

ART 4 JOY

BUILDING BRIDGES ART FACILITATION

For Seniors with Dementia/Parkinson's, Cognitively Well Seniors, Special Needs, Individuals with Brain Injuries, Autism, developmental disabilities, Stress, Anxiety, PTSD, etc. Programs available for youth and adults.



OVERVIEW

Kim Samitore, of Art 4 Joy, in Central Point, Oregon, is an Expressive Arts Facilitator who works with a variety of individuals in all ages and stages of life. Her goal is use art to Build Bridges to connect the mind, body and personal relationships with individuals with challenges and those without who may want to use art as pure fun and or self-expression. This type of art enhances social connections, cognitive stimulation, pleasure, new learning, a sense of success, self-exploration, positive memories & more.

The Objective

Expressive Arts focus on the *process* of being creative in the moment, not on producing art in a technical way. Kim will guide participants through artistic experiences that anyone can do with absolutely no artistic skill or background. Activities are explorative and playful. Participants will feel safe to freely express themselves without judgement.

- Fun
- Social Acceptance
- Relaxation

Four Key Reasons

1. Expressive Art is a complementary activity to any process.
2. Art-making creates an energetic connection that can be embraced as a personal language of the individual and can also be used for reflection of one's feelings, experiences, memories, etc.
3. Art has been used for healing and to create a space for connection, action and engaged process that leads to expression that can be hard to put into words.
4. The interaction with art materials and creative experiences becomes a passageway to self-awareness, where personal and collective wisdom or information is held.

Applications

Therapeutic Art Programming is appropriate in any setting but is particularly beneficial within schools (grades K-12), residents in group homes, residents in senior assisted living facilities, residents in mood and memory care facilities, individuals in recovery housing, individuals in developmental delay care programs and much more. One-on-one as well as group applications are also available at the Art 4 Joy studios in Central Point. The Building Bridges Program is also available in individuals' private residences as a one-on-one application or bonding time with family and friends. The possibilities with Expressive Arts Facilitation are endless!

- Schools K-12 (classroom, small group or individual)
- Private Residences
- Group Housing
- Senior Centers, including Mood & Memory Care

Art Supplies*

Art supplies are included in the rates set forth below. Art supplies included on a regular basis (but are not limited to) include items such as watercolors, acrylic paint, ink or dye, markers, pens, pencils, oil pastels, chalk pastels, small canvas, watercolor/mixed media paper and art boards, air dry and fired clay, ceramic glazes, pre-fired bisque, collage, aprons, etc.

*In some cases a participant may request larger scale art projects, specialty items or custom requests for holidays and so forth. When supplies are requested outside the standard supplied within the regular fee budget the client will be notified of the rate increase and charged accordingly.

EXPRESSIVE ART FACILITATION WORKS

“The arts are a critical component of healthcare. Expressive art is a tool to explore, develop and practice creativity as a means to wellness.” – Wellarts Association.

“Art washes from the soul the dust of everyday life.” – Pablo Picasso.

“The arts empower. The arts give a voice to the voiceless. The arts help transform American communities and, as I often say, the result can be a better child, a better town, a better nation and certainly a better world. Let's champion our arts action heroes, emulate them and make our communities everything we want them to be.” – Robert L. Lynch, President, Americans for the Arts

Benefits

- Helps individuals focus on the present moment, identify emotional responses and experience connections between emotion and body awareness.

- Identity and self-image of the individual are often strengthened increasing an attitude of positivity.
- Emotions become visible.
- Individuals often find balance in emotional responses. Individuals are able to experiment with different responses to difficult feelings, therefore increasing a sense of self-confidence and self-efficacy. This can also help the individual interact in social settings more comfortably and confidently.
- Positive behavior Change towards oneself and others.
- Helps individuals put their thoughts, feelings, emotions, memories and non-verbal experiences into words (visually). Some individuals experience an internal dialogue that aids in their artistic choices while working on the finished project.

EXPRESSIVE ART FACILITATION PROGRAM DETAILS

Each program is specifically designed for the group it is planned for. Groups may be after-school youth programs, healthy seniors, cancer patients, individuals with chronic illness (fibromyalgia, etc.) Parkinson's, Dementia, etc., special education, at risk youth, developmentally delayed adults and more. There is a basic format that each session will include depending on the planned weekly activity which may include but not limited to: music, story telling, poetry reading, therapy dog/animal interaction, free choice of art supplies, subject guidance for creating, creativity games, singing, acting, creative movement and other activities. Due to the wide spread of individuals that are serviced each program will be different from the other and it is important to Kim to sit down with program managers/teachers/care providers, etc. to discuss your specific participant(s) needs. This is a unique opportunity for growth, self-expression and healing.



PRICING

<p>One-on-One at Private Residence/Care Facility</p>	<p>\$40/hr all inclusive</p>
<p>Group at Care Facility: \$35/hr billed to facility on month to month contract. \$30/hr billed to facility on 3 month contract. \$25/hr billed to facility on 6 month contract.</p>	<p>Plus: \$5 per participant per session. Paid by individual or Facility</p>
<p>Manufactured Home Communities (all ages & 55+) Drop in pay option for pre-scheduled weekly classes approx.. 1.5 hrs. Monthly pay option for pre-scheduled weekly classes approx.. 1.5 hrs.</p>	<p>\$15 ea. \$50/mo. Auto-pay</p>
<p>Schools – one time art event (specific project based – supplies included) 0-25 students 25-50 students 50+ students</p>	<p>Art 4 Joy / Teacher \$10 / \$9 per student \$9 / \$8 per student \$8 / \$7 per student</p>
<p>Schools – Expressive Art Facilitation (art supplies included) \$35/hr billed to school on month to month contract. \$30/hr billed to school on a 3 month contract with a min. of 1 visit per month. \$25/hr billed to school on a 6 month contract with a min of 1 visit per month. Parent and/or teacher’s assistant volunteer helpers are required (min 1-2) for set up before, during class and after clean-up to stay on schedule.*</p>	<p>Plus: \$5 per student</p>

Due to the newness of this program to Southern Oregon, prices may be adjusted, changed or negotiated between provider and school, facility or individual, etc. Disclaimer: The prices listed in the preceding table are an estimate for the services discussed. This summary is not a warranty of final price. Estimates are subject to change if project specifications are changed or costs for supplies are increased or special requests are made.



QUALIFICATIONS

Kim Samitore, has been an artist for over 30 years. Her art has been a source of personal therapy throughout her life as well as therapy for family members that she has worked with in Senior care. She has also worked in the field of animal behavior, training and animal facilitated activities to help individuals (mostly youth-teen) with special needs, Autism, ADHD, ODD, a history of trauma, abuse, and neglect. She also has a Bachelor of Science Degree in Liberal Studies with two minors: Anthropology/Sociology and Health Studies (centered on Geriatric Care) from Eastern Oregon University. Her collegiate studies as well as practical experience using art and animals as a source of expressive facilitation for healing has provided her with a wide range of experiences working with many different types of individuals and their specific needs for success in education, social interaction and quality of life. She has been teaching children and adults for over 15 years and has a fun and enjoyable class structure.

SCHEDULE YOUR PROGRAM

We look forward to working with your organization and the individuals who will be part of the art programs provided. Art 4 Joy is confident that the Building Bridges Program will benefit your school, community or individual and stands ready to bring fun, learning, communication and artistic expression to you on a regular basis! Please feel free to email kim@art4joycp.com or call 541-630-5500 with any questions you may have, schedule an informational appointment or reserve your individual or group today.

Thank you for your consideration,

Kim Samitore

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