

## THANK YOU JENNA'S RAINBOW FOUNDATION

"This painting was my first time doing a real piece of artwork. I used my mouth stick to create it. My mouth stick is the way I paint and do many things. I hope this painting inspires you and keeps you open minded."

- Crystal, age 18.

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With the help of funding from Jenna's Rainbow Foundation, ArtWorks, the Naomi Cohain Foundation has brought Jonathan 'Duv' Zaragoza to the Children's Hospital at Montefiore to work on the 9<sup>th</sup> floor Hematology/Oncology in-patient unit and educate patients in the art of beat boxing, spoken word, music production, writing poetry and song writing. Duv is at the hospital weekly and in 2016 touched over 200 children's lives by visiting their bedsides. Through song lyrics, young people can express their emotions, build confidence with public speaking, and improve vocabulary and writing skills.

Jenna's Rainbow Foundation has also helped us with our art cart on the 9th floor as well. The supplies from our art cart were used by Crystal to create the piece "Magical Sunset". Crystal had been in and out of the hospital with brain tumor issues for most of her life. Her last surgery in 2016 left her quadriplegic. She had started this painting before her surgery and finished it with a mouth stick just in time for Express Yourself.

Research has shown that both art and music increases quality of life, decreases anxiety, depression, and pain. Engaging in the arts provide opportunities for individuals to make choices and to be in control at a time when many things in their lives are beyond their control. Participating in these workshops have served as a source of distraction, an emotional outlet and provides a sense of comfort for the patients. **Thanks to the generous support from Jenna's Rainbow Foundation, ArtWorks has been able to play a significant role in the healing process of the pediatric patients battling chronic and life-limiting illnesses at The Children's Hospital at Montefiore, providing them with the tools and encouragement to express themselves through the arts.**