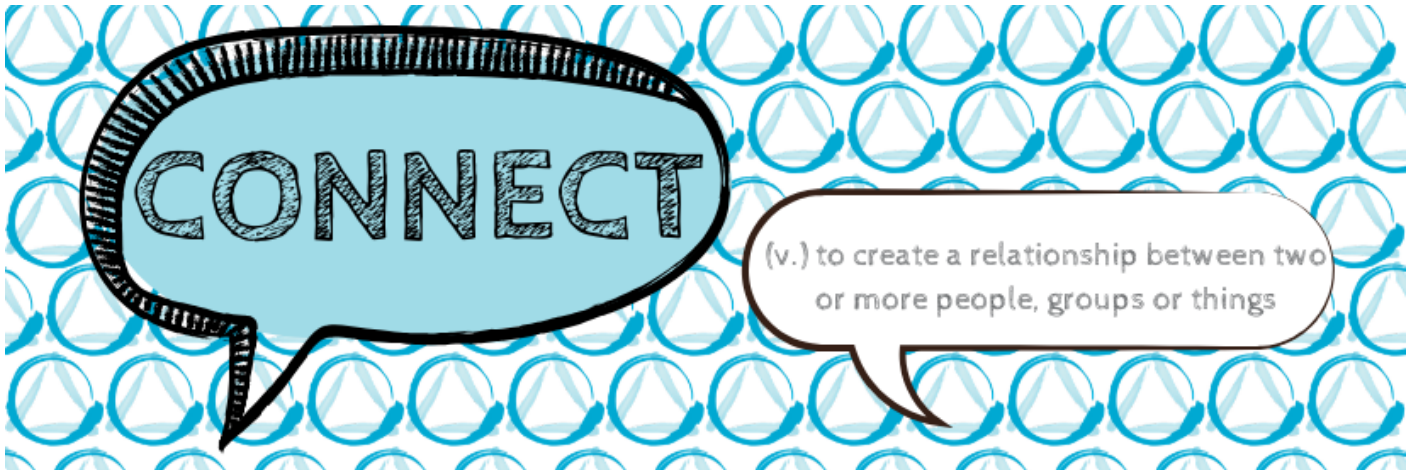

[TEST] CONNECT - Smith Center Community Newsletter

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

Tue, Nov 3, 2020 at 11:11 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!

[Read previous CONNECT newsletters](#)

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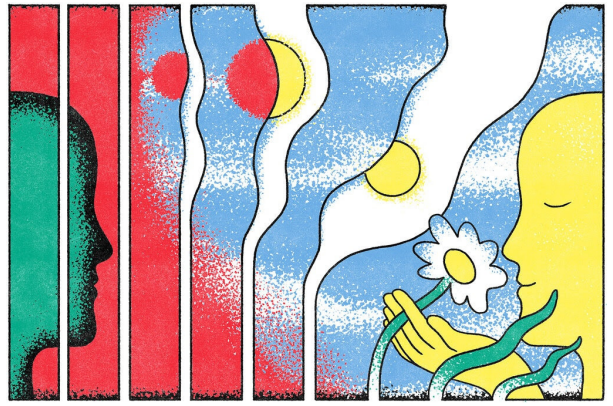
Make sure to click "[View Entire Message](#)" at the bottom of your email to see all our content!



We've been hearing a lot about how we need to come to terms with all the uncertainty surrounding us these days - the sooner the better. Show grace to yourself and others as we live side-by-side with uncertainty, at our own paces. Read what cancer survivor Steven Petrow has learned about hope as a form of uncertainty during the pandemic.

Given more latitude, I found myself increasingly allergic to the uncertainty: Denying it. Fighting it. Trying to exert control over it. All of that seems true today as I seek ways to navigate the murkiness of this phase of the pandemic.

[Click here to read *Uncertainty is Hope* by Steven Petrow.](#)



words of wisdom

Gayle Danley is your [Grief Friend](#)

After losing Misty, one of her closest girlfriends, Gayle Danley created Grief Friend, an online haven of support for anyone dealing with grief.

Grief friend is an on and off line resource for people who are moving through the experience of losing a loved one. It offers information, inspiration, blogs, poetry and a monthly in-person support group specifically for the bereaved.

As a reminder, Gayle will be joining us on Thursday, November 12th for a support [program](#) as a part of our [Wellness in the Time of COVID Series](#), sponsored by The Washington Home.

[Click on the video to watch the Grief Friend playlist on Gayle's YouTube channel.](#)

Click the following links to follow Grief Friend on [Facebook](#) and [Twitter](#), and check out the [website](#).



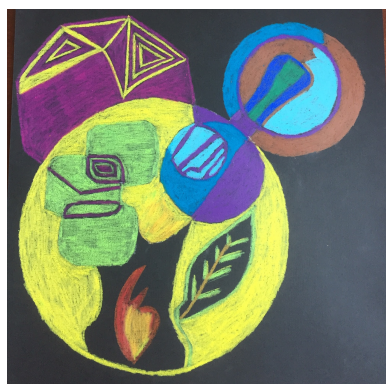
Physical activity increases blood flow, which can alleviate treatment-related side effects such as fatigue, pain, and balance problems. Weight training can improve strength and bone health. Exercising regularly can also help to reduce anxiety and depression.

In *Exercise and Recovery*, "MSK fitness expert Donna Wilson, RN, describes the power of regular exercise to speed recovery from cancer treatments such as surgery, radiation, and chemotherapy and speaks about how these activities may reduce the risk of a recurrence."

And, check out *Exercise with MSK* - a cancer-specific exercise video playlist created by the MSK Fitness Team.

[Click here to watch *Exercise and Recovery* with Donna Wilson, RN.](#)

[Click here to visit MSK's YouTube channel, *Exercise with MSK*.](#)



Each #WellnessWednesday in October, we shared art & stories featuring the themes of *mindful art, arts & healing, family & culture* and *on my camera roll*. With all the stressors of today's world, it was a joy contributing to this creative project, and getting to see your artwork, too!

Check out [Americans for the Arts page on National Arts & Humanities Month](#) for more on how stay involved throughout the year, in your communities and beyond. And, follow our social media pages (links at the bottom of this email) to stay up-to-date with our efforts to uplift the role of the arts in healing.

#ShowYourArt2020 #NAHM #ArtsCreateHope

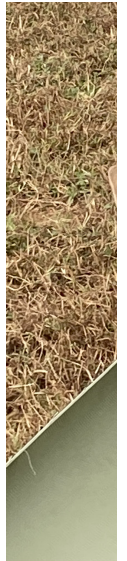


Welcome to Nurturing Resilience! Here, you'll find short somatic practices to help you return to an embodied sense of resilience, a mindset and physical state where you feel connected to your own essence, to loved ones, to nature -- and where hope, creativity, and transformative action with the world 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.

Journaling With The Ancestors

2020 has been a year in which loss has loomed over all of us, not the least has been the loss of our everyday way of being with one another. In my own life, when I experience a loss -- even a relatively small and sustainable one -- it sometimes has a way of activating feelings of grief I've experienced during previous periods of Big Loss. Fall in particular is a season when we are profoundly aware of the tension between letting go and having faith that built into every ending is an embryonic beginning. In this session, we'll find an ancestor (perhaps familial, but not necessarily) with whom to receive a blessing, a lesson or wisdom, reminding us that we are never alone and we have invisible sources of support. Grab paper and your favorite writing instrument.

community stories



Smith Center Yoga Class Hops Off of Zoom and Into the Kangaroo Pen

We jumped at the chance to get together with some of our yogis in an outdoor setting. We knew it would be an adventure and boy were we thrilled to visit with over 30 kangaroos at Roos2U in Germantown, MD.

With masks on and yoga mats in hand, as we entered the kangaroo pen, several kangaroos, a wallaby, and a couple emus welcomed us to our 45 minute yoga class. As you can imagine, our yoga practice took a back seat to the awe and wonder of spending time with these amazing creatures.

After class we had a kangaroo lesson and visited with more kangaroos in the other pens. We got to feed some of them a bottle and even got to see a baby kangaroo in it's mom's pouch.

In addition to seeing the roos, it was the highlight of our week to have the staff and some of our yogis come together after all of these months.

Kiersten Gallagher

tasty & healthy

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

Today's recipe is brought to us by certified

Holistic Health Coach and cooking instructor
Brandi Redo.

Smoky, spicy, with hints of sweetness, this fall treat is for omnivores and herbivores alike. This superfood dish is packed full of vitamin E, calcium and beta carotene. Serve with a side of or add a can of chickpeas for a protein boost.



[Click here to download the recipe for Savory Yams, Collards, and Barley.](#)

Brandi Redo

shared ideas



**Beyond Conventional
Cancer Therapies**

If you're new to [Beyond Conventional Cancer Therapies](#), know someone who is, or are interested in learning more about the website, watch Laura Pole, RN, MSN, navigate the BCCT site in this short video.

[Click here to watch Laura Pole Navigating BCCT.](#)



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