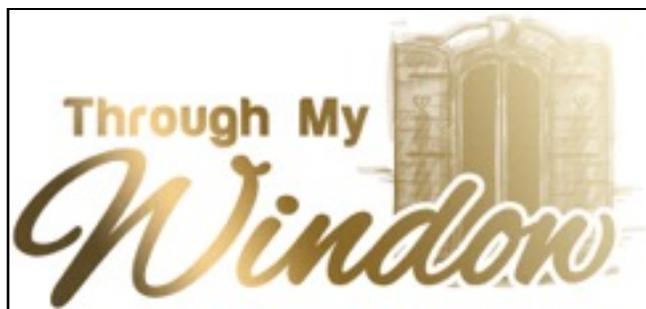




Feel Beautiful Today's Arts in Health Program "Through My Window"



Through My Window is an Arts in Health program created to meet the need for cancer patients who are often isolated and bored due to long treatments, long hospital stays, or weak immune systems to engage in a relaxing, creative activity that allows them to explore their thoughts and emotions in a safe environment at their leisure. Unlike the other programs FBT provides to hospitals and cancer centers, *Through My Window* does not require

facilitators and can be done at any time. Because FBT volunteers are not required to be there, *Through My Window* is an opportunity to reach more patients in more places. Like our Boxes of Love, Workshops with Patients, and Joined in Hope programs, Through My Window is offered to cancer patients free of charge through sponsors donating twenty dollars per patient.

What patients receive is essentially an art kit with various activities including the opportunity to participate in active and passive art. Included in the kit is a picture frame and materials to both paint and customize it, two coloring cards designed by FBT's President, Biviana Franco, and a blank card for patients to fill with a drawing or their own thoughts. Patients will also find a card with a hand written message from another cancer patient or survivor as well as a blank card that they can fill out to encourage another cancer patient.

We wanted to make sure patients had the opportunity to benefit from others' creations as well as make their own, so we wrote a story called Luna and sought out the skills of two local songwriters. Visiting our website, patients will find both a story that they can either read or listen to and two original songs recorded with *Through My Window* in mind. The story of Luna is written from the perspective of a young girl who seeks out the beauty in every day objects. "Never Alone" is a song that contemplates how regardless of what we walk through, there is beauty on the other side of brokenness. And "Not Going to Let it Get Me Down" is an upbeat tune that reminds patients to keep their head up in the midst of difficulty.

To ensure patients have everything they need to enjoy the creating process, there will be a tutorial video on the our website www.feelbeautifultoday.org explaining step by step how to paint and decorate their picture frame. Patients will also have the opportunity to view a gallery online exhibiting pictures of other patients' work. For those that want their art on the TMW website, an email address has been provided where they can send pictures of their creations. The goal through both the gallery and the exchanging of encouraging notes is to create a community among cancer patients. Fighting cancer can be a very isolating time, so it is Feel Beautiful Today's goal to create spaces and opportunities for patients to be reminded they are not alone. Research shows the physiological, mental and emotional benefits of participating in the creative process, and Feel Beautiful Today wants to be frontrunners in Arts and Health's continuing growth in the healthcare industry.