

FW: Beauty and the Brain

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To: Updates <updates@gladesinitiative.org>

From: Palm Health Foundation <info@phfabc.org>

Sent: Monday, October 3, 2022 9:00 AM

To: Karis Engle <kengle@gladesinitiative.org>

Subject: Beauty and the Brain

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This October, Palm Health Foundation is partnering with local scientists, artists, and community change leaders to celebrate human flourishing through the [NeuroArts](#) during our annual [Train the Brain](#) campaign.

Beauty and the Brain

Excerpt from the October issue of [The Well of PBC](#)

The effect of the arts on health and well-being has long been experienced by generations of people and cultures. But now, as science and technological advances allow scientists to see and measure the effect of the arts on the brain, the field of neuroarts is catching fire.



“Now we have transdisciplinary fields coming together—musicians with brain scientists—looking at MRIs to understand what’s happening in the brain and develop new modalities of healing. That’s where the gold is.”

- Bama Lutes Deal, Ph.D., Cultural Concierge Program Manager, Cultural Council for Palm Beach County

Dr. Bama Lutes Deal of the Cultural Council for Palm Beach County has had personal experience as a teacher, artist and musician in seeing the impact the arts can have on brain health and wellbeing.

When she worked with a middle school student dealing with Tourette syndrome, she observed him display rapid and unwanted twitches, jerky movements, and vocal sounds called tics. But, when he played the French horn or listened to music, those uncontrollable movements incredibly went away.

[Read More](#)

Supporting the Mental & Behavioral Health Professions



Palm Health Foundation President & CEO Patrick McNamara's brother Mike took his own life while both were students at Georgetown University in 1989.

Losing Mike changed Patrick's life forever. He left his political science education to study psychology, becoming a licensed clinical social worker and eventually landing where he is now – leading a community foundation for health with a vision for all Palm Beach County residents to have opportunities to thrive and reach their full health potential.

This year, Patrick established [The Mike McNamara Scholarship Fund](#), and foundation leadership decided to honor this by doubling all donations to our mental/behavioral health scholarship funds from October 1 to October 31, 2022.

[Pat Shares His Story](#)

Leading change as Palm Beach County's community foundation for health, Palm Health Foundation will match dollar-for-dollar gifts between \$100 and \$5,000 to support the aspirations of low-income and first-generation students in the field of behavioral health.

[More About the Match](#)

Data from [Kaiser Family Foundation](#) shows the current supply of Florida's working mental health professionals meets only 19% of the state's need. The pandemic caused an [increase in anxiety, depression, and demand for services](#) that continues.



“As the pace of change in our world and community continues to accelerate, and people struggle to adapt, the students who become professionals through our scholarships will promote mental health, resilience and wellbeing, treat mental and substance use disorders, and support people in recovery as well as their families and communities.”

- Patrick McNamara, President & CEO, Palm Health Foundation

[Give Now](#)

Scholar Spotlight

Alexia Betances is a current Palm Health Foundation behavioral health professional scholarship recipient thanks to support from [The John T. Merrell Scholarship Fund](#). Betances shares with McNamara and the Merrell family a life-changing



moment due to a family mental health tragedy at the age of ten. Like McNamara, she has channeled her loss into a career in the behavioral health field. Her goal is to provide the support and consistency adolescents need—in the same way her social workers once cared for her —when she completes her master’s in social work at Florida Atlantic University in Spring 2023.

“There is a high turnover in our field that affects youth. Once they build a bond and their social worker leaves, it can create trust issues. I want to be a consistent presence.” - Alexis Betances, Palm Health Foundation Scholar

Upcoming Events



Join Us!

Free NeuroArts Learning Panel

Learn about the connection between the arts, brain health, and overall wellbeing

Date: Tuesday, October 18, 2022
Time: 11:00 am – 1:00 pm
Location: Max Planck Florida Institute for Neuroscience

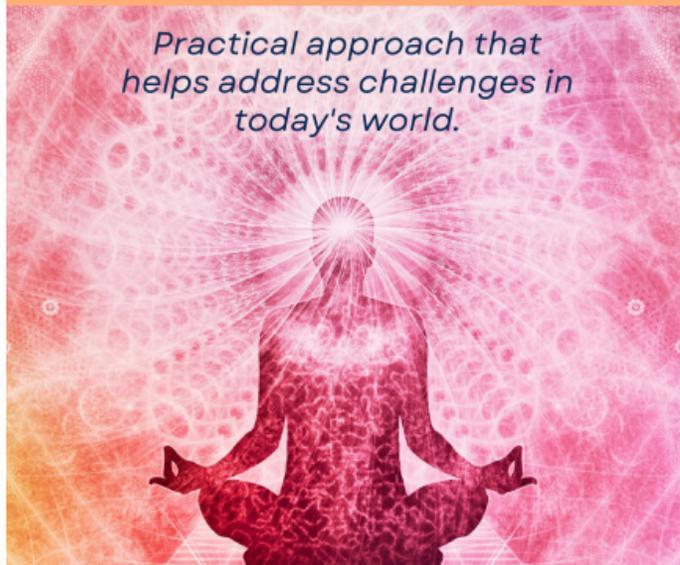
Train the Brain 2022: Celebrating Human Flourishing Through the NeuroArts

Stress Reduction Through Mindful Living

October 5, 2022 – October 26, 2022 @ 6:00 pm

Yoga & Meditation Fall Workshop

"STRESS REDUCTION THROUGH MINDFUL LIVING"



*Practical approach that
helps address challenges in
today's world.*



Holly Briscoe,
Yoga



Gus Castellanos,
Meditation

Open to the public

\$175 for 5 Sessions

6:00pm-7:30pm

- 9/28/22 • 10/19/22
- 10/5/22 • 10/26/22
- 10/12/22

Online registration required.



www.m3f.org

2726 Burns Rd.
Palm Beach Gardens, FL 33410

First Friday Art Walk

Friday, October 7, 2022 @ 6:00pm

Arts Warehouse

Arts Warehouse is open late featuring the "Waves" Group Exhibition of 26

artists, 13 open resident artist studios, and an artist talk at 7pm. Part of Delray Beach First Friday Art Walk, sponsored by the Downtown Development Authority (DDA) where several Art locations around the downtown are open to explore! For more info, visit artwarehouse.org.



[Creative Strategies for Optimal Brain Health](#)
Wednesday, October 12, 2022 @ 10:00am
Jupiter Medical Center

Creative Strategies for Optimal Brain Health

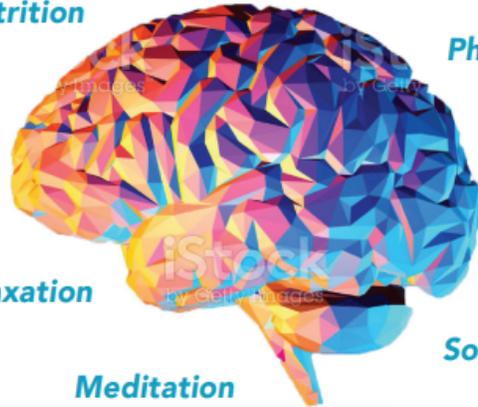
Food & Nutrition

Physical Exercise

Sleep & Relaxation

Meditation

Social Interaction



Join us for a 90-minute experiential session and learn tools to create your blueprint for a healthier lifestyle including mindfulness techniques, physical activity, nutrition, and stroke prevention strategies. Seating is limited to 30.



Featuring Sheila Griffin, MPA, RYT 500-hour, CHWC, Certified Yoga4Cancer Instructor, Certified Mindfulness-Based Stress Reduction Instructor

Shannon Bonsell, RD, LD/N

Lisa Hanusin, DNP, RN, SCRNP, ASC-BC, CLNC

Wednesday October 12 • 10 – 11:30 a.m.

Jupiter Medical Center, Calcagnini Center for Mindfulness, 1210 S. Old Dixie Hwy., Jupiter

Registration required. For information or registration, visit jupitermed.com/events or call 561-263-2628.



503323

[Celebrating Human Flourishing Through the NeuroArts - Learning Panel](#)

Tuesday, October 18, 2022 @ 11:00am

Max Planck Florida Institute for Neuroscience

Presented by Palm Health Foundation

TRAIN THE BRAIN 2022

CELEBRATING HUMAN FLOURISHING THROUGH THE NEUROARTS

The NeuroArts represent the convergence between science, the arts and technology. Scientific study has proven that artistic experiences measurably change the brain, body, and behavior, leading to improved physical and mental health, disease prevention, and more.

JOIN US FOR A NEUROARTS LEARNING PANEL & LUNCH!

This educational panel will explain the connection between the arts, brain health and overall wellbeing.

Featuring lunch and the "Images of Science" exhibit.

FREE

Tuesday, October 18, 2022
11:00 am – 1:00 pm
Max Planck Florida Institute
for Neuroscience

MCLEAN BOLTON, PH.D.

Research Group Leader
Disorders of Neural Circuit Function
Max Planck Florida Institute for Neuroscience



NICOLE BAGANZ, PH.D.

Director of Community Engagement and Programming
Research Assistant Professor, Biomedical Science
FAU Stiles-Nicholson Brain Institute



KENYA C. MADISON, ED.S.

Senior Director
Healthier Delray Beach/Palm Health Foundation



CARRIE BROWNE

Director of Stewardship & Strategic Partnerships
Palm Health Foundation



BAMA LUTES DEAL, PH.D.

Cultural Concierge Program Manager
Cultural Council for Palm Beach County



Seating is limited – Register at PalmHealthFoundation.org/Events



Learn about more NeuroArts events at PalmHealthFoundation.org!

[Tree Time Me Time](#)

Saturday, October 22, 2022 @ 10:00am

Elayna Toby Art



Serene Saturday Recharge
Creative Grounding Activities
Connect with your TREEmendous Self



Join Environmental Artist & Wellbeing Catalyst
Elayna Toby Singer
October 22
10:00-10:30am EDT
FREE Online Event

TO REGISTER
<https://TreeTimeMeTime.eventbrite.com>

Tree Time, Me Time

Community Celebration

Tuesday, October 25, 2022 @ 6:00pm

Arts Warehouse



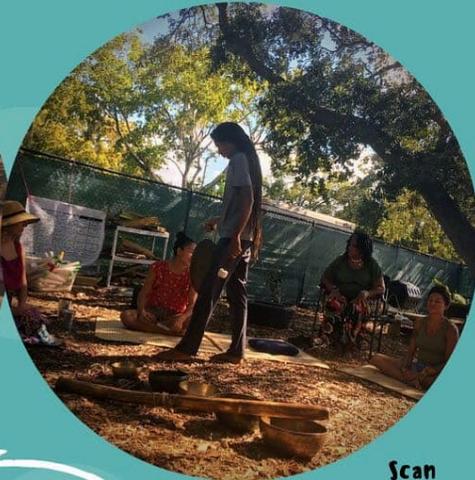
Palm Health Foundation, in partnership with [Tamarack Institute](#), [Tenacious Change](#), and [EJS Project](#), will present a celebration of the arts and Palm Beach County culture during [Community Change Experience 2022](#).

This celebration takes place during the three-day [Community Change Experience](#) conference. The Palm Beach County community is welcome to join for free to mingle with conference attendees from across North America and enjoy free food, live music, a dance performance by [Digital Vibez, Inc.](#), and other artistic expression provided by local artists.

Mindfulness of Music for Women, Men, and Children

Tuesday, October 25, 2022 @ 6:00pm

Cocoplum Nature School



Movement Stillness Connection

Men's Circle
Last Tuesday
of the Month

Scan
to join
our Facebook page



6:00PM EVERY TUESDAY
COCOPLUM NATURE SCHOOL
342 N. SWINTON AVE.
DELRAY BEACH, FL 33444
The circle is free. Donations are
welcome.



HOLISTIC WELLNESS CIRCLE FOR FAMILIES WITH YOUNG CHILDREN

Financial Wellness,
Holistic Health and
Mindfulness

Free Childcare & Mindfulness for
Children

Women's
Circle
Last
Tuesday of
the
Month

Scan QR Code
for information



Together with the [Cultural Council for Palm Beach County](#), Palm Health Foundation is promoting arts and culture events happening across our community in October.

[View More Events](#)

Follow us on [Facebook](#), [Instagram](#), and [Twitter](#) for weekly brain health tips!



We are celebrating 20 years of community impact, through **building a culture of health, advancing brain health, and strengthening the health professions.**

Since 2001, we've invested more than **\$89 million** in Palm Beach County health.

[Stay connected with Palm Health Foundation's work by reading our Stories of Impact](#)

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