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**GALLERY HAPPENINGS: JULY 13 – AUGUST 31, 2016**

“OUTSIDE IN – NATURE’S MEDICINE” is an exhibition of beautiful photography featuring images of nature by **GALLERY 14**, a local co-op gallery of ten photographers and artists. It is one of a handful of galleries in New Jersey dedicated solely to the presentation of fine art photography. The show has been created in partnership with the **HOPEWELL VALLEY ARTS COUNCIL**.



For centuries, we have known that there is a healing quality to nature. Whether you are listening to the leaves blowing gently

in the breeze or stopping to smell the roses, time spent outside in nature is restorative and healing. For many people, experiencing the outdoors and connecting with nature is a source of regeneration,

inspiration and renewal. A growing body of science is now showing that looking at natural scenes through a window or viewing them in artwork can provide many benefits as well. Images of nature and its elements can aid in the healing process by relieving stress and anxiety. Powerful natural imagery can help to instill hope in overcoming adversity, acceptance of the changes that follow illness, and cope with loss. Experiencing nature and appreciating the earth’s immense beauty can have a positive impact on our lives and our health.

We are pleased to be able to showcase Mother Nature, the ultimate force of power, beauty and healing, in this exhibition. Nature provides a constant reminder of the circle of life and is a potent medicine for the rejuvenation of our souls. We hope that these beautiful photos of nature will provide color, comfort and hope to patients, caregivers, loved ones and guests at Capital Health Medical Center – Hopewell.

**GUEST BLOGGER — Jane Zamost, Artist and Volunteer**

Interested in learning about how these precious dolls were created? The answer is quite simple. The idea originated from a very astute and imaginative pediatric patient. At the patient’s bedside, we

assembled the many materials found on our well-stocked cart of the Healing Hands Mobile Art Program.

Q-tips lent stability to our dolls’ bodies while beautiful papers, yarns and local artist Dana Weekley’s mandalas were crafted, cut and folded over the Q-tips to fashion the stylish clothes. With a touch of glue, a splash of paint, and markers for eyes and glasses, our project was completed.

Did I mention how much fun we had in the making of this project? As Henri Matisse shared, “Look at life with the eyes of a child.” It is my belief that such a sentiment is the key to creativity and enjoyment at any age. The freedom to express one’s own vision void of rules and regulations helps us soothe our souls and excite our senses. Through the artistic



process, we are provided with unique healing opportunities.

“The medical profession has come a long way in recognizing the healing benefits of art. My hope is that someday the arts will be considered as significant in everyone’s life as breathing fresh air, eating clean foods, and performing physical exercise,” states Renée Phillips, founder and director of Manhattan Arts International.

At Capital Health Medical Center – Hopewell, the Healing Hands Mobile Art Program is doing its part. Interested in becoming a Healing Hands Art volunteer? E-mail [volunteer@capitalhealth.org](mailto:volunteer@capitalhealth.org).

## Help Wanted

For information about Capital Health volunteer openings or our programs, please e-mail [volunteer@capitalhealth.org](mailto:volunteer@capitalhealth.org) or call 609.303.4023.



### VOLUNTEER PROGRAMS

- Junior Volunteers Program (14 – 18)
- Adult Volunteers
- Pet Therapy Program
- Knitters
- Bumper T Clowns
- Auxiliary — Cookie Donation Program

Capital Health also runs programs with The College of New Jersey (Career and Community Studies Program), Rider University (Pre-Medical Studies) and Hopewell Valley Regional High School (Special Needs School Year Life Education Program).

### CURRENT VOLUNTEER OPPORTUNITIES

- Greeters (various departments)
- Gift Shop
- Emergency Department Liaison
- Escort Liaison
- Prescription Assistance Clinic Program
- Patient Advocate



### OTHER WAYS TO GET INVOLVED

- Join the Capital Health Arts & Healing Committee
- Volunteer at Capital Health Auxiliary Fundraising Events
- Join the Capital Health Auxiliary



## Capital Health's Kid Zone

The Capital Health Auxiliary would like to thank The Pennington Day Committee for inviting us to partner with them in hosting this year's Kid Zone at Pennington Day. Being a part of this wonderful community event gave us the opportunity to share our mission with our neighbors and raise \$2,009 for our Health Start Prenatal Clinic. Special thanks to Andrea Lewis, Capital Health Administration, our Public Relations/Marketing Department and our volunteers for their support in helping to ensure that our fundraiser was a huge success!



## CAPITAL HEALTH RECEIVES PENNINGTON DAY GRANT FOR THE HEALING HANDS MOBILE ART CART

**JOE LAWVER** and **WILLIAM COMPTON**, Pennington Day Grants Committee Chairs shared that, "Pennington Day has evolved from a small community picnic into a large granting organization for our community. This year, Pennington Day was able to issue 18 grants and thousands of dollars to individuals and organizations that depend on the money to keep their missions at the forefront of good work."

This year, Capital Health was delighted to be awarded a grant of \$100 for our volunteer-run Healing Hands Mobile Art Cart program. The traveling art cart provides patients with the opportunity to use art as a means of comfort, expression and healing. The cart is staffed entirely by volunteers and the grant will be used to purchase supplies.

Expressed by Wendy Ward the grant couldn't be more fitting to our mission. "The granting process is the heart that keeps this event beating throughout the year. It celebrates the feeling of community, the spirit of volunteerism and the treasures of a small community," she said.



*Jermeye Cohen, Director of Planning, Volunteer and Retail Services with Pennington Day Grants Committee Chairs, Joe Lawver and William Compton*

Interested in the creative process or have a desire to offer patients and caregivers an opportunity to engage in the arts during their hospital stay? Please contact us at **609.303.4023** or e-mail [volunteer@capitalhealth.org](mailto:volunteer@capitalhealth.org).