



# Advancing Health

WITH HEALING BEYOND MEASURE.

## How we heal the body is only half the story.

Tanner recognizes the importance of healing the body, mind and spirit.

So we've redesigned what a hospital facility ought to be. Walls of glass, soaring skyward, allow natural sunlight to flood open and spacious public areas, like atriums and rotundas — themselves a new concept in hospital architecture. Water features like fountains and a fish and turtle habitat bring the natural healing qualities of moving water into the patient care setting.

And we've embraced the healing power of art, not merely through creating it, as with our expressive therapy programs at Willowbrooke at Tanner, but through experiencing it.

Tanner Medical Center/Carrollton is fortunate to hang from its walls a collection of art that would be the envy of any collector. These pieces were made specifically to hang in this hospital by talented artists of regional and national renown.

Too, we've incorporated the power of music through Tanner's unique Harmony for Healing program.

This guide will walk you through experiencing the healing power of art for yourself. Stand and stare into the canvases. Lose yourself in the loving brush-strokes from a hand who also sought to heal you. Sit and listen to a musician plying his or her craft. Because art is more than medicine — it's **medicine beyond measure**.





# What's That Beautiful Sound?

Music is more than melody — it's medicine.

According to the American Music Therapy Association, music can promote wellness, manage stress, alleviate pain, enhance memory and cognition, improve communication and promote physical rehabilitation.

At Tanner local musicians donate their talents and time to provide a therapeutic escape to patients, visitors and staff alike through the Harmony for Healing music therapy program.

Two Steinway baby grand pianos — one donated by a private donor to grace the John H. Burson III, MD, Atrium and another fully-restored 1920s Steinway in Classroom 2 of the Health Education and Wellness Learning Center, donated by the Tanner Medical Center/Carrollton Auxiliary — are used by a number of local performers. Others come to play keyboard, classical guitar, flute, harp or to sing. Seniors studying piano performance at the University of West Georgia perform final run-throughs of their half and full recitals as part of the program.

Terry Lowry, who holds a master's in music from the University of Alabama and serves as conductor for the Carroll Symphony Orchestra, serves as chair of Tanner's Harmony for Healing program, helping to cultivate the performances that serve as such sweet distraction.

The facility averages about 14 Harmony for Healing performances a month. A schedule of upcoming performances is available on [tanner.org](http://tanner.org).

## Harmony for Healing Music Therapy Program Inaugurated in 2008



Steinway piano located in the John H. Burson III, MD, Atrium

Donor: A Friend of Tanner  
In honor of Loy M. Howard  
President and CEO, Tanner Health System

Steinway piano located in the Health Education and Learning Center, Classroom 2

Donor: Tanner Medical Center/Carrollton Auxiliary

Dixie Street Entrance

**Steve Penley**  
*Tanner Hospital, 2008*  
Acrylic on canvas



Steve Penley was born into a family of musicians in 1964 in Chattanooga, Tenn. The Penley family moved to Athens and then to Macon, Ga., where he graduated from First Presbyterian Day School. Penley continued his studies of art at the School of Visual Arts in New York and at the University of Georgia.

Penley has authored several books of his own and illustrated books, including several authored by former University of Georgia coach Vince Dooley. He has received a number of awards and honors for his talents and has donated countless paintings to charities and organizations in his community and state, as well as across the nation. Penley's notoriety quickly increased and now he is one of America's most celebrated artists with works exhibited worldwide. He has created many projects for Fox News, Coca-Cola and Airtran/Southwest as well as several U.S. presidents. He especially considers it an honor to be involved with numerous organizations that benefit our servicemen and women as well as our veterans.

Penley is the father of three very talented artists and musicians: Lyall, Abbey and Parker. The Penleys reside in Newnan.

**Donor: Brasfield & Gorrie, LLC**

**Location: John H. Burson III, MD, Atrium  
Dixie Street Entrance**

**Marilyn Merrell Hubbard**  
*The Beauty of Endings, 2013*  
Oil on canvas



A native of Carrollton, Hubbard graduated from Agnes Scott College in Atlanta, Ga. She worked as an elementary school teacher and business owner before returning to school to earn her bachelor's in fine art in painting from the University of West Georgia. Hubbard has exhibited art throughout the south, as well as New York and Paris. She and her husband reside in Carrollton.

**Donor: Marilyn Merrell Hubbard  
in honor of her husband,  
Charles N. Hubbard, MD, orthopedic surgeon**

**Location: John H. Burson III, MD, Atrium  
Dixie Street Entrance**



## Quilt and Textile Exhibit



Tanner Medical Center/Carrollton is home to a rotating display of quilts sponsored by the Southeastern Quilt and Textile Museum.

The exhibit features quilts and textile arts from regional artisans who carry on the tradition from the area's past. Different pieces are displayed every quarter, that correspond with themes, seasons and holidays.

Quilts and textiles on loan through  
the Southeastern Quilt and Textile Museum

Location: Health Education and Wellness Learning Center Hallway  
Dixie Street Entrance

## Tom Nielsen

*Quiet River*, 2006

Oil on canvas



Tom Nielsen brings to each canvas more than five decades of painting experience. Beginning with lessons and encouragement by his grandmother — a talented artist herself — he began working with pastels at an early age and was oil painting by 10. He is largely self-studied, devoting much attention to the disciplines and methods of artists he admires past and present. He has attended workshops with portrait artist John Howard Sanden and landscape painter Scott Christensen. Portraits dominated his career at first, but he longed to paint landscapes and seascapes as well and gradually found a balance between the two disciplines. Marine subjects, whether inland rivers, coastal marshes or thundering surf, have become the focus of his recent work. He resides in Carrollton.

Donor: Anonymous

Location: Tanner Heart and Vascular Center Waiting Area  
Dixie Street Entrance

### Gordon Everett Chandler

*Leather Red Kimono, Muted Yellow Kimono, Navy Blue Kimono, 2008*  
Mixed media



Chandler says his biggest challenge in making art is sorting and editing the multitude of possibilities from all the materials and ideas around us. Initially realized in the form of furniture, his benches and chairs were both functional and sculptural. However, over the years he has expanded his repertoire to include other subjects, such as whitetail deer, clothing, quilts, game boards, toys and variations on the human figure. Like his furniture, these familiar objects are constructed with unexpected materials and often irony. Within these common themes he references our cultural landscape by using materials that others have overlooked. We live in an increasingly disposable world with an increasing rate of consumption. Broken things are not fixed, but thrown away. Chandler resurrects these discarded elements and molds them into sculptural forms. The individual pieces that make up the whole are not immediately recognizable but have an inherent history of other utility. The purpose is to bring new value to these overlooked materials, to create a new form that is greater than the sum of its parts. He resides in Carroll County.

Donor: A Friend of Tanner

Location: Tanner Heart and Vascular Center Waiting Area  
Adjacent to Dixie Street Entrance

### Suzanne Johnson

*Untitled, 2008*  
Mixed media



Suzanne Johnson, a former resident of Carrollton, was actively involved in many community functions and events including the 2006 Magnolia Ball, when she donated a painting of a lotus flower in a vase to go along with the theme "Journey to Bombay." Her work is highly valued by collectors in the southeast.

Donor: Anonymous

Location: Tanner Heart and Vascular Center Waiting Area  
Adjacent to Dixie Street Entrance



**Tom Nielsen**  
*Covered Bridge, 2003*  
Oil on canvas



Tom Nielsen brings to each canvas more than five decades of painting experience. Beginning with lessons and encouragement by his grandmother — a talented artist herself — he began working with pastels at an early age and was oil painting by 10. He is largely self-studied, devoting much attention to the disciplines and methods of artists he admires past and present. He has attended workshops with portrait artist John Howard Sanden and landscape painter Scott Christensen. Portraits dominated his career at first, but he longed to paint landscapes and seascapes as well and gradually found a balance between the two disciplines. Marine subjects, whether inland rivers, coastal marshes or thundering surf, have become the focus of his recent work. He resides in Carrollton.

**Donor:** Martha Adams

**Location:** ICU Family Waiting Area  
Dixie Street Entrance

**Melissa Crawford**  
*Adamson Square, Carrollton, GA, at Sunset II, 2008*  
Oil on canvas



Melissa Crawford graduated in 1998 with a degree in fine arts and painting from the University of West Georgia. She is originally from Wisconsin but has lived in the South since she was seven. She currently lives in Villa Rica with her husband, Chad (also an art school graduate) and their two sons, Astin and Anders. She paints daily in her home studio.

**Donor:** Frank and Denise Taylor  
**In Honor of**  
Emergency, Heart Center, ICU and Cardiac Rehab Departments

**Location:** Health Education and Wellness Learning Center  
Dixie Street Entrance



**Suzanne Johnson**

*Untitled, 2012*

Mixed media



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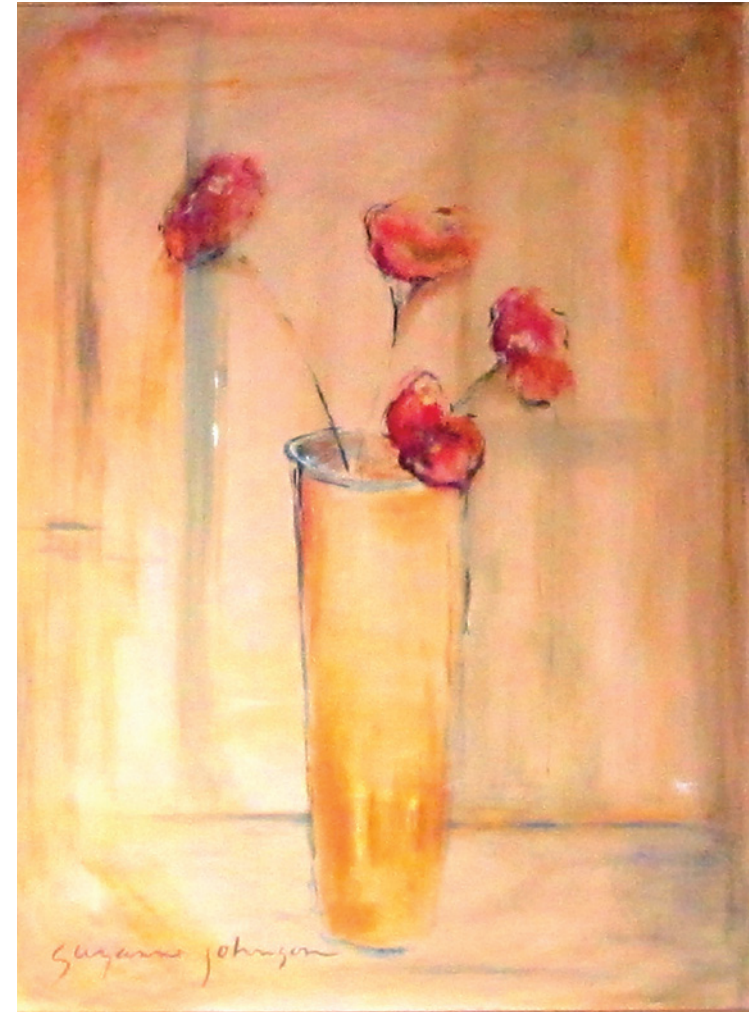
Donor: Anonymous

Location: Outpatient Surgery Lobby  
Clinic Avenue Entrance

**Suzanne Johnson**

*Untitled, 2012*

Mixed media



Donor: Anonymous

Location: Outpatient Surgery Lobby  
Clinic Avenue Entrance



**Amanda Vick Roach**  
*Green Birds of a Feather*, 2012  
Acrylic and oil on canvas



Amanda Vick Roach is a native of Thomasville, Ga. She presently lives in Carrollton with her husband, three boys and two dogs. She loves to paint while using the creativity with which God has blessed her. She taught art to students at Brookwood School in Thomasville for three years and is grateful that her three boys were her students as well. Roach paints various subjects but her style tends to be a loose, impressionistic style. She loves to work with vibrant colors and texture on her canvases.

Donor: Anonymous

Location: Outpatient Surgery Lobby  
Clinic Avenue Entrance

**Deana Blanchard and Chuck Young**  
*Egyptian Reggae*, 2012  
Glass, paint, metal and gold leaf



Deana Blanchard has been a professional glass artist since 1978, after many years of working in stained glass for her own pleasure. Chuck Young started making art in his youth and got a bachelor's in graphic design in 1979. They met in 1982 through a mutual friend. They got married and joined forces to make art in 1984. The couple resides in Burnsville, N.C.

Donor: Anonymous

Location: Outpatient Surgery Lobby  
Clinic Avenue Entrance

**Steve Penley**  
*Landscape August 2012, 2012*  
Acrylic on canvas



Steve Penley was born into a family of musicians in 1964 in Chattanooga, Tenn. The Penley family moved to Athens and then to Macon, Ga., where he graduated from First Presbyterian Day School. Penley continued his studies of art at the School of Visual Arts in New York and at the University of Georgia.

Penley has authored several books of his own and illustrated books, including several authored by former University of Georgia coach Vince Dooley. He has received a number of awards and honors for his talents and has donated countless paintings to charities and organizations in his community and state, as well as across the nation. Penley's notoriety quickly increased and now he is one of America's most celebrated artists with works exhibited worldwide. He has created many projects for Fox News, Coca-Cola and Airtran/Southwest as well as several U.S. presidents. He especially considers it an honor to be involved with numerous organizations that benefit our servicemen and women as well as our veterans.

Penley is the father of three very talented artists and musicians: Lyall, Abbey and Parker. The Penleys reside in Newnan.

Donor: Steve Penley

**Location: Outpatient Surgery Lobby**  
**Clinic Avenue Entrance**

**Grace Cathey**  
*Vessel of Ginkgo, 2012*  
Polished steel



Grace Cathey graduated from Haywood Community College's Fiber Arts program. She later completed a continuing education welding course that led to her life's work, metal art. Her work has been shown numerous places, including the North Carolina Museum of Natural Sciences and United States Botanical Garden in Washington, D.C. Cathey's *Four Season's Apple Tree* was chosen for Hendersonville, North Carolina Public Art and the North Carolina Arboretum has many of her pieces in their permanent collection. She resides in Waynesville, N.C.

Donor: Anonymous

**Location: Outpatient Surgery Lobby**  
**Clinic Avenue Entrance**



**Grace Cathey**  
*The Road Less Traveled*, 2012  
Polished steel and copper



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Donor: Anonymous

Location: Outpatient Surgery Lobby  
Clinic Avenue Entrance

**Suzanne Gernandt**  
*Celebration of Life*, 2012  
Mixed fibers including cotton, rayon and silk



Suzanne Gernandt has been a studio artist working in and about Asheville, N.C., for more than 20 years. A member of the Southern Highlands Craft Guild since 1996, she exhibits at the annual Craft Fairs of the Southern Highlands, as well as at the Folk Art Center on the Blue Ridge Parkway. Basically a self-taught weaver, Gernandt learned her craft in San Francisco and has studied dyes and surface design techniques, exploring her love of color, textures and design. She resides in Waynesville, N.C.

Donor: Anonymous

Location: Outpatient Surgery Lobby  
Clinic Avenue Entrance



**Lisa Upchurch Moore**  
*Flower Market in Orvieto, 2012*  
Oil and wax on canvas



Award-winning artist Lisa Upchurch Moore was born and raised in northwest Georgia. Surrounded by artists, educators and free thinkers, Moore was taught to look at the world in a way that enabled her to appreciate the beauty and wonder that surrounds all of us. She creates paintings that evoke a sense of the familiar. Moore's work is instinctive and brings to life the underlying theme of the beauty that exists in our lives. A former employee of Tanner Medical Center/Carrollton, she and her family now reside in the Northlake community of DeKalb County.

**Donor: Anonymous**

**Location: Outpatient Surgery Lobby  
Clinic Avenue Entrance**

**Charlsie Sprewell**  
*September Picks, 2012*  
Acrylic on canvas



Charlsie Sprewell is a native of Newnan, Ga., and now resides with her family in Carrollton. Through classes and the study of different mediums, she has developed a distinct style that brings her great pleasure. Acrylic is the medium she enjoys working with the most. Typically, bright and cheerful colors make up her palette. She enjoys the freedom of painting loose without confinement. The flow of the paint on the canvas is fun and satisfying. Her love of nature and gardening is a constant inspiration for her paintings.

**Donor: Anonymous**

**Location: Outpatient Surgery Lobby  
Clinic Avenue Entrance**



**Steve Penley**  
*Lilypads August 2012, 2012*  
Acrylic on canvas



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Donor: Anonymous

**Location: Outpatient Surgery Lobby  
Clinic Avenue Entrance**

**Charlsie Sprewell**  
*Nana's Bouquet, 2012*  
Acrylic on canvas



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Donor: Anonymous

**Location: Outpatient Surgery Lobby  
Clinic Avenue Entrance**



# A Fish and Turtle Habitat? How About That.

Generously donated by Carrollton Emergency Physicians, the group of board-certified, fellowship trained emergency medicine providers who staff the hospital's 24-hour emergency department, the 1,100-gallon fish and turtle habitat is one of the largest indoor freshwater habitats in the Southeast. It is located in the Thomas Fitzgerald III, MD, Atrium beside the emergency department at Tanner Medical Center/Carrollton.

The habitat is populated with colorful, playful fish — such as the parrot fish, Australian rainbowfish, tetra and the African chichlid — and turtles like the Florida cooter, southern painted turtle, giant Mexican musk turtle, as well as red-eared and yellow-bellied sliders. Watching the fish and turtles swim, feed and interact provides a serene, therapeutic diversion for patients and loved ones awaiting care.

A 2015 study in the journal *Environment & Behavior* details the link between observing aquarium life and a number of health benefits. Researchers from the National Marine Aquarium in Plymouth, England, along with Plymouth University and the University of Exeter found that displays such as the one at Tanner Medical Center/Carrollton can lower observers' blood pressure, heart rate and improve mood and concentration.

The habitat also serves as an educational opportunity. The health system provides written information on the types of fish and turtles that reside in the habitat, and the habitat is available to school groups interested in learning more about freshwater marine life. In addition, the habitat helped in the development of the unique Tanner ReadER program and its mascot, Tanny the Turtle. The program seeks to provide age-appropriate books for children receiving care in the emergency department, helping to provide comfort and drive literacy. The program is glad to accept donations of children's books that can be distributed through the emergency department.

## Fish and Turtle Habitat 2013



Donor: Carrollton Emergency Physicians

Location: The Thomas E. Fitzgerald III, MD, Atrium  
Emergency Department  
Corner of Ambulance Drive and Clinic Avenue





705 Dixie Street | Carrollton, GA 30117  
[www.tanner.org](http://www.tanner.org)