



2000 Ogden Avenue, Aurora, IL 60504

November 25, 2014

Melissa Hedlund, ATR-BC, LCPC
Executive Director
The Light of the Heart
A Community Art Therapy Project
2240 Bannister Lane
Aurora, IL 60504

Dear Ms. Hedlund

It is my pleasure to write a letter in support of The Light of the Heart: A Community Art Therapy Project for the unique and valuable services the organization provides for Rush-Copley patients and the community.

The Rush-Copley Movement Disorder program has had a successful partnership with your organization for the last 2 years. During that time you have provided group art therapy sessions to individuals with Parkinson's disease, other movement disorders, and their spouses. In addition to motor symptoms, these individuals also experience a variety of emotional issues including depression, anxiety and isolation. Participants in your art therapy sessions at our facility have reported improved self esteem, better management of anxiety and tremor, improved coordination, and reduced feelings of isolation. As you are aware, several participants have had significant "breakthroughs" and emotional symptom improvement as a result of their ongoing participation.

I fully support the services offered by The Light of the Heart for the provision of Art Therapy to our community and more specifically the patients who seek assistance from the movement disorder program at Rush-Copley. Many individuals have come to rely on the art therapy sessions for the benefits they receive from participation. We view continued partnership with The Light of the Heart for art therapy as an integral component to a comprehensive movement disorder program at Rush-Copley.

Sincerely,

A handwritten signature in blue ink that reads 'Donna Sperlakis'.

Donna Sperlakis
Program Coordinator, Movement Disorders
Rush-Copley