




SMITH CENTER
FOR HEALING AND THE ARTS

community. creativity. cancer support.

MUSIC AS CARE

Presented by Tamara Wellons, Program Manager
Smith Center for Healing and the Arts

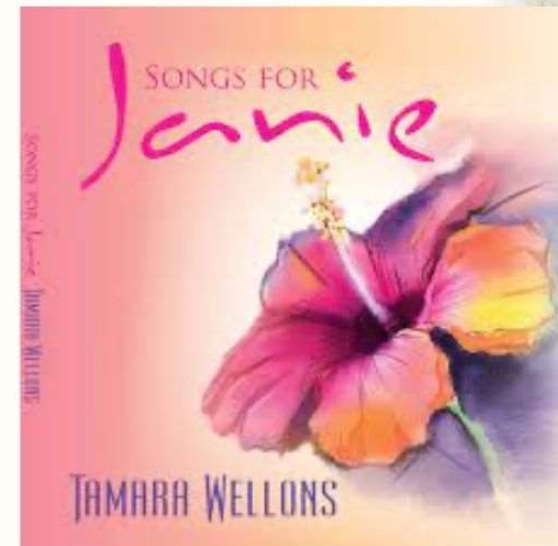
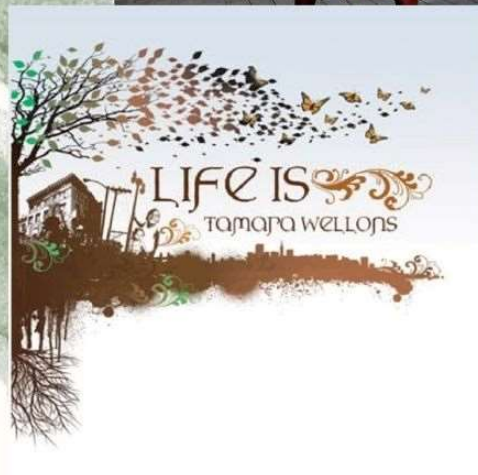
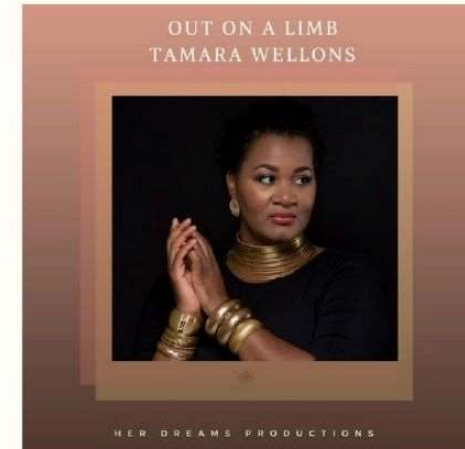
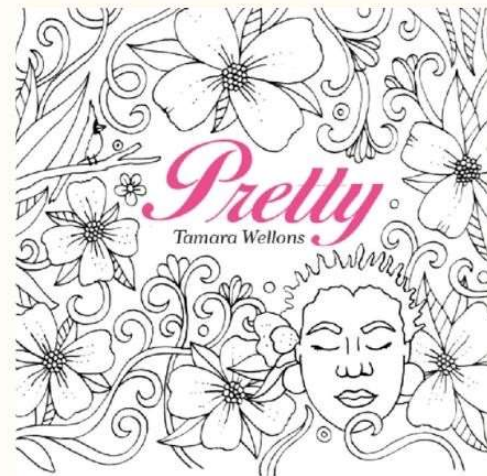
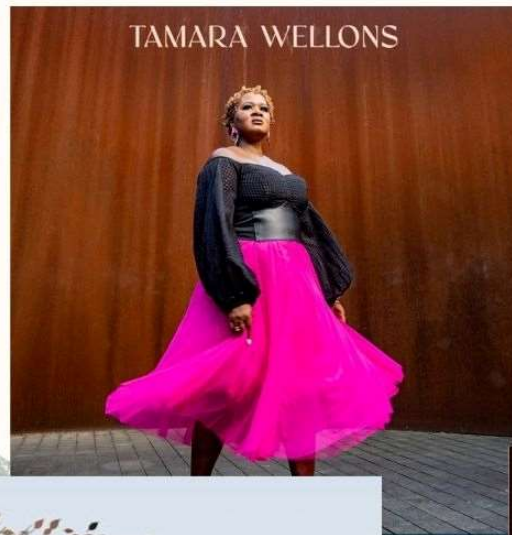
ARTIST IN RESIDENCE PROGRAM



"Art opens the closets, airs out
the cellars and attics. It brings
healing"

-Julia Cameron

My Story



CHURCH

COMMUNITY

FAMILY

EDUCATION



Gilfield Baptist Church, Ivor, Virginia 1863



DISCOVERING MY VOICE

Listening

Songwriting

Storytelling

Creating the sound

Sharing

I am Light

I am light

I am light, I am light

I am light, I am light

I am light, I am light

I'm not the mistakes that I have made
Or any of the things that caused me pain

I am not the pieces of the dream I left
behind

I am light

I am light

I am light

I, I am light

I am light, I am light

I am light, I am light

I am not the colour of my eyes

I am not the skin on the outside

I am not my age

I am not my race, my soul inside is all light

All light

All light, yeah

All light

I am light, I am light

I am light, I am light, yeah

I am devinity defined

I am the god on the inside

I am a star

A piece of it all

I am light

by India Arie

What is Arts in Health?

Arts in health is a field dedicated to using the power of the arts to enhance health and well-being in diverse institutional and community contexts.

- National Organization for Arts in Health (NOAH)



Music as Care



Smith Center's Artist in Residence Program

"Our job as Artists in Residence is to be present with the people we meet. We don't enter our interactions with therapeutic objectives. We engage as one human being meeting another and offer opportunities for the other person(s) to express and/or enjoy themselves. In so doing we create opportunities for healing experiences to emerge."

-Anthony Hyatt, musician/violin



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INOVA SCHAR CANCER INSTITUTE

AIR PROGRAM ACROSS ALL SERVICE LINES

Artist in Residence

Project Knitwell

The Good Listening Project

Community Arts

Team Members and Staff Care

Music for Staff at Inova Alexandria



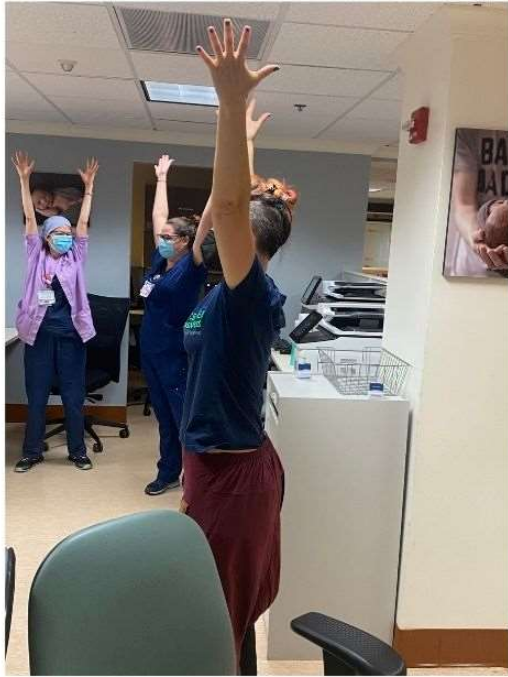
THE FUTURE OF ARTS IN HEALTHCARE

ARTS AND HEALING AT INOVA
SCHAR CANCER INSTITUTE

[HTTPS://YOUTU.BE/GIT7K0VFEAE](https://youtu.be/GIT7K0VFEAE)



MUSIC DOES A LOT OF THINGS FOR A LOT OF PEOPLE. IT'S TRANSPORTING, FOR SURE. IT CAN TAKE YOU RIGHT BACK, YEARS BACK, TO THE VERY MOMENT CERTAIN THINGS HAPPENED IN YOUR LIFE. IT'S UPLIFTING, IT'S ENCOURAGING, IT'S STRENGTHENING. - ARETHA FRANKLIN



MY APPROACH MY COMMITMENT

MY SAME APPROACH THAT HAS LED TO A
SUCCESSFUL CAREER IN MUSIC.

LISTEN

STORYTELLING

CREATING THE SOUND /REMIX THE SONG

SHARE

Thank You!
www.smithcenter-air.org

