

## **In Good Hands - List of Works**

### **1. *Lifting Off*, Catherine Steinberg**

**Oil paint, cold wax on paper**

**\$200**

I have worked in the mental health field for over 40 years as a psychotherapist. Shamanic (meditative) painting has been my therapeutic modality for over 30 years and I find it rewarding to teach this approach to others. It is a healing modality that empowers a person to discover information pertinent to them, at a particular point in time, and express it in visual form through colors and shapes on canvas. Just as a picture is worth a thousand words, so is the shamanic painting process often worth many psychotherapy sessions.

### **2. *Healing with Ocean Waves Under the Moon*, Debra Kling**

**African turquoise, fresh water pearl, Swarovski crystals, Czech glass, hand blown glass.**

**\$180**

I began beading with my mother as a caregiver. I would climb into bed and string beads to entertain her. For a while, she enjoyed choosing the beads that spoke to her. It was a visual, tactile experience for her, choosing by color, shape, design, or texture of bead. Her ability to appreciate her creative senses was a joy to share.

I continue to find creating jewelry a solace. It is therapeutic to focus intuitively on putting designs together, and often when a piece is finished I share it with her in my heart. Having a focus that is creatively moving through has helped to ground myself. I am grateful.

### **3. *Woodlands*, Diane Paquette**

**Textile, cotton fabrics.**

**\$225**

Diane Paquette makes modern novelty quilts. Favorite themes include mid-20<sup>th</sup> Century culture, travel and confections. She loves selecting fabrics and experimenting with block placement. Quilts are machine-pieced and sent out for long-arm machine quilting. She has been a nurse practitioner for 35 years.

**4. *Sea of Mischeif*, Giovanni Cazzarro**

**Wood, oil paint, mortar, epoxy**

**\$1000**

“Playful misbehavior.” To be taken lightly. A take on bottled up emotions and letting go.

**5. *Vineyard View*, Hardik Amin, MD**

**Photography print on canvas.**

**\$100**

Taken in Napa Valley.

Dr. Amin has requested that proceeds from this work are forwarded to charity.

**6. *Untitled*, Nicholas Pratt, MD**

**Photograph**

**\$75 each**

Nicholas Pratt, MD is a native of Lima, Ohio. Growing up in rural Northwest Ohio has given Dr. Pratt a unique perspective on the disparities and social determinants facing our healthcare systems. Dr. Pratt began his career in health care as an emergency medical technician. He subsequently cared for patients as a registered nurse. These experiences ignited his passion for the healing arts and inspired his journey to medical school.

He first discovered his passion for photography during an undergraduate art course. Photography has served as a creative outlet and source of stress-relief. He enjoys taking photographs of nature.

Dr. Pratt is currently a first-year psychiatry resident at Yale University. Upon his residency completion, he hopes to return to serve patients in his hometown. He also enjoys spending time with his wife and two cats. Dr. Pratt has requested that all proceeds from this work are forwarded to charity.

### **7. *Deep in the Woods*, Sue Merritt**

**Glass.**

**\$975**

Being outside has been my sanctuary and that is reflected in my work. This piece was created with a stacked series of panels. The first was made as a slider and provided the “bones” with additional panels providing the depth. This is done by fusing in a kiln. Finally, I collaborated with another artist who did the roll-up in the form that I had chosen. This is done as a hot glass where it is heated and rolled. He did not feel he needed mention and requested his website be used referencing the “roll-up” section. [www.nicholsartglass.com](http://www.nicholsartglass.com)

The interior represents the isolation, desolation, emptiness, the feeling of being lost during the past couple of years, the beginning of the piece, with a gradual progression and return to the beauty all around us. The beginning is still present and now shares its own beauty.

### **8. *Andra Tutto Bene*, Toni Sand**

**Cotton quilt.**

**\$1500**

I am a licensed EMT and CT firefighter - but I stopped volunteering a few years before COVID. That said, my heart ached for those who were working and I prayed for them. I did make a quilt during COVID, it is based on faith and the Latin phrase that we saw during that time, *Andrà Tutto Bene*; Everything will be okay. It was a very detailed and personal project, but your call touched me and I would like to submit it.

### **9. *Healing Garden*, Liane Philpotts**

**Oil paint.**

**NFS**

This painting, *Healing Garden*, depicts a woman soon after breast cancer surgery with reconstruction. Scars have disrupted the tattoos on her abdomen. As a breast radiologist, I've diagnosed many women with breast cancer. This patient, whom I've known for years, kept me informed at all aspects of her treatment journey. She is a landscape designer, so “healing garden” has meaning on several levels. Her permission to let me paint her was special for both of us.

**10. Under Pressure, Yaixa Caquias**

**Acrylic on canvas.**

**\$99**

My name is Yai, I have been working in the medical field for the past 19 years, 15 of which having been at my current job. I am a surgical coordinator for an eye center. The painting I chose represents the way we check a patient's eye pressure. We first apply "fluorescein" yellow dye drops to numb the eye, next we shine a blue light on the cornea, which creates these green mires. We start turning the dial slowly until the mires start connecting, "kissing." Once aligned, "kissing" whatever number is on the dial is the patient's eye pressure.

**11. Insulaire, Kathleen Larose**

**Resin, mica powder, sand, seas shells.**

**\$180**

Art has a way to bring happiness or create strong emotions in us. As a mental health professional I practice self-care by creating artwork with different mediums. I create art of things that bring me joy and peace. I hope "Insulaire" evokes the same feelings of relaxation, and peace like it does with me.

**12. Rhodes, Greece 2009, Shawn Cowper**

**Ink pen on paper.**

**NFS**

Panorama of Rhodes, Greece with 14<sup>th</sup> Century Castello on high ground. Shawn Cowper is a professor of Dermatology and Pathology at Yale University.

**13. Bernadette, Veronica Fritz**

**Hand-dyed wool.**

**\$375**

Being a nurse during the pandemic was mind numbing. For me, art is an outlet, a place to escape to. Rug hooking is very rhythmic. Pulling loops of wool and silk, over and over. Hearing the fabrics slide through the backing, it's meditative, relaxing. I block everything out and focus on the process in front of me. I've come from a place of hopelessness and uncertainty. Now finding new appreciation for my surroundings, where everything inspires me.

**14. *Tethering*, Susan Fair**

**Photo on canvas.**

**\$120**

I have been a physician assistant for 35 years and a paramedic for 10 years before that. Caring for patients for 45 years has been my privilege. I retired last year and take as many photos as I can locally but took this photo when last able to travel in 2019. It is in Boothbay Harbor, Maine. This photo depicts the idea of tethering to my God and my loved ones, staying connected which has been my lifeline during this period of global distress.

**15. *It's All Connected; It's All Broken*, Candice Weigle-Spier**

**Mixed media.**

**\$1500**

This piece describes the interconnectedness of the pandemic, systemic racism, death, politics, family, spirit, time, memory, and culture. It captures a moment of fracture when internal erosion and decay was suddenly, clearly exposed.

My psychology practice and my art practice are also interconnected and focused on healing brokenness for myself, my patients, and my viewers.

**16. *From These Roots . . .*, Yale New Haven Pediatric Intensive Care Unit Staff**

**Mixed Media**

**NFS**

As healthcare workers we are increasingly aware of the need for an intentional practice to support our mental wellbeing. We all live with the loss and continued uncertainty of the Covid 19 pandemic, the rapid changes in the healthcare environment and the emotional rigors of being present for children and their families during life altering healthcare experiences.

Leadership of the Pediatric Intensive Care Unit at Yale New Haven Children’s Hospital promotes creative wellness opportunities for clinical and support staff including physicians, nurses, social workers, child life specialists, environmental associates and others. Staff are encouraged and supported to step away briefly to a quiet space to gather with colleagues, to pause, to breathe, to be curious, to create, to try to shed the need to be perfect. While they create, they share their experiences in and out of work.

The bustle of care continues. Phones beep for attention, meds need to be drawn, a family has a question about care, a child needs a bath, a trauma is on its way up from the Emergency Department. Everyone is expected to be “on” for 12 hours, to get the care right, to be compassionate and present with families, to move forward from yesterday’s trauma and the distress they witnessed. Staff is dedicated, motivated by compassion, tired.

*From These Roots.* . . began earlier in the spring of 2022 as we were emerging from another rise in Covid cases. Inspired by the re-emergence of growth from the cold winter ground, this project asks healthcare workers to reflect on their roots that nourish their resilience and visualizes their connections to the things that support them through the challenges of their work.

This collective expression was completed in brief moments by over 50 staff members who contributed a color, a word, a recording or just sat briefly to notice, reflect and eat chocolate. Some shared complete roots mandalas or stories of resilience that contribute to this expression.

**As you notice and reflect on the visual expression created by healthcare workers, we invite you to hear the voices of some of our staff as they share their stories of resilience.**

Scan this code with the camera function of your cell phone to listen to our stories.



**17. Butterfly in Aster, Kathryn King**  
**Acrylic on canvas.**  
**\$125**

Kathryn is an ordained minister in the United Church of Christ, and is also a Licensed Clinical Social Worker. She has served several churches in Connecticut and worked as a clinician in a variety of settings. While presently retired, she maintains a small practice, seeing clients virtually through the pandemic. She resides in Branford and is married to her partner of 19 years, along with their 2-year-old Australian Shepherd and two cats. She enjoys gardening,

hiking with their dog, and assisting Mother Nature in raising Monarch butterflies. She loves to paint and take pictures, as well.

**18. *A Long Way Home*, Peggy Reavely**

**Oil on canvas.**

**NFS**

This painting was inspired while visiting art galleries in New York. I also was inspired by the paintings of Rene Magritte. As I worked on it during breaks in my nursing career, different interests influenced what I included. I had a period of infatuation with clouds and because I am a pilot I got to see them up close. The name came from the length of time I have been working on it.....27+ years.

**19. *Hope*, Judith Kaufman, PhD.**

**Mixed media.**

**NFS**

Making art during such challenging times is a great stress relief. As a psychologist dealing with the pervasive anxiety and depression as well as providing support to first responders, I needed my own escape route – MAKING ART!

**20. *Class of Covid*, Meg Wenzel**

**Watercolor.**

**NFS**

**21. *Links*, Lisa Hodes**

**Hammered and oxidized sterling silver.**

**Necklace: \$380**

**Earrings: \$125**

I am a psychotherapist with more than 20 years of experience working with adults. I am particularly interested in intergenerational trauma and how it influences thoughts, feelings, behaviors, and one's sense of self. I am passionate about group work, which provides a safe space to recreate problem dynamics in relationships, process, practice new behaviors, and embody an authentic self.

At the start of the pandemic, I left my physical office and have been working from home, seeing my clients online. This piece, "Links," speaks to the connections we crave during times of isolation.

I enjoy manipulating metal in unexpected ways, transforming hard sheet metal and wire into organic shapes and textures. Engaging in a creative process is a playful way for me to stretch my thinking, problem-solve, experiment with ideas, and express them in ways not limited by words. Making art grounds me, feeds my spirit, and is a vital part of my self-care practice.

**22. *Home Colors Tugela Ferry, KwaZulu Natal, South Africa*, Gerald Friedland**  
**Photograph.**

**NFS**

I am an infectious diseases physician working at Yale for the past thirty years. I have been privileged to work during the past twenty years in Tugela Ferry, a rural area in South Africa which is home to ~200,000 Zulu speaking people. Tugela Ferry is among the poorest districts in South Africa and is the site of the world's most disastrous collision of 3 epidemics: tuberculosis, HIV/AIDS, and drug resistant tuberculosis resulting in enormous suffering and loss.

I have worked with wonderful South African and Yale colleagues to develop, test, and implement innovative prevention and treatment programs in Tugela Ferry. These have significantly reduced but not yet eliminated the heavy burdens and losses experienced by the people of Tugela Ferry. During these difficult years, I have become enormously respectful of the beauty, intelligence, strength, and resilience of the Zulu people of Tugela Ferry.

In this photograph, in the midst of the epidemics, I saw and felt the possibility of a hopeful, healthy and robust future represented by this forward looking, not yet completed, colorfully laundry bedecked and electrified new Tugela Ferry home.

**23. *Nellie in the Night Sky*, Angela Ferrucci**  
**Fabric, topstitch style applique.**

**NFS**

During the pandemic my goal was to learn how to free motion quilt small projects on my home sewing machine. This quilt has a lot of negative space which would have intimidated me in the past. I took two online courses from Bethanne Nemesh which was an eye opener. I find quilting and fabric work to be relaxing.



**24. *Outlier*, Elizabeth Demaras**

**Acrylic on canvas.**

**\$695**

The person in this painting finds themselves in an irretrievably altered world.

After a decade as an art student indulging in my wanderlust, I settled into motherhood. My baby was as vivacious as she was beautiful. I was consumed by her in a dream of love, but also crises and tragedy. Somewhere beyond the ravages of her illness, and ultimately, her death, I managed to navigate my way through profound grief. My artwork took a turn as the medical world and dying in particular stayed with me.

Eventually I became a caregiver for the aged and disabled, as well as hospice. I continue to paint and draw, while maintaining a dedication to my clients.

Attended California college of Arts and Crafts in Oakland, CA., Bennington College in Bennington, VT., focusing primarily on drawing and painting, and the Museum School in Boston, MA., The New York Studio School in Manhattan. Received a juried Sobel prize scholarship to San Francisco Art Institute.

**25. *Surviving the Pandemic with my Friends*, Kerstin E. Calia**

**Canvas, ribbon, machine embroidery, inkjet-printed fabric, fabric paint.**

**NFS**

I am a hospitalist internal medicine physician (with training in Infections Diseases.) I never met a textile art I didn't like. My friends and colleagues and I went through unprecedented and overwhelming times with the COVID pandemic, and I will be forever grateful for who they are: a collection of diverse, caring, dedicated, intelligent, hardworking human beings. I could not help much in the first wave, as I myself had caught the virus in February (before it was supposed to be here.) That is actually my own abnormal chest x-ray in the piece. I live locally with my very creative family and extended family of artists and makers.

**26. *Diamond Tea*, Denise Roberts**

**Paper, cloth, oil pastel.**

**NFS**

Diamond Tea is a collage I made when playing with some ideas for a teapot series I was working on in my clay studio. I entered it in a competition sponsored by the Mystic Art Gallery, because Grace Gluek – journalist/critic for the New York Times – was jurying the show. What do you know? I won first prize!

## **27. Lori Hugg**

Thinking back to working as a pediatrician early in the pandemic brings back a lot of emotions and reminds me of the stress of that time, when I had no energy or time for artistic pursuits. Taking photographs in nature has been healing by allowing me to access a part of me that had been closed off during that challenging time while working so hard.

***Hollow, Caitlin Carey***

**Mixed media**

**NFS**

The process of creating this pieces was therapeutic for me. I cut paper into strips, rorkled them using a paint brush, glue them shut, and eventually glued to the canvas. I repeated this pattern until I had as many as I wanted. I could do this while spending time with my significant other, watching TV, or talking to others. It was very mindless and effortless to continue this process. This replaced me needing an item to fidget with, it was my “fidget.”

***42” Hand Carved Wood Sperm Whale, Paula Salerno***

**Pine board.**

**\$230**

Since before COVID, I have been a caregiver for two elderly women who live near or on the shore. When I had time to myself, I began to develop nautical carvings of wood. When a whale was completed, I’d bring it to show “the girls” who delighted in seeing how I spend time away from daily visits with them.