhanced core support, connectivity and alignment. This is TAO's first BrainDance© program. Karen is a retired Virginia Beach Public Schools teacher who used the BrainDance© technique for years with schoolchildren and dancers. This will also be a workshop for other activities professionals to replicate this program at their sites.

Tidewater Arts Outreach is busy with these programs as it gears up for its largest fundraiser of the year, the **4th Annual Sea Level Singer/Songwriter Festival slated for April 7 – 10**. This year, Justin Townes Earle headlines the kick-off concert at Naro Expanded Cinema, 1507 Colley Avenue, Norfolk on April 7. The show starts at 7:30 p.m. Gina Dalmas and The Cow Tippin' Playboys, winner of the Best Americana Music at the 2009 Port Folio Music Awards, will open the show. Tickets are \$30 in advance and \$35 the day of the show and can be purchased at TWartsoutreach.org. The weekend of events includes other local venue concerts, an Emerging Artist Showcase, Instruments of Art silent auction, street musicians, arts and music workshops, live music and film *Phil Ochs: There But For Fortune* at the Naro Expanded Cinema in Ghent and beyond.

About TAO

Tidewater Arts Outreach is a nonprofit organization founded in 2003 to bring music and arts to hospitals, retirement homes, rehabilitation centers, homeless shelters and other facilities throughout Hampton Roads. These performances and programs promote human interaction, happiness and healing for people who have limited access to the arts due to health, economic or social circumstances. In 2010, more than 7,700 people were reached through 230 Tidewater Arts Outreach programs at 67 hospitals, shelters, nursing homes and other facilities. TAO recruits and mentors the artists who facilitate the programs. For more info, visit TWartsoutreach.org.

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