Thank you so much for your amazing and continued support in our community. We are proud to announce our new Healing Arts Program, a unique collaboration between the Holter Museum of Art, St. Peter’s Health, and a generous gift from Blue Cross Blue Shield of Montana. We believe that viewing and creating art plays an important role in mental, physical, emotional and spiritual health. Research shows that art provides a positive diversion, inspires hope, and contributes to an atmosphere of healing and restoration. Regardless of a patient’s artistic skill, there is no wrong way to make art, making our program free of charge, accessible and beneficial to everyone.

During the past year, we have implemented mobile Art Carts, Maker Stations, and Art Packs in several departments, and have made many connections with patients going through treatments at St. Peter’s Health, receiving amazing feedback. We are not aware of any similar programs in Montana, and patients and hospital employees alike have seen the direct benefits of this amazing program. With this in mind, we plan on expanding further into the hospital, offering our program to almost eleven new departments and expanding our services to include music therapy.

Patients often face challenging emotions that include fear, stress, anxiety, depression, pain, isolation, loneliness, boredom, body image issues, and loss of choice. Research shows that art is a refuge from these intense emotions. Through holistic art therapies, patients experience:

- Improved mood, relaxation, and decreased perception of pain
- Stress reduction and a sense of control
- Self-discovery and increased self-esteem
- Self-expression
- Connection and support
- Hope

Can you help us develop this amazing program further, expanding it into other St. Peter’s Health departments to provide services to even more patients? Your gift of $500 will keep our Art Carts stocked, $250 will create another Maker Station, and $100 will provide Art Packs to 15 patients! Support this amazing program today!
Art has the ability to help individuals transcend and even transform their sense of self in the face of disease or physical discomfort. During art making, people shift away from the presence of illness in their lives.

The Holter Healing Arts Program has four components:

- **Holter Art Carts** – mobile art studios containing a variety of materials for sketching, painting, coloring, journaling, and so much more. Our Healing Arts Coordinator makes rounds with the Art Carts once a week in the Cancer Treatment Center and Oncology floor to meet and create with patients one-on-one.

- **The Holter Mini-Museum** – a gallery and community art center that operates as an extension of the Holter Museum and features the artwork of different local artists.

- **Maker Stations** – a space to “create while you wait!” These spaces are small dedicated areas within waiting rooms and inpatient floors that contain art supplies and self-directed art projects.

- **Personal Art Packs** – personal art packs are available on the Art Carts and can be kept by the patients. These packs have been delivered to the Cancer Treatment Center, the Oncology floor, Emergency Department, Pediatrics, and the Main Entrance area, the Surgical and Medical floors, the ICU, and the NODA/Visiting Volunteers Department. These packs are assembled by clients at West Mont, providing them with job opportunities and job skill development.

**Your gift NOW will increase our future impact on those in the medical community.**

Please feel free to come by and visit us at the Holter anytime – our door is always open!

Sincerely,

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*PS: Give online at www.holtermuseum.org or mail your gift in the enclosed envelope today! Thank you so much for continuing to transform our community!*