

Relaxation & Renewal

2015

Healing Arts
Events Calendar
for Associates

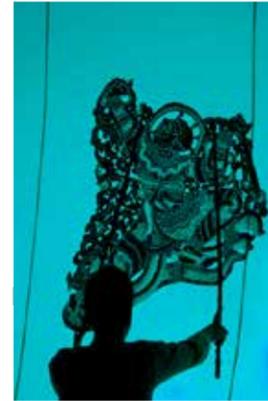
Moses Campus

Special Events

Fairs, Celebrations And Performance Events
Please mark your calendars and join us for all of these special events.

Relaxing through the Five Senses: A Relaxation Retreat for All Associates
Wednesday, October 14, 12:30-4:30pm, Grand Hall

Chair massage... dark chocolate and herbal tea... the soothing scent of lavender... gentle music overhead... Experience a moment of relaxation through each of the five senses at our Relaxation Retreat. Learn simple ways to relax every day and receive gifts related to each sense. Be sure to visit our tables to sign up for Fall relaxation and arts workshops and learn about the many wellness and support resources available for associates. This event is being offered in partnership with Moses Campus Leadership, Human Resources and the To Your Health Associate Wellness Program.



Celebration of Light: A Shadow Puppetry Performance
Friday, October 30,
1-1:30pm, TLC 1

Delight in a visually compelling world made of light and colorful shadows! Shadow puppetry is a beautiful art form that is thousands of years old rarely seen today. Join us for this unique performance from our shadow puppetry workshop (see October listings on the back).

Moses Associate Art Showcase and Choir Performance
Wednesday, December 9, 12-1:30pm, Grand Hall

We welcome you to enjoy a performance by our Associate Choir (12-12:30pm) and to view a special selection of artwork created by our colleagues at Moses (on view from 12-1:30pm). Please see the Special Project section below to learn how you can submit your own artwork! This event is being offered in partnership with Moses Campus Leadership and Human Resources.

Special Projects

Call for Associate Art and Poems

On December 9, the Moses Associate Art Showcase will highlight the creative work of our colleagues. We invite all associates to submit images of your paintings, drawings, photographs or other visual art as well as poetry for consideration. Selected art will be displayed at the Showcase Event or will be included in the monthly Healing Arts e-showcase. We invite you to include a brief description of what each piece means to you as well as a brief bio.

Submission deadline: Monday, November 2.
For full guidelines and to submit your art, contact HealingArts@montefiore.org or (718) 920-6576.

Knit a Blanket or Hat for Babies on the NICU



The Newborn Intensive Care Unit's Covered with Love program invites volunteers to knit blankets and hats for NICU babies, to have on the unit and for families to take home. This personal touch means a lot to families at a time that is often vulnerable and stressful.

Please help us reach our goal of providing every NICU baby with a blanket and hat.

For guidelines on size/materials and where to send donations, contact HealingArts@montefiore.org or 718-920-6576.

Knit a Comforting Prayer Shawl

Knit or crochet a prayer shawl to comfort a patient being served by Montefiore's Palliative Care Service. After a special blessing ceremony, the shawls are brought to patients as a way to help them feel soothed and at home.

For guidelines on size/materials and where to send donations, contact Rev. Rosa J. Caraballo, Palliative Care Chaplain, rcarabal@montefiore.org, (718) 920-7314.



Weekly Activity

Creative Cafe

Every Thursday beginning September 10, 12-1pm, Cafeteria
Led by Lindsay Aaron, MPS, Art Therapist

Stop by the Creative Cafe every Thursday to unwind with a simple, fun art project or just to color and try out art materials. Projects will include making jewelry, key chains, decorated tote bags, flower-top pens, and writing journals.

All are welcome and no experience or art skills are necessary.

No registration is required.

October



Herbs for Relaxation: Herbal Body Spray
Tuesday, October 6, 12-1pm,
Cafeteria
Led by Kimberly Beazer,
Beazer's Garden

Stop by to learn about the use of gentle herbs for relaxation. Make your own calming body spray with lavender or an energizing spray with peppermint. No registration is required.

Mindfulness Meditation
Wednesday, October 14, 5-6 pm, TLC 5
Led by Fernando Camacho, MD

Mindfulness meditation is a nondenominational practice that can help you feel less stressed and happier. This monthly session includes meditation time as well as learning meditative techniques that you can use in your own practice. To register, contact Laura Ortiz at laortiz@montefiore.org.

5 Rhythms Dance/Movement
Tuesday, October 20,
5:15-6:15pm, Grand Hall

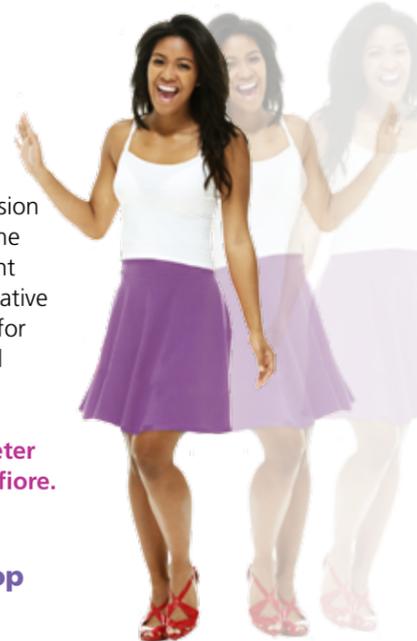
This energizing movement session invites you to move freely to the sound and beat of five different rhythms, from slow and meditative to fast and fun. It is designed for people of all ages and physical abilities.

No registration is required.
For questions contact Dr. Peter Selwyn at pselwyn@montefiore.org or (718) 920-8434.

Healing Loss Workshop
Wednesday-Friday,
October 21-23, 2015,
Stony Point Retreat Center, Stony Point, NY
Upcoming Spring date: March 29-April 1, 2016

This 3-day residential workshop is a powerful experiential and educational program that provides participants with the opportunity to work through and let go of some of the grief, loss and other burdens that often occur in our lives. The workshop is limited to 24 participants. All meals and sleeping accommodations are provided. CEU credits are available.

To complete an application visit www.montefiore.org/healingarts-events. For questions, contact HealingArts@montefiore.org or 718-920-6576 or stop by the Caregiver Support Center.



Montefiore
HEALING ARTS

October

Celebration of Light: A Shadow Puppetry Workshop

3 Sessions: Friday, October 23, 12:30-1:30pm (TLC 5); Tuesday, October 27, 12:30-1:30pm (TLC 5); Friday, October 30, 12:30-1:30pm (TLC 1)

Led by Melissa Chernowetz, Shadow Puppetry Artist

Delight in a visually compelling world made of light and colorful shadows! Shadow puppetry is thousands of years old but rarely seen today. It is easy to do and beautiful to behold. In this workshop, you will personalize a paper puppet by combining colorful theatrical lighting gels, feathers and other visual elements. We will then play with a variety of techniques on a shadow screen and hold a brief performance.

To register, contact HealingArts@montefiore.org or 718-920-6576.

Relaxing with Lavender and Guided Imagery

Wednesday, October 28, 12:30-1:30pm, TLC 2

Led by Jeanne Kenney, RN, Holistic Nurse

Sit back and enjoy the scent of lavender aromatherapy as you are guided into relaxation through peaceful imagery.

To register, contact HealingArts@montefiore.org or 718-920-6576.

Stories from the Heart: Writing on Compassion

3 Fridays: October 30, 12-1pm (TLC 3), November 6, 12-1pm (TLC 3), November 13, 11am-12pm (TLC 2)

Led by Peter Selwyn, MD, Physician and Writer

As caregivers and as caring people, we have experienced compassion, whether giving or receiving. What does compassion mean to us? How does it show itself in our lives and what does it feel like? When have we felt full and when empty of it and how do we replenish and re-seed? This workshop will allow participants to reflect and write about their own experiences with compassion and caregiving.

Participants will be invited to write brief pieces about moments and memories that have special personal meaning. Participants may share their stories with the group or keep them private for themselves.

To register, contact HealingArts@montefiore.org or 718-920-6576.



November

Mindfulness Meditation

5 Wednesdays from 5-6 pm: November 4 (TLC 5), November 11 (TLC 5), November 18 (TLC 2), December 2 (TLC 5), December 9 (TLC 5)

Led by Fernando Camacho, MD

Mindfulness meditation is a non-denominational practice that can help you feel less stressed and happier. This program includes meditation time as well as learning meditative techniques that you can use in your own practice. Come to any or all of the sessions.

To register, contact [Laura Ortiz at laortiz@montefiore.org](mailto:Laura.Ortiz@montefiore.org).

Relaxing with Lavender and Guided Imagery

Wednesday, November 11, 12:30-1:30pm, TLC 4

Led by Jeanne Kenney, RN, Holistic Nurse

Sit back and enjoy the scent of lavender aromatherapy as you are guided into relaxation through peaceful imagery.

To register, contact HealingArts@montefiore.org or 718-920-6576.

Herbs for Relaxation: Tea and Bath Herbs

Wednesday, November 11, 12-1pm, Cafeteria

Led by Kimberly Beazer, Beazer's Garden

Stop by to learn about the use of gentle herbs for relaxation. Make your own blend of calming tea using chamomile, lemon balm, lavender, rose, and/or mint.

No registration is required.



Eco Crafting: Knit Your Own Bag

4 Thursdays: November 12 (TLC 3), November 19 (TLC 2), December 3 (TLC 3), December 10 (TLC 3)

Led by Isabelle Garbani, MFA, Mixed Media Artist and Sculptor

Create a great-looking protective bag for your smart phone or tablet! Learn the amazing technique of knitting with plastic bags. You will learn how to cut the bags to use as yarn and all the skills needed to make your own knitting project from beginning to end: casting, knitting the basic garter stitch, switching color, and binding off. No previous knitting skills are needed. Please bring 4-6 colorful plastic shopping bags.

To register, contact HealingArts@montefiore.org or 718-920-6576.

5 Rhythms Dance/Movement

Tuesday, November 17, 5:15-6:15pm, Grand Hall

This energizing movement session invites you to move freely to the sound and beat of five different rhythms, from slow and meditative to fast and fun. It is designed for people of all ages and physical abilities.

No registration is required. For questions contact [Dr. Peter Selwyn at pselwyn@montefiore.org](mailto:Dr.Peter.Selwyn@montefiore.org) or (718) 920-8434.



Herbs for Relaxation: Herbal Body Spray

Tuesday, December 8, 12-1pm, Cafeteria
Led by Kimberly Beazer, Beazer's Garden

Stop by to learn about the use of gentle herbs for relaxation. Make your own calming body spray with lavender or an energizing spray with peppermint.

No registration is required.

December

Mindfulness Meditation

2 Wednesdays from 5-6pm in TLC 5: December 2, December 9

Led by Fernando Camacho, MD

Mindfulness meditation is a non-denominational practice that can help you feel less stressed and happier. This program includes meditation time as well as learning meditative techniques that you can use in your own practice. Come to either or both of the sessions.

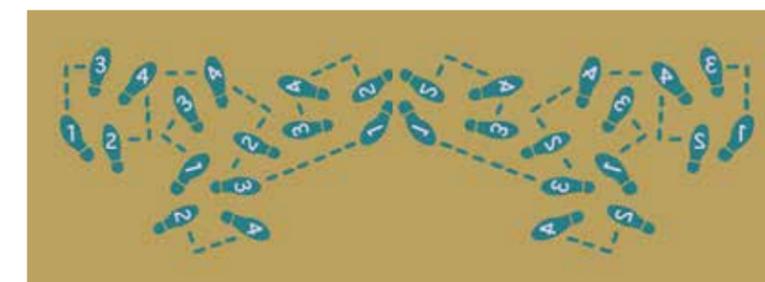
To register, contact [Laura Ortiz at laortiz@montefiore.org](mailto:Laura.Ortiz@montefiore.org).

5 Rhythms Dance/Movement

Tuesday, December 15, 5:15-6:15pm, Grand Hall

This energizing movement session invites you to move freely to the sound and beat of five different rhythms, from slow and meditative to fast and fun. It is designed for people of all ages and physical abilities.

No registration is required. For questions contact [Dr. Peter Selwyn at pselwyn@montefiore.org](mailto:Dr.Peter.Selwyn@montefiore.org) or (718) 920-8434.



Relaxing with Lavender and Guided Imagery

Wednesday, December 16, 12:30-1:30pm, TLC 5

Led by Jeanne Kenney, RN, Holistic Nurse

Sit back and enjoy the scent of lavender aromatherapy as you are guided into relaxation through peaceful imagery.

To register, contact HealingArts@montefiore.org or 718-920-6576.