

# arts for life

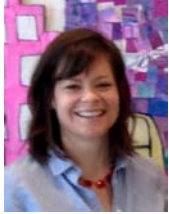
*Inspiring courage through creativity.*

## 2013 Annual Report





## from the desk of the EXECUTIVE DIRECTOR



We celebrated a big birthday in 2013! Our **twelfth** year of bringing dynamic, educational art opportunities to kids and families in hospitals across North Carolina.

At 12 years old, Arts For Life is officially a pre-teen! If Arts For Life were one of our twelve-year-olds (or three-year-olds, or nineteen-year-olds, for that matter) walking into the clinic for the very first time, our teachers would be there, offering an exciting art project and welcoming smile. **From age 2 to 22, kids and teens dig deep into their creativity and courage at the art table, and they inspire us every day.**

More than ever, we recognize how very important our partners are to sustaining our work:

- our hospital partners and countless advocates who know the value of arts in healthcare
- our amazing volunteers and interns who give freely and lovingly of their time and talent
- our staff and Board who pour their heart and soul into our mission of teaching, inspiring, and encouraging children
- our treasured supporters and donors who ensure that Arts For Life thrives and grows so we can keep serving our kids.

We couldn't do it without YOU: our voice in the world, and our hands and hearts at the art table. I hope you enjoy the stories and artwork you'll find on these pages: our proudest accomplishments from 2013. You made them possible.

A handwritten signature in dark ink that reads "Rachel Zink".

Rachel Zink, Executive Director

p.s. That's Savannah on the cover, painting a portrait of Larry (our angel art supply donor) as a special thank you gift! Our kids are grateful for you, too.



Isaiah, Noora, Program Director Mary Margaret, and Karli



Marough in the flow, painting at the art table

*to learn more*

about our art programs for young patients & families

*get involved*

with our teaching & community volunteer opportunities

*and donate now*

to help transform hospital rooms into artist studios

VISIT US ONLINE AT:

*artsforlifenc.org*



*North Carolina-inspired origami collaborative project*



*Music Fellow Colin and teen Elijah, in a bedside jam session*



*"Up, Up, and Away" by Max, age 9*

*Shayla's dog*



## *by the numbers*

### Arts For Life's Impact in 2013

# 6,982

**Total People Supported**  
*in hospitals and communities across NC*

THAT'S A 10% INCREASE OVER 2012!

# 22,960

**Total Lessons Taught**  
*visual art, music, and creative writing*

# 15,428

**Total Hours of Service**  
*direct contact hours, providing support  
to patients and families*

# 297

**Hours Taught Each Week**  
*across North Carolina*

# 8,383

**Volunteer Hours Donated**  
*across North Carolina*



## a message from ARTS FOR LIFE'S CHAIRMAN OF THE BOARD



As the adage goes, the one constant is change. That certainly applied to Arts For Life in 2013. In January, Rachel Zink was promoted to Executive Director. Rachel had been working with Arts For Life since 2008, and it was a well-earned promotion. She executed throughout the year

like a seasoned veteran and helped lead us through a challenging but quite successful year. Under Rachel's leadership, Arts For Life served thousands of patients while operating with great fiscal discipline.

Also in the first quarter we agreed to end our relationship with Novant Health Presbyterian Hospital in Charlotte. We are very appreciative of the time we spent working alongside the wonderful folks there. It was a privilege to have served the patients, families, and staff during that time. We believe we still have great opportunities for positive influence in the Charlotte community and will be sharing details about that very soon.

And finally, during the course of 2013, we welcomed Lindsay Jones, Mary Nesbitt, Sheila Ennis, Michael Worsman, and Carol Mitchell to our board. They are talented individuals who

will help Arts for Life grow into a stronger, more influential organization for many years to come.

Some things didn't change all that much during 2013. We have the finest and most caring Program Directors an organization could ever hope for. Mary Margaret Fulk, Sarah Alexander, Betsey McLawhorn and Annie Rogers are truly gifted, special people. Their commitment to the children and families we serve is heroic. We continue to work beside our tremendous partners at Brenner Children's Hospital, Mission Children's Hospital, and Duke Children's Hospital. We cannot say thank you enough for allowing us to serve within your outstanding organizations. And to our donors, your continued generosity allows us to do this important work. Arts For Life would not be possible without you.

As we look on 2014 and beyond, the Board of Directors believes our best days are ahead. We are inspired by the courage of our patients and their families, as well as the passion of the Arts For Life team for their work. We have never been more committed to continuing our mission of improving the lives of patients and their families in all the communities we serve.

A handwritten signature in dark ink, appearing to read 'Wes Sugg'.

Wes Sugg, Chairman of the Board

## the 2013 team: STAFF & BOARD OF DIRECTORS



Board & Staff at SECCA - Southeastern Center for Contemporary Art Winston-Salem, December 2013

from left:

**Rachel Zink**, Executive Director; **Mary Nesbitt**, Board Member - Asheville; **Wes Sugg**, Board Member - Charlotte; **Sheila Ennis**, Board Member - Asheville; **Annie Rogers**, Program Director - Asheville; **Anne Sessions**, Board Member - Winston-Salem; **Sarah Alexander**, Program Director - Charlotte; **Mary Margaret Fulk**, Program Director - Durham; **Betsey McLawhorn**, Program Director - Winston-Salem; **Carol Mitchell**, Board Member - Durham; **Anna Long**, Program Coordinator - Asheville; **Michael Worsman**, Board Member - Durham; **Karen Fitzgerald**, Board Member - Winston-Salem; **Doug Michaels**, Board Member - Asheville; **Alex Taylor**, Board Member - Winston-Salem; **Lindsay Jones**, Board Member - Charlotte

not pictured:

**Snee Howard**, Bookkeeper; **Melandee Jones**, Board Member - Charlotte; **Debbie Goeken**, Board Member - Durham; **Tom Schulz**, Board Member - Asheville

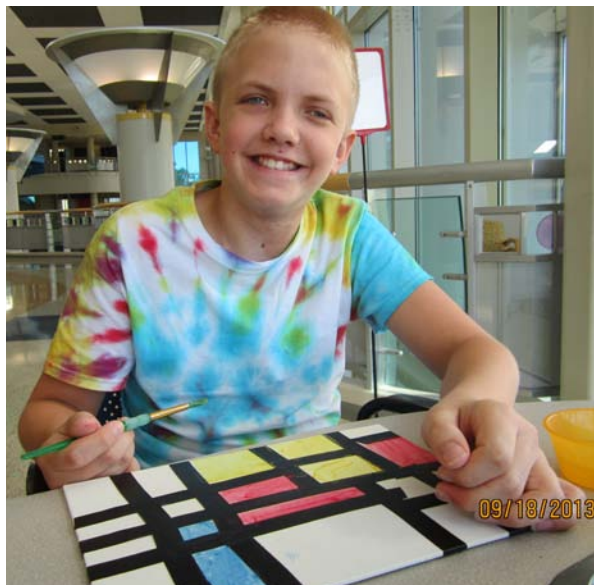


**Arts For Life is dedicated to supporting people facing serious illnesses and disabilities.**

Arts For Life helps pediatric patients and their families by providing educational art programs that enrich their lives, nurture their minds and spirits, and encourage positive healthcare experiences.

Arts For Life's visual arts, creative writing, and music programs decrease patient stress and anxiety, keep patients active and engaged, and help families cope with the realities of illness during the most difficult times of their lives.

Patients and families visiting pediatric clinics and inpatient units count on Arts For Life to help them through their healthcare experiences. We help them in **FIVE** different ways:



*Andrew, working on his painting in Duke's waiting room*

- Young patients arrive to the clinic and make a beeline to Arts For Life's **CLINIC ART STATIONS**. With their AFL teachers, the children learn and develop art, music, and writing skills while they meet other kids and explore their talents. Being active at the art stations enables patients to stay focused and positive during what could be long, frustrating hours of waiting for and receiving treatments.
- In our **INPATIENT BEDSIDE PROGRAM**, Arts For Life teachers travel from room to room teaching young patients guitar and music, painting and drawing, and sculpture and writing. In working with their instructors, patients and their siblings experience success as they learn new artistic skills, express ideas and emotions, and build self-confidence.

- **ART SUPPORT GROUPS & SPECIAL EVENTS** help patients to meet one another and interact in a supportive, fun environment. Summer camps for patients, special sibling days, and art parties on the inpatient unit are just a few more ways we incorporate art into the hospital setting.
- Our **INTERNSHIP AND VOLUNTEER PROGRAMS** offer life-changing experiences to college students, recent graduates, and community members. Interns and volunteers gain skills in teaching the arts, working in hospital settings, and mentoring patients with serious illnesses.
- In our **ARTIST FELLOWSHIP PROGRAM**, we hire, train, and supervise professional and emerging artists to teach their art form to young patients undergoing treatment for serious and chronic illnesses. The Fellowship Program reaches hundreds of young patients and helps them to stay active, learn, and create.



# We exist to educate, inspire, and support *young patients and families*

Here are some of their stories:



## *Kelcey*

by **Alison Griffin**, Arts For Life Teaching Volunteer



My journey with Arts For Life began in August 2012, when I became an Academic Year intern with the Durham Chapter. That year, I came to the hospital three days a week and taught art, provided comfort, and built relationships with patients and families.

My year spent teaching was such an amazing experience that I couldn't leave it all behind at the end of the semester, so I decided to stay on as a teaching volunteer.

One day, while teaching art in the waiting room on the 4th floor of the Children's Hospital, I saw a young girl walk in with her mother. It was the first time that I had seen this little girl at the hospital and to me, she looked anxious.

I approached them and asked the young girl if she wanted to work on an art project with me.

As soon as I said the word "art," her eyes began to sparkle. She eagerly nodded yes, and with a broad grin made her way to the table, found a chair, and began creating project after project. Her visit that day was a lengthy one, so we spent the next couple of hours together drawing, painting, exchanging stories, and laughing. She even helped me come up with new art project ideas because we had completed all the ones I had planned for the day! What surprised me the most was that during our time together, she kept telling me that she was having the **'best day ever!'** because she was getting to make art.

*the best day ever?  
at the hospital?*

It made no sense, yet made perfect sense at the same time. That was an eye-opening moment for me, and it made me realize: **this is why Arts For Life is here.**

As teachers, we are able to provide comfort, an outlet, something that takes a child's mind off of what's going on in the hospital. We're an anchor for these patients and families. Many times, they feel like waves tossed in the ocean, always cresting and crashing on a sea of mixed emotions and feelings. Arts For Life becomes their support and helps to provide some stability. As a volunteer, I take pride in knowing that every time I come to the hospital, I will see and meet new faces, and introduce them to our program, but I also find joy in spending time with patients that I see week after week. Some of these kids, I've known for years! This is what keeps me coming back. Just like the young girl in the waiting room...when I wake up each Thursday morning, my eyes begin to sparkle, and a grin spreads across my face as I think to myself: *today is art day.*



# Blaise

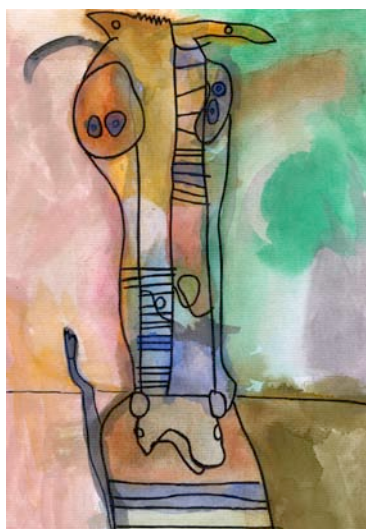


When teaching volunteer Suzanne first met Blaise in the clinic waiting room, they made fast friends. Blaise would spend most of his time in the waiting room at the art table, hanging with his favorite teacher Suzanne, chatting with the other kids, and cracking jokes - all while creating artwork that was as fun and whimsical as his bright personality. They bonded over their love of UNC basketball, and when Suzanne painted her fingernails Carolina Blue for Blaise's UNC-themed birthday, he was the first to notice and couldn't think of anything cooler.

Blaise created the colorful whale below over many weeks and many visits to see his doctor - and Suzanne. She would have his whale ready when he got off the elevator, and helped guide and encourage Blaise as he drew, painted, and created away.

Blaise lost his battle with cancer in January, but his amazing spirit still lives on in the wonderful pictures he painted, creatures he sculpted, and laughter he ignited. Suzanne says, "It became clear that Blaise's illness was affecting his speech and motor abilities, yet we still found a way to do art together. I would help him perform certain tasks and he would give me a 'thumbs up' if he liked it; if he didn't, he wouldn't hesitate to give me a 'thumbs down.'"

**I know Arts For Life gave Blaise many creative experiences and something to look forward to at the hospital. I am so grateful that Arts For Life was, and is, a part of both our lives."**



*5-year-old Ayden's watercolor Zebra; a young artist proudly shows off her collage artwork; portraits lined up to dry, from a printmaking project at Ronald McDonald House*



*paisley*



For the first few times Paisley came to the Cancer clinic after her diagnosis of Leukemia, she hardly said a word. She sat firmly planted on the waiting room couch between her parents, her big brown eyes shining above her surgical mask. Program Director Annie Rogers did her best to coax

Paisley to the art table, and slowly and surely, she started to come around.

First, her sisters came, and Paisley shyly joined them, the three of them making happy art messes together. But as soon as she was alone again, the spell was broken and Paisley would take her spot right back between her parents. Annie was persistent and as Paisley became more comfortable, art became part of Paisley's clinic routine.

Now, Paisley comes straight to the art table. After a discerning survey of the week's projects, she makes her selections, most often gravitating toward drawing projects. When Paisley draws, she enters a world of her own: she is confident, decisive, and boundlessly imaginative. During a recent map-drawing project, after Annie gave the most minimal of instructions, Paisley spent more than an hour quietly drawing her favorite places—home, school, the movie theater, the pond where she likes to fish—each down to the finest detail. In the center of the map, she drew herself, the long hair she hopes to have one day flowing down her back, playing ball on the playground with her friends.

When Annie asked her if she was satisfied, if she thought the map was finished, Paisley, in her quiet way, sat looking at it for several minutes before nodding her head. And though she wasn't willing to part with her work of art, she did grant Annie the privilege of snapping a photo of it just before she left.



*In the clinic, 10-year-old Jahlani rolls ink in preparation for printmaking; Music Fellow Melissa accompanies Jackson while he plays the kazoo*

We'd like to acknowledge and thank our  
**MEDIA PARTNERS**  
 for helping share Arts For Life's mission in 2013!

**WFDD Triad NPR Affiliate • WNC Magazine  
 WTVD ABC11 Raleigh/Durham • The Herald-Sun  
 Asheville Citizen-Times & Gannett Foundation  
 Mountain Xpress • Duke Children's Blog "On the Ball"  
 Winston-Salem Journal • Smitty's Notes • and more!**



# aidan

Eight-year-old Aidan has spent countless hours in the hospital with Arts for Life since being diagnosed with Acute Lymphoblastic Leukemia in 2011.



When Aidan first started coming to the art table, he was enthusiastic but easily distracted, and would charmingly try to trick his teachers into finishing his art projects. Over time, the art table became both a fun and relaxing place for Aidan to be creative, and also a place to develop his focus and attention span. Now, Aidan loves working on more challenging, detail-oriented art projects, easily getting lost in hours of art.



Nearly three years into treatment, Aidan is still up at the hospital several times a month for clinic visits. Aidan loves both painting and drawing with Arts for Life teacher

Lauren, who he has been learning from since the beginning of treatment. Lauren has been instrumental in helping Aidan learn to focus and finish projects, and they sure have had a lot of fun in the process. Once, when painting on paper just didn't seem interesting enough, Aidan even made a canvas out of Lauren's face! Joey and Erin, Aidan's parents, say:

**"As parents of a child with Leukemia, ADHD, and Autism, fear of the unknown is with you and your family every day. To have Arts For Life available made every visit just that much easier. Whether it's watching cartoons with my son to inspire that day's art project or helping a bunch of children feel better about themselves through art, the Arts For Life team's dedication to these kids is often just as important as the medical team."**

## ARTS FOR LIFE in the community

Here are just a few of the ways Arts For Life served the community *outside* the hospital in 2013!

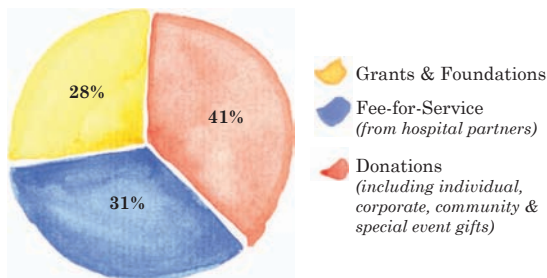
- Our 2nd Annual **Roll & Stroll** through the **Festival of Lights** in Clemmons presented by Clemmons Community Foundation, attracted 900+ people and raised \$20,000 for our program at Brenner! This family-friendly walk & bike ride will return in 2014 on Friday, Nov. 21!
- The **Local Color Art Auction** in Asheville celebrated WNC's vibrant community of artists and craftspeople, while raising over \$9,000 for our work at Mission Children's Hospital.
- Arts For Life launched art classes for patients and families at **Ronald McDonald Houses** in both Charlotte and Winston-Salem!
- Arts For Life partnered with the **Junior League of Charlotte** to host an art show of kids' work at Imaginon Library in downtown Charlotte.
- The **Arts & Science Council** in Charlotte's Young Donor Society partnered with Arts For Life to bring a holiday Art Carnival to patients and families at **Levine Children's Hospital**.
- Arts For Life led exciting art activities at several camps, all dedicated to providing pediatric cancer patients and siblings with a real summer camp experience: **Camp C.A.R.E.** (Cancer Ain't Really the End), **Camp Kaleidoscope**, and **Camp Merry Times**.
- **Greenlife Grocery/Whole Foods Market** in Asheville chose Arts For Life as recipient of its 5% Day AND featured our patients' artwork in their cafe. You can still see this show on display there!
- Arts For Life Durham hosted "**Courage & Color**," a community art show. 200 people celebrated our kids' art, created an art project of their own, and interacted with our fun totem pole/Rubik's cube-inspired artwork, featuring photos of patients and healthcare providers.



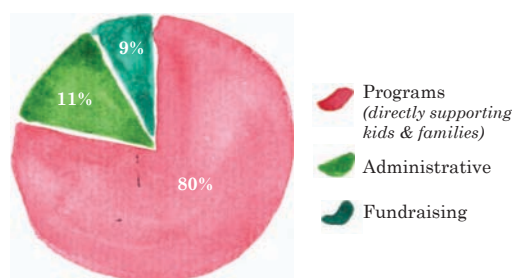
Mary Catherine, checking out the other kids on the totem

# financial snapshot

## WHERE OUR SUPPORT COMES FROM



## WHERE WE INVEST OUR RESOURCES



Our 2013 IRS Form 990 will be available on our website in summer 2014. Please contact us with any questions!

## INCOME & EXPENSE STATEMENT

Fiscal Year Ending Dec. 31, 2013

### INCOME

Donations	
Individual, Corporate & Community	97,335.10
Special Events	48,732.41
Interest Income & Endowment Interest	7,166.14
Total Donations	153,233.65
Fee-For-Service (Hospital Partner Contributions)	115,315.98
Grants & Foundations	102,095.00
<b>TOTAL INCOME</b>	<b>370,644.63</b>

### EXPENSES

Payroll & Benefits	266,505.49
Contract Labor (Music Fellowships & Intern Stipends)	29,272.50
Dues & Subscriptions	1,004.00
Insurance (Liability, D&O, Worker's Comp)	2,297.70
Licenses & Permits	200.00
Meetings Expense	1,086.91
Office Expense	15,127.71
Postage & Delivery	4,328.18
Printing & Reproduction	6,031.36
Professional Fees	3,503.55
Program Expenses	7,541.08
Service Charges	2,591.02
Staff & Board Development	2,753.83
Travel	10,319.32
Special Event Expense	10,289.87
Miscellaneous	66.96
<b>TOTAL EXPENSES</b>	<b>362,919.48</b>

**NET INCOME 7,725.15**

follow us! FOR STORIES & PICTURES  
from the art table: /artsforlifenc



Arts For Life

November 8, 2013 · Charlotte, NC ·

Thank you to Julia's mom who posted this yesterday! Arts For Life is so glad to be a positive part of her experience!

"Day 7 of Thanks: Arts for Life came into our life 3 days after Julia's cancer diagnosis and surgery. That very first time a volunteer came in we were able to see a spark and a smile return to our sick daughter's spirit. The next day, music gave our children a much needed 'normal' moment in a time of extreme stress. Over the past 4 years, AFL has been a lifeline of HOPE for our entire family as we journeyed through Julia's treatments, surgeries, and emotions. As Julia wrote in her speech tonight, "Arts for Life made me happy when everything that happened to me was sad and scary." A huge thank you to all the staff, volunteers, and supporters!"

Unlike · Comment · Share

Our friends on social media helped us raise over \$5,000 on #GivingTuesday in 2013!



artsforlifenc

3 months ago

"Want to see what a real germ looks like?" Neva, age 6



Arts For Life NC @ArtsForLifeNC · May 6

"@ArtsForLifeNC is an oasis...It's a world full of light, color, texture, sparkles & love." Cheryl, mom to brave patient #testimonialtuesday

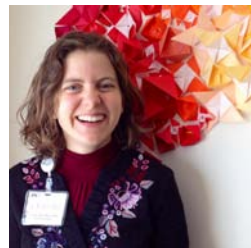


We could not continue bringing **creativity, discovery, and joy** to children and families without our amazing and dedicated

## volunteers and interns

Suzanne says, **“Every single time I volunteer, there is a special moment - when I make a new friend, or when a child ‘thanks!’ me, or when we share a big laugh. I know that my being there helped change their experience at the hospital that day - and it changes me too. As far as I’m concerned, it doesn’t get any better than that!”**

Cameron notices that, **“every laugh or smile from our young patients is a step in the right direction!”**



Cara says, **“I love working with children and I like the art-focused structure that Arts For Life provides. It is a perfect match for me, and a consistent, rewarding way to give back to our community. I love that I can see the direct impact we have.”**

## and children's hospital advocates



Penny Blake, Director of Nursing at Brenner Children's Hospital, has been a long-time supporter of Arts For Life, and a tremendous hospital advocate for our programs. Penny believes that: **“Arts For Life is a key part of the patient experience at Brenner**

**Children's Hospital, promoting a healing environment through art.”** She recognizes how the positive experience of providing a creative outlet allows students to express themselves, while experiencing the benefits of healing emotionally and physically as they explore with paint, sculpture, music, and many other mediums.

**“Each time I see children at the art table, I am so grateful for Arts For Life. The child is always engaged in the art activity and is truly enjoying being a kid! Arts For Life nourishes the spirits of our children, teens, parents, and staff.”**

“This program does more than “teach art” to pediatric patients and their siblings. **They provide patients with a variety of ways to learn new skills and discover an inner talent that they may have never known was there!”** says Angela Miller, Child Life Specialist at Presbyterian Blume Oncology Clinic

Dr. Adrian Sandler, Medical Director of the Olson Huff Center at Mission Children's Hospital, told us: **“My staff and I take care of kids with disabilities and developmental conditions. Almost every day, we are lucky enough to have your staff and volunteers on hand to engage the kids in our waiting room with interesting art projects. The kids show us their work with pride. When we need a little time to talk with the parents alone, your staff are always so kind and welcoming to the children.”**

Marshall McIver, Hospital School Teacher at Duke Children's, says, **“Art education helps students with their development of critical thinking skills, linguistic skills, and it also helps students to learn how to describe, analyze and verbally express themselves.”**

When asked about what Arts For Life brings to kids in the hospital, she said, **“Maybe most importantly, Arts For Life instructors make children feel special, cared for, and happy!”**



# our donors and supporters

## keep Arts For Life thriving and growing.

You touched the lives of more than **6,900** people battling illness and disability last year!

*for that, you have our deepest gratitude.*

### OUR HOSPITAL PARTNERS AND ADVOCATES:

**at Brenner Children's Hospital:** Dr. John McConnell, Penny Blake, Cheryl Saylor, Dr. Tom McLean, Dr. Marcia Wofford, Arts & Health Committee, and more

**at Duke Children's Hospital & Health Center:** Kevin Sowers, Edith Rosenblatt, Children's Miracle Network, Kristen Ammon, Dr. Dan Wechsler, Dr. Joanne Kurtzberg, and more

**at Mission Children's Hospital:** Dr. Ron Paulus, Dr. Susan Mims, Tara Horan, Volunteer Leadership Committee, Dr. Cindy Brown, Dr. Orren Beaty, Dr. Doug Scothorn, Dr. Krystal Bottom and more

**at Novant Health Presbyterian Medical Center Hemby Children's Hospital and Blume Clinic:** Michael Vaccaro, Jamie Hayes, Nora King, the Child Life team, and more

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The Owen Family

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Anonymous Donors

*and so many more*

We also thank **Luquire George Andrews** for selecting Arts For Life as a recipient of pro bono marketing, advertising, graphic design, and PR services as part of their **Goodstock** campaign! Among many other things, LGA created the new logo and tagline you see in this report.

*artsforlifenc.org*

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