

# Pause. Create. Rejuvenate.

## Arts in Healing Artists



### AMY DENNISON

Amy served as the Associate Director and the Director of Education for Preparatory and Community Engagement for the College-Conservatory of Music (CCM) at the University of Cincinnati prior to retirement. In addition to being an experienced teacher, Ms. Dennison is a professional musician, specializing in woodwinds with additional experience playing several folk instruments. She is learning cello in the CCM New Horizons String Orchestra and performs in a variety of venues and groups. She has been active in the field of music and wellness for several years. Amy received her Bachelor's of Music Education from Eastern Michigan University, a Master of Music from Michigan State University and a Master of Music Education from CCM.

**Creative Expression Overview – "Sound Factory":** As someone who has made music her life's work, my greatest satisfaction is sharing music and its magic with others. The Sound Factory is a place to create your own handcrafted musical instruments out of upcycled materials. Here you will pause from your job where you give so much to those who rely on you; The Sound Factory is a place for you. Make a snazzy maraca, a groovy guiro, or a hip harmonica. For a calming and soothing sound, make a delightful jingle stick. With your new instrument, we will help you create your own musical pattern which will become part of a composition we play together, because that's the power of creativity – bringing people together!



### AMY TUTTLE

Amy has worked globally as an artist, facilitator, and trainer. She engages the arts to support growth & healing for individuals, to spark community-building, and catalyze social impact. She serves as the Chief Director of Programming for WordPlay Cincy, where "stories write the future" in Cincinnati. Tuttle is a faculty member for the Global Arts in Medicine Fellowship, a member of NOAH (National Organization of Arts in Health), and a practitioner with the Cincinnati Arts Association's "Arts in Healing" program. She considers her practice a simple and deep process of storytelling to encourage empathy & connection.

**Meditation / Movement & Healing Overview:** Join this gentle exploration of restorative movement and meditation. During our time together, we'll engage in stretches and simple movements to bring comfort to our bodies. We'll also engage in short meditations to restore a sense of rejuvenation.

**Creative Expression through Written Word Overview:** Through a variety of reflective writing/journaling exercises, we'll express the challenges and gifts that we encounter inside the safety of a supportive group. This simple and deep offering will bring you opportunities to express your experience while cultivating a sense of harmony in the mind and body.

**Creative Expression through Visual Art Overview:** Participants are invited to engage in both individual and collaborative expression through prompt guided sculpture and collective mural making.



### BRANDON HAWKINS "SOUL PALETTE"

Brandon Hawkins is the Lead Artist of Soul Palette with more than 20 years of artistic expertise. He graduated from the University of Cincinnati with a Bachelor of Arts degree in Africana Studies and a certificate in Fine Arts. Brandon has been passionate about art

since his youth, and considers drawing, painting and graphic design to be some of his best talents.

Brandon dreams have become a reality with the opportunity to use his gifts and talents every day to empower others to find their inner artist. Soul Palette, LLC. provides private paint party experiences that will allow participants to have fun and express themselves in a new and exciting way. We assist you with creating an experience that will drive team-building, foster learning and celebrate inclusion. It is our hope to challenge each participant by evoking their "inner artist" with a customized image.

**Creative Expression through Visual Art Overview:** You'll be coached in-person by talented Soul Palette artist, Brandon Hawkins, that will assist you every step of the way. You will have the freedom to play with paint on a pre-sketched canvas – either individually or collectively. What a great way to practice self-care and celebrate creative expression! No experience necessary...just an open mind!

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### CHRISTINA BOLDEN

Christina Bolden is a performing and teaching artist as well as choreographer. Her modern and folkloric dance teaching credits include Xavier University, Contemporary Dance Theater, and Cincinnati Yoga School. She has choreographed various pieces such as Limitations, Visions of my Nightingale, and Movement for Postludes. She has performed works by Peter Anastos, Glenda Figueiredo, and Flora Leptak- Moreau. She also serves as a dance judge for the Cincinnati Overture Awards. Ms. Bolden was recently accepted into the MFA dance program at St. Mary's College of California. Her research interests vary from ethno choreographic studies of Hellenic culture to somatic practices in spirituality. She is the recipient of the Lawrence J. Flynn Award.

**Meditation / Movement & Healing Overview:** Movement is a way to connect and build community. Through somatic exercises, participants will use the Spanish flamenco concept of *floreo*, and prompted to build a dance entirely with their hands. In addition to the *floreo*, participants will be offered various stretches which activate the parasympathetic nervous system. Pedestrian in nature, the hand movements are taught at a beginner level, allowing participants to create their own movement phrases which reflects the collective expression of the group, while honoring the service caregivers provide with their hands.



### DAN ERDMAN

Dan loves life and the human family. He shares that passion in the songs he writes, and in his performances of originals and covers. His desire for his audience-community is for greater appreciation of oneself and the beauty of life, each day having a song in the heart. Dan's music sharing locally has included: Reiki Sessions at the Blue Ash Cancer Support Center, XU's Annual Alternative Gift Fair, A Walk From Darkness for Suicide Prevention, International Yoga Day, as well as performing for numerous fundraisers & church services, in hospitals, restaurants, schools, & more. He's also performed in Denmark in a community school, hospice & nursing centers, & restaurants. His main instrument is guitar, but he also plays Native American flute, piano, bass guitar, & banjo. Dan has composed over eighty songs and released four recordings of his originals, including one for children.

He also created a meditative, multi-media concert he calls Oasis, which he's performed numerous times. In addition, Dan has also authored & published two books: *Caterin's Story and Yoga* and *the 21st Century Man, Fitting Yoga into a Busy Man's Life* (co-authored with mentor, Roger Null). [www.DanErdman.com](http://www.DanErdman.com).

**Yoga Overview:** Yoga techniques will be exercised to focus on calming and centering presence. By discussing individual needs, Dan's instruction will address discomfort experienced by held stress. Simple, invigorating poses will help participants activate stress relief in simple, accessible ways.

**Music Overview:** In each 15 minute cycle, I will play very calming, centering instrumental original or cover music on my Native American flute, Keyboard, or guitar for just a few minutes. All covers are my instrumental arrangements. If applicable, I like to use my projector to display a list of songs and ask attendees to pick songs from the list that help them feel good OR that help them focus on thoughts that feel good. The idea is to inspire each create their own personal playlist to help them feel good going forward. I plan to play each song chosen until we run out of time, projecting the song lyrics on the wall, screen, or TV. I would play the song and lead the group in singing each, if they would like. Of course, they can just listen if they prefer.



### IAN FORSGREN

Ian Forsgren shares his work with, "I have the privilege of experiencing movement in various ways all the time. When I get to teach, there is nothing more empowering and beautiful than seeing all types of people experience and engage their body, mind, and spirit, taking the time to be present and aware, getting one step closer to a deeper connection to the self and environment, and at the same time gaining strength, flexibility, clarity, coordination, bits of wisdom and insights, and ultimately walking away feeling better than before. This is what keeps me moving. The knowledge and growth from every experience is infinite, always. I live in a world where we come together, care about our bodies and our energetic beings, encourage one another in the process of fine-tuning our unique instruments, and have a blast doing it! I live in a world that dances, is energetically charged and full of endless possibilities and am forever thankful to be involved in such a motivating moving community." [pones.org](http://pones.org)

**Meditation / Movement & Healing Overview:** Participants will be welcomed and guided through a session of mindful movement and meditation. An introductory energetic and somatic warmup will ease participants into a space for creating, sharing, and mirroring movement gestures inspired by the reflective prompt: *How do I feel? How do I want to feel?* This exercise will help create a sensational experience of empathy and community through movement that is shared. To finalize the experience, participants will be

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invited to settle into an easeful position to pause and rejuvenate in meditation, surrounded by sonic healing vibrations of three authentic crystal singing bowls. Participants will have an opportunity to share their takeaways and ask questions, as well as examine how they may be able to use these tools for rejuvenation in their daily lives. This template can be molded and modified to suit the needs and comfort of participating individuals. Participants are always encouraged to participate in any capacity that they are comfortable.



### JULIE LOCKER

Julie Locker's career in the performing arts began with ballet classes when she was four years old, so she understands the power of arts education to change hearts and minds. She is proud to teach with Pones because she gets to see so much diversity in her classes, and because she teaches not just technique, but the use of movement to express inner truth.

**Meditation / Movement & Healing Overview:** As a participant, you will be guided through a series of movement exercises and a meditation inspired by the mantra, "Pause. Create. Rejuvenate." You will pause their workday to experience their emotions in an embodied way, first by using gesture to physically represent the emotion, and then, in the final meditation, by identifying where in the body you experience the emotion.



### KELLY RICHEY

Kelly Richey is an award-winning blues musician, poet/songwriter, guitar teacher, life coach, spiritual director, and inspirational speaker. She has made her mark through the power of her voice – figuratively and literally. In 2009, Kelly began her journey as a life coach and gained certifications as a Dream Coach and True Purpose Coach. In 2015, she graduated the WWf(a)C Conscious Feminine Leadership Academy and weaves writing practices into her coaching and teaching practice. Kelly founded Women Writing for (a) Change + Mobile, an affiliate school that takes the WWf(a)C circle practices on the road. In

2019, Kelly completed her training in the Art of Spiritual Direction, at Wellstreams, through the Spirituality Network, in Columbus, OH. Today Kelly is a Health and Wellness Professional and is a member of the International Association for Wellness Professionals, working with clients to take a 360 Wellness approach to a balanced holistic life.

Kelly holds several life-coaching, personal, and spiritual development certifications, including: Certified True Purpose Coach™ and True Purpose Coach Group Leader™; Certified Dream Coach™ and Dream Coach Group Leader™; Certified Facilitator, Women Writing for (a) Change®; Trained in Parts Work, Voice Dialogue, and Shadow Work; Spiritual Director, trained at Wellstreams Spirituality Network, in Columbus, OH, and a member of Spiritual Directors International (SDI); Health and Wellness Professional, and a member of the International Association for Wellness Professionals. [www.kellyrichey.com](http://www.kellyrichey.com)

**Music Overview:** During each session, experience the healing power of music by Kelly Richey as she plays blues guitar, handpan, and Native American flute for a mix of popular blues and original music, sharing stories handed down by other artists and stories of my journey as an artist. Music is a powerful tool for inspiration and restoration. Whether through the stories and sounds that blues music offers or the calming sounds that meditative instruments offer-- instruments like the handpan and Native American flute. Music is a common language that helps us build connections with ourselves and others.

### Kelly Richey and Tami White, "Self-Care Providers"

**Yoga Overview:** As Self-Care Providers, our mantra is "one breath, one stretch, one affirmation, one minute at a time." We will offer breathing exercises, seated and standing chair yoga poses, and wellness tips during our engagement exercises. Each activity can be implemented throughout your day, one minute at a time! This delivery of these engagement exercises will be supported by the healing music of the handpan for a complete wellness experience. Few people have time in their schedule for daily self-care, so our program offers Creative ways to Pause and Rejuvenate throughout the day-- whether at work or home.

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### KYLE MEADOWS

Kyle has worked as a potter, scientist, and teacher. He now plays the hammered dulcimer full time and is known locally and nationally as one of the finest hammered dulcimer players available. A performer with the Kentucky Arts Council, Cincinnati Artswave, and the Cincinnati Arts Association, Kyle has shared the stage with such internationally known acts as Mark O'Connor, the Cincinnati Symphony Orchestra, Homer Ledford, and Ralph Stanley, Jr. Kyle plays for a variety of events including festivals, parties, weddings, and receptions. He also performs healing music in hospices, hospitals, and oncology centers for the Arts in Healing Initiative. Kyle has a comfortable, almost effortless approach to his instrument, and to the variety of songs he adapts to it. To hear his music is to be

soothed, uplifted and delighted: [www.kylemeadows.com](http://www.kylemeadows.com)

**Music Overview:** I often improvise by transitioning from one song to another, changing keys, and eventually reverting back to the original song. Every note I play, regardless of the song, is a devotion. The music does not come from me. It comes from a higher place, and travels through my heart and soul, out of my arms, across the instrument, and into the ears of any willing listener. There is a pause between every note I play, each new note is a creation, and the sound vibration of each note is constantly rejuvenating to both me and the listener.



### LAUREN SCHLOEMER

Lauren Schloemer is a graduate of Northern Kentucky University, earning a degree in Music Education with an emphasis in Orchestral Studies. She currently teaches lessons at the historic Herzog Studios in Cincinnati and Northern Kentucky University where she instructs fiddle, violin, viola, cello, and beginner mandolin. She is a sought after studio musician as a vocalist and multi-instrumentalist and performs regularly in various bands, mainly Hickory Robot. Hickory Robot is an original newgrass band that has been nominated for

several Cincinnati Entertainment Awards for "Best Bluegrass Band" (2011- 2018) and "Album of the Year" (2012) for their sophomore release, "Sawyer". Lauren joined the Arts in Healing team in late fall of 2015 and enjoys performing a variety of styles of string music for the patients, friends and family, and staff. When not rehearsing or performing, Lauren enjoys gardening, hiking, and camping. [laurenschloemermusic.com](http://laurenschloemermusic.com)

**Music Overview:** Performing the violin/fiddle, ukulele, and vocals I leverage my sense of the staff's energy and level of stress, activity, peace, etc. to determine the best volume dynamic and song choice. I introduce my music often with familiar songs to generate a connected space. The list of music I play varies in tempo (slow to fast speeds), minor (sad/longing), major (happy joyful), popularity, and style. I design the experience mindfully depending on how the see participants are reacting to the music and environment. If I can bring a smile to someone's face or hear someone singing along with me, I know my energy is flowing in the space harmoniously.



### NAT CHAITKIN

Nat enjoys a wide-ranging career as a cellist, teacher and advocate for concert music. He has made several appearances as a soloist with orchestras and has been heard in recitals on CBC Radio, on WFMT Chicago's Dame Myra Hess series, at the National Gallery of Art and the Banff Centre. He has recorded for Albany Records. He teaches at the Preparatory Division of the University of Cincinnati College-Conservatory of Music. He is a member of the Cincinnati Chamber Orchestra and the ProMusica Chamber Orchestra.

In 2012, Nat was awarded the City of Cincinnati's Artist Ambassador Fellowship, giving him the opportunity to reach new audiences. His program, called [Bach and Boombox](#), places classical cello pieces alongside pop recordings. He is the co-founder of [4-Way](#), Cincinnati's community-based string quartet, whose education program, [The 4-Way String Project](#), offers free lessons and chamber music instruction to economically disadvantaged youth.

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### PAM JURGENS

Pam Jurgens is a Celtic harpist with the Cincinnati Arts Association's Arts in Healing Initiative. She plays her harp at Hospice of Cincinnati, The Cincinnati Veteran's Hospital and the Good Samaritan Hospital Infusion Center. Her deepest intention is to offer a healing, comforting, and calming presence, for patients and families as they face a most difficult and stressful time in their lives.

Pam is also a music educator. She taught elementary school music for over twenty-five years and presently teaches at the Wyoming Fine Arts Center. In addition to her solo work she is also the harpist for Midnight Rose, a harp, flute, violin trio that performs in the Cincinnati area. [www.midnightrosetrio.com](http://www.midnightrosetrio.com)

**Music Overview:** Pam will play meditative music on the Celtic Harp, and welcome participants to play the harp themselves. I have had several great experiences with participants playing on my harp. Either on my very light full size 15lb. harp or the traditional heavier Aberdeen, touching a harp for the first time is a transforming experience. Most people have never even seen a harp close up. When I first saw one I honestly was afraid to even touch it! I know how they feel. It is amazing to see their faces light up! We will also have chimes available for participants. Pitches between instruments harmonize perfectly because they are pentatonic. (Fancy word for pitches that sound awesome together.) Participants feel the vibrations of the harp and it's rejuvenating effect on their body and breath.

### PAM JURGENS & AMY DENNISON

**Music Overview:** We love to improvise. We start with something simple like this: (Pam plays an arpeggiated chord and Amy adds a melody.) We then continue and invite participants to join us, playing assorted percussion instruments such as rainsticks, rav drum, and a variety of percussion folk instruments. We will finish our short presentation with a song that will uplift you and keep you humming.



### WILD CARROT

This Cincinnati-based, award-winning duo pleases all types of Americana and Roots music fans. With a foot in traditional American music, their repertoire branches in diverse directions: from award-winning original tunes to swing, blues and traditional songs, using guitar, mandolin, dulcimer, concertina, and vocals. Wild Carrot's entertaining and moving performances have often been described as "honest, soothing, uplifting and fun all at the same time", moving an audience from laughter to tears and back again in a way that makes the listener feel like they're in a conversation with old friends. All of this adds up to a musical experience that's been described as "seamless", "life-sized complex, subtle and powerful" and "a joy". [www.wildcarrot.net](http://www.wildcarrot.net) | Facebook and Instagram: wildcarrotmusic

**Creative Expression through Written Word Overview:** In a classic experiment, James Pennebaker, PhD., University of Texas, showed that writing about emotions, trauma, or other stressors for just 15 minutes\* can lead to profound positive changes in mental and physical health. Join us for just 15 minutes to slow down, listen inward, create a community poem, write a story, share a trauma, tell your truth. We'll provide writing prompts, journals, and supplies to help you do this. Putting it down on paper can be like laying your burden down. You'll walk away feeling lighter, part of a community, energized. Give this small gift to yourself; switch on a different part of your brain, invite yourself to a space which allows for deeper creative thinking. We'll meet you at the still point. \*15 minutes per day over 6 months.

**Music Overview:** Music can make you laugh or cry, jazz you up or calm you down. It's good for the soul. Music may even lower your blood pressure a tad. The Chinese character for medicine includes the character for music. In ancient Greece, music was used to ease stress, promote sleep, and soothe pain. Native Americans and Africans used singing and chanting as part of their healing rituals. Pam Temple and Spencer Funk (aka Wild Carrot) will facilitate calm with soothing vocal and instrumental music, encourage singing along with well-known songs like "What a Wonderful World", and offer rejuvenating energy through music that gets toes tapping. Plan to spend 15 minutes listening and singing along to the vocals, guitars, mandolin, concertina, and dulcimer of Wild Carrot. You can close your eyes and relax, make a request, or tap into your creative energy by leading a song!

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