



**Ezer Mizion - Oranit**  
 Cancer Patient Guest Home  
 Donald Berman Rehabilitation Center

# Isaac & Clara Wasserstein Art Center Overview





## **Background:**

### **Emotional Challenges for Children with Cancer**

Children undergoing cancer treatment, whose immune system is weak, cannot attend school or engage in social activities. At a time when they most need stability and emotional support, they are pulled out of their normal routine, and cut off from family and friends. The inner turmoil that young cancer patients go through – anger, fear, and anxiety about their future – and their physical suffering are exacerbated by their enforced isolation during this period, which normally lasts at least one year. This anxiety is inevitably reflected in psychological, behavioural, and/or social problems.

Furthermore, since Israel's major pediatric oncology centers are located in the Tel Aviv area, young cancer patients from other parts of the country are forced to travel hours every day for ambulatory treatment. Already ravaged by the aggressive treatment and unpleasant side effects, they become further debilitated by the long hours they are forced to spend on the road.

## **Responding to a Need:**

### **Oranit Guest Home for Children with Cancer**

In response, in 1996, Ezer Mizion, a non-profit organization that provides a wide range of health-related services, established the Oranit Guest Home for children and adolescents with cancer with the generous assistance of the Bracha and Mottie Zisser Foundation.

The state-of-the-art residential accommodation spares youngsters the stress of exhausting commutes, while providing an escape from the world of aggressive treatment and pain. With 22 comfortable and well-appointed 2-room suites in the Rosinger Residential Wing, each with a private kitchenette and bathroom, Oranit is a haven of comfort and cheer that serves as a home-away-from-home for sick children and an accompanying parent (or 2 and even up to 3 siblings!). A spacious cafeteria serves nourishing meals daily.

But Oranit is much more than a place to stay. Its Donald Berman Rehabilitation Center's comprehensive therapy program is designed to utilize this period of illness and recovery to facilitate the sick child's emotional and psychological healing along with his physical recuperation.





As the sick child becomes the focus of the parents' concerns, other children in the family often feel neglected, and find themselves without a framework. They, too, develop social and emotional problems. Oranit's Donald Berman Rehabilitation Center treats siblings too, as well as children of mothers or fathers who are sick with cancer or life-threatening, serious, or severe chronic illness.

The premises also include an auditorium, an art and crafts center, a music therapy room, play/drama and sand therapy rooms, a wildlife pavilion petting zoo, a Gymboree, and an outdoor playground.

All of Oranit's hosting and its Donald Berman Rehabilitation Center services, therapy and recreation programs are provided **free of charge**, under close medical and professional supervision, that are augmented by a corps of trained, dedicated volunteers.

## Oranit Cancer Patient Guest Home Support Services

In contrast to hospitals, Ezer Mizion's cancer patient guest home is a beautiful, happy place where families can relax and spend quality time together in spite of the health crisis they are undergoing. Ezer Mizion hosting at Oranit and cancer support services are provided to cancer patients and all immediate family members.

## Therapy Service Goals

The goals of Ezer Mizion's Oranit-Donald Berman Rehabilitation Center's therapy programs are:

- ♦ To facilitate the child's emotional and psychological healing
- ♦ To give him/her tools to cope with illness and difficult treatments
- ♦ To enable the child to confront suffering in a constructive way
- ♦ To lower anxiety level and to provide diversion from pain and suffering
- ♦ To ease re-entry into normal life following hoped-for recovery or profound loss



## Project Staff

The rehabilitation center is staffed by

- ♦ 1 general director, 1 social worker
- ♦ 3 music therapists + 1 drum teacher
- ♦ 6 art therapists
- ♦ 4 animal assisted therapists
- ♦ A squad of dedicated volunteers

## The Benefits of Art Therapy

Art Therapy is defined as a clinical method that seeks to promote improvement in physical, social, emotional, behavioral, and/or cognitive functioning through the medium of art.

Studies of art therapy have repeatedly shown that art helps improve morale, enhances communication, bolsters self-esteem, even reduces blood pressure and heart rate. Research points to a connection between art therapy and the alleviation of psychological distress among children or adults with cancer and their families, as well as generally improved well-being and better adaptation to the therapeutic process. This medium diminishes anxiety and stress-induced symptoms, enables greater concentration, and promotes social interaction.

In the years that art therapy has been available at Ezer Mizion-Oranit, thousands of sick children, their siblings and their parents, as well as sick parents, their spouses and children have profoundly benefited from the art therapy program.

## Art Therapy - Project Description

Art therapy activities take place in the Isaac and Clara Wasserstein Art Center at Oranit cancer patient guest home that is fully equipped with every art medium and supplies imaginable. The art center is open for activity daily from 10 AM to 7 PM to sick children, their parents and siblings, and to sick parents, their spouses and children.



Some of the Art Center hours are designated for Oranit guests to just drop in and do some arts and crafts. Many hours in the art center are for private art lessons by appointment, or for scheduled directed group art activities, all free of charge.

Some of the children come from home; others come en route to the hospital to build up their resilience before undergoing treatment or after they finished their outpatient treatment for the day and have come "home" to rest at Oranit ahead of the next day's treatment.

## The Creative Process

Creativity begins at the point where knowledge ends. Therefore, the art center can serve as the gateway to change and growth for the cancer patients and their family members. It is a place that facilitates a state of consciousness in which a person can discover a new way to look at and deal with situations in which he feels stuck or unable to dislodge himself and enables him to move on.

The therapy process is comprised of expression and observation. The main way to "observe" in art is through the creative process. The art itself serves as a mirror or tells a story, which gives emotion and attitudes a permanent, physical presence.

## The Therapeutic Value of Art and How It Can Be Tailored to Each Individual

Every client has his/her individual art taste and preferences. The world of art can be personally and uniquely adapted to every person through a very broad spectrum of art mediums and by working together with art therapists. With the guidance of the art therapists, every person can find an art medium that offers expression and satisfaction, even if they never pursued any form of art in the past.

The art experience fosters an openness between the person and his innermost feelings, facilitating the integration between his inner self and the outside.

Proper, effective, and professional use of the art medium can produce impressive results in a simple, brief process. This experience contributes to the client's self-confidence and sense of capability.





## Art Therapy Activities

1. Support group in rehabilitative art
2. Alternating workshops
3. Ongoing daily activity in the art center
4. One-on-one art therapy, sand and biblio-therapy sessions
5. Photography therapy group - culminating with an exhibit
6. "Good Morning" visual arts exhibit project: Coping with Cancer

## Support Group in Rehabilitative Art

A support group that meets one morning every week on a regular basis and is geared for women with cancer. The group is predicated on the principles of rehabilitative art and raises issues from daily life and challenges that arise during the treatment period. The teacher uses various techniques and materials so as to process the issues directly. The group is open to new entrants all year and is suited to absorbing new patients. Number of weekly participants: 20+ / Age range: 18-50

## Alternating Workshops

On Thursday morning, for two hours, participants work in the art center with unusual, contemporary techniques, different from those encountered by the patients on a daily basis. They choose a technique and materials and work step-by-step for a month, and then change to a different project.

The workshops give segments of the population that generally come less to the art room – such as men and people aged 18-30 – exposure to the world of art. The workshops allow for short-term commitment and step-by-step work, creating homogeneous groups, and maintaining normative morning routine. The workshops are led by an art therapist and an art therapy intern. 15 participants. Age range: 18-30.



## Ongoing Yearly Activity in the Wasserstein Art Center

The art center is open Sun. to Thurs. 10:00 AM to 7:00 PM and serves patients and their families as a hub of normative activity, leisure-time occupation, and interest. The center is based on the principles of rehabilitative art and art therapy and is operated by 6 certified art therapist staff members and 4 volunteers.

The art center is adapted to activities for all ages, from creations that take a few minutes – to long-term projects. The techniques employed are broad and diverse: sketching, sculpture, knitting/crocheting/weaving, sewing, plastic art, carpentry, jewelry-making, and more... The ongoing activity allows people to come in at every point in the day, in an independent framework of the patient or his family members, or as a joint family activity that strengthens the family bonds during treatment periods, fills voids, and contributes to emotional stability during the battle with cancer. 70 - 80 families participating each week.

Age range: All inclusive

## One-on-One Art Therapy Sessions

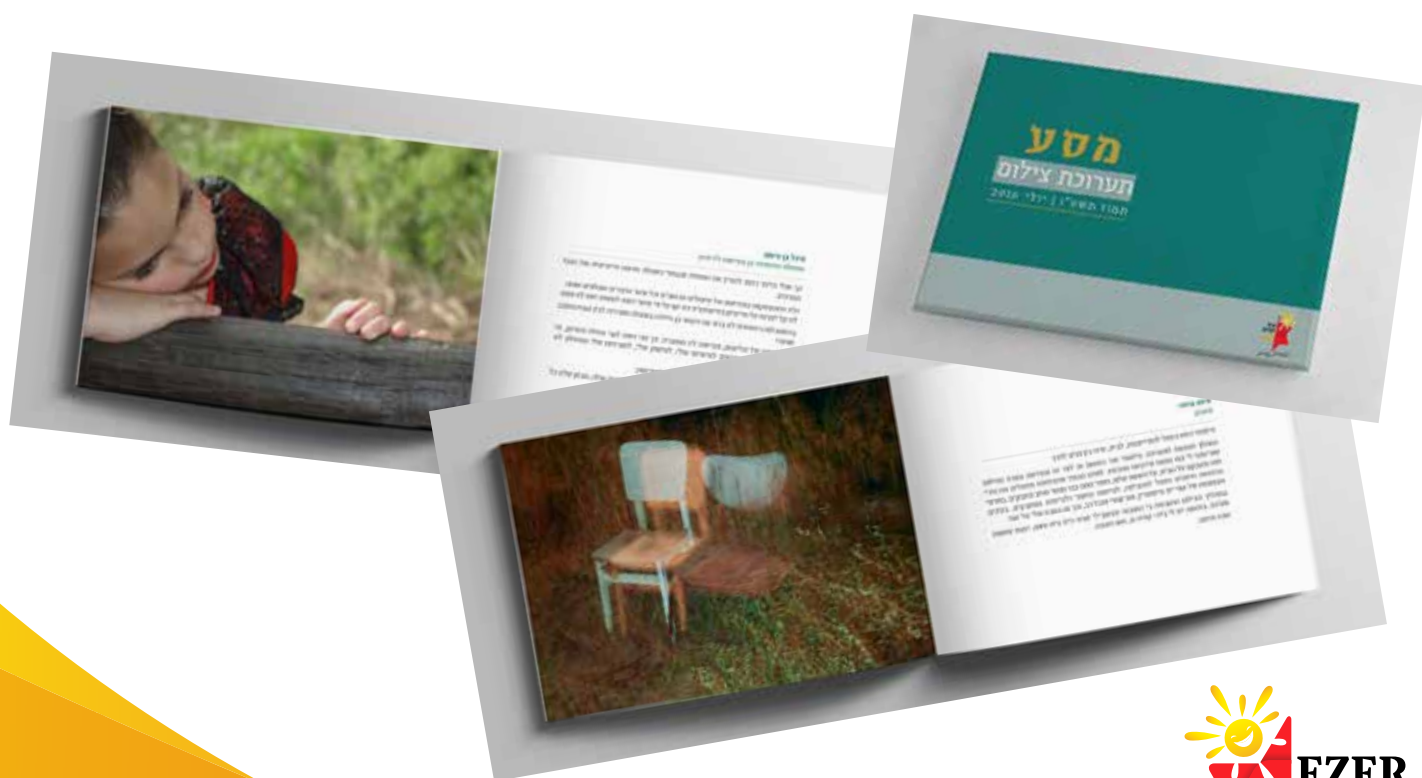
Adjacent to the art center is a quiet, intimate room that is used for intensive individual therapy, where people can receive support through rehabilitative art, art therapy, and sand therapy. Clients come after referral by an in-house social worker to the art therapy staff. The individual therapy provides extensive support for emotional challenges that characterize the treatment period and the stage of returning to routine.

Age range: 3-50/ Target population: Patient and family members. Average number of therapy clients per year: 40 (up to 28 sessions each)

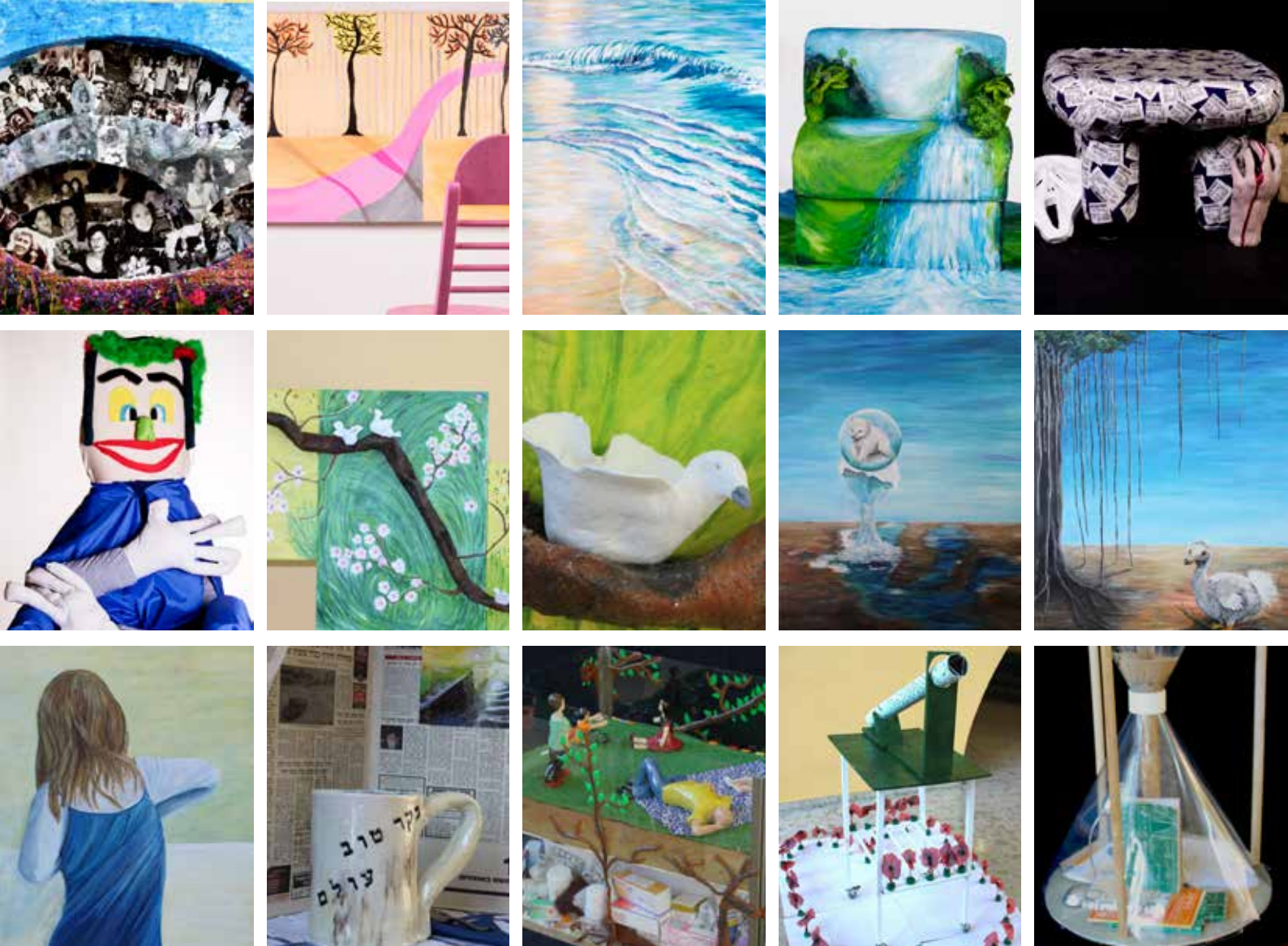


## Photography Therapy Group

Annual project using photography media as a tool for expression, processing, and creativity during the treatment period. The group is led by a social worker and a photography therapist, and it meets once a week for two hours over the course of a year, for work and study of the camera and photography as a tool. After each session, the patients receive assignments that they are busy with during the week, at home and in the hospital. At the end of the year, photographs are selected for an exhibit that depicts the patients' experience to the general public from the aspects of the hospital, the home, family, and personal identity, via photos. Age range: 20-50. 20 patient participating.







## “Good Morning” Visual Art Exhibit: Coping with Cancer

This project takes place in the art center and aims to create a high-level art exhibit that happens at the end of the process which takes between one to one and a half years. The participants (adult cancer patients, ages 20+) work all year on one creation, which surrounds a concept set in advance together with the rehabilitative art mentor who is responsible for the project.

The group meets once a week for two hours of group work, and the rest of the time is dedicated to one-on-one work with guidance. In the course of the year, the patients create a work that gives expression to their coping methods, the dilemmas they face, and other topics that arise relating to the theme of the exhibit (which changes every year).

At the end of the year, the exhibit is displayed in a gallery. The exhibit includes an elegant opening event, media exposure, and of course gallery talk evenings that are open to the public and allow for a dimension of explanation and exposure of the general population to the world of cancer patients.

The group is open to new members up for its first half year. Up to 25 adult participants.



## Invitation

Focusing on healthy and positive parts of the client's life, Ezer Mizion-Oranit's art center is a constant hub of activity and creative therapy for cancer patients and their family members. Annual cost of supplies alone for the Art Center is US\$75,000.

You are invited to partner with us with a generous allocation which will sponsor all or part of the Art Therapy program which assist children and their families in a positive and constructive way as they contend with serious illness and its enormous challenges. Thank you on behalf of the beneficiaries of our services for your caring and support.

Participant profile	Number unique participants	Activity scope
Families	25	Daily
Children	100	Weekly
Families	383	Annual
Adult/family group therapies	Number of participants	# Meetings Weekly
Rehab pilates, art, music, visual arts exhibit, photography, mediation, Lego groups	144	13
Individual (one-on-one) therapy	WEEKLY individual sessions	ANNUAL individual sessions
Art, music, sandbox, animal facilitated therapy	73	3,504
Item	WEEKLY cost	ANNUAL cost
Sponsor one individual therapy	\$44	\$2,104
Sponsor one therapy group	\$115	\$5,538
Sponsor all group therapies	\$1,500	\$72,000
Sponsor all individual therapies	\$3,200	\$150,000