

LIVING ART of Montana

SPRING NEWS 2007

We thought you might enjoy a brief update of happenings at Living Art these days - - -

Coming up -

Gardening for Life...

for adults who have physical limitations to ground level gardening. This class provides participants with easy access, raised beds, socializing with others with similar limitations, and an increased sense of well-being and stress reduction.

Continuing Medical Education...

is a weekend workshop slated to begin in summer that will offer approved, professional credit for MD's, PA's, NP's and RN's.

Our president, Beth Ammons, MD, with Lori Mitchell, RN, will be giving a major presentation along the lines of our workshop at the annual conference of the American Holistic Medical Association in June.

Creativity for Life...

offers a Living Art workshop every Saturday morning for ten Saturdays, four times a year. The objective is to give participants more access and opportunity, to develop program consistency, and to receive more referrals from the Missoula healthcare community.

This workshop offers people with illness or loss a chance to experience a variety of structured art activities on a more continual basis.

Our Newest Challenge...

In mid-March we received an amazing and thrilling challenge. One of Living Art's long-time supporters called on us to match an \$8,000 gift, dollar for dollar, by June 1. This is completely separate from the Light Show.

Talk about a challenge! On April 30, our matching effort topped out at \$8,245. A huge, huge. Thank you to all of our friends and supporters who made this happen.

Because so many of our participants are carrying heavy financial burdens due to their illnesses, Living Art is committed to making our service programs free of charge.



THE LIGHT SHOW

FUNDRAISER
FOR
LIVING ART

Dedicated to Hedvig Rappe-Flowers

may
18
2007

Our 3rd Annual "The Light Show 2007" fundraiser will be on Friday, May 18, at the Hilton Garden Inn. We hope you make plans to attend this festive event.

30 artists have contributed creative lights and mirrors, and 43 sponsors have committed to supporting The Light Show. Join us over hors d'oeuvres during a garden reception with live music. Dinner will be served, followed by live auction with John Engen as auctioneer and Sheila Callahan as emcee. Raffle items and silent auction items add to the event. Dress is "Montana formal with a twist." Don't be surprised if you see people even incorporating lights into their outfit!

Tickets are \$50/person or \$375/table of 8 and are available at Worden's or Rockin Rudy's or by calling Living Art at 549-5329.

Help us to brighten other's lives, one lamp (or mirror) at a time!

We Are Grateful To Our Sponsors:

GLISTEN

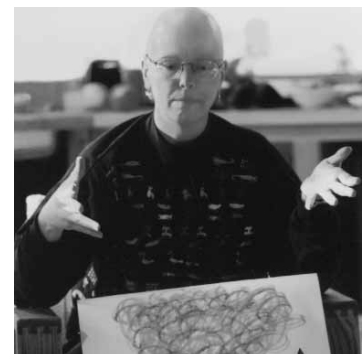
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January

Camp Make-A-Dream Workshop

Youpa Stein, Beth Ammons and Lori Mitchell put on a weekend mask-making and poetry workshop at Camp Make-a-Dream for 35 young adults living with cancer.

One participant with eye cancer shared her feelings...

*"The low roar of voices echoes in my ear
I look around wondering, do I really belong here?
I am the same but then I'm not
Why did God give me this horrible pain I've got?
I have cancer and that makes me a freak
I say hi to kids. They stare but refuse to speak
In the middle of this crowded room I want to scream
To look normal is my only dream."*

February - March

Stress Reduction through Movement

Lori Mitchell led several workshops of joyful, gentle exercise...

"To move and create with Lori is to believe in the possibility of myself. She is generously accepting, respectful, and nurturing of individual spirit, and she loves to explore."

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February - April

Cancer, Courage and Creativity

Beth Ferris and Youpa Stein, co-founders of Living Art in 1993, led a six-week workshop, "Cancer, Courage and Creativity." This is Living Art's original workshop and it has become a landmark.

The idea is that structured and highly interactive art experiences can help people unlock inner strengths that would support them in the face of new and difficult circumstances. How this actually comes about is a wonder, but over six weeks one can see participants feeling less alone, helping each other and trusting each other, expanding their understanding of their strengths, and becoming more hopeful.

The Spring 2007 edition of "Cancer, Courage and Creativity" was filled with participants, and they prevailed upon Beth and Youpa to extend their workshop into May. The next "Cancer, Courage and Creativity" workshop is scheduled for September and it is already half-full.

Participants said:

"To be with others on a similar journey is so healing, allowing me to be more open, more honest. Shy at expressing my deepest emotions, I was surprised at the power of physical expression to liberate my deep feelings."

"When I came into the workshop I had so many intense and confused feelings that I had no place to put. They were things I could not verbalize. I felt gripped at times by sorrow and regrets that didn't fit into everyday life. I can relate to 'images swimming just below my consciousness as I often had the sense of emotions roiling below the surface. I had no place for them, and the poems and the metaphors (in the workshop) gave me a vehicle to let them out."

"I expressed thoughts I wasn't aware I had! That is the beauty of the creative process. In these weeks I have arrived at a completely different understanding of the reality, challenges and gifts from my disease."