



## How can art HEAL?

- ✓By raising self confidence.
- ✓By providing stress relief.
- ✓By reducing falls and medication use.
- ✓By improving loneliness and depression through cultivating new friendships.
- ✓By encouraging independence through sense of mastery, and choice.

*"It helps my morale, makes me feel good to do something different. Being my age and being able to do these things has given me confidence that I can do other things in my life as well. It helps me feel independent." Ada Davis, 91*



## What are 5 ways my WHOLE community benefits?

1. Art on Wheels improves health and wellness in elderly, disabled, and chronically ill communities by giving them an outlet to **battle physical and emotional challenges with art.**
2. Creating art has health benefits. Improving health in at-risk communities reduces the need for long-term care. **Reducing risk factors of long-term care saves communities money.**
3. Art on Wheels brings visual art and music therapy to 20 locations in Central Virginia. Our traveling outreach allows us to affect typically **isolated, rural or under-served populations.**
4. We approach wellness holistically. Many students receive meals, transportation, exercise and other activities through our agency partnerships. Some locations are assisted living facilities which provide an **entire spectrum of advanced care.**
5. Community Art projects engage a broader audience in art creation! Through interactive events, Art on Wheels' community projects **beautify our schools, parks, and neighborhoods.**

## What does the FUTURE look like?

Art on Wheels does a whole lot on a little budget! Our economic impact expands well beyond providing jobs for local teaching artists. With nearly two dozen locations across Central Virginia, we reach thousands of community members each year. We recognize the value of living independently. Of living well, and happily. Of improving health and socialization for isolated communities. Of lightening strains on the health system by reducing risk through preventative action.

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Between 2000 to 2030, Virginia is expecting a 121% increase in the 65+ population while the total population is expected to increase just 31%. Art on Wheels is poised to address this quickly growing need with targeted, therapeutic arts programming.

The value of accessible programming which promotes true cost savings in long term care for our community prior to an exponential increase in population cannot be overstated.



*"I love the program! We make fun things. I make lots of friends in it. I made a duck with eggs all by myself! It made me feel brave and I liked that feeling." Gerry Koziara, The Virginia Home*

### **Why is this IMPORTANT?**

Art on Wheels makes a significant impact in communities without access to services by providing an empowering, creative learning environment in which to cope with the variety of challenges faced by disadvantaged populations.

It enhances participant living environments by providing fun and challenging activities.

Art on Wheels programming significantly improves participants quality of life by building confidence and fostering friendship in communities which suffer disproportionately from chronic loneliness and depression.

### **What DIFFERENCE can I make?**

Art on Wheels collaborates with dozens of agencies to reduce the costs of providing excellent programs to needy community members, but programs this thorough and thoughtful cost money. Due to the collaborative nature of Art on Wheels, we are able to maintain a relatively low annual budget, and offer excellent investment value compared with the services we provide the region. Each year, we need to raise **\$50,000** in donations to continue to provide these services to our community.

**\$200** - Brightens the day for ten seniors through Music Therapy.

**\$2000** - Provides stress relief for ten cancer patients through a ten week Painting program.

**Any Amount** - HELPS.

Your support greatly impacts the efficacy of Art on Wheels outreach, and our ability to serve this community. Your support can make all the difference in people like Alice Fisher's life. She says: "I enjoy it. Otherwise I'd be at home by myself, everyone is gone. Coming here and doing the projects helps me feel better because I am not alone."

*Some give thousands, thousands give some.*