



As autumn arrives in full swing, Capital Health Volunteers and Auxiliary Members gear up for some favorite annual fundraisers as both groups continue to work every day to serve the patients and visitors at both campuses. Take a look inside this issue for volunteer spotlights, new volunteer faces, important save the dates, and seasonal treats!

We are always thankful for the great efforts of all volunteers at Capital Health.

Nancy Goodwin
Director of Volunteer Services

Chris DeFrancesco-Butrym
Auxiliary President

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THE ART CART

In our previous Volunteer Newsletter we introduced the Art Cart program bringing art to the patient's bedside. Linda Martin Mills, Manager of Guest Relations, obtained the grant funding through the Capital Health Foundation Women in Philanthropy to outfit and support the program.

An exciting addition to the art program that has been a part of the Capital Health tradition, our Art Cart is already staffed with ready and willing volunteers.

Our first Art Cart volunteer was an energetic, talented ball of fire — Danielle Costanzo, student at Hopewell Valley Central High School, joined our volunteer staff this summer. Danielle is a talented artist and personable young woman. She visited patients, inviting them to complete an art project. While some tried their hand at watercolor, others simply enjoyed the company.



Two new artists are joining our volunteer force this month — Jane Zamost, an incredible local artist and the creator of the oxen located at the main entrance; and Ruthann Traylor, director of the art program at HomeFront. Jane and Ruthann will visit patients through the fall, offering the chance to create expressive collage works, paintings, and jewelry design. Materials are varied and include canvases, muslin, beads, ribbon, and more to allow patients to create one-of-a-kind masterpieces.

Art is not always synonymous with healing, however studies have shown the act of creating something new can contribute to the body's healing process. Through art, patients are able to express emotions that may be otherwise difficult to share.

The Art and Health website states, "In healthcare settings, where a patient's sense of control is often lost or minimized, the arts serve as therapeutic and healing tools. By reducing stress, loneliness, and the perception of pain, the arts improve the patient experience and have a positive impact on health outcomes. These benefits further lead to shorter hospital stays, less need for pain medication, and enhanced patient adherence to treatment resulting in substantial financial savings for both patients and health organizations."

Linda has also been given a very large donation of a lovely assortment of yarn. Right now we are looking for talented volunteers who can knit or crochet and would like to work with patients on creating baby caps, hats for Oncology patients or create something beautiful for themselves. There are also a series of knitting looms that can be used by anyone with absolutely no knitting skills to create lovely hats and scarves. Please let me know if you are interested or know someone who is talented and creative!!

"Creativity is the serene wind that sails through our minds" — Anjan Katta

Thank you,

Nancy Goodwin

LOCAL ART COMES TO CAPITAL HEALTH

As a part of the Hopewell Valley Stampede through the Hopewell Valley Arts Council, Capital Health is hosting two oxen designed and painted by local artists.

Splendor in the Glass

Sponsor: Capital Health

Artist: Jane A. Zamost

Artist Design Statement

Elegance, power and harmony with nature – three qualities I hope visitors will sense when viewing, touching and responding to “Splendor In The Glass.”

To convey these characteristics, prominent areas of green, brown and bronze created in paint and mosaic dominate the design vocalizing these meanings:

- Green, the color of growth, calm and renewal. It is said that green, being a combination of yellow and blue, holds the optimism of yellow with the emotional calm of blue;
- Brown, the color of stability and support provokes viewers to witness the power of the ox. The green/brown combination, aside from illustrating nature's beauty, also symbolizes rejuvenation and balance; and
- Bronze, a color of strength, durability and brilliance presents the final stroke to this artistic endeavor.

Recycled materials have been incorporated whenever possible and include glass, mirrors, stone and china. As an artist, I strive to find the beauty in that which has been cast aside. It is a reminder to us all that one person's garbage is another's treasure. Demonstrating to visitors that something traditionally discarded can be manipulated and transformed into beauty is, to me, the magic of the artist. Where better to make this come to life but in art, and more specifically, to kick off The Stampede, the groundbreaking and first major project of the Hopewell Valley Arts Council?

