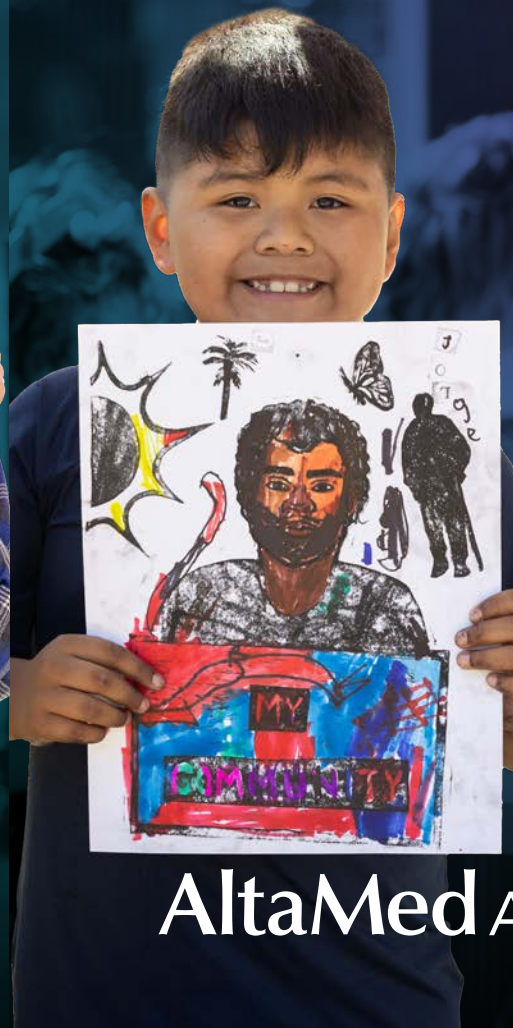


# Imagining a Healthy Future

2023-2024

A story of art for healthy communities



AltaMed Art Collection





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**Left to right (Top row):** Roberta Delgado (AltaMed Director, Stewardship & Donor Development) Dolores Chavez (PoderArte Project Coordinator) Jackie Hernandez (Guest Artist) Summer Bernal (AltaMed Exhibitions Project Manager). **Left to right (Bottom row):** Andrea Matias (Artist Assistant), Betsy Hernandez (Artist Assistant), Belén Peinado (AltaMed Community Affairs Coordinator)

# Introduction

Welcome to “Imagining a Healthy Future: A Story of Art for Healthy Communities.” This booklet showcases the transformative power of art in fostering health, well-being, and community engagement. Through the PoderArte grant, AltaMed Health Services has collaborated with local artists and community members to create a series of art workshops that encourage individuals to imagine and express their ideas about a healthy community.

At AltaMed, we believe that art is an essential part of building strong and healthy communities. Our prestigious Art Collection, displayed in all of our clinics, reflects the vibrant tapestry of cultures that make up our patient population. We recognize that art has the ability to unite and empower diverse communities, fostering a sense of belonging and ensuring that everyone is seen, heard, and validated. By celebrating diversity and providing opportunities for creative expression, we aim to positively impact the overall well-being of individuals and communities.

The “Imagining a Healthy Future” program, developed as part of the PoderArte grant, invites community members to think about what they need to have a healthy future and express themselves through various art projects. Led and supported by community artists and AltaMed professionals, these workshops provide a space for individuals to make their voices heard as part of a communal movement towards positive change. Through this booklet, we share the stories, dreams, and messages of the participants, amplifying their voices and inspiring others to imagine and work towards a healthier future for all.



# A Word from AltaMed Leaders



**Cástulo  
de la Rocha**  
President and CEO,  
AltaMed Health Services

At AltaMed, we recognize the ability of art to unite and empower the diverse communities that we serve throughout Southern California. Our prestigious Art Collection can be seen in all of our clinics, mirroring the vibrant tapestry of cultures that make up our patient population. It is through this celebration of diversity that we foster a sense of belonging and ensure that everyone is seen, heard, and validated. When people feel acknowledged and respected, it positively impacts their overall sense of well-being.



**Berenice  
Nuñez Constant**  
Senior Vice President, Government  
Relations and Civic Engagement,  
AltaMed Health Services

Programs like the AltaMed “Imagining a Healthy Community” program are crucial to empower historically marginalized communities to openly express our identity, values, and vision for a healthy future. By collaborating with AltaMed, health care professionals and local artists, these initiatives not only foster individual creativity but also facilitate meaningful civic engagement and advocacy in our communities, while improving communities’ mental health. The artistic expressions gathered will inform our elected officials about important issues for our community members, thereby amplifying community voices and addressing social determinants of health.



**Susana  
Smith Bautista, PhD**  
Associate Vice President and Chief  
Curator, AltaMed Art Collection

We are grateful to the funders for supporting community voices. AltaMed believes that art is an essential part of strong, healthy communities, and that everyone deserves access to art as well as opportunities for creative expression. It is about equity and social justice, the founding principles of AltaMed. This PoderArte grant allowed us to hire local artists of color and offer art workshops to almost 1,000 community members of all ages to imagine how to make their communities healthier. We heard their stories, their dreams, their messages, and now pass them on to you, our elected leaders, to make a difference.



José Ramirez, *AltaMed*, 2019, Acrylic on canvas, 36 x 47 inches, AltaMed Art Collection



# “Imagining a Healthy Future” an AltaMed Program

As part of the PoderArte Grant, AltaMed developed the “Imagining a Healthy Future” program. The program asks our community to think about what they need to have a healthy future, and to express themselves through a variety of art projects. Each project is led and supported by community artists and AltaMed professionals. Art is a valuable tool to express ourselves, and to create a space to make our voices heard as part of a communal movement towards positive change.



## Social Justice is Part of the AltaMed Identity

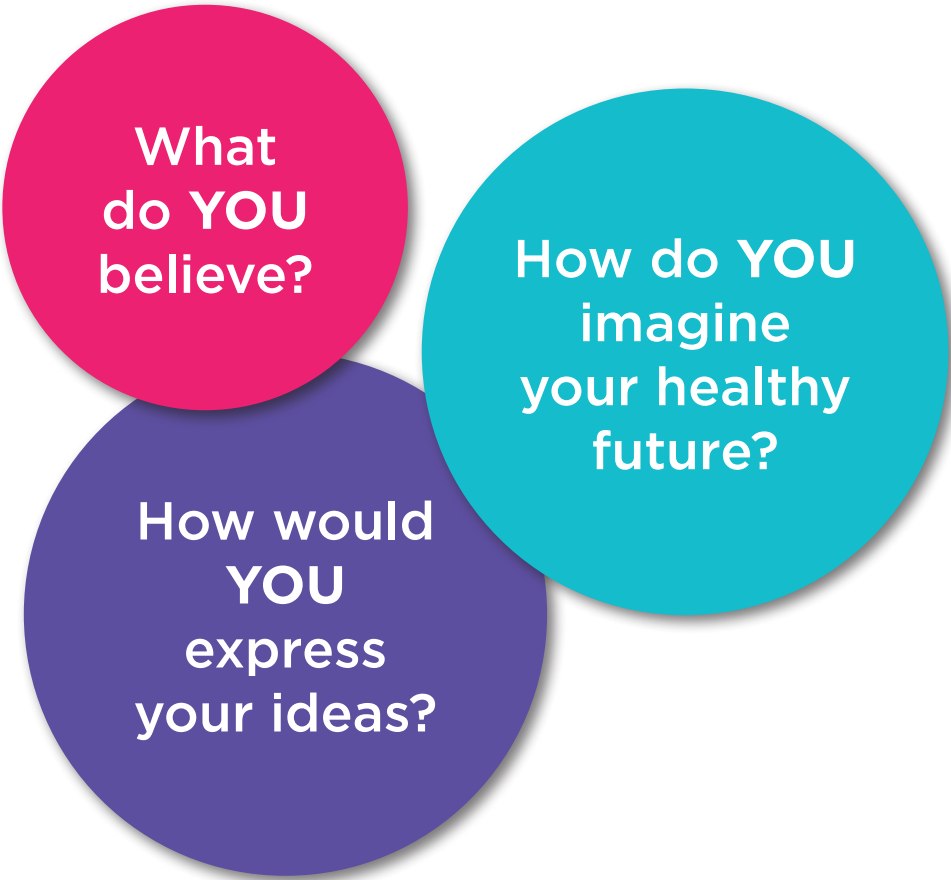
AltaMed was born out of the social justice movement in 1969 when a group of Brown Berets in East Los Angeles took action to address inequity in access to quality health care for the indigent, uninsured, and underinsured populations, particularly within the Latino and Chicano community. The group built a free clinic – which later became AltaMed – that would enable their community to access affordable health care. Today, AltaMed is the largest provider of culturally competent medical care for underserved Latino communities across Los Angeles and Orange counties, and a federally qualified health center with a mandate to serve the most vulnerable, high-need communities.

## The AltaMed Art Collection

The arts have always been an integral part of our holistic approach to community health care, as reflected in our belief in the power of art to heal bodies, souls, and communities. This is why all of our clinics feature art from our esteemed collection. We believe that art plays a major role in our society. As we have seen many of our communities suffer from political tensions, the pandemic, and racial inequities, people often turn to art as a way to express grief, connect with others, and look for hope. Art provides creative inspiration and beauty, it promotes conversation and imagination, it connects us to our cultures and backgrounds, and it brings important issues to the public.

## Civic Engagement and Art

AltaMed believes that a healthy future requires regular quality medical care for everyone and the ability to have a voice through voting. AltaMed believes that a healthy future also includes art and creativity, which is why this important project connects professional, bilingual artists directly with community members so that they can express their ideas about a healthy community through creative art workshops.





# About the PoderArte Grant

Funding for PoderArte was made possible by a one-time \$60 Million General Fund allocation from the 2021 California State Budget to create the California Creative Corps pilot program through the California Arts Council. Of these funds, AltaMed was awarded \$50,000 to deliver six workshops over a six-month period within the Southeast Los Angeles region. Each workshop seeks to create:

## Narrative Change

Strength-based narratives that amplify community voice, center cultural strengths and identity, and/or reframe how a community is presented.

## Community Educational Campaign

Raise public awareness and access to information around local issues that impact community well-being.

## Civic Engagement

Spark individual and/or collective civic action that addresses shifts in local, state, and national systems and/or policy, including election participation.

# 6 Workshops, 6 Locations

We now share this story of art in the community, so that our public officials can better understand the power and essential need and benefit of investing in arts and culture, and how to ensure that communities stay healthy for everyone.





# Harvesting Good Health

with Family Resource Fair

Saturday, November 18, 2023

South Gate, CA 90280

150 Participants



## Recetas del Corazón

### Memories from the Kitchen — Bookmaking

Memories from the Kitchen is a do-it-yourself keepsake workshop where participants assemble a journal designed to hold and cherish recipes, notes, anecdotes, and photos to preserve stories experienced in their mother's or grandmother's kitchen.

Through PoderArte, participants created journals and buttons with thoughtful messaging about what they want in their lives and in a healthy community. They wrote about what they want to see in their neighborhoods and what a healthy community looks like to them. This workshop highlights the richness and simplicity of native food sources that are credited for the survival of the entire ethno-culture. It focuses on the importance of stories that celebrate creativity and resourcefulness by providing writing prompts to provoke memories and encourage conversations with family members to share these memories. The artist provided support materials during the workshop and participants were able to take the final products home.





# Artist



## Rosanna Esparza Ahrens

“Seeing youth think about their favorite food from their mother or grandmother’s kitchen and the smile that came with it was golden. They were encouraged to invite their grandmother to not only share the recipe but also teach them to make it and record it in their recipe book.”



# Ramona Gardens

Community Resource Fair

Friday, December 15, 2023

Los Angeles, CA 90033

75 Participants



# Sharing the Light of Your Community

## Mexican Tin Foil Ornaments

Residents of Ramona Gardens embarked on a creative journey inspired by the intricate beauty of Mexican tin foil art (metal tooling or *hojalata* in Spanish). This traditional form of expression has deep roots in Mexican culture, serving as a testament to the ingenuity and creativity of its artisans.

For the workshop, participants created aluminum ornaments, symbolizing a light that shines the path to a healthier, more vibrant life. They marked the tin foil art piece using various words and symbols centered around their interpretation of healthy living. Through this artwork, participants were encouraged to convey messages of health, creativity, and positivity for themselves and their community.





# Artist



Eva  
Perez

“It was profoundly rewarding to contribute to the Ramona Gardens Holiday Resource Fair through this workshop, creating a space where the community’s light shone brightly. Many happy faces showed joy and engagement as they interacted with the materials and their imaginations, making the experience truly enjoyable. ”



# East Los Angeles College

Theatre Department

Tuesday, March 19, 2024  
Monterey Park, CA 91754  
50 Participants



# You are the Voice of Change

The poetry and songwriting workshop, led by Marissa Herrera and Raul Pacheco of 4C LAB, guided 50 students of the East Los Angeles Community College theater program through a series of empowerment and self-awareness exercises. The participants shared their voices through poetry and spoken word to create an original musical expression and a community poem.

The workshop sparked conversations amongst the college students and led participants to be inspired by one another's visions. By expressing themselves through powerful words and rhythmic beats, the participants were able to focus on topics they felt would make a healthy community, as well as social justice issues and the changes they want to see happen.





FREEDOM  
Nostalgic  
overcome  
inspiration  
family  
motivation  
grief  
sleep  
friendship  
vulnerability  
homesick  
Brave  
abandonment  
heartbreak  
Security.



# Artists



**Marissa**  
Herrera, 4C LAB  
**Raul**  
Pacheco, 4C LAB

“Together, we imagined a healthy community that honored our differences, embraced our commonalities, and supported our needs to live healthy and thriving lives for generations to come.”



# Echo Park

Earth Day Fest

Saturday, April 27, 2024

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Los Angeles, CA 90026

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150 Participants



# A Spark for Civic Action

Screen printing

Participants created original posters with messages and images of how they envision a healthy community. They were guided through the process of using pre-cut linoleum designs to print images of cities, nature, families, and words to create mixed-media compositions. In addition, they had access to paints and stamps to deepen their message.





# Artist



# Jackie

Hernandez,  
Las Chicas Peligrosas

“With the theme of “My Healthy Community,” participants were able to choose designs they related to to describe what their healthy community looked like or what they envisioned it would look like.”



# LA Promise Fund

End of Year Celebration and Resource Fair

Saturday, May 18, 2024

Bell, CA 90026

150 Participants

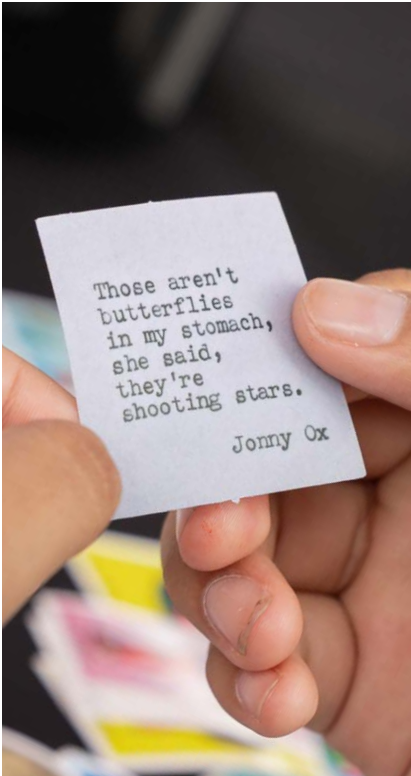


# Words of Empowerment

Button and Journal Making

Participants were introduced to the art of creating original buttons with words of empowerment, social justice, and symbols of a healthy community. With the journals, they were given writing prompts that spoke to their role in seeing and creating a healthy and nurturing community. Each participant could take home multiple buttons and their personalized journal for further writing.





# Artist



**Marissa**  
Herrera, 4C LAB

“Small changes and choices can create a big impact, and it starts with us. Each of us plays a vital role in building a healthy community and world we all deserve to live in.”



# Out, Loud, and Healthy

AltaMed Grow Proud — Second Annual Pride Event

Saturday, June 1, 2024

Anaheim, CA 92801

125 Participants



# A Message of Self and Community Pride

## Printmaking

Participants were offered two creative opportunities to share what it means to them to be out, loud, and healthy. With the use of pre-cut linoleum designs of families, food, homes, cities, and nature, the participants printed onto fabric flags and further decorated them with gems, ribbons, and fabric paints. The second project was a collaborative mural project symbolizing a shared vision of a healthy and inclusive community landscape. Participants spent time imagining what a healthy community could be and then added words of hope on pre-cut paper leaves, flowers, and birds to be part of the landscape mural. The mural will be shared at one of the AltaMed neighborhood clinics.





# Artist



## Jackie Hernandez, Las Chicas Peligrosas

“To me these workshops were more than just creating art. It was about healing together and sharing what makes our communities so special and how we could continue to strive for a healthy community. It was beautiful to see people’s inner child come to life as we laughed and made art together.”



# Civic Engagement and Art

## at AltaMed

Inspired by the Civil Rights Movement of the 1960s, AltaMed Health Services is founded on the principle that health care is a fundamental civil right. We approach health care with a social justice framework and use civic engagement strategies to tackle the social determinants of health that contribute to disparities in health outcomes, such as access to art and creative activities. AltaMed is dedicated to fostering a culture of civic participation that empowers its staff, its patients, and the community it serves. Art has the unique ability to ignite civic engagement by visually expressing social issues, encouraging dialogue, and inspiring action within communities. At the heart of AltaMed’s efforts is the My Vote. My Health.™ initiative, a non-partisan campaign launched in 2018 to promote community empowerment through voting. This integrated voter engagement program leverages community clinics and events as focal points for civic involvement. Recognizing that voting signifies community engagement, the program aims to mobilize individuals who are typically underrepresented or have limited access to voting.

By integrating My Vote. My Health.™ with programs like PoderArte, AltaMed provides opportunities for community members to creatively express themselves and actively participate in civic engagement processes. These initiatives empower individuals to voice their concerns and aspirations through art, and also contribute to building a more inclusive and equitable society. By promoting and facilitating civic activities such as voting and participating in the census, AltaMed helps community members play a crucial role in shaping policies and services that directly impact their well-being. This integrated approach recognizes the interconnectedness between civic participation, art and health, aiming to foster healthier and more resilient communities.







# A message to our Community Leaders

Art inspires. Art heals. Art matters. Your support of the arts as part of community wellness makes a difference in the lives of all community members; regardless of age, socio economic background, or race.

AltaMed knows that healthy communities require quality medical services and facilities for all, which it has provided for 55 years. But we also remember the important social determinants of health, such as parks and open spaces for people to gather, libraries and schools, healthy foods, and the arts — opportunities to view artwork in public and private spaces, to participate in art activities, and to bring creativity, wonder, and imagination into everyone's lives.

**Please continue to support your communities, listen to them, and keep them healthy.**





# AltaMed Art Collection

in collaboration with



**CALIFORNIA  
ARTS COUNCIL**  
A STATE AGENCY



**LATINO  
COMMUNITY  
FOUNDATION**  
|||||



Scan to learn more  
about the PoderArte  
workshops:



**AltaMed**  
Foundation