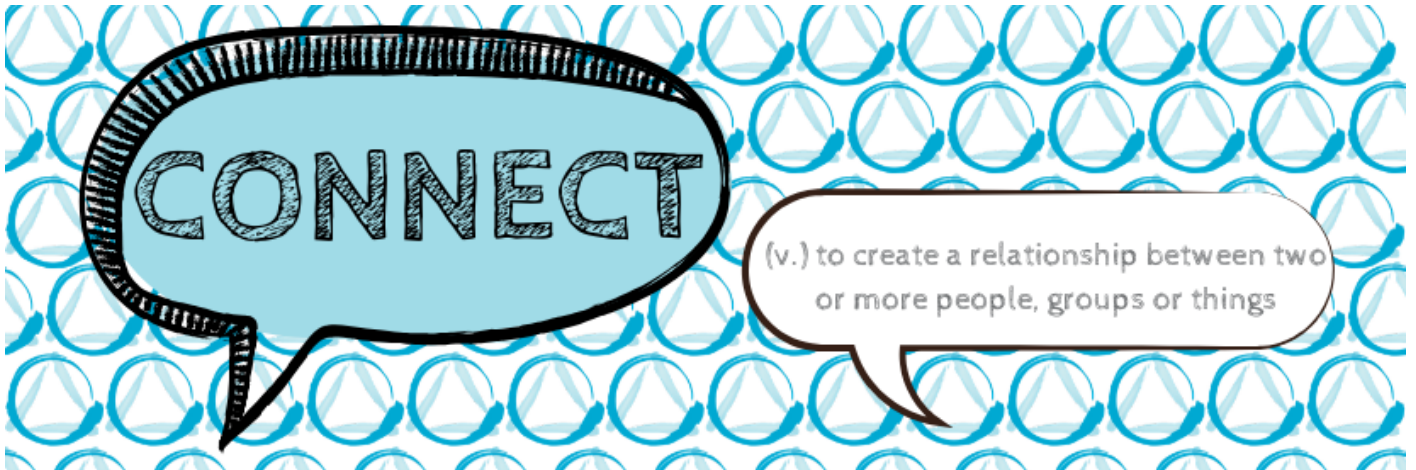

[TEST] CONNECT - Smith Center Community Newsletter

Smith Center Programs Team <smithcenterforhealinghearts@mailman.bloomerang-mail.com>

Tue, Oct 6, 2020 at 10:06 AM

Reply-To: programs@smithcenter.org

To: Carla Stillwagon <carla@smithcenter.org>



*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!

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Life is full of transitions, from new jobs and new additions to the families, to cancer diagnoses and global pandemics. Transition can often seem chaotic and disruptive in the moment, but they give us an opportunity to grow and make meaning out of our



lives... usually when we reflect back on the more painful experiences. The world is in the midst of a collective transition right now and at the same time, some of us are also dealing with personal transitions. It's important to know that transitions are a normal part of life, they happen regularly, and they can also make our lives more meaningful.

[Check out this article about transitions in *The Atlantic*.](#)

Erin Price, LICSW



Where do you start in supporting someone who is grieving? The [Wendt Center for Loss and Healing](#) offers simple, practical tips on supporting your loved ones by observing your language. Consider updating the common phrases listed below with more supportive words.

"While there is no 'fixing' or making your loved one 'better,' we do have the capacity to sit together figuratively and allow each other the grace of being just where we are, and having the experience just as it is, painful as that can be."

[Click here for tips on how to better support loved ones experiencing grief from the Wendt Center.](#)

Helpful Statements	Unhelpful Statements
I don't know what to say but I'm so glad you told me.	I know just how you feel. I lost someone I loved, too.
I see/hear how painful this is for you.	God needed another angel.
I am here with you, even if we cannot be physically together.	S/he is in a better place.
It sounds like you are having a difficult moment. That's okay.	It was God's will.
I know how much you cared for and loved them.	It was their time.
It's okay to feel any emotions you are experiencing right now.	Do this (insert activity) – it will take your mind off it.
I want you to know that I'm thinking of you and holding you close to my heart.	It's okay, don't cry.
You've been on my mind, so I wanted to reach out.	Just calm down, it will be okay.
Whew, that feels like a lot. Let's take a deep breath together.	Try not to think about it.
We can just be together; you don't need to talk.	Give it time, it will get better.
I can't even imagine what this is like for you.	What's wrong?
Do you want to tell me more?	It's been (insert time). Shouldn't you be doing better than this by now?

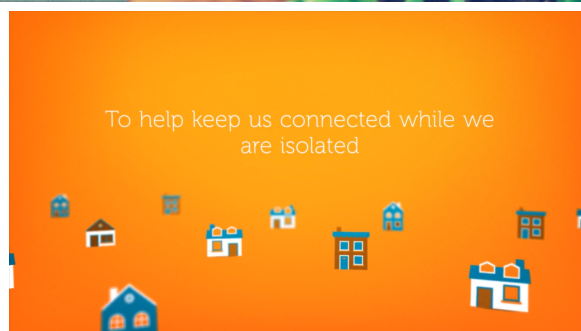
[Wendt Center for Loss and Healing](#)



Join [Mindful Leader](#) and volunteers for an opportunity to meditate twenty-four hours a day! Excluding weekends, quench your all-hours-of-the-day thirst for group meditation practice & community.

"Free Online Group Meditation, on the hour, 24 hours/day, 5 days/week. Supported by 100+ volunteers worldwide."

[Click here to register to participate with Mindful Leader's Meditate Together.](#)



creative beat



In one of last month's Outside the Lines classes we were reminded that you can come away with a lot in doing a simple creative exercise.

The more we make space for emotions, the more freedom we have to dance with them, rather than feeling overwhelmed by them. Sometimes it's hard to express our feelings with words; here is a tool that allows you to share how you feel with images and gives you an opportunity to connect these images with feelings you are holding inside.

[Click here to read Kiersten's instructions on creating your own Color Wheel of Emotions.](#)

Kiersten Gallagher

As we welcome October, celebrate National Arts & Humanities Month with us on social media!

Each #WellnessWednesday in October, visit our social media pages ([Facebook](#), [Instagram](#) & [Twitter](#)) to see art featuring the themes of *mindful art*, *arts & healing*, *family & culture* and *on my camera roll*.

Check out [Americans for the Arts page on National Arts & Humanities Month](#) for more on how to get involved in "the largest annual celebration for the arts and humanities in the nation."

#ShowYourArt2020 #NAHM #ArtsCreateHope

nurturing resilience

with Yael Flusberg

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,

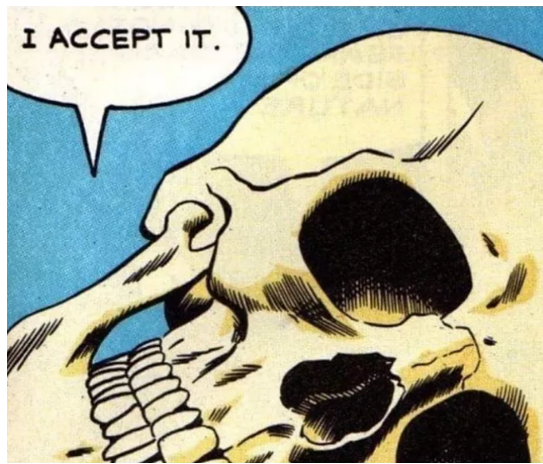
even during moments of transition and uncertainty. Facilitated by Yael Flusberg, a yoga therapist and coach, who teaches a weekly gentle yoga class for Smith Center.

Shaking is one of the simplest (and joy-inducing) ways to release accumulated tension, and finding more freedom and flexibility in our lives. Animals shake off rough play, and even close calls with predators. Discharging tension by shaking is instinctual for humans (recall the involuntary quaking that you felt when you last received bad news or after a fender bender). Sadly, in this culture, we tend to train our children out of this healthy and free-form response to shake/dance/cry off physiological and psychological stress and instead work hard to "hold ourselves together." Shaking can discharge tension in the myofascia as well as the nervous system and can connect you with your inner child and whimsical nature. Just five minutes daily can help you tap into greater resilience as you let go of stagnant energy and create more spaciousness in the body/mind/soul. You may safely shake for up to 45 minutes; just make sure to include a few moments at the end to enjoy the pleasurable sensations you have evoked. If you shake in the morning or early afternoon, feel free to finish with a short tapping session and invite more invigoration into the rest of your day.

Yael Flusberg, C-IAYT, E-RYT500, RM/T, MS



Death Positive DC is the first organized death positive group in the Washington, DC-area. I started



the group in 2017 to create a warm and welcoming online and in-person community for anyone who wants to talk about death.

Death Positive DC facilitates and promotes conversations and events that nurture openness and curiosity about death and dying. These safe, nonjudgmental spaces help give death a place in our daily life.

Cultivating an awareness of death helps us connect more deeply with ourselves and others. Live more fully and with more intention. We can decide what we want (or don't want) for the end of our own lives, and learn how to support others when they experience death or grief.

Death Positive DC invites people to share their own stories and experiences, ask questions, listen, and learn from one another. Death Positive DC offers:

- Death cafes
- Book clubs
- Outings to art exhibits, movies, and book readings
- Workshops (including advance directives and writing your own obituary)
- Active social media accounts and online interaction
- Educational sessions (for example, learning about green burial)

Talking about death is not inherently grim or depressing. Death Positive DC events are affirming. They are full of lovely people and, often times, a lot of humor.

Death Positive DC welcomes people of all ages, all sexual, gender, racial, ethnic, and religious identities, immigration status, and geographical location. Come learn more www.DeathPositiveDC.com.

Sarah Farr, Founder, [Death Positive DC](#)



Welcome to *Tasty & Healthy*, a new CONNECT segment featuring recipes & healthy lifestyle practices from our Cooking & Nutrition facilitators.

Today's recipe was created by Chefnurcian Laura Pole, who many of you may know from our retreats, cooking & nutrition classes, educational talks and more. Laura's [Salmon Sweet Potato Patties with Curried Tartar Sauce](#) are one of her favorites!

[Click here to download the recipe for Salmon Sweet Potato Patties with Curried](#)



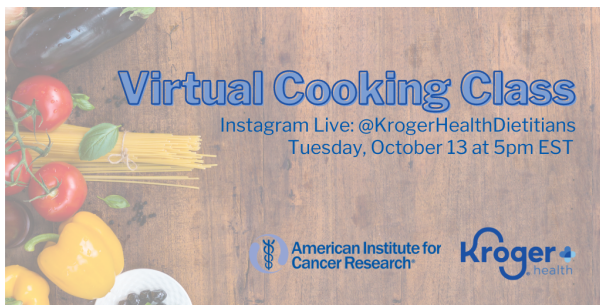
Tartar Sauce.

And, as a special treat, click here to watch along with Laura cooking the patties herself!



Laura Pole, RN, MSN, comes with a diverse educational background including a Masters degree in nursing, chef certification, and professional music training. For over 20 years, she has been merging her careers as a health supportive chef, professional musician, oncology clinical nurse specialist, and a palliative care educator. Laura serves Smith Center in several ways: Director of Nourishment Education Programs, Director of Professional Trainings in Culinary Translation and Co-Creator/Coordinator of Patient Navigation Trainings. Laura is also the Senior Researcher for the Commonweal program, Beyond Conventional Cancer Therapies, a free website to help you with choices in integrative cancer care.

shared ideas



Add these ingredients to your next shopping list! On Tuesday, October 13th, join the [American Institute for Cancer Research](#) LIVE on Instagram for cooking class!

"We've teamed up with Kroger Health to host a plant-based cooking class LIVE on Instagram! Join registered dietitian Emily Harland on October 13 as she makes the cancer-protective recipes below.

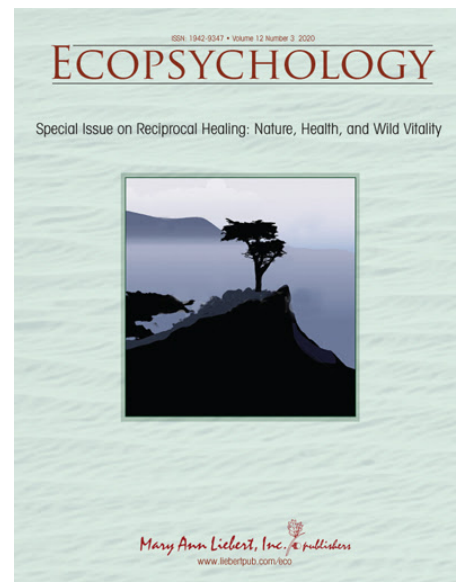
[Cauliflower Tacos](#)

[Apple Nachos](#)

[Click here to watch the Instagram Livestream on October 13th at 5pm ET.](#)

In a recent newsletter, Anna O'Malley of [Natura Institute](#) shares insight on her research about nature as a key player in healing.

*Last November, I was honored to help steer the planning of a conference, Reciprocal Healing: Nature, Health and Wild Vitality, in Sedona. Inspired by this conference, a special issue of the journal **Ecopsychology** emerged, edited by Tom Fleischner and Laura Sewall, to which I contributed. I'm delighted to share that **this journal is now out, and for one month is freely available to read online** and, if interested, download articles, [here](#). My article, found [here](#), speaks to the importance, at this moment of epidemic chronic disease, to recognize the healing*



potency of nature and to explore innovations that integrate this healing into models of care. I'd love to know what you think, and dialogue with those of you in healthcare, especially. Please share this with friends who may be interested.

Anna O'Malley, Founder, [Natura Institute](#)



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