

CWA Community Outreach

Oakland and Martinez VA

Inspiring Art Making by Email




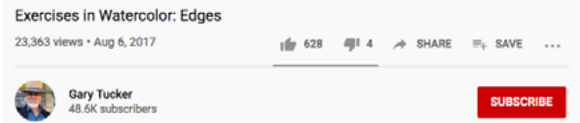
Community Outreach to the Oakland VA group evolved into an email. It included wellness wishes for their health and the health of their loved ones. We sent a link to the CWA newsletter pages showing the articles and photo collage from the April newsletter. There they can see their paintings and in some cases, photos of themselves.

In an effort to encourage and inspire them to paint or think about painting we added a YouTube tutorial recommended by Michael Friedland. The video tutorial by Gary Tucker was titled “Exercises in Watercolor: Edge.” This tutorial covers painting into dry paper, wet into wet, spot wet for both hard and soft edges and dry brush.

We CWA volunteers miss working with the Oakland veteran group and look forward to future painting gatherings.

Sheila Cain

 Click here to view the Gary Tucker link:
shorturl.at/orEX3



How You Can Help the Martinez Vets



The Martinez VA Hospital is in lockdown as reported by Maggie Metcalf last month. She has been in contact with the Recreational Therapy Department and has learned that they have needs and we can help.

On the practical side, they are in need of masks. If you are a mask maker or have spare masks, the workers at the VA hospital can use them. Every time they contact a patient they must have a fresh mask and therefore go through numbers a day. You can send the masks directly to the hospital and the address is at the bottom of this article.

On the heartfelt side, the vets in the hospital could use some cheering up. Put your artistic skills to work and paint some postcards of rainbows, teddy bears, flowers, what ever is cheerful and strikes your fancy. On the back include an upbeat message, for example “We’re in this Together, Separately,” “We’ve Got This, Life is Good,” “Focus on the Good Stuff.” Put your postcards in one envelope and mail to the address below. The Recreational Therapy Department will distribute them. This is a great time remind our hospitalized vets that they’ve been remembered.

Mail masks and postcards to:
Martinez Veterans Hospital
Recreational Therapy Department
C/O Darlyn Phillips
150 Muir Road
Martinez, CA 94553