



## Artwork at The Springs

"At the deepest level, the creative process and the healing process arise from a single source. When you are an artist, you are a healer; a wordless trust of the same mystery is the foundation of your work and its integrity."

– Rachel Naomi Remen, MD, author of *Kitchen Table Wisdom*

From the beginning planning of *The Springs*, art was included in the vision, to create sacred, healing spaces. As the new wing was being planned, a local artist working at the Clifton Springs Historical Society, came with an idea from the New York State Council on the Arts. The Council was encouraging projects that moved artwork out of museums and galleries and into the public domain. A grant was written that focused on supporting healing through art at *The Springs*. A number of local artists had recognized the healing effect that art can create and wanted to have their work incorporated into the design of *The Springs*.

*The Springs* engaged these artists and proposed a living gallery, in which the artwork was to be integral to the décor of the rooms and would be available for purchase. The artists will replace works that are sold and *The Springs* will have renewed artwork. A notebook about the artists and their work, including the price of each piece, resides in the waiting room. You are encouraged to participate in this living gallery, enjoying the pieces that have hung and **you are encouraged to purchase pieces that speak to you!**

## Meet Some of the Artists!

**Mary Freida** has been creating baskets since 1995. Her baskets are composed of natural materials that are collected or grown by her. Some of the materials that she uses are birdhouse gourds, willow, cattails and black ash. Mary has studied with black-ash basket-maker John McGuire, English willow basket-maker Bonnie Gale and Canadian sculpture weaver Ankaret Dean.

Mary has given basketry classes throughout the Finger Lakes region. As co-owner of Swamp Reed Basketry their display was named best of show at the Keuka Arts Festival. She has presented at various juried art shows throughout this region. She also presented her one-woman show at the Gallery On Main Street in 1997 to rave reviews, showcasing basketry, sculptures and twig furniture.

Recently Mary has been expanding her artistic creativity to oil painting. She has been studying with local artists Pat Rini Rohrer, Barb Dolye and Dick Kane. Her creativity continues to grow with each innovation.

Mary Freida is a Registered Nurse who currently works as an Adjunct Clinical Medical/Surgical Instructor for the RN program at Finger Lakes Community College. She also works as a Home Care Coordinator for Lifetime Homecare and is co-founder of *The Springs*!



### THE SPRINGS' SERVICES:

#### NATUROPATHY

Clinical Nutrition  
Botanical Medicine  
Homeopathy  
Hydrotherapy  
Counseling

#### HYDROTHERAPY

Sulphur Baths  
Hydro-Massage  
Constitutional

#### CHINESE MEDICINE

Acupuncture  
Chinese Dietary Therapy  
Chinese Herbal Medicine  
Tuina (Body Work)  
Qi Gong

#### CHIROPRACTIC

#### HOLISTIC NURSING CONSULTATION

#### HYPNOTHERAPY

#### MASSAGE

Relaxation  
Deep Tissue  
Pregnancy  
LaStone Therapy  
Chair Massage

#### ENERGY MEDICINE

Healing Touch  
Reiki  
Therapeutic Touch  
Cranio-sacral Therapy  
Feldenkrais®

#### SPA SERVICES:

Facials and Cosmetics  
Body Treatments  
Waxing  
Manicures & Pedicures

#### MUSIC FOR HEALING AND TRANSITION

The Harp

To register for classes  
or to schedule a service  
call **The Springs** at  
**315-462-0390**



# Kripalu Hatha Yoga

## D A T E S :

Wednesdays  
6 p.m. – 7 p.m.  
July 12, 29, 26;  
August 2, 9, 16, 23

## P L A C E :

Third Floor Dining Room  
Clifton Springs Hospital/  
Nursing Home

## T E A C H E R :

Don Plano

## P R I C E :

**Summer special:**

**\$10/class**

**Pre-registration required**

If you want to deeply connect with your body, mind and spirit, and feel that resonate throughout your entire life, Kripalu Yoga is what you've been looking for.

### **For the body:**

Stretches and tones muscles  
Release tension  
Improve circulation  
Energize and refresh.

### **For the mind:**

Calms restless thoughts;  
Cultivates concentration;  
Mental clarity and confidence  
Promotes self-awareness.

### **For the spirit:**

Connect to the Self  
Encourages self-acceptance  
Honors inner wisdom  
Invites deep stillness.

This is gentle Yoga, giving your body permission to do what it can do.

Bring a mat or blanket and pillow. Wear loose fitting clothes.

## M O V E M E N T I S L I F E !

# Feldenkrais: Somatic Education

In this class, students are verbally guided through a sequence of gentle movements for approximately 45 minutes. The lessons can be done sitting, lying, standing or sitting on the floor. These movements help you to move more freely without pain, improve flexibility, coordination and balance, lessen stress, tension and fatigue.

Bring a mat or blanket for lying on the floor; wear loose, comfortable clothes.

**Date/Time:** Thursdays, 7:00 p.m.

**Place:** Clifton Springs Hospital

**Price:** \$12/session or \$60/6 sessions.

Please contact instructor, John Sawyer, 585-377-5973 directly for other class days and times and exact location. **Pre-registration is necessary**

# Medical Qi Gong

QiGong is the ancient Chinese art of physical fitness, relaxation and meditation for enhancing health. Qi (energy) Gong (work) is the most ancient of all Chinese healing modalities. It encompasses meditation, visualization, breath, exercises, sound, stretches and self-massage.

**Date:** Every Monday 12:05 to 12:55 p.m.

**Price:** \$5 per session

**Place:** Third Floor Dining Room, Clifton Springs Hospital/Nursing Home

**Instructor:** Les Moore, ND, MSOM, L. Ac., Amy Voishan, ND, MSOM, L.Ac.

# Seniors On The Move!

Come join in on a fun class that provides simple movements from Yoga, Tai Chi, or Qi Gong practices, with a focus on each practice for several sessions. These exercises help improve strength, mobility, balance and feeling of well-being. They are suited for people of all ages who may be experiencing limited mobility or even for wheel-chair bound folks. Come for any or all of the classes. All Seniors from the community are welcome! **No class fee.**

**Date:** Each Tuesday from 1:00 p.m. to 2:00 p.m.

**Place:** Lounge of the Spa Apartments, Ground-level

**Price:** No fee

**Teacher:** Les Moore, Naturopathic Doctor, Master of Oriental Medicine, Licensed Acupuncturist Call *The Springs* to be sure Dr. Moore is available for the Tuesday you are coming.

*You Are Invited To Nature's Health Club*

(The Finger Lakes of New York)

A S P E C I A L E V E N T ! ! ! !

# Living Well in the Finger Lakes

Kershaw Park, Canandaigua

**Saturday July 8, 2006 • 10 a.m. – 3 p.m**

Join the Springs and the many other member organizations of Nature's Health Club.

Fishing Demos and Trials...Windsurfing on Land...Water Bikes...Kayaking...Yoga...

Blood Pressure Checks...Pilates...TaiChi...Massage...Water Safety...

Sunscreen Detection Beads...Hiking and Biking Map Giveaways...Gardening Tips...More!

Go to [www.natureshealthclub.com](http://www.natureshealthclub.com) !!!

F I R S T D E G R E E

## Reiki Workshop

Seeking a natural form of healing? Learn how to perform Reiki on yourself and others. Following completion of this class, you will learn how to balance the energy systems of the body and learn how to use Reiki in emergency situations (i.e., illness or injury). Some of the benefits of balancing energy are maintaining a healthy state, reduction in use of medication, improved recovery time from illness, injuries, or surgical procedures. In addition, you will learn how Reiki is used in a hospital, hospice or home setting. This is the first of two levels of Reiki necessary to become a full practitioner. No previous experience is required. 16.0 AHNA CE credits

**Date/Time:** Saturday and Sunday, July 29 & 30 and September 30 & October 1, 2006  
9 a.m. to 4:30 p.m.  
**Place:** *The Springs*, Clifton Springs Hospital  
**Price:** \$150 **Pre-registration essential**  
**Teacher:** Janice McNamara, RN, BSN, Reiki Master, Associate Polarity Practitioner

S E C O N D D E G R E E

## Reiki Workshop

The Reiki Second Degree Workshop is for those wishing to continue to work with the tools provided in the First Degree Workshop and to expand their knowledge in the field of energy healing. Workshops include workbook and certificate. Participants are full practitioners at the completion of Second Degree. Learn the special techniques for the expansion of Reiki healing: Increase channeling power for the healing process. Address mental and emotional problems with special techniques. Utilize Reiki for absent healing. Receive another series of meditative attunements. Open intuitively to information while conferring with clients. Review energy anatomy and assessment. Ethical considerations, latest research, and information on Reiki's integration with Allopathic Medicine. How to document client information for those going into private practice

**Date/Time:** Saturday and Sunday November 18 & 19  
9:00 a.m. to 4:30 p.m.  
**Place:** *The Springs*, Clifton Springs Hospital  
**Price:** \$500. **Pre-registration necessary**  
**Teacher:** Janice McNamara, RN, B.S.N, Reiki Master, Associate Polarity Practitioner

U N D E R S T A N D I N G

A N D D E V E L O P I N G  
Y O U R I N T U I T I V E  
G I F T S

## Developing Awareness Class

This workshop will help you develop the intuitive gifts that you currently possess and introduce you to a variety of methods to access your inner most voice. Through journaling and group participation, you will continue to integrate the information you receive and learn to put it to practical, everyday use in a safe and supportive environment.

**Date/Time:** July 11, 6:30 to 9:30 p.m.  
**Place:** *The Springs* Office  
**Cost:** \$50  
**Teacher:** Janice McNamara, RN, BS, Reiki Master Teacher, Associate Polarity Practitioner.

## Women's Healing Circle

The Women's Healing Circle meets monthly. A variety of advanced healing techniques will be used in a safe and supportive environment to assist in clearing childhood wounds and old behavior patterns that hold you back in health, relationships, and careers. Some of the healing techniques used will begin with different forms of meditation to access childhood and any significant memories that arise. In addition, time will be spent on creating future potentials.

**Date:** Six Sessions, third Tuesday each month:  
June 20, July 18, August 15, September 19, October 17, November 14, 2006  
**Time:** 6:30 to 8:30 p.m.  
**Price:** \$180 for 6 month series starting in July  
**Facilitator:** Janice McNamara has a Bachelors Degree in Nursing and teaches Reiki and advanced energy techniques. She uses the modalities of Reiki, Polarity, Guided Imagery, Past Life Regression, and Inner Child work as a way to consider all aspects of life in the healing process. *Contact The Springs* at Clifton Springs Hospital, 315-462-0390 for **required registration**. Participants must contact *The Springs* if they are not able to attend a session, and new members must call to register.

## Pathway Portraits

Each portrait is an essence of a time and space that contains aspects of your personal power and your current life journey. These portraits may reveal your strengths, weaknesses, talents, gifts and vision, which can be used as a tool in helping to heal the mind, body and soul, to soothe the spirit and empower the will. Included are inspirational texts, meditations and practices that heighten personal awareness.

*Create a self-portrait that interprets aspects of your person power!*

**Date:** Saturday July 8, 2006, 10 a.m to 12 noon  
**Place:** 3rd Floor Dining Room, Clifton Springs Hospital  
**Price:** \$35, includes all supplies  
**Teacher:** Kim Bellavia, Artist, Coordinator of Springs Artworks

Clifton Springs Hospital & Clinic  
The Springs  
2 Coulter Road  
Clifton Springs, NY 14432

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## *Artwork at The Springs continued*

**Julia Stewart**, [www.julia-stewart.com](http://www.julia-stewart.com), a native of Los Angeles, CA, and a graduate of Art Center College of Design in Pasadena, has lived in Geneseo, NY, for the past 19 years. She is an artist with over 20 years of freelance experience in commissions and gallery exhibitions. Julia showed her abstract and landscape paintings in the Nan Miller Gallery in Rochester, NY for 12 years, then became interested in visionary art. Mandalas and experimental energy drawings were her introduction to a whole new experience of sacred art. Two Visionary Art Intensives with Alex and Allyson Grey at Omega Institute in New York State further encouraged her to explore the inner worlds, tapping into our Source.

Since 1977, Julia has been connecting with people's higher selves, making Soul Mandalas, Angel Paintings and, more recently, Soul and Spirit Drawings on commission. She also teaches drawing classes in her home for kids, art classes for high school students through a local program, gives mandala workshops for adults in various metaphysical bookshops, schools and special gardens and (her favorite) in local migrant camps in the summer and fall. Julia feels that her mission in life is to bring beauty, spiritual light and healing through her art to as many people as possible.

### ***Janelle Almstead,***

[www.somethingsestudio.com](http://www.somethingsestudio.com), is a graduate of eastern Michigan University with a Bachelors in Fine Art, with core studies in Graphic Design and Drawing. She does mixed media work in painting, textiles, murals, photography and plaster relief, forming dimensional artworks. Some of her pieces are interactive with viewer, as they open doors or press buttons to enter into the artwork.

Janelle is a member of the Arts and Cultural Council for Greater Rochester, The Professional Association of Custom Clothiers, the Elizabeth Gallery and the founder of the Gallery Without Walls. Her work has been exhibited in the Genesee Valley Quilt Club's 2000 Magical Threads Quilt Show, The Pink Salmon Gallery and The Gallery Without Walls traveling art exhibit throughout Monroe, Wayne and Ontario Counties. Her medieval bridal attire has been displayed in several area bridal shows and can be viewed in her show room and enchanted website.

**Jeff Bowe** ([jbrainbowtext@yahoo.com](mailto:jbrainbowtext@yahoo.com)) is a self taught professional artist who has spent the greater portion of his life developing his creative gift. He has spent the last 20 years exploring the relationship between radiant color energy and the states of inner awareness that respond to color therapy.

His pursuits of the beneficial aspects of radiant color therapy have led him to areas of great resource and rejuvenation. These places are meditative in nature. They exist in deeper and higher planes of consciousness. Very special arrangements of color that express the vibrational character of these wonderful places are located through out Jeff's work. The paintings are, in effect, doorways which offer a unique view of the heavens and the earth.

Jeff demonstrates his discoveries in radiant color energy, by helping others to experience for themselves the numerous beneficial aspects of therapeutic color energy. He believes that applied color therapy can imbue the spirit of well-being and open the doors to more meaningful pursuits, while offering helpful access for resolutions of daily or long term challenges.

His richly endowed images vibrate with living colors in homes, businesses, sanctuaries, schools and hospitals.

Drawing has been **Marlene Logary's** ([Logory@webtv.net](mailto:Logory@webtv.net)) love since childhood. It grew to telling stories while drawing for her own children and those at St. Joseph's Villa and then to her grandchildren.

Marlene is currently retired from a private business as a personal development trainer. She holds a B.S. from SUNY Brockport and an M.S. from Rochester Institute of Technology. Her first art class was from Anne Haverson. Through the door of grief she learned the many gifts of art for herself. She paints in watercolor and, in the past few years, has been one of the Bing Thayer's abstract students. "This medium provides me enormous freedom. I never know where I'm going when I begin, only that I love the journey!"

All works are originals. No copies are made!

Other artists at *The Springs* include: Denise Guttadauro, Photographer; Mary Weiss, watercolors (from a private collection); Charlotte Wytias, photography; Kim Bellavia, Multi-media artist—Kim will be teaching a class for *The Springs*, entitled Pathway Portraits (see the class listing for dates)