

Center for Performing Arts Medicine

A guide to performing as part of the

Margaret Alkek Williams

Crain Garden Performance Series



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captures the extremes of the human condition. Considering that music can have very powerful associations, attempts should be made to avoid music that may be associated with cultural oppression, or those that have negative connotations to some cultures. For example, although the well-known song “Dixie” was not written specifically to be identified with the south or slavery, the song has been associated with historical situations that may make some listeners uncomfortable.

- 5) Programming Examples: The following is a successful program by harpist Emily Klein and mezzo-soprano Teresa Procter. Note: this program contains short movements, a variety of musical genres and cultures and has broad accessibility in musical language/style:

Debussy First Arabesque: Harp Solo 5'
Debussy Mandoline 3'
Debussy Les Cloches 2'
Debussy Beau Soir 2'
Debussy Nuits D'Etoiles 3'
Debussy Girl with the Flaxen Hair: Harp Solo 2.5'

Schubert An Die Musik 2'
Strauss Breit uber mein Haupt 2'
Strauss Morgen 4'
Hugo Wolf Auch Kleine Dinge 2'
Pushkin Love Song 3'

Rogers & Hammerstein The Sound of Music Solo: Harp Solo 2.5'
Rogers & Hammerstein Sound of Music Edelweiss 2'
Mercer/Kosma Autumn Leaves 3'
Arlen Somewhere Over the Rainbow 2'
Mercer/Mancini Moon River 3'

- 6) From a Performer in Crain Garden: Pianist Dr. Krume Andreevski approached



programming the following way: “...when I was choosing the pieces, I intended for the program to have variety of musical styles and I think that that is the reason it worked well at the hospital. A lot of pianists and musicians often choose works that are united with a certain theme. It can be a set of works connected with a certain genre, a certain musical

period, a certain geographical area, or sometimes even works by composers whose names start with the same letter. In the case of performing at Crain Garden, I don't think there is a need to program works of one musical style because the largest part of the audience are just people passing by, so they could not be taken to some “journey” that requires a lengthy attention from the listener. If the people passing hear pieces from a similar style now and a bit later, they stop paying attention. I think that contrasting works are a better choice for that surrounding. It provides an interesting program and it catches the attention of the people working there whose attention is diverted musically (hopefully in a positive way) for a few moments. I actually enjoyed performing in that setting because there is a certain spontaneity caused by the “busy nature” of that space. The pressure is not that high, as it is when playing in a hall where every single note has to be perfect. This makes it easier to focus on the artistic message of the works and to communicate them more naturally.”

Promoting your performance

CPAM creates a calendar for performances that is distributed throughout the hospital. As a result, we ask that you submit a photo that best represents the individual or group performing in the Crain Garden Performance Series. Sometimes, when space is limited, a photo is not used but it is always preferable to include images on our calendar.

In addition to photos, we ask that the individual or group share a description of the performance to include in the calendar. A good example comes from Da Camera, a Houston-based ensemble:

“Da Camera presents Lois Albez and the Thomas Helton Trio in a tribute to the landmark recording Getz/Gilberto, which fused the sounds of West Coast Jazz and Brazilian bossa nova.”

Please provide this information at least one month in advance to ensure it is included in the monthly calendar.

Photos and descriptions will be included in announcements made through Houston Methodist’s system of electronic posters throughout the hospital system. These digital posters are commonly on the 1st, 2nd and 3rd floors near common areas, high traffic walking paths and publicly accessible entrances.

The date and time of the concert will be listed on CPAM’s webpage on the Houston Methodist website: <http://www.houstonmethodist.org/performing-arts/news-events/crain-garden-performance-series/>

Guests are always welcome to attend your performance. All performances are free and open to the public, unless otherwise noted.

Arts Continuum in Patient Care: Music Therapy - Community Reintegration

What is Music Therapy? Music Therapy is “a systematic process of intervention wherein the therapist helps the client to promote health, using music experiences and the relationships that develop through them as dynamic forces of change” (Bruscia, 1998). The practicing board certified music therapist has completed a degree plan detailing the specifics of the psychology of music, human anatomy and physiology, neuroanatomy, basic psychology, human development, music theory, instrumental performance and music therapy techniques. Through this degree and clinical internship the therapist learns to implement evidence based interventions that utilize music to achieve optimal health related to the specific needs of the individual. Once the academic work and supervised clinical hours have been achieved the therapist can then sit for the certification exam.

Music therapy within the medical institution has proven effective in areas of physical rehabilitation, neuro rehabilitation, mental health, trauma processing, critical care and end of life/bereavement. The music therapy can also offer consultative support to staff and volunteers in the area of self-care. Providing services for people in need can challenge one’s philosophies and emotions. A self-care regimen is essential to all staff and volunteers in order to maintain a high quality of interaction and compassion.

Finally, should a performer notice a particular patient struggling during a piece of music they may feel it necessary to call for assistance. Music is a powerful tool and can evoke a variety of emotions. Contacting the music therapist to assure safety of patients and family members is a responsibility shared by the arts integration volunteer and staff.

Bridge between Arts Integration and Music Therapy – Community Reintegration Arts integration performers and music therapists can work together to develop opportunities for patients to practice community reintegration. Community reintegration involves providing opportunities for patients to promote greater self-sufficiency, prevent relapse and increase quality of life by preparing them to re-enter their social circles and communities upon discharge. Performance experiences provide a great opportunity for patient's to practice social skills, interpersonal skills and leisure interests.

During hospitalization patients are often unable to go outside, furthermore, trips and events where the patients leave the physical environment of the hospital is not possible. This can create feelings of isolation, depression and hopelessness. If they have suffered a physical change due to their injury they may need to navigate the outside world in a new way. Following discharge patients may have a difficult time venturing out because of fear, lack of motivation, restriction or just not knowing what is accessible to them in their new state. For some individuals, being in large groups can trigger an increase in symptoms.

Attending a performance in Crain Garden is an effective way to experience an environment where patients are able to practice and test their skills in everyday life situations, thereby improving their success in rejoining the community outside the hospital walls.

More Information To learn more about Music Therapy please visit The American Music Therapy Association website at: www.musictherapy.org and the Certificate Board for Music Therapists website at www.CBMT.org

Before, during and after your performance

Are there rules about promotion or solicitation? We want the Crain Garden experience to also promote your ensemble, but there are certain hospital rules by which we must abide. Bringing banners to display behind or near your ensemble is approved if it does not cause a tripping hazard. Having fliers featuring your ensemble or announcements for upcoming concerts is acceptable to have on the refreshment table for guests to pick up at their leisure. Handing out fliers or soliciting individual audience members is not permitted. Selling merchandise, recordings, or soliciting funds as a donation is not permitted in Crain Garden. You are welcome to announce that guests may pick up your fliers on the refreshment table should they want to learn more about your group.

What should I expect as far as a stage or audio visual equipment (AV)? While we pride ourselves in creating an environment for artists to thrive, we are first and foremost a hospital. Therefore, amenities like green rooms and warm-up facilities are not available. Notify us early regarding the items you might need for your performance (e.g.: armless chairs, music stands, audio/visual equipment, risers, etc). We produce a calendar of performances that is distributed throughout the hospital. As a result, we ask that you submit a photo that best represents the individual or group performing in the Crain Garden Performance Series. Sometimes, when space is limited, a photo is not used, but it is always preferable to include images on our calendar.

About Margaret Alkek Williams



Support for the performance series at Houston Methodist Hospital comes from the Margaret Alkek Williams CPAM Arts Integration Endowment, established through the generous gifts of Margaret Alkek Williams and the Albert and Margaret Alkek Foundation beginning in 2013. The name of the series was proudly and permanently changed in 2016 to the MARGARET ALKEK WILLIAMS CRAIN GARDEN PERFORMANCE SERIES.

Albert B. Alkek created a living legacy in the wording of his last will and testament. In it, he laid out a road map that created the Albert and Margaret Alkek Foundation. Upon his death, in 1995, the Foundation took up the work to which Mr. Alkek and his family had devoted considerable thought, energy and wealth. The Foundation continues to provide support for

charitable, religious, scientific (primarily medical), cultural and educational organizations and programs serving the people of the state of Texas. The majority of the foundation's grants reflect Mr. Alkek's preferences for research and education-related projects that will pay lasting dividends in terms of new discoveries and improved quality of life. Additional grants reflect the Alkek family's strong community involvement, both in Houston and throughout the state.



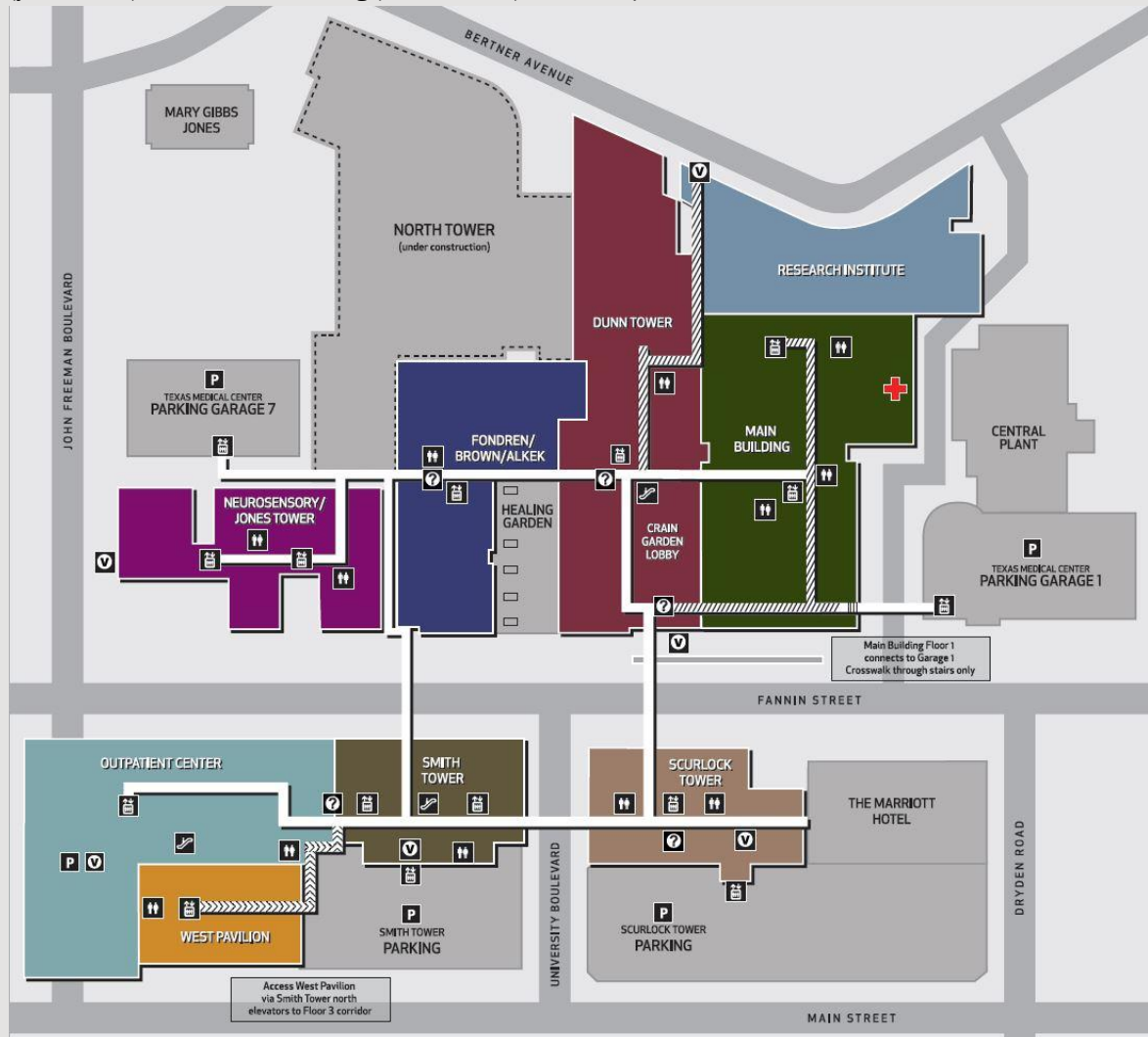
(Margaret Alkek Williams with dancers from Houston Ballet at CPAM's annual Christmas performance in Crain Garden featuring the Houston Symphony)

For more information of the foundation's history, please visit their website:
<http://alkek.org/2005-report/AlkekLegacyReportHistoryandMission.pdf>

Logistics

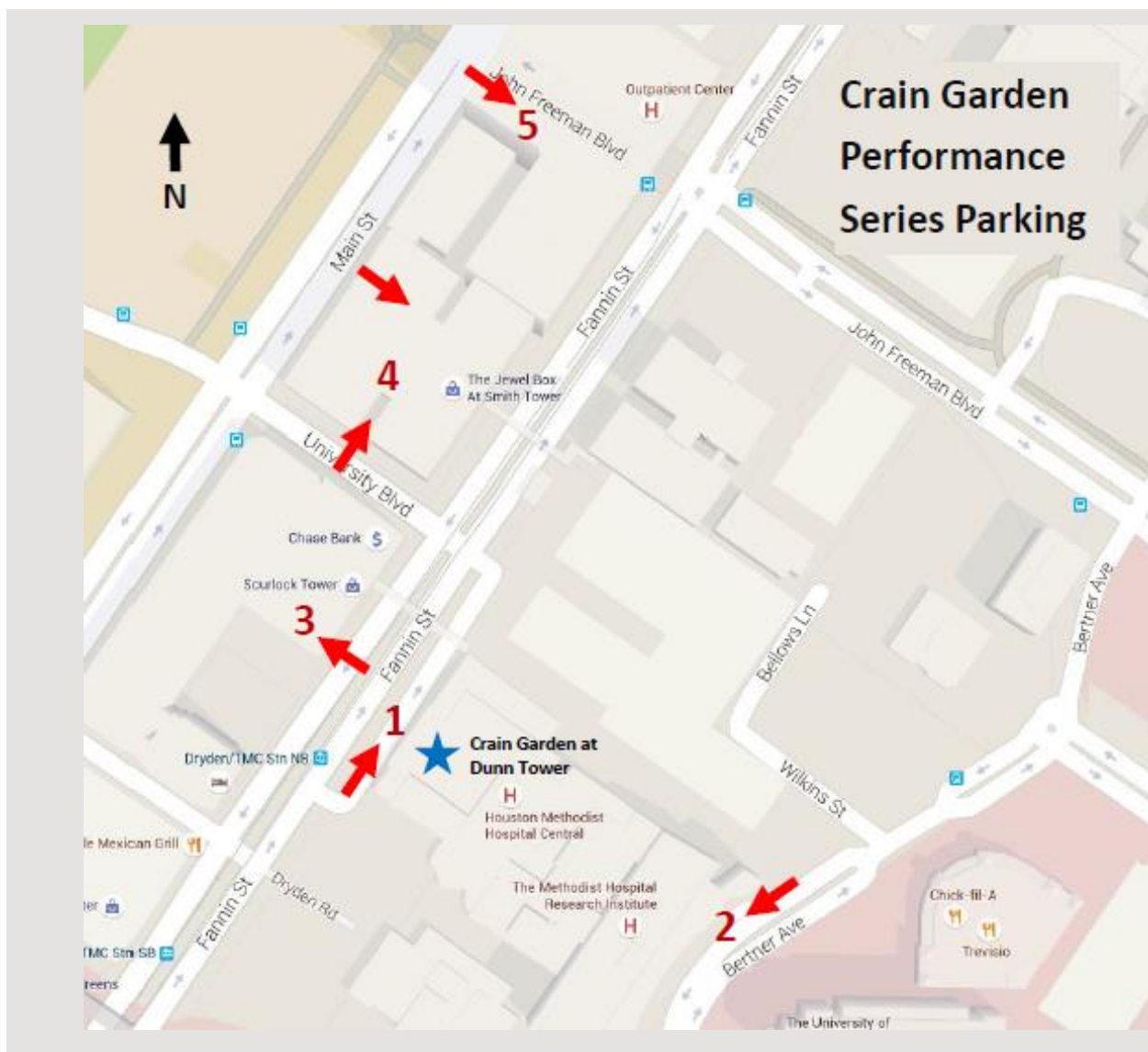
Parking/Location Maps

The main performance area for the Center of Performing Arts Medicine is the Crain Garden Lobby in Houston Methodist's Dunn Tower, located at 6565 Fannin, Houston, TX 77030. Crain Garden (yellow text) is in the red building (Dunn Tower) in the map above.



Parking in the TMC can be challenging and expensive. Please refer to the map below for locations where we can validate parking tickets (all valet areas). If at Dunn Tower and you are told that parking is full, please inform the attendants that you are a performing musician. They should allow you to park.

- 1—Dunn Tower valet parking (easiest)
- 2—Research Institute valet parking (easy but limited)
- 3—Scurlock Building valet (further walk, cross at sky bridge)
- 4—Smith Tower valet parking (further walk—call if you need assistance)
- 5—Outpatient Building valet parking (more complicated—call if you need assistance)



What to request or bring to your performance

Houston Methodist is not a typical performance space, so items like music stands, stand lights and posture chairs are not in supply. While we can provide a few stands (up to 4 or 5), we recommend that you bring your own stand.

Armless chairs will be provided by Houston Methodist for the performance, but please communicate the number of chairs you need when coordinating your visit.

Crain Garden can be quite dim in the evenings due to the large amount of natural lighting. If you require more lighting, consider bringing a battery powered stand light.

If you require risers, they can be provided as well, but they are in limited supply.

Audio equipment should be available for all performances to be used for announcements and amplification for smaller groups. If you have other A/V requests, please communicate that beforehand.

All requests must be made at least 10 days in advance of the performance and are limited in availability based on other programming in the hospital.

Performance Attire

Traditional performance attire (all black, tuxedos, etc.) is not required for the performance, but we ask that you dress professionally. Please avoid t-shirts, tattered clothing and shorts. Patient satisfaction is our priority and we do not want your performance attire to become a distraction to the patient population.

Important Phone Numbers

M.J. Gallop, Project Specialist (primary contact) – 346.238.5351

Houston Methodist Security – 713.441.4246

Todd Frazier, CPAM Director – 713.441.4048

Shay Kulha, Project Manager – 713.441.4048

Jennifer Townsend, Program Manager for Music Therapy – 713.441.9231

Houston Methodist Artist Card

At Houston Methodist, we treat artists and their unique needs, while bringing the same level of specialized care to every patient we serve. The Artist Card is available to performers who register with the Center for Performing Arts Medicine by filling out the online application and ensures that members of the performing arts community receive medical care specific to their artistic needs. When an Artist Card-holder visits Houston Methodist, they will be assigned a patient liaison who will notify the appropriate specialist(s) as needed to coordinate treatment.

If you do not have health insurance and believe you qualify for financial assistance, please call our Financial Counseling office in Patient Access Services at Houston Methodist Hospital. The phone number is 713.441.6807 and they will be pleased to answer any of your questions about the program and arrange a meeting with a financial counselor if the situation warrants.

Visit <http://www.houstonmethodist.org/artist-card/> for registration and additional information.

Sign-up for the CPAM Artist Card is FREE.

Images of Crain Garden



