

September - December 2019
Community Calendar

Holiday Parade

December 6, 2019
 7 PM
 Downtown Phoenixville, PA

Firebird Festival

December 7, 2019
 4 - 11 PM
 Veterans Field, 192 Mowere Road, Phoenixville, PA

Family Night Out - Gingerbread Houses

December 13, 2019
 7 - 10 PM
 Civic Center, Main Street, Phoenixville, PA

Family Night Out - Game Night

January 17, 2020
 7 - 10 PM
 Civic Center, Main Street, Phoenixville, PA

Barnstone Art For Kids
Calendar

Volunteer Mentor Training

January 21, 2020
 5 - 8 PM
 Barnstone Art For Kids

Winter Programming Begins

January 28, 2020
 Barnstone Art For Kids

Barnstone LIVE! Art Spectacular

April 4, 2020
 Barnstone Art For Kids



Sean Halloran
 Executive Director
 Barnstone Art For Kids

Our Mission:

Using the Power of Art to foster resiliency in children facing adversity

Barnstone Art For Kids

Sean Halloran
Executive Director

Lisa Katarynick
Director of Programming

Board of Directors

Constance Dougher *President*

Carrie Harcus *Vice President*

Eric Daugherty *Treasurer*

Marggy Escorcica *Secretary*

Caroline Cadigan

Charles Gallagher

Sean Halloran

Lynn Detwiler



2020 Enrollment and Call for Volunteers

Barnstone is currently enrolling children for our 2020 Power of Art and Emerging Voices programs beginning on January 28th. If you know children ages 6-17 who would benefit from our program please fill out the online enrollment application on our website.

We are also recruiting volunteer mentors for 2020. If you enjoy helping and working with children and are looking for a very rewarding volunteer position, consider being a Barnstone Art for Kids mentor. We couldn't do it without our mentors!

Most mentors go on to volunteer consecutive years in the Power of Art program and continue to maintain healthy relationships with their mentees long after the year long program.

To be considered for our mentor program please fill out the online application on our website.

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As we head into the holidays, our list of "to-do's" grows exponentially. We seem to, as a culture, kick into overdrive and almost revel in telling each other how crazy our days are. Naturally, our normal levels of stressors (the things and events that cause stress) increase, and so do our personal levels of anxiety. None of us are immune to this. I certainly am not, but I want to share a strategy that I have found helpful.

It would be helpful for you to know that the holidays have been a particularly tough time for me in recent years. Six years ago, I lost my younger brother on Thanksgiving Day. It was one of the worst days of my life, and I believe that this loss cast a pall over the whole season from that moment forward. In almost textbook fashion, I avoided the feelings of loss and did not cope well. I withdrew in a misguided attempt at "self-care". The negative coping continued, and had a damaging impact on my family. Then, almost two years ago, my life changed. I had an opportunity to really examine my choices and decided I wanted to live better. It was in those moments that I discovered gratitude.

I don't need to define gratitude for you, but I will say that we underestimate its power frequently. We think of it as transactional and temporal. For me, I just decided to start noticing the things and people in my world that I was grateful for... deliberately and at every chance I got. I also talked openly about the process and experience of being grateful. I shared the small things that had happened during the day that I found remarkable. It started to really improve my mood and my tolerance for the tougher stuff in life. Not surprisingly, research and science shows that these changes in brain function are real and significant.

These days, I don't have enough fingers and toes to count all the wonderful things that are happening in my life. I can tell you that Barnstone and Lynn and the kids and families here are right up at the top of my gratitude list. I can tell you that this past weekend's Chamber Gala, that spotlighted the work here at Barnstone, was one of the most enjoyable events that I have participated in. I can also happily tell you that in a few short days I will spend Thanksgiving with my whole family, my brother's children included, and that is something I am very grateful for.

It boils down to being intentional and making it a part of your routine. That little tradition of going around the Thanksgiving table to express what we are grateful for? Let's do that EVERY day! When someone casually asks how we are doing, and we have that ready response of "good" on our tongues? Take a moment to tell them about something good that has happened to you recently. Be specific and show your work! I promise you that with some practice you will experience the benefits of expressing gratitude and making a place for it in your every day. It may not be all at once, but practicing gratitude will help you. Start today, you'll thank me later!

Prioritizing the “me” in Merry: Self-Care Strategies for This Holiday Season

By David R. Topor, PhD, MS-HPEd



The holiday season is filled with hustle and bustle. There's plenty of excitement from seeing family and friends, but also stress, travel, long lines, planning, preparation — and a range of emotions from positive to negative.

For many, the holiday season means planning and taking care of others. However, this leaves little time for taking care of oneself. Below are a few ideas on how to practice self-care during this holiday season.

Regularly schedule time to engage in self-care activities.

Schedule self-care activities (exercise, meditation, a hobby you enjoy) at the same time each day so they become routine or set a timer or alarm to remind yourself.

Practice gratitude for the people and events in your life.

This might include writing in a journal about what you appreciate in your life, or letting others know the gratitude you feel.

Engage in deep breathing or other relaxation skills.

This can include listening to soothing music or engaging in an imagery exercise. You can also engage in a number of other relaxation skills.

Tune into the emotions you are experiencing.

Emotions may be positive, negative, or a combination of the two. Call “time outs” for yourself and check in on your feelings. Write down your feelings in a journal.

Try to understand why you might be experiencing negative emotions.

For some people, negative emotions might be related to unrealistic expectations or goals of themselves around the holidays, or from feeling overwhelmed. Readjust goals so they are specific and attainable.

Monitor your stress level.

Write down your stress level in a journal at various times during the day. Take note of the situation you are in when feeling stressed. Is it around certain people? Or engaging in specific activities? Have a list of activities you can engage in to relax for a few minutes. Perhaps this is taking a walk, doing a few minutes of yoga, or watching a favorite TV show or movie.

Being present around the presents.

Practice mindfulness and meditation. This can include spending a minute or two being present in your environment. Take notice of the smells, sounds, and sights of the holidays. Notice the differences between the holiday season and other times of the year. Mindfulness techniques can be more than quiet contemplation.

Take care of your physical health.

Ensure adequate sleep and a nutritious diet. Develop a plan to enjoy the special foods and treats around the holidays, while balancing them with healthy eating.

So, enjoy the holidays and remember to take time to care for your own needs and emotions. Remember, as the flight attendants say as part of their safety preparations, you need to put on your own oxygen mask first before helping others. This may help you more fully appreciate and find meaning this holiday season.

Tips for Keeping a Gratitude Journal

- Don't just go through the motions. Journaling is more effective if you first make the conscious decision to become happier and more grateful. Motivation to become happier plays a role in the efficacy of journaling.
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- Go for depth over breadth. Elaborating in detail about a particular thing for which you're grateful carries more benefits than a superficial list of many things.
- Get personal. Focusing on people to whom you are grateful has more of an impact than focusing on things for which you are grateful.
- Try subtraction, not just addition. One effective way of stimulating gratitude is to reflect on what your life would be like without certain blessings, rather than just tallying up all those good things.
- Savor surprises. Try to record events that were unexpected or surprising, as these tend to elicit stronger levels of gratitude.

-Excerpted from Jason Marsh's 2011 article in *Greater Good Magazine*, "Tips for Keeping a Gratitude Journal"

A Self Care Holiday Treat for YOU!

This holiday season, Barnstone Art For Kids is taking the time to reflect and express gratitude for each of you! It has been a remarkable year; Lynn and Sean transitioned leadership, we started a new program at The Heart, and our existing programs continue to build.

The support from people in the community has been wonderful, and Barnstone Art For Kids wishes to express our deepest gratitude.

We have partnered with our friends at Community Arts Phoenixville (CAP), an enterprise of Camphill Soltane, (www.communityartsphoenixville.org) and are offering a discounted registration for an art class of your choosing at CAP!

The classes at CAP are amazing! We encourage you to give this gift to yourself or someone you know who loves art! Thanks to our friends and partners at Community Arts Phoenixville and Camphill Soltane.



10% OFF

One Class Registration
use code: **BARNSTONE**

Community Arts Phoenixville
207 Bridge Street • Phoenixville, PA

Barnstone in the Community



Nick Wetzel
Volunteer Mentor
Emerging Voices- Barnstone Art For Kids

Volunteer Spotlight

Barnstone Art For Kids selected as 2019 Charity Gala Recipient by the Phoenixville Chamber of Commerce



Program Director, Lisa Katarynick, Executive Director, Sean Halloran and Founder, Lynn Detwiler enjoy a roaring 20's evening at the 2019 Phoenixville Chamber of Commerce Gala.

On November 23rd the Phoenixville Chamber of Commerce hosted its annual charity gala at the Rivercrest Country Club.

Roaring 20's guests enjoyed music spinning on a victrola while they experienced a unique prohibition cocktail hour filled with contortionists, magicians and silent auction items. The evening continued in the “Volstead Room” with a sit down dinner and swing band entertainment.

Thank you again to the Phoenixville Chamber of Commerce for naming us this year's charity gala recipient and for throwing one heck of a party! We are so grateful for all who attended and the support and donations raised during the evening.

Barnstone Programming and Awareness



Some days drawing on the chalkboard is just as fun as the art projects and games we play at Barnstone heART for Kids at The Heart in Phoenixville.



Phoenixville Middle School students enjoy a meditative form of drawing on Thursdays after school at Barnstone Art For Kids Zentangle Club.



Barnstone Art For Kids spreads awareness on their community loom at the Kimberlon Arts and Music Festival in September.

CREATIVE CORNER: Portable Art Kit

Creating on the GO!

If you like the idea of using art for self-care on the go, consider creating and carrying a little portable art kit. With simple materials, you can make your own self-care cards anytime. Use only lines, colors, and images, or incorporate positive messages, quotes, or self-care reminders.



You can carry as little or as much as feels right to you. The point is to have the ability to make art at any time.

Here's just a few samples of what you might do in five minutes.

This issue's Creative Corner comes from <https://mindfulartstudio.com/portable-art-kits/>

I can never pass up dancing to
I don't... it's for everyone's protection.

Outside of school or work my favorite thing to do is
Wildlife photography!

The thing I miss most from my childhood is
That I enjoy learning. I love the concept of a “renaissance person” who has many skills a vast wealth of understanding.

I totally believe in
The importance of understanding and trusting science.

I never leave home without my
My cellphone, sadly

I feel passionate about
Getting outside to enjoy nature and the wildlife in it, and helping people experience why we have to protect it.

This is Nick's 1st year volunteering at Barnstone Art for Kids. In his spare time he is a wildlife photographer.

www.nickwetzel.com