

Pause. Create. Rejuvenate.

Arts in Healing Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14
<p> Bethesda Butler 11:30a-1:30p By the Café Pam Jurgens, Celtic Harp</p> <p> Pavilion 11:30a-1:30p Central Area Conference Room Lauren Wilson, Musician</p> <p> Western Ridge 11:30a-1:30p Conference Room Kelly Richey, Musician</p> <p> Norwood 11:30a-1:30p Wesley Cafeteria Kyle Meadows, Hammered Dulcimer</p> <p> HOC Blue Ash 11:30a-1:30p Chapel Soul Palette, Artist</p> <p> Norwood 11:30a-1:30p Wall St. Cafeteria Amy Dennison, Artist</p>	<p> Norwood 11:30a-1:30p Wesley Conference Room 2 Soul Palette, Artist</p> <p> HOC Anderson 11:30a-1:30p Chapel Amy Dennison, Artist</p> <p> Women's Center Kenwood 11:30a-1:30p 4th Floor Conference Room Lauren Wilson, Musician</p> <p> McCullough-Hyde 11:30a-1:30p Cafeteria Wild Carrot, Band</p> <p> Good Samaritan 11:30a-1:30p Cafeteria (Behind Registers) Kyle Meadows, Hammered Dulcimer</p> <p> Thomas Center 11:30a-1:30p Lobby Pam Jurgens, Celtic Harp</p> <p> Bethesda North 11:30a-1:30p Cafeteria Dan Erdman, Musician</p>	<p> Baldwin 11:30a-1:30p Cafe Amy Tuttle, Artist</p> <p> Arrow Springs 11:30a-1:30p Front Lobby Pam Jurgens, Celtic Harp</p> <p> HOC Hamilton 11:30a-1:30p Conference Room Amy Dennison, Artist</p> <p> Baldwin 11:30a-1:30p Cafe Kelly Richey, Musician</p> <p> Evendale 11:30a-1:30p 1st Floor Lunch Room Dan Erdman, Musician</p> <p> Bethesda Butler 11:30a-1:30p By the Café Kyle Meadows, Hammered Dulcimer</p>	<p> Good Samaritan 11:30a-1:30p Cafeteria (Behind Registers) Lauren Wilson, Musician</p> <p> Bethesda North 11:30a-1:30p Cafeteria Wild Carrot, Band</p> <p> HOC Twin Towers 11:30a-1:30p Central Common Area Amy Tuttle, Artist</p> <p> Baldwin 11:30a-1:30p Cafe Soul Palette, Artist</p> <p> McCullough-Hyde 11:30a-1:30p Cafeteria Dan Erdman, Musician</p>	<p> HOC Anderson 11:30a-1:30p Chapel Kelly Richey, Musician</p> <p> HOC Blue Ash 11:30a-1:30p Chapel Wild Carrot, Band</p> <p> HOC Hamilton 11:30a-1:30p Chapel Dan Erdman, Musician</p> <p> HOC Twin Towers 11:30a-1:30p Central Common Area Pam Jurgens & Amy Dennison</p>	<p> Thomas Center 11:30a-1:30p Lobby Kelly Richey, Musician</p> <p> Bethesda North 11:30a-1:30p Cafeteria Kyle Meadows, Hammered Dulcimer</p>
					Sunday
					15
					<p> Good Samaritan 11:30a-1:30p Cafeteria (Behind Registers) Wild Carrot, Band</p>

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Arts in Healing Artists

AMY DENNISON - 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 - Participants are invited to engage in both individual and collaborative expression through prompt guided sculpture and collective mural making.

"SOUL PALETTE" - 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!

DAN ERDMAN - 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.

KELLY RICHEY - 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.

KYLE MEADOWS - 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.

PAM JURGENS - 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. We will also have chimes available for participants. Pitches between instruments harmonize perfectly because they are pentatonic. Participants feel the vibrations of the harp and it's rejuvenating effect on their body and breath.

PAM JURGENS & AMY DENNISON - 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 - 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!