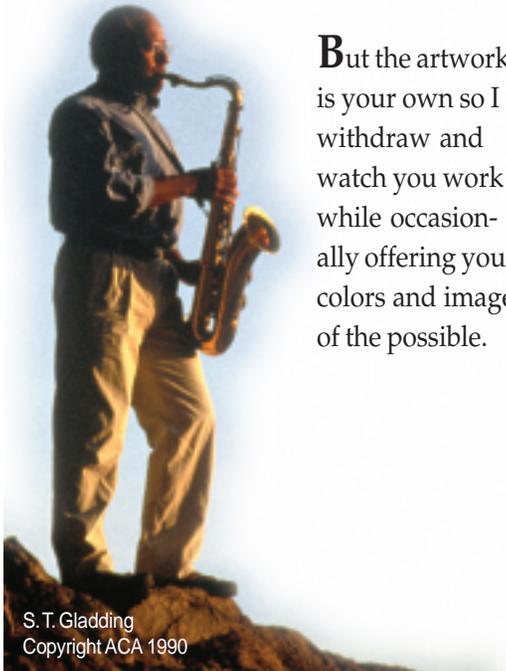


JOURNEY

I am taken back by your words—To your history and the mystery of being human in an all-too-often too robotic world.

I hear your pain and see the pictures you paint so cautiously and vividly. The world you draw is a kaleidoscope ever changing, ever new, encircling and fragile.

Moving past the time and through the shadows you look for hope beyond the groups you knew as a child. I want to say: "I'm here. Trust the process."



S. T. Gladding
Copyright ACA 1990

But the artwork is your own so I withdraw and watch you work while occasionally offering you colors and images of the possible.

Arts for Healing is a health initiative with the John P. Murtha Neuroscience and Pain Institute in collaboration with Southern Alleghenies Museum of Art that improves the quality of life for patients with chronic pain.

The Conemaugh Health Foundation is seeking to fund the program on an ongoing basis.

To donate, call 814-534-3133, or mail checks made payable to the Conemaugh Health Foundation, to:
Conemaugh Health Foundation
1086 Franklin Street
Johnstown, PA 15905-4398

To donate online, visit our secure website at www.foundation.conemaugh.org. We accept MasterCard, VISA, American Express and Discover.

On behalf of all those who benefit from your generosity, thank you.



Arts for Healing





Arts for Healing...*giving patients new hope for relief from chronic pain and neurological conditions*

“Music is peace for my soul. I really believe the arts generate endorphines to heal our body.”
Carol Yoder, Chronic Pain Patient

A new way to cope with emotional and physical pain

Imagine being silenced by a stroke, then learning a different way to speak. If you’ve ever seen the fear and frustration of stroke victims struggling to be understood, desperate to communicate, you can begin to appreciate the value of a program that uses art therapy to give hope.

Our premier *Arts for Healing* program is designed to benefit many people in our region who have special needs. The program is making a difference in the lives of children who are suffering from emotional problems and adults dealing with neurological disorders such as Post-Polio Syndrome, Parkinson’s or Lou Gehrig’s Disease—for which there are no cures. We are just beginning to tap the potential of this innovative, engaging program that connects people in need with artists eager to help.

When people are ill, their focus is on pain. Try explaining that to someone. Sometimes the English language doesn’t provide the words. But a person can visualize that pain in a brush stroke or shrill musical note.

Arts for Healing helps people who suffer from chronic pain due to neurological and emotional conditions better cope with their illnesses, allowing them to vent frustration, open new doors for self-development, and improve the quality of their lives.

Using a variety of disciplines—including painting, sculpting, poetry and music—Artists-in-Residence with the Southern Alleghenies Museum of Art help patients...

- Focus away pain
- “Visualize” pain
- Redirect frustration
- Communicate complex feelings
- Relax
- Cope
- Enhance quality of life

As we plan for the future of the Arts for Healing program, the Conemaugh Health Foundation is making it possible to bring new artists to the communities served by the Conemaugh Health System. Arts for Healing has been making a difference in the lives of many who suffer from uncontrollable pain since 2004. Now a proven fact, coping with physical and emotional pain becomes easier through art. In order to continue to provide this program, ongoing donations are necessary, as art therapy is not covered by insurance.



Together, We can Create a Healthier Future for our Community

Your donation can help. My gift:

- | | |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> \$500 | <input type="checkbox"/> \$250 |
| <input type="checkbox"/> \$100 | <input type="checkbox"/> \$50 |
| <input type="checkbox"/> \$25 | <input type="checkbox"/> Other |

Each *Arts for Healing* session is 15 days and is tailored to patients’ needs.