


“Art at Work” *Repurposed*

ADAPTATIONS AND ACCOMPLISHMENTS IN 2020

Marion Cate, MEd, CHES, ACE-CPT, CWWPM, CHC
Manager, Employee Wellness Health Improvement Program
Dartmouth-Hitchcock
Geisel Instructor in Medicine



What Art at Work Looked Like before March 2020



KC Parsonnet, RN, MEd, MPH
Therapeutic Teaching Artist

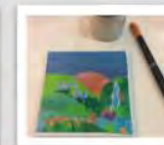
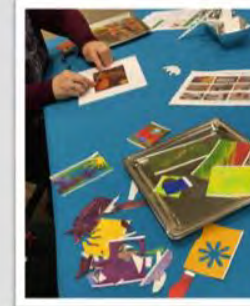
D-H Live Well/Work Well Program

Pamela Tilton, RN, M.Ed, CHES, CHC ~ Health and Wellness Coach

Marion Cate, MEd, CHES, ACE-CPT, CWWPM, CHC ~ Manager, Employee
Wellness Health Improvement

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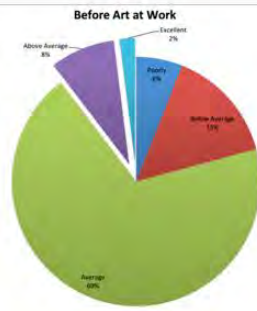
WHAT "ART AT WORK" LOOKS ^{ED} LIKE



Outcome: Effective for Decreasing Short-term Personal Feelings of Stress

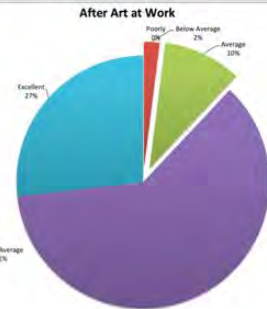
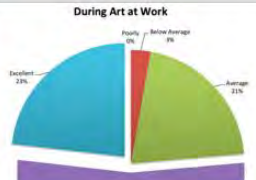
SURVEY DATA

How people felt *Before, During, & After*

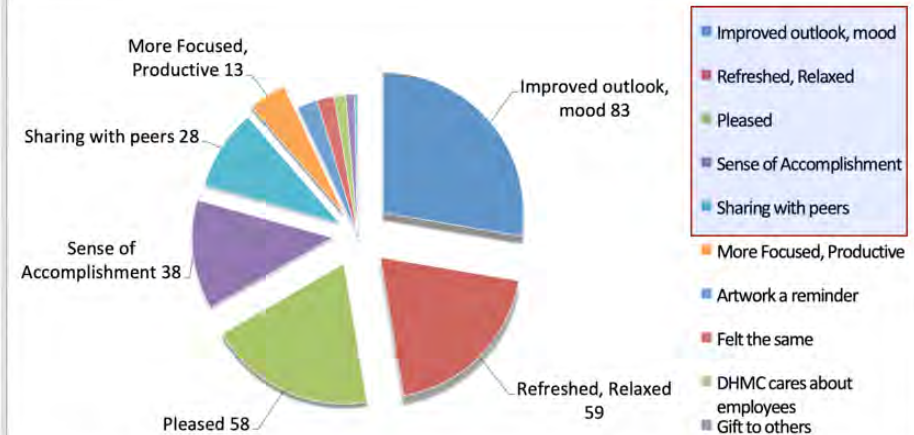


Legend

- Poorly
- Below Average
- Average
- Above Average
- Excellent



SURVEY DATA EFFECT ON THE REST OF THE DAY



Growth of Opportunities to engage with the Arts & Humanities

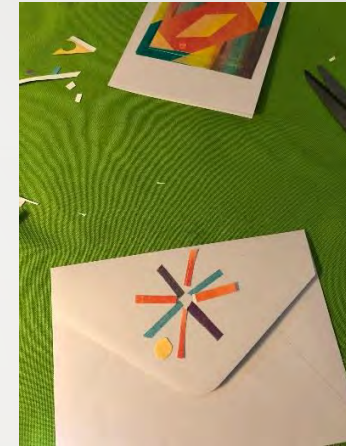
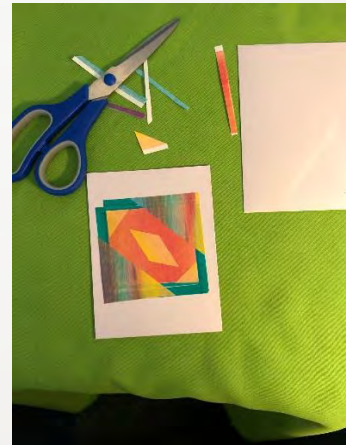
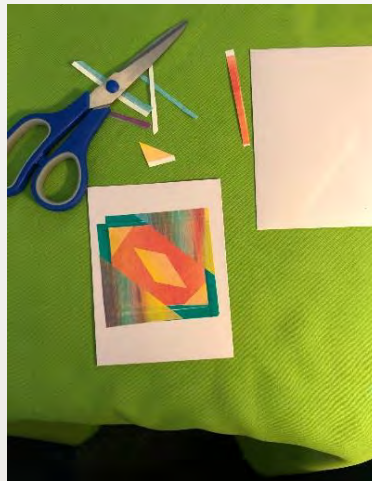
Prior to March 2020

- DHMC Art Quests – standing art
 - All at Main Campus
- Art at Work Classes
 - All in Lebanon

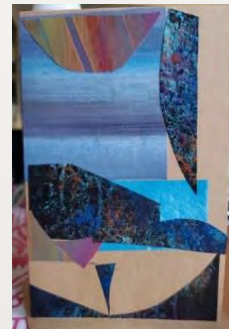
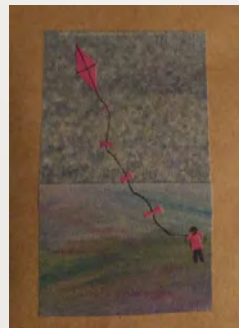
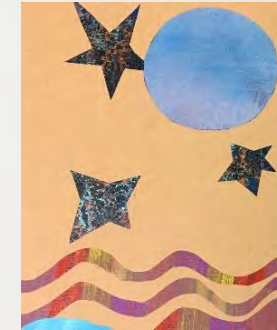
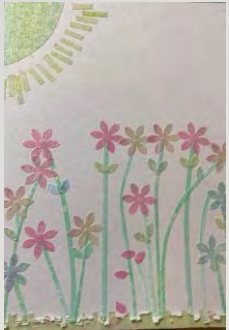
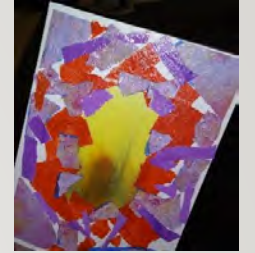
March - December 2020

- Spring Nature Quest
- DHMC Quarterly Rotating Art Quest (at Main Campus)
- Virtual Art at Work packet
- Creative Writing with Marv
- Music with Margaret
- Live Virtual Art classes

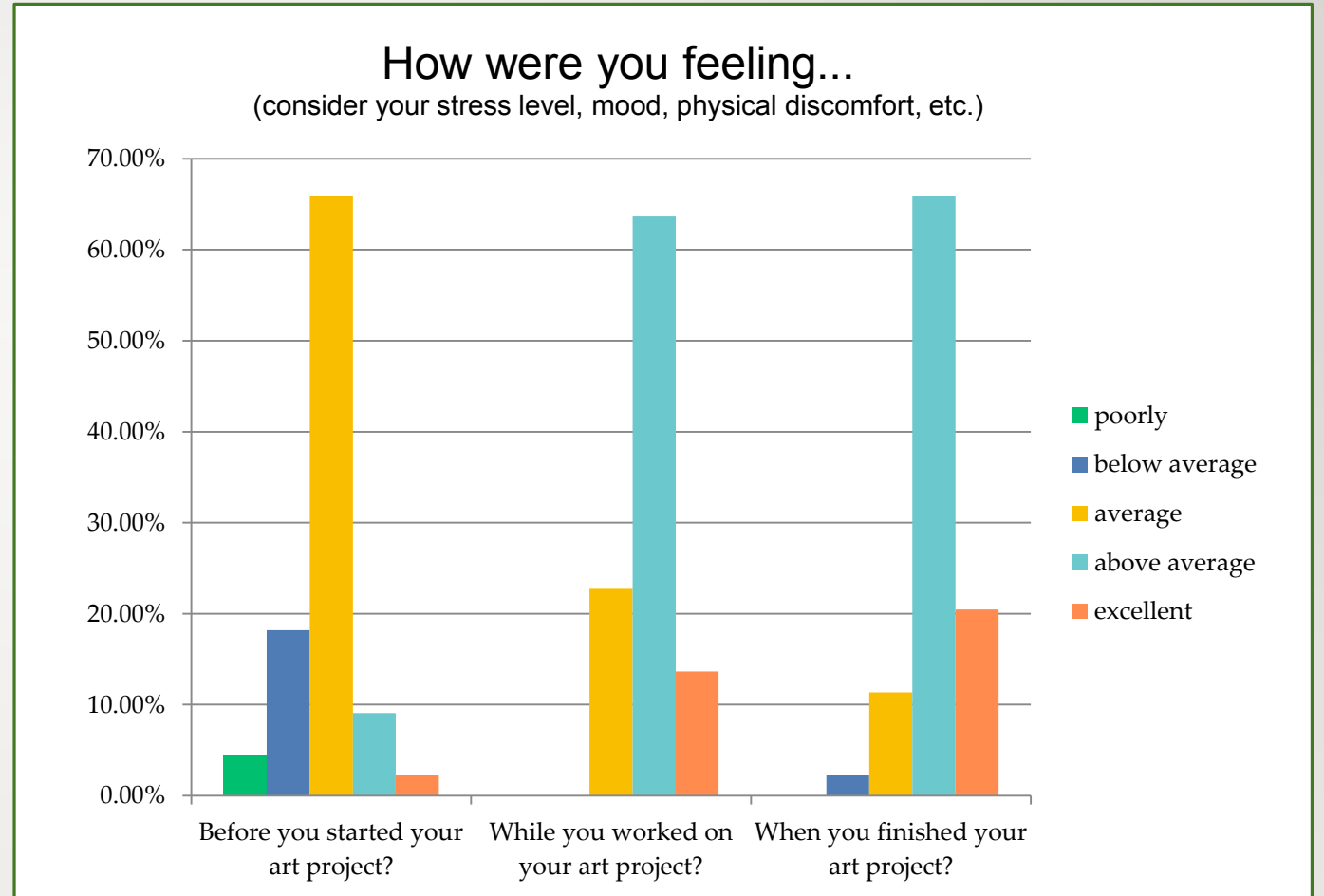
Virtual Art at Work ~ mailed packet



Virtual Art at Work ~ 2020 Gallery



Survey says...



Creative Writing with Marv

Titles Prompt – using Chat feature in WebEx:

Waiting for the Shoe to Fall
Flying inconveniently through Time
I Saw Myself
Escape from Reality
What If This Isn't the End
Two Dips, No Three
Trails of Leaves
Feather on the Breeze
Speckled Hen
Finding Fresh Water
Soot, Ashes, Sand, Stone
Mountain Strong
The Path
Abundant Resilience
Friendly Faces of Time
Clouds in the Window




Response:

I saw myself escape from reality.
I stepped off the path of time and
dipped my foot in the waters of
unconsciousness, floating like feathers
on a breeze or leaves on the wind.
The water felt clean and filled me with
strength, as I rose up out of the soot
and ashes like a resilient mountain
standing through the ages of time.
What if this isn't the end, only passing
clouds in the window of my soul.

Creative Arts Team Writer,
Marv Klassen-Landis Presents

D-HH EMPLOYEE WRITING CIRCLE

*The writing circle can be a way to process hard
experiences or to take a relaxing break from stress.
Relax. Write. Read. Process.
Drop in ~ No experience necessary!*




  

Thursdays, June 4 - July 9
8:05am - 8:50am
via web-ex

Join in any one session or join as many as you can.

For a meeting invite, please e-mail
marv.klassen-landis@hitchcock.org

For more information please visit ManageWell
At work: <https://mylogin.hitchcock.org/Wellness>
Anywhere: www.ManageWell.com

love find time work art break Art Work relaxing fun art project
able cards

I love these cards! They are so therapeutic and we are able to share our art with those that receive the cards! Thank you so much for keeping this going!

I was a little distressed at first because I could not come up with an idea for using the art.

What did you enjoy most about this art project?

project Taking time create express able using work take creative
making thinking opportunity colors relaxing something way time

How did your art experience affect the rest of your day?

take improved relaxed art better positive mood helped felt made
feel gave day go rest day work

Live Virtual Art Classes

Class	Registered	Completed
"Stained Glass Art" in Mixed Media	24	15 (63%)
How to Draw Mandalas	15	7 (47%)

Live Virtual Art Classes

"Stained Glass" in Mixed Media
Thursday, December 10, 12-1pm via Webex
with Kim Wenger Hall

Using a combination of materials, create a polished & luminous piece of art that has the appearance of stained glass.




How to Draw Mandalas
Wednesday, December 16, 12-1pm via Webex
with Amy Fortier



Find a moment of peace in your day and learn how to easily draw what looks incredibly complex. Discover how calming and restful doing so can be.

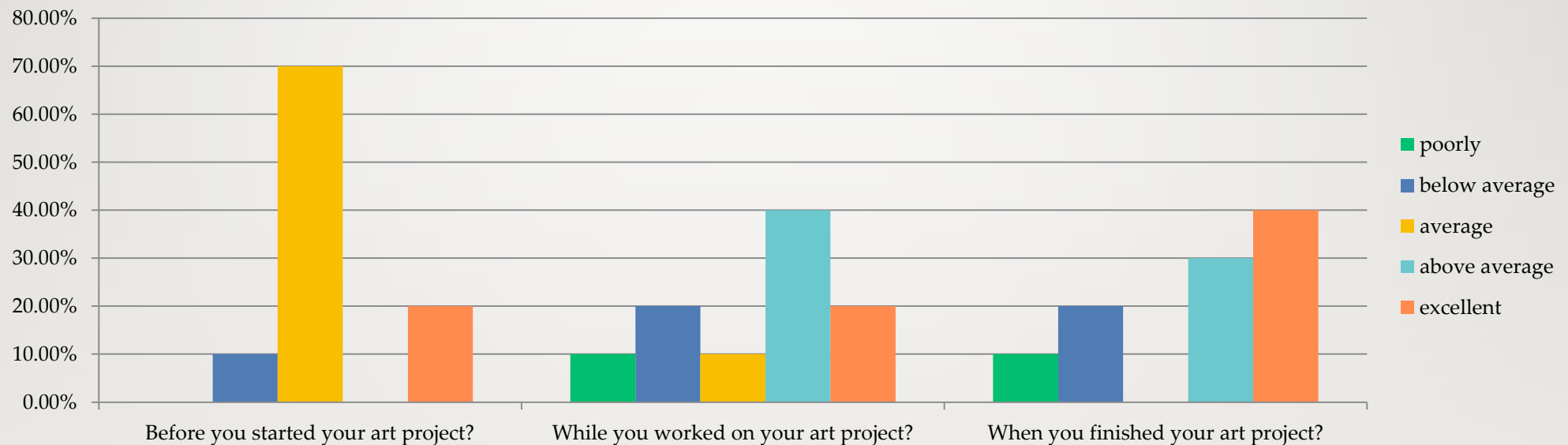
Registration and art classes details available in ManageWell
At work: mylogin.hitchcock.org/wellness
Anywhere: ManageWell.com

Questions? Contact Livewellworkwell@hitchcock.org or call 603-650-5950

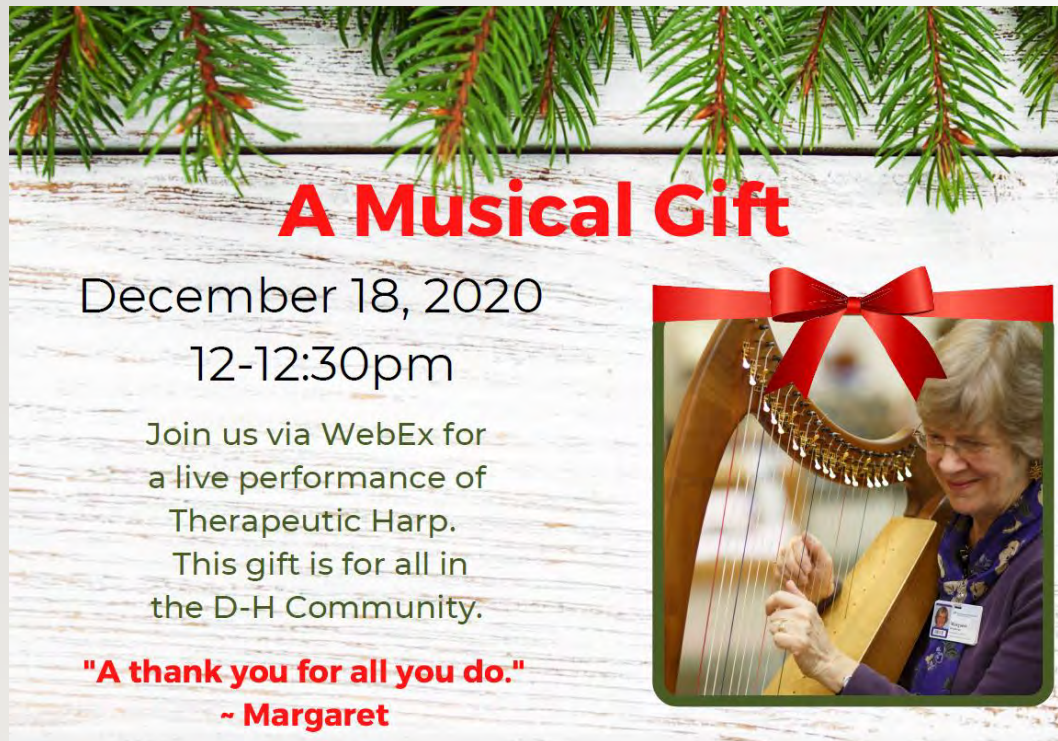
 

Virtual presented some challenges

How were you feeling... (consider your stress level, mood, physical discomfort, etc.)



Music with Margaret



A Musical Gift

December 18, 2020
12-12:30pm

Join us via WebEx for
a live performance of
Therapeutic Harp.
This gift is for all in
the D-H Community.

"A thank you for all you do."
~ Margaret

So beautiful

Truly! I'm new to DHMC and I LOVE
that you guys do this!

Very peaceful and soothing....thank you!

Such an amazing gift! I am truly in
awe...



Photo credit: govloop.com

- Continued integration of arts and humanities as modalities to support well-being of staff
- Continue to offer programs virtually, while likely reestablishing live opportunities to engage
- Development of respite/tranquility rooms/spaces/prompts to support well-being
 - Often offering writing prompts, Zen gardens, calming music, art such as coloring
- Continue to gather data to drive continued program development and support research

Thank you

