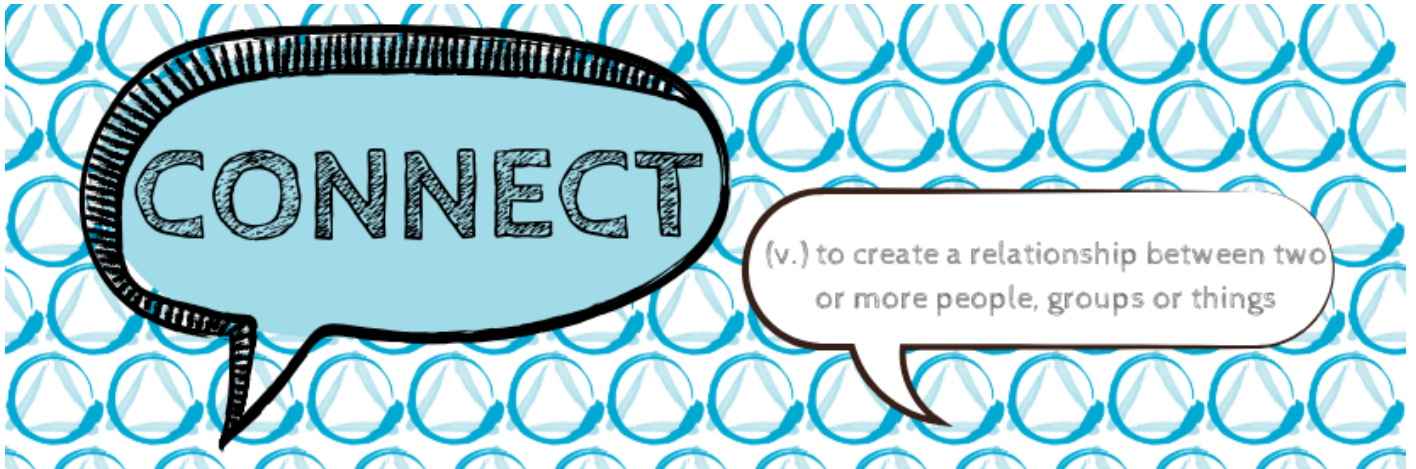

[TEST] CONNECT - Smith Center Community Newsletter

Smith Center Programs Team <programs@smithcenter.org>
To: Carla Stillwagon <carla@smithcenter.org>

Tue, Aug 18, 2020 at 2:10 PM



Welcome to **CONNECT**, a community-minded newsletter brought to you by Smith Center for Healing and the Arts.

This project is brought to you by the Smith Center Programs Team, in collaboration with our staff, board, facilitators, volunteers and community members - who all want to share with you!

[Read previous CONNECT newsletters](#)

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Make sure to click "View Entire Message" at the bottom of your email to see all our content!



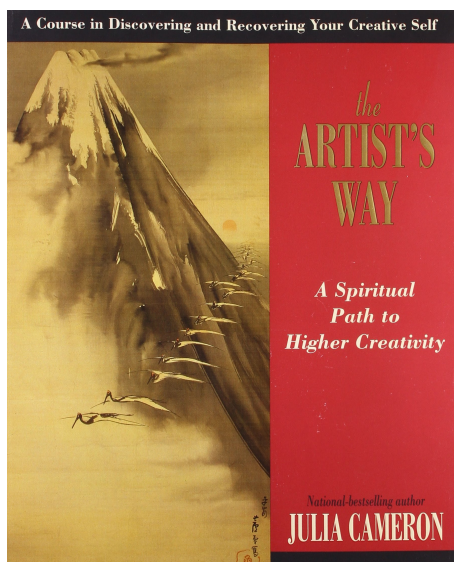
The Power of Hobbies?

During a recent virtual visit with my internist, part of the new normal for my annual checkup, she asked me what I did for pleasure. I admit, the question momentarily stumped me. I struggled to come up with an answer. The pandemic has effectively derailed (as it has for so many) all of my usual patterns of activity. And to my surprise, when asked to think about it, I realized it had also dramatically altered what (if anything!) I did for 'fun'. Think of it as a bit of a Marie Kondo (the

guru of the joy of tidying) moment: I could not quickly come up with what gave me joy---beyond my automatic go to response, which is being with my daughter and her family who, lamentably, live over 200 miles away from me. Hmmm.

My internist reflected that fall and winter would come soon, and the isolation of physical distancing due to the lingering pandemic would likely become more pronounced. The need to stay indoors for longer periods of time could pose a challenge. Her counsel: find some hobbies! And, because everyone else is going to discover the need for ways to sustain indoor joy and distraction pretty soon, stock up on the supplies you need to pursue your hobbies now!

Thank goodness for the internet: I now have a wonderful collection of art supplies: brushes, watercolor and acrylic paints, a rainbow of markers, paper of all different sizes and colors--including lively origami sets, glue-sticks, scissors, and sparkles. I also ordered new strings, finger picks and a fancy electronic tuning device for my acoustic guitar. My laptop is loaded with a couple of CD's that enable me to play along on my flute in accompaniment. I laid in a supply of glorious wools and various hooks and needles with which to craft some simple, beginners-level knitted and crocheted items. I finally landed a supply of dry yeast (who would have thought this could be so hard!) and dusted off the Tassajara Bread Book on my shelves so I could relive my college years as a baker. My jigsaw puzzle collection now has some stunning new and challenging additions. And, I have even indulged in the purchase of some lovely leather diaries to lure myself back into writing. Now I am just champing at the bit for a hint of coolness in the air...



Need some inspiration? Join one of our various [Arts & Creativity classes](#), including Knitting on the Couch (weekly), Outside the Lines (bi-monthly), Comedy Writing Workshops (bi-monthly), and/or [Writing for Healing](#) (Monday, August 31st, 6:30-8:00pm).

Still stumped? Check out [The Artist's Way](#) by Julia Cameron, a guide to releasing your inner creative self.

Need help stocking up? Here are some resources to consider.

Art Supplies:

- utrechtart.com
- dickblick.com
- arteza.com

Knitting Supplies:

- [Project Knitwell](http://ProjectKnitwell.com)
- yarn.com
- ravelry.com (register for a free account)
- loopedyarnworks.com (local DC store)
- www.knitpicks.com
- missbabs.com (hand-dyed yarn)

Puzzles:

- The online selections here are literally endless.
- If you want to do these with your younger children/grandchildren/nieces/nephews, which I love,

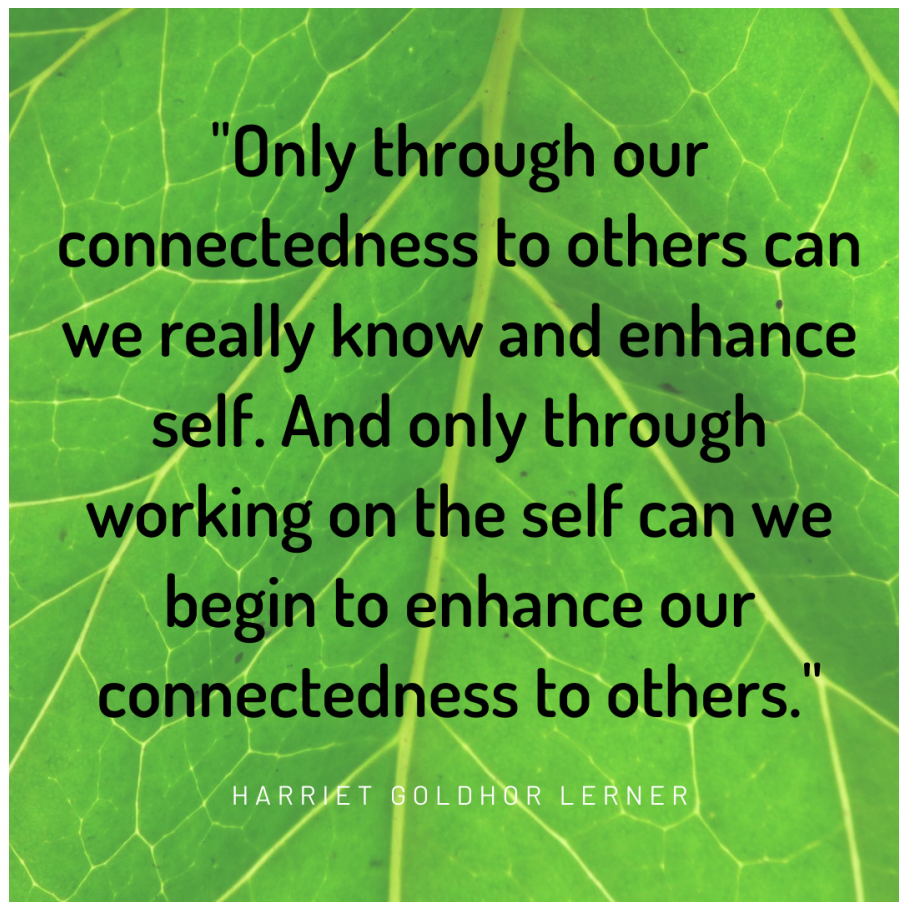


[Janod](#) as well as [Melissa & Doug](#) make some wonderful variations. I especially like the ones that come with their own handy carrying cases.

Music:

- What you need will vary widely depending on what type of instrument you wish to find and play. So have fun surfing the web to find what you need and/or talk to a professional or fellow amateur musician for buying tips.

Julia Rowland, Ph.D.



What Type of Meditation is Best for You?

Depending on what you're looking to get out of meditation, or even a regular meditation practice, study results from the [ReSource Project](#) might be of interest to you. "One of the longest and most comprehensive studies on the effects of meditation-based mental training to date," Tania Singer has led researchers in studying long-term effects of presence, affect and perspective meditation training.

[Read *What Type of Meditation Is Best for You?* here.](#)

Carla Stillwagon



Mandala Meditation

Creating a mandala, meaning circle in Sanskrit, has been used by many cultures as a way to meditate, focus attention and create sacred space. Although most mandalas are often circular, there is not a steadfast rule on that. I would recommend including a central point and adding symbols and images radiating outward from this point.

Making your Mandala:

You will need paper and markers, pens, pencils, pastels, or paint. Or you can make a natural mandala out of natural items like flowers, rocks, or tree branches. Use multiple colors or just pick one that is calming or joyful.

Start your mandala making by putting one small symbol or shape in the middle of your paper. From that center point, create the next ring of your mandala by adding a different pattern of shapes. Continue adding rings to your mandala until it feels complete for you. Hang your beautiful mandala where you can see it each day and allow it to bring you back to the moment and feel the peace within.



I hope you have fun creating your mandala. It is such a beautiful way to meditate, practice mindfulness, and to tap into your creative intuition. Feel free to send me a picture of your mandala. I would love to see it and share it with our community.

Kiersten Gallagher



Welcome to [Nurturing Resilience!](#) Here, you'll find short somatic practices to help you return to an embodied sense of resilience, a mindset and physical state where you feel connected to your own essence, to loved ones, to nature -- and where hope, creativity, and transformative action with the world around you becomes possible, even during moments of transition and uncertainty. Facilitated by Yael Flusberg, a yoga therapist and coach, who teaches a weekly gentle yoga class for Smith Center.

Resilience and trauma have an almost symbiotic -- or Yin and Yang -- relationship in terms of how they play out in our bodies, nervous systems, cognition and behavior. While trauma is often thought of as being our personal problem -- what we need to fix/discharge/work through/medicate -- resilience is likewise considered to be what we as individuals need to build up. Meh. Not so much. Have a listen, and feel free to share how you think of as resilience.

Yael Flusberg, C-IAYT, E-RYT500, RMT, MS



Wow, what an experience 2020 has been so far. As the leader of the only healing arts gallery in Washington, DC, working through a global pandemic and a national uprising against the racial inequality we continue to endure as a nation, has been a privilege and also not without its challenges. In March when I realized that the exhibitions we had been working on for months and even years in some cases would have to be postponed or cancelled, I was filled with sadness. It took a while, I think, for the world to process the full weight of what we were facing - and then George Floyd was murdered before our eyes. The immediate outpouring of love, compassion, anger, and fear in our communities lit a fire in my soul and helped me find the creativity and inspiration that I worried had faded in isolation.

In June, the [Joan Hisaoka Healing Arts Gallery](#) moved all of our exhibitions and programming online. We curated an exhibition by digital artist Jesse Satterfield in celebration of Pride Month, and sent out an open call to Black DC artists, lending them a platform to share their voices and stories through their artwork. We hosted an "ephemeral" workshop with Colombian-American

artist Carolina Mayorga on Zoom and even had a participant from Bogota join us! **In September, we will virtually re-open the gallery with our much anticipated exhibition, Aceptar Una Exposición Colectiva and explore new ways to bring meaningful events to you online.** As we forge on, I feel heartened by the incredible artists and collaborators that have proven that in spite of everything 2020 has thrown at us, art will continue to help us heal.



Lindsey Yancich, Manager, Joan Hisaoka Healing Arts Gallery




We are excited to share a discounted learning opportunity with one of Smith Center's organizational partners. [Maryland University of Integrative Health \(MUIH\)](#) educates leaders in health and wellness through transformative programs that integrate ancient wisdom and contemporary science. MUIH offers graduate degrees and certificates in a wide range of wellness fields, as well as courses for professional and personal development. **MUIH is currently offering 25% off their [Professional and Continuing Education](#) courses through September 30, 2020 with the promo code: FALL202025**

Questions? Email admissions@muih.edu or call 410-888-9048 ext. 6647 to speak to an Admissions Counselor.

Join [Nancy's List](#) and [Triage Cancer](#) TOMORROW for Returning to Work After COVID-19, a free webinar at 12:00pm ET.

Join us for a FREE live, interactive, webinar as part of the Triage Cancer Webinar Series, which will provide up-to-the-minute information about changes to health insurance and employment with a focus on returning to work after COVID-19. Attendees will learn about recent changes and new rules that may impact an individual's financial situation, including housing and other consumer assistance programs.

[Click here to register for the free webinar, Returning to Work After COVID-19.](#)



August 19
**11AM CT/
12PM ET**

**Returning to Work
After COVID-19**

Information & Registration:
TriageCancer.org/Webinars



Check out [Consumer Action](#)'s newly launched [COVID-19 Educational Project](#), "designed to provide consumers... with essential information and valuable resources to help them cope with the financial fallout of the pandemic."

"Consumer Action is publishing short guides (fact sheets) and producing webinars answering many of the critical questions raised by the pandemic—for example, what pandemic-related protections does the Fair Housing Act provide for tenants, how can you recognize and avoid pandemic-related scams, where can undocumented immigrants (who are ineligible for stimulus payments) turn for financial assistance, and what healthcare and estate planning steps should be taken now."

[Click here to view Resources for consumers impacted by the COVID-19 outbreak.](#)

[Click here to view the COVID-19 Educational Project resource guide.](#)



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