ReNewal: An Arts Exhibition

Nurses' relaxation and renewal through the arts
HEKTOEN NURSES AND HUMANITIES
AND
HEKTOEN INTERNATIONAL JOURNAL OF MEDICINE AND THE ARTS

NURSES' RELAXATION AND RENEWAL THROUGH THE ARTS

INTERNATIONAL MUSEUM OF SURGICAL SCIENCE MUSEUM
CHICAGO, IL

Originally scheduled for April 3-May 24, 2020
Re-scheduled for
April 9th to May 23rd 2021
Nurses & the Humanities was founded in June 2006 to present programs that demonstrate and encourage the healing power of the arts and the humanities for caregivers and their patients.

Programs addressing diverse themes of nursing and the humanities (art, literature, history, philosophy, music, theater, and dance) have various formats, including lectures, workshops, classes, and excursions. The programs are geared towards nurses, caregivers, medical professionals, and nursing students, but are open to the general public.

**OUR MISSION**

The Hektoen Institute Nurses and Humanities Advisory Committee provides humanistic, creative and interactive educational opportunities to clinicians. We endeavor to expand imaginative horizons and to explore the arts as a source of healing for the self and for providing compassionate and holistic care to others. Our interactive arts-focused programs offer opportunities to network outside the health care arena and to explore the untapped healing potential of creativity.

**OUR VISION**

The Hektoen Institute Nurses and Humanities Advisory Committee believes nurses need to balance the science of nursing with an appreciation of the arts that offers them new strategies for self-care and that expands their repertoire of resources for holistic caregiving. The Advisory Committee embraces the joy of artistic expression, heightened sensory perception, and exposure to the vast realm of aesthetic possibilities as essential to the art of nursing.
HEKTOEN NURSES AND HUMANITIES ADVISORY COMMITTEE

- Ma. Eliza Michaela Alcantara RN BSN
  Rush University Medical Center

- Kathleen Blanchfield RN PhD Associate Professor Graduate Nursing,
  Lewis University

- Joan Callahan RN BSN MSW Retired School Nurse,
  Sacred Heart Schools

- Marcie Calandra RN APRN-BC NE-C DNP Former Executive Director Professional Practice/Magnet Project Director
  Trinity Health System

- Sandy Gaynor RN PhD Retired
  North Park College of Nursing, Refugee One

- Geraldine Gorman RN PhD Clinical Associate Professor
  UIC College of Nursing

- Alyssa Hudik RN BSN
  Northwestern Memorial Hospital

- Noel Kerr RN PhD CMSRN Associate Professor
  Illinois Wesleyan University School of Nursing

- Mary Ann McDermott RN EdD FAAN Professor Emerita
  Niehoff School of Nursing Loyola University Chicago

- Anne Marie Munana RN MSN MJ Senior Manager, State Licensing & Regulation
  Chamberlain University

- Linda L. Olson, RN, PhD, NEA-BC, FAAN

- Cora Palmer RN-BC MSN Clinical Nurse
  Northwestern Memorial Hospital

- Rachel Renee Gage RN, MS, MA, AGPCNP-BC
  Aurora Health Care Racine and Kenosha Pain Management Clinics

- Patricia Walsh, MS, RN, AGPCNP-BC Director of Palliative Program Development
  Unity Hospice of Chicagoland

- Mary Chase-Ziolek RN PhD Professor of Health Ministries and Nursing
  North Park University

**Emerita:**

- Diana Bahena RN MSN APN FNP-BC

- Gloria Henderson RN MSN Retired
  UIC College of Nursing

- Lynda Slimmer PhD, RN
  Professor Emerita Elmhurst College
  Clinical Associate Professor Emerita UIC

- Carolyn Hope Smeltzer, RN, EdD, FAAN, FACHE
  CHS: consulting Healthcare Services

**New Associates Fall 2019**

- Sophie Bowerman, MSN RNC Professor
  Robert Morris University

- Diana Martha Arce-Garza, Advanced Practice Graduate Students
  UIC College of Nursing

- Naomi Lesure Advanced Practice Graduate Students
  UIC College of Nursing

**Hektoen Staff:**

- Anne Jacobson MD MPH Associate Editor, Hektoen International Journal of Medical Humanities
INTRODUCTION TO THE EXHIBIT

In anticipation of the 2020 designation by the World Health Organization as the Year of the Nurse and Midwife and the 200th anniversary of the birth of Florence Nightingale, our Hektoen Nurses and Advisory Committee planned for over a year the now re-scheduled exhibit: “Nurses’ Relaxation and Renewal through the Arts”. We received to our delight approximately 100 nurse artist submissions of 300 paintings, drawings, photography, poetry, prose, several musical performances and a variety of crafts. The participants include active and retired nurses, nurse faculty and students representing 20 health care and/or educational organizations.

We would like to thank our sponsors for their initial and continuing support: Hektoen Institute of Medicine's International Journal of Medical Humanities, Advocate Aurora Health Care, Niehoff School of Nursing Loyola University Chicago, Illinois Nurses Foundation, ANA Illinois, Academy of Medical Surgical Nursing Chicago Chapter NMH 317, Alpha Beta Chapter- Sigma Theta Tau, Church Health, Unity Hospice and these individuals: Cora Palmer, Evelyn Perkins, Yalanda Comeaux, Kathleen Blanchfield, Dennis and Mary Ann McDermott, and Barbara Lockart.

We have been fortunate to reschedule the Exhibit at the International Museum of Surgical Science Chicago for **April 9, to May 23 2021** and look forward to seeing you there!

Mary Ann McDermott RN EdD FAAN
Professor Emerita Niehoff School of Nursing Loyola University Chicago
Exhibit Coordinator

Digital Exhibit Catalog curated by Ma. Eliza Michaela Alcantara, RN-Rush University Medical Center
<table>
<thead>
<tr>
<th>ARTISTS</th>
<th>AFFILIATION</th>
<th>TITLE OF WORK</th>
<th>MEDIUM</th>
</tr>
</thead>
<tbody>
<tr>
<td>AMBUTAS, SHIRLEY</td>
<td>Rush University Medical Center</td>
<td>Surgical, Neuro, Rehab Leadership Team</td>
<td>Photography</td>
</tr>
<tr>
<td>ANSTEE, REBECCA (BECK)</td>
<td>Swedish Covenant/ Northshore</td>
<td>❖ Looking Up ❖ Bryn Mawr El ❖ Snowy Evening in the Park</td>
<td>Painting</td>
</tr>
<tr>
<td>APPLEGATE, PAULA</td>
<td>Retired Nurse</td>
<td>Baking for the Soul</td>
<td>Photography</td>
</tr>
<tr>
<td>ARCE-GARZA, DIANA</td>
<td>Student UIC College of Nursing</td>
<td>Mr. Mason and Me</td>
<td>Painting</td>
</tr>
<tr>
<td>ALVERO, SARAH</td>
<td>Advocate Aurora Christ Medical Center</td>
<td>❖ Millenium Vibes ❖ Sundream ❖ Golden Hour</td>
<td>Painting</td>
</tr>
<tr>
<td>AMEGASHIE, PHinnie</td>
<td>Advocate Aurora Christ Medical Center</td>
<td>Joy</td>
<td>Photography (Gardening)</td>
</tr>
<tr>
<td>AUSTIN, JARRETT</td>
<td>Rush University Medical Center</td>
<td>Love Blossom</td>
<td>Woodworking</td>
</tr>
<tr>
<td>BAZI, STEPHNEY</td>
<td>Student Niehoff School of Nursing</td>
<td>❖ Colorado Night ❖ Jasper National Park ❖ Joshua Tree</td>
<td>Photography</td>
</tr>
<tr>
<td>BINES, ANN</td>
<td>Shirley Ryan Ability Lab</td>
<td>❖ Around the World ❖ Scenes from Chicago</td>
<td>Photography</td>
</tr>
<tr>
<td>BLANCHFIELD, KATHLEEN</td>
<td>Lewis University College of Nursing</td>
<td>❖ Escape ❖ Abundant Life</td>
<td>Painting</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Creating Jewelry from Nature’s Bounty</td>
<td>Jewelry</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Prayer of St Francis Lived by Nurses</td>
<td>Prose</td>
</tr>
<tr>
<td>ARTISTS</td>
<td>AFFILIATION</td>
<td>TITLE OF WORK</td>
<td>MEDIUM</td>
</tr>
<tr>
<td>---------------------------------</td>
<td>--------------------------------------</td>
<td>---------------------------------------------</td>
<td>-------------------</td>
</tr>
<tr>
<td>BREEN, Kelly</td>
<td>Rush University Medical Center</td>
<td><em>Forget-Me-Not Patients</em></td>
<td>Pen/Watercolor</td>
</tr>
<tr>
<td>BROWN, FRED</td>
<td>Rush University Medical Center</td>
<td>❖ Fountain at Night ❖ Jasmine ❖ Purple Crocus</td>
<td>Photography</td>
</tr>
<tr>
<td>BRZECZEK</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BURKE, MARY</td>
<td>Advocate South Suburban</td>
<td>❖ Birthright ❖ Night at the Tree of Life</td>
<td>Painting</td>
</tr>
<tr>
<td>BURKHART, LISA; MARY BYRN; EMILY CHIN; JORGIA CONNOR; REGINA CONWAY-PHILLIPS</td>
<td>Niehoff School of Nursing Loyola University Chicago</td>
<td>Stained Glass Knitted Blanket</td>
<td>Fiber arts-Yarn &amp; Crochet</td>
</tr>
<tr>
<td>CALDERON, DONNAMARIE</td>
<td>Advocate Children’s Hospital</td>
<td>Face Painting by Donnamarie</td>
<td>Special Face Paints</td>
</tr>
<tr>
<td>CALLAHAN, JOAN LAMB</td>
<td>Retired School Nurse Sacred Heart Schools</td>
<td>❖ The School Nurse Ode ❖ The Lost ❖ Hope's Litany ❖ Ordinary Time ❖ Sitting With the Unknown ❖ Becoming</td>
<td>Poetry</td>
</tr>
<tr>
<td>CANTWELL, JOAN</td>
<td>DePaul and Dominican Universities</td>
<td>21 Peaceful Nurses: Essays on Spiritually Guided Practice ❖ Test Results ❖ Journeys of the Spirit</td>
<td>Print/Book, Collages, Essay</td>
</tr>
<tr>
<td>ARTISTS</td>
<td>AFFILIATION</td>
<td>TITLE OF WORK</td>
<td>MEDIUM</td>
</tr>
<tr>
<td>---------</td>
<td>-------------</td>
<td>---------------</td>
<td>--------</td>
</tr>
<tr>
<td>CARROLL, CHAD</td>
<td>Northwestern Medicine</td>
<td>❖ Patagonia Afternoons ❖ The Burano Palette ❖ Venice Reflections</td>
<td>Photography</td>
</tr>
<tr>
<td>CHASE-ZIOLEK, MARY</td>
<td>North Park University</td>
<td>The Idolatry of Security or Broken Open</td>
<td>Poetry</td>
</tr>
<tr>
<td>CHURAK, MARIBETH</td>
<td>Advocate Aurora Christ Hospital</td>
<td>I come to the garden alone</td>
<td>Photography</td>
</tr>
<tr>
<td>CONKLIN, KATERI</td>
<td>Student Niehoff School of Nursing Loyola University Chicago</td>
<td>Koala Strong</td>
<td>Drawing</td>
</tr>
<tr>
<td>CONWAY, KELLY</td>
<td>Ann &amp; Robert H. Lurie Children’s Hospital</td>
<td>Raising Backyard Butterflies</td>
<td>Photography (Gardening)</td>
</tr>
<tr>
<td>CONWAY-PHILLIPS, REGINA</td>
<td>Niehoff School of Nursing Loyola University Chicago</td>
<td>Jade broch necklace, bracelet and earrings</td>
<td>Jewelry</td>
</tr>
<tr>
<td></td>
<td></td>
<td>❖ The Fisherwoman ❖ The King</td>
<td>Painting</td>
</tr>
<tr>
<td>CZERWIEC, MK</td>
<td>Northwestern Medical School</td>
<td>❖ MK Intro ❖ Joyce, RN ❖ Roger’s Stars (pages from Taking Turns: Stories from HIV/AIDS Care Unit 371)</td>
<td>Drawing/Comics</td>
</tr>
<tr>
<td>CZIPERLE, CHARLOTTE</td>
<td>Loyola University Medical Center</td>
<td>❖ Kaleidoscope ❖ Mercurial ❖ Trilogy 1</td>
<td>Painting</td>
</tr>
<tr>
<td>ARTISTS</td>
<td>AFFILIATION</td>
<td>TITLE OF WORK</td>
<td>MEDIUM</td>
</tr>
<tr>
<td>------------------</td>
<td>------------------------------------------------------------------------------</td>
<td>------------------------------------------------------------------------------</td>
<td>-------------------------------</td>
</tr>
<tr>
<td>DAGHASH, MANAR</td>
<td>Student UIC College of Nursing</td>
<td>Liberation</td>
<td>Hand-Painted clothing</td>
</tr>
<tr>
<td></td>
<td></td>
<td>❖ Slept Like a Baby</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>❖ This Is My Voice</td>
<td></td>
</tr>
<tr>
<td>DESMOND, MARY</td>
<td>Lewis University College of Nursing and Health Sciences; Mayslake Ministries Spiritual Director</td>
<td>Every Day With Mary (Reflections by the Affiliates of Mayslake Ministries)</td>
<td>Narrative</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DUFFEY, PAMELA</td>
<td>Advocate Aurora Lutheran General Hospital</td>
<td>❖ Magical Snowman Tray</td>
<td>Painting</td>
</tr>
<tr>
<td></td>
<td></td>
<td>❖ Sail Away</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>The Frog</td>
<td></td>
</tr>
<tr>
<td>ELANO, LORENA</td>
<td>Rush University Medical Center</td>
<td>Can’t Help Falling in Love in Keyboard and Saxophone by Lorena and Lorenzo</td>
<td>Musical Performance</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FEHRENBACKER, CAITLIN</td>
<td>PhD Student Rush University</td>
<td>❖ Grand Canyon: Renewal in Nature</td>
<td>Photography</td>
</tr>
<tr>
<td></td>
<td></td>
<td>❖ The Seventh Night of Chanukah</td>
<td></td>
</tr>
<tr>
<td>FISCHER, KAY</td>
<td>Advocate Aurora Sinai Medical Center</td>
<td>❖ Big Bed Room</td>
<td>Fiber Arts</td>
</tr>
<tr>
<td></td>
<td></td>
<td>❖ Quilting with Friends</td>
<td></td>
</tr>
<tr>
<td>FUNK, AMY</td>
<td>Illinois Wesleyan University School of Nursing</td>
<td>The Healing Power of Nature</td>
<td>Photography</td>
</tr>
<tr>
<td>GAGE, RACHEL</td>
<td>Advocate Aurora Health Racine &amp; Kenosha Wisconsin</td>
<td>Seasons of Change</td>
<td>Mixed Media (Paint, pencil and plaster)</td>
</tr>
<tr>
<td>GAGE, RACHEL ET AL</td>
<td>Advocate Aurora Health Racine &amp; Kenosha Wisconsin</td>
<td>Use Now Short Dated</td>
<td>Mixed Media (Medication caps, glue, paint, canvas)</td>
</tr>
<tr>
<td>GALLAGHER, GRACE</td>
<td>Student Niehoff School of Nursing Loyola University Chicago</td>
<td>We Three Bees</td>
<td>Mixed Media (Watercolor &amp; Ink)</td>
</tr>
<tr>
<td>ARTISTS</td>
<td>AFFILIATION</td>
<td>TITLE OF WORK</td>
<td>MEDIUM</td>
</tr>
<tr>
<td>-------------------------</td>
<td>-----------------------------------------------------------------------------</td>
<td>-----------------------------------------------------------------------------------------------------</td>
<td>------------------------------------------------------------------------</td>
</tr>
<tr>
<td>GIBBONS, THERESA</td>
<td>Student UIC College of Nursing</td>
<td>A Nursing Student's Reflection on Thick Skin</td>
<td>Short Essay</td>
</tr>
<tr>
<td>HENDERSON, SEDANE</td>
<td>Student Malcolm X College</td>
<td>❖ All That Glitters  ❖ Justice Lord Superman  ❖ Red Shadow</td>
<td>Mixed Media (Pencil/Marker, Ink, Acrylic Paint, Glitter)</td>
</tr>
<tr>
<td>HENNESSY, LYNN ET AL</td>
<td>Advocate Christ Medical Center/Advocate Children’s Hospital</td>
<td>The Gift: Food for the Body &amp; Soul</td>
<td>Narrative/Book</td>
</tr>
<tr>
<td>HICKMAN, MAGNOLIA</td>
<td>Student Niehoff School of Nursing Loyola University Chicago</td>
<td>Fallopian Flowers</td>
<td>Embroidery</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Not-So-Busy-Bee</td>
<td>Drawing/Coloring</td>
</tr>
<tr>
<td>HINTON, SHARON AND KATIE</td>
<td>Westberg Institute for Faith Community Nursing</td>
<td>Faith Community Nursing Commemorative Quilt</td>
<td>Textiles (Quilting and Embroidery)</td>
</tr>
<tr>
<td>and 323 faith community nurses</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HOFER, LINDA</td>
<td>Advocate Aurora Christ Medical Center</td>
<td>A walk in the woods</td>
<td>Pastel Drawing</td>
</tr>
<tr>
<td>HUANG, MENG</td>
<td>Student UIC College of Nursing</td>
<td>Angel Shawl</td>
<td>Fiber Arts</td>
</tr>
<tr>
<td>HUERTA, MARIBEL</td>
<td>Advocate Aurora Christ Medical Center</td>
<td>Forever my light in the darkest of days</td>
<td>Photography</td>
</tr>
<tr>
<td>JAMAL-EDDINE, SABRINA</td>
<td>PhD Student UIC School of Nursing</td>
<td>❖ Societally-Induced Self-Hatred of Minorities: I Wantchu Back  ❖ LGBTQ+: Somewhere Over the Rainbow I Hear Babies Cry  ❖ Invisible Disability</td>
<td>Spoken Word Poetry</td>
</tr>
<tr>
<td>ARTISTS</td>
<td>AFFILIATION</td>
<td>TITLE OF WORK</td>
<td>MEDIUM</td>
</tr>
<tr>
<td>--------------</td>
<td>--------------------------------------------------</td>
<td>-------------------------------------------------------------------------------</td>
<td>-----------------------</td>
</tr>
<tr>
<td>JENNRICH, JUDITH</td>
<td>Loyola University Chicago Niehoff School of Nursing</td>
<td>Mothers and Children in HIV Village in Tanzania</td>
<td>Photography</td>
</tr>
<tr>
<td>KADRI, NINA</td>
<td>Shirley Ryan Ability Lab</td>
<td>Manifesting</td>
<td>Painting</td>
</tr>
<tr>
<td>KAYE, GERRI</td>
<td>Weiss Hospital</td>
<td>• Bailarina de Flamenco&lt;br&gt;• Lincoln Park Spring&lt;br&gt;• The Strawberry Field</td>
<td>Painting</td>
</tr>
<tr>
<td>KEMP, MARTHA</td>
<td>Rush University Medical Center</td>
<td>• No longer Occlusive&lt;br&gt;• Blood is Blue&lt;br&gt;• Blanched</td>
<td>Ceramics</td>
</tr>
<tr>
<td>KILPATRICK, NORAH</td>
<td>Student UIC College of Nursing</td>
<td>Above the Redwoods</td>
<td>Textile Art (Embroidery)</td>
</tr>
<tr>
<td>KOOKEN, WENDY</td>
<td>Illinois Wesleyan University</td>
<td>• Bell Pull&lt;br&gt;• Monticello</td>
<td>Fiber Arts (Crewel Embroidery)</td>
</tr>
<tr>
<td>KOVACH, EMILIE A.</td>
<td>Rush University Medical Center</td>
<td>• Filibird&lt;br&gt;• St. Anthony</td>
<td>Marker on Paper</td>
</tr>
<tr>
<td>KRUG WILLIAM</td>
<td>Advocate Aurora Lutheran General Hospital</td>
<td>• In the land of the Free (with Phosphorus bombs)&lt;br&gt;• Trotsky and Frida with a Pinata</td>
<td>Painting</td>
</tr>
<tr>
<td>LANDOWNE, KIRSTEN</td>
<td>Student UIC College of Nursing</td>
<td>Bach Cello Suite No. 1, prelude</td>
<td>Musical Performance</td>
</tr>
<tr>
<td>LESURE, NAOMI</td>
<td>Student UIC College of Nursing</td>
<td>Letter To My Sister’s With Shades of Color</td>
<td>Poetry</td>
</tr>
<tr>
<td>LITRENTA, JESSICA</td>
<td>Student UIC College of Nursing</td>
<td>The Intersection of Generations</td>
<td>Photography</td>
</tr>
<tr>
<td>ARTISTS</td>
<td>AFFILIATION</td>
<td>TITLE OF WORK</td>
<td>MEDIUM</td>
</tr>
<tr>
<td>------------------</td>
<td>-----------------------------------------------</td>
<td>------------------------------------</td>
<td>------------------------------------------------------------------------</td>
</tr>
<tr>
<td>LOCKART, BARBARA</td>
<td>Ann &amp; Robert H. Lurie Children’s Hospital</td>
<td>Parapluies (Umbrellas)</td>
<td>Photography</td>
</tr>
<tr>
<td>LOCKWOOD, MARK</td>
<td>UIC College of Nursing</td>
<td>❖ Big Brother is Here</td>
<td>❖ Drown</td>
</tr>
<tr>
<td></td>
<td></td>
<td>❖ Leo &amp; Aline</td>
<td>Photography</td>
</tr>
<tr>
<td>LOOMAN, WENDY</td>
<td>University of Minnesota School of Nursing</td>
<td>Wolf</td>
<td>Fiber Arts</td>
</tr>
<tr>
<td>LUONG, ANNA</td>
<td>Research Assistant and PhD Student UIC College of Nursing</td>
<td>Self-Care with Derrick</td>
<td>Painting</td>
</tr>
<tr>
<td>MARTINEZ, PAMELA</td>
<td>Retired Public Health Nurse</td>
<td>❖ Blue Garden</td>
<td>❖ Winter Dream</td>
</tr>
<tr>
<td></td>
<td></td>
<td>❖ Wisteria</td>
<td>Mixed Media Painting (Acrylic Marbling, Sumi Ink)</td>
</tr>
<tr>
<td>MASSATT, SUSAN</td>
<td>Advocate Christ Medical Center</td>
<td>❖ Seize the Day</td>
<td>Photography</td>
</tr>
<tr>
<td>McCLELLAN, LEAH</td>
<td>Loyola University Chicago Niehoff School of Nursing</td>
<td>❖ 3000 Miles</td>
<td>Photography</td>
</tr>
<tr>
<td></td>
<td></td>
<td>❖ Breathing Room</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>❖ Sandbar Chat</td>
<td></td>
</tr>
<tr>
<td>MIRABELLI, JASMINE</td>
<td>Student Niehoff School of Nursing Loyola University Chicago</td>
<td>He(art)</td>
<td>Linocut Printmaking</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Labor</td>
<td>Graphite Drawing</td>
</tr>
<tr>
<td>NELSON, MEGAN</td>
<td>Advocate Christ Medical Center</td>
<td>Blue Bull</td>
<td>Painting</td>
</tr>
<tr>
<td>NEIMAN, TAMMY</td>
<td>Minnesota State University Mankato</td>
<td>Renewal</td>
<td>Painting</td>
</tr>
<tr>
<td>OMAR, TAHANIE</td>
<td>Rush University Medical Center</td>
<td>Taking the Scenic Route</td>
<td>Photo Collage</td>
</tr>
<tr>
<td>ARTISTS</td>
<td>AFFILIATION</td>
<td>TITLE OF WORK</td>
<td>MEDIUM</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>--------------------------------------------------</td>
<td>-------------------------------------------------------------------------------</td>
<td>-----------------</td>
</tr>
<tr>
<td>PELTIER, MAT</td>
<td>Shirley Ryan Ability Lab</td>
<td>Val, Tara and Octavia: A Triptych of Nurses</td>
<td>Painting</td>
</tr>
<tr>
<td>PERKINS, EVELYN</td>
<td>Northwestern Memorial Hospital</td>
<td></td>
<td>Print/Book</td>
</tr>
<tr>
<td>PLOVANICH, DOROTHY</td>
<td>Swedish Covenant North Shore Hospital</td>
<td>Reflections Qult</td>
<td>Fiber Arts</td>
</tr>
<tr>
<td>POTISOPHA, WIPHAWADEE</td>
<td>Graduate Student UIC</td>
<td>❖ Seasons Change❖ Spine❖ Tea</td>
<td>Painting</td>
</tr>
<tr>
<td>RASCHKE-DEICHSTETTER, NANCY</td>
<td>(In behalf of) ALPHA BETA CHAPTER SIGMA THETA TAU</td>
<td>Sigma: Improving Our World</td>
<td>Photo Collage</td>
</tr>
<tr>
<td>RASCHKE-DEICHSTETTER, NANCY</td>
<td>Loyola University Chicago Niehoff School of Nursing</td>
<td>Sunrise, Sunset at the Lake</td>
<td>Photography</td>
</tr>
<tr>
<td>RATNER, TERRY</td>
<td>Angels on Aldine (Pandemic Initiative)</td>
<td>Street Photography-Chicago</td>
<td>Photo on Metal</td>
</tr>
<tr>
<td>RICCA, PAIGE</td>
<td>University of Illinois Chicago</td>
<td>A walk at sunset in Miller Beach, IN</td>
<td>Photography</td>
</tr>
<tr>
<td>ROESCH, MARY ET AL</td>
<td>Advocate Aurora Good Shepherd Hospital</td>
<td>Collective painting from Advocate Good Shepherd Nursing Summit</td>
<td>Painting</td>
</tr>
<tr>
<td>ROTTSTIN, DAWN</td>
<td>Advocate Christ Medical Center</td>
<td>❖ A Stroke of Midnight❖ Angel of the Ocean</td>
<td>Embroidery (Cross-Stitch)</td>
</tr>
<tr>
<td>ARTISTS</td>
<td>AFFILIATION</td>
<td>TITLE OF WORK</td>
<td>MEDIUM</td>
</tr>
<tr>
<td>--------------------</td>
<td>------------------------------------------------------------------------------</td>
<td>---------------------------------------------------</td>
<td>-----------------</td>
</tr>
<tr>
<td>RUNNING, KALI</td>
<td>Student UIC College of Nursing</td>
<td>Haiku on The Human Experience</td>
<td>Poetry</td>
</tr>
<tr>
<td>SANSONI, JULITA</td>
<td>University of Rome, Italy</td>
<td>Signed Hand Painted Tray</td>
<td>Painting/Ceramics Craft</td>
</tr>
<tr>
<td>SCHADRIE, CHRISTINE</td>
<td>Aurora Baycare Medical Center, Green Bay WI</td>
<td>Glowing Joy Above the Horizon</td>
<td>Painting</td>
</tr>
<tr>
<td>SHAW, BARBARA</td>
<td>Rush University College of Nursing</td>
<td>Engineer, Digne, France</td>
<td>Photography</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sisters, Prague, Roma</td>
<td></td>
</tr>
<tr>
<td>SINGER, REBECCA</td>
<td>UIC College of Nursing</td>
<td>Salkantay Trek: An Altitude Adjustment</td>
<td>Photography</td>
</tr>
<tr>
<td></td>
<td></td>
<td>The Future is Female</td>
<td></td>
</tr>
<tr>
<td>SKEMP, LISA</td>
<td>Loyola University Chicago Niehoff School of Nursing</td>
<td>Benches</td>
<td>Photography</td>
</tr>
<tr>
<td>SMITH, KELSEY K.</td>
<td>Advocate Christ Medical Center</td>
<td>Bailey in the Smokies</td>
<td>Photography</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chicago Summers</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rescued</td>
<td></td>
</tr>
<tr>
<td>SMITH, MARY</td>
<td>Rush University Medical Center</td>
<td>Time’s Measure in Stitches</td>
<td>Fiber arts</td>
</tr>
<tr>
<td>SOKARDA, CRISTINA</td>
<td>Advocate Christ Medical Center</td>
<td>White Flowers on a Sunny Day</td>
<td>Painting</td>
</tr>
<tr>
<td>STEPHENSON, SHIRLEY</td>
<td>Mile Square Humbolt; UIC College of Nursing Faculty Practice &amp; Partnerships</td>
<td>Practice, Red Arrow Form, Patient Population</td>
<td>Poetry</td>
</tr>
<tr>
<td>STONE, MONICA</td>
<td>Advocate Aurora Sherman Hospital</td>
<td>Autumn in the Cove, Flutter, Midsummer Glory</td>
<td>Painting</td>
</tr>
<tr>
<td>ARTISTS</td>
<td>AFFILIATION</td>
<td>TITLE OF WORK</td>
<td>MEDIUM</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>-------------------------------------------------------</td>
<td>-------------------------------------------------------------------------------</td>
<td>----------------------</td>
</tr>
<tr>
<td>ST. JOHN, ISABELLE JANE</td>
<td>Children's Hospital of Wisconsin</td>
<td>I am Inspiration</td>
<td>Poetry</td>
</tr>
<tr>
<td></td>
<td></td>
<td>The Art of Nursing: Reflections from an Artist of Care</td>
<td>Short Prose</td>
</tr>
<tr>
<td>SUMMERS, HEATHER</td>
<td>Shirley Ryan Ability Lab</td>
<td>National Parks of America</td>
<td>Photography</td>
</tr>
<tr>
<td>TANG, ALLISON</td>
<td>Advocate Christ Medical Center</td>
<td>A House of Gold</td>
<td>Ceramics</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hills and Leaves</td>
<td>Painting</td>
</tr>
<tr>
<td>TESSLER, HOLLY</td>
<td>Santa Clara County, California Health and Hospital</td>
<td>❖ Bumble Bee by the Sea</td>
<td>Painting</td>
</tr>
<tr>
<td></td>
<td></td>
<td>❖ Peek</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>❖ Trixie</td>
<td></td>
</tr>
<tr>
<td>VAN CURA, BARBARA (dcd.)</td>
<td>Northwestern Memorial Hospital</td>
<td>White Rose Tea Room</td>
<td>Ceramics</td>
</tr>
<tr>
<td>WHITE, PEGGI</td>
<td>UIC College of Nursing, Urbana</td>
<td>❖ Holding the Future</td>
<td>Photography</td>
</tr>
<tr>
<td></td>
<td></td>
<td>❖ Take Me Home</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>❖ The Beauty of Change</td>
<td></td>
</tr>
<tr>
<td>YERGES, APRIL</td>
<td>Edgewood College School of Nursing</td>
<td>Re-Creation</td>
<td>Painting</td>
</tr>
<tr>
<td>YERGES, APRIL AND BILL</td>
<td>Edgewood College School of Nursing; University of Wisconsin Hospital and Clinics</td>
<td>Little Free Library: Sunshine Reads</td>
<td>Mixed Media (Reclaimed wood, Glass, Porcelain, Vinyl)</td>
</tr>
<tr>
<td>ARTISTS</td>
<td>AFFILIATION</td>
<td>TITLE OF WORK</td>
<td>MEDIUM</td>
</tr>
<tr>
<td>----------------------</td>
<td>------------------------------------</td>
<td>----------------------------------------------------</td>
<td>-----------------</td>
</tr>
<tr>
<td>ZAFRA, ZHARMAINE D.</td>
<td>Advocate Christ Medical Center</td>
<td>Empty Chair</td>
<td>Poetry</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Can’t Help Falling In Love by Elvis Presley</td>
<td>Musical Performance</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Layers of Horizon Ahead</td>
<td>Painting</td>
</tr>
<tr>
<td>ZARAGOZA, MARIA</td>
<td>Northwestern Memorial Hospital</td>
<td>Loves Garden, Moonlight on the Lake, Solitude</td>
<td>Painting</td>
</tr>
<tr>
<td>ZIOMEK, TONY</td>
<td>Advocate Christ Medical Center</td>
<td>Guitar Shrine</td>
<td>Painting/Object</td>
</tr>
</tbody>
</table>
RUSH Surgical, Neuro, Rehab Leadership Group
Shirley Ambutbas
Rush University Medical Center
Photography
ARTIST STATEMENT: Shirley Ambutbas

- The Photo of the Surgical, Neuro, Rehab Leadership Group is displayed. This Leadership group has worked together for over 10 years collectively. We are positive force for change and maintaining the quality initiatives driving excellence at Rush. I am displaying this with pride for all our accomplishments.
“Looking Up”
Beck Anstee
MSN, APRN, FNP, RN, CMSRN
Swedish
Covenant Hospital/Northshore

Painting, 2014
Oil on Board
10” x 8”
ARTIST STATEMENT: Beck Anstee

• Painted en plein air (in the open air) during in early December. Iconic Lincoln Square landmark; my neighborhood.
“Bryn Mawr El”  
Beck Anstee  
MSN, APRN, FNP, RN, CMSRN  
Swedish Hospital/Northshore  

Painting, 2015  
Watercolor on paper  
6.5” x 10”
ARTIST STATEMENT: Beck Anstee

• Painted en plein air (in the open air) in late early December. A cold, sunny day in the neighborhood just before ..........
“Snowy Evening in the Park”
Beck Anstee
MSN, APRN, FNP, RN, CMSRN
Swedish Hospital/Northshore

Painting
Watercolor on Paper
6.5” x 10”
ARTIST STATEMENT: Beck Anstee

• Painted en plein air (in the open air) during a snowstorm in early January.
“Found Art”
Beck Anstee
MSN, APRN, FNP, RN, CMSRN
Swedish Hospital/Northshore

Spray Paint on Board
24” x 24”
ARTIST STATEMENT: Beck Anstee

• Section of board found in the alley behind the construction site of a very old building. It was raining and a very wet day in late Fall as my teenage daughter, Ais, trudged her way home, taking a shortcut through an alley. She saw the bright colors and amazing design and drug a huge section home. I identified a motif and cut away the remainder of the old wet board and oriented the art in a manner I thought pleasing. There is art and artist everywhere around us, even in the trash. The trick is seeing it and nurturing it for others to see. Nursing someone from an illness or disease is a similar process. We all have value. To illustrate the importance of found art, the piece remains unframed.
"Baking for the Soul"
Paula Applegate
Retired Nurse
ARTIST STATEMENT: Paula Applegate

• Whether it is baking for friends, family gatherings or special events (my own wedding celebration), I find baking the perfect art for me. Allowing me to create, relax and renewing myself. Plus there is the added bonus of a tasty treat!
“Mr Mason and Me"
Diana Arce-Garza
Nursing Student
University of Illinois at Chicago

Oil on Canvas
36” x 46”
As a nursing student one of the first patients I was assigned to care for had severely limited visibility and was disoriented to time and place. They laid in a dark divided room and listened to the small television in the corner. At some point I changed the channel from the news station, the previous nurse had left on to one which was playing black and white episodes of Perry Mason. The patient immediately recognized the character's voice and it seemed to ease his distraught state. As a student nurse I often feel clumsy and unfamiliar with the protocols and established orders of hospitals I am assigned to for clinicals. When I feel most alone and helpless I think of my previous patient, and how if I listen for my Mr. Mason I will feel less at sea.
“Millenium Vibes”  
Sarah Alvero  
Advocate Aurora Christ Hospital  

Painting, 2020  
Acrylic Paint and India Ink pen on canvas  
24” x 18” x 5”
The inspiration for this painting comes from downtown Chicago in the winter with an emphasis on the vibrancy of lights and color. This painting is actually a replica of a piece I created during my senior year of high school. I had a burning idea all during the day at school to make this piece, and after I got home from cross country practice, I spent an hour and a half painting the final outcome in a total of 1 and a half hours. Even to this day, art remains a way for me to either wind down or explore and challenge my creative ideas and skills.
“Sundream”
Sarah Alvero
Advocate Aurora Christ Hospital
Painting, 2019
Acrylic on canvas
5” x 5” x 1”
ARTIST STATEMENT: Sarah Alvero

• More recently in my artwork, I've delved into abstract pieces as opposed to the more intricate and fine art I've done in the past. I've loved creating art ever since I was younger—ranging from paintings, drawings, to digital media. Making art in my spare time not only helps me to destress from busy nights as a nurse, but to also challenge my creative ability.
“Golden Hour”
Sarah Alvero
Advocate Aurora Christ Hospital

Painting, 2018
Acrylic Paint and India Ink pen on canvas
5” x 5” x 1”
ARTIST STATEMENT: Sarah Alvero

• My first time in San Francisco, I caught the Golden Gate Bridge at sunset and shot a photo. When I returned home, I painted it on a canvas. I've loved creating art ever since I was younger- ranging from paintings, drawings, to digital media. Making art in my spare time not only helps me to destress from busy nights as a nurse, but to also challenge my creative ability.
"Joy"
Phinnie Amegashie
Christ Medical Center
Photography, 2019
(Gardening)
ARTIST STATEMENT: Phinnie Amegashie

• I am a critical care nurse with 23 years of experience. As a nurse, I feel the need to be empathetic, provide positive energy to improve patient outcomes. My goal to maximize my nursing education and practice has led me to accomplish a Master's Degree in Nursing in education in 2019.
"Love Blossom"
Jarrett Austin
RN-NICU
Rush University Medical Center

Woodworking-Pine, 2014
1.5” x 4.5” x 2.5”
ARTIST STATEMENT: Jarrett Austin

• A fallen tree finds a way to live forever as love.
“Colorado Night”
Stephney Bazi
Nursing Student
Loyola University
Chicago
Photography, 2018
“Jasper National Park”
Stephney Bazi
Nursing Student
Loyola University Chicago

Photography, 2018
“Joshua Tree”
Stephney Bazi
Nursing Student
Loyola University
Chicago

Photography, 2019
ARTIST STATEMENT: Stephney Bazi

• Traveling the world and capturing the beauty of nature is a way for me to rejuvenate my soul. Long peaceful hikes and waiting for the sky to shine with stars fills me with so much awe and wonder. My mind gets lost in the creation, and capturing those moments are important to me because I always look back at them to reminisce and fill myself with peace instantly.
“Around the World”
Ann Bines
RN-Shirley Ryan Ability Lab
Photography, 2019
“Scenes from Chicago”
Ann Bines
RN-Shirley Ryan Ability Lab
Photography, 2019
ARTIST STATEMENT: Ann Bines

• I have always been interested in photography. The ability to capture in a frame what the eye sees is a gift. A gift I have not mastered yet but will continue to try to do.
“Escape”  
Kathleen Blanchfield  
College of Nursing  
Lewis University  

Painting, 1972  
Oil on Canvas  
36” x 36”
ARTIST STATEMENT: Kathleen Blanchfield

• I worked on this painting for nine months. This coincided with my pregnancy. As my due date passed, I grew determined to complete this picture of my husband and I running toward the sunlight. I went into labor the night after I completed this painting.
"Abundant Life"
Kathleen Blanchfield
College of Nursing
Lewis University

Painting, 2019
Acrylic on Canvas
20” x 16”
ARTIST STATEMENT: Kathleen Blanchfield

• Pumpkins have always represented abundant life for me. I am attracted to their vibrant orange color and to their puffy bursting with life shape. When an art classes offered to teach how to paint a scene of pumpkins, I signed up and completed this painting.
“Creating Jewelry from Nature’s Bounty”
Kathleen Blanchfield
College of Nursing
Lewis University

Jewelry, 2014-2018
(various sizes) 19” to 12”
ARTIST STATEMENT: Kathleen Blanchfield

• When I create simple pieces of jewelry using glass or wood, I feel blessed by nature’s bounty and beauty. Time slips away and I am free to create whatever I sense brings the natural beauty forth. I have found this homemade type of jewelry brings me closer to others as I share these pieces as gifts.
Prayer of St. Francis Lived by Nurses

Kathleen Blanchfield
College of Nursing
Lewis University

Prose, 2016-ongoing

Prayers and Poems
• Nursing faculty at Lewis University created a Booklet of Prayers and Reflections to share with students, faculty, and staff. A prominent quite area for reflection was developed for Students, Faculty, and Staff to pause in their day. The pictures show the booklet and the Reflection Place.
"Forget-Me-Not Patients"
Kelly Breen
RN-Neonatal ICU
Rush University Medical Center

Pen/Watercolor, 2020
6.5” x 4.5”
ARTIST STATEMENT: Kelly Breen

While working on this painting I was thinking of the patients we care for daily. Forget-Me-Not flowers can grow as wildflowers. Wildflowers want to be free. When a baby is born too early or too sick this child and their family long for him/her to be free, a wildflower. I chose to paint Forget-Me-Nots to remember the babies and their families that have touched our hearts and made us better nurses. The size of this painting is small, like many of our patients, but it is no less beautiful or strong.
"Fountain at Night"
Fred Brown
Rush University Medical Center

Photography, 2018
1000 pix x 667 pix, 72 dpi
"Jasmine"
Fred Brown
Rush University Medical Center

Photography, 2012
667 pix x 1000 pix, 72 dpi
"Purple Crocus"
Fred Brown
Rush University
Medical Center
Photography, 2007
667 pix x 1000 pix, 72dpi
ARTIST STATEMENT: Fred Brown

• I have been a registered nurse for over 30 years. I have experimented with different styles of photography such as portrait, travel, and flower. I use photography as a means of relaxation. It requires me to focus on what is before me. When I go out to shoot, I have a greater appreciation of the beauty in our world. Composing my pictures requires me to be still and I am at peace.
“Birthright”
Mary Burke
Advocate South Suburban

Painting, 1988
Oil on Masonite
32” x 27.5”
Birthrite was the second of one model’s sitting. The first work was about form, this work was about line and playing color spaces off of one another. This was a work that started off very abstract expressionist but shifted into something else. The forms in the painting emerged so the single figure I began with became multiple figures contorting in agony and ecstasy. I have found that at times you start a work with an intention – what you want to explore – but as you submerge in the process of painting your hand and heart make decisions your mind had not planned. This work was an exercise in manipulation color pressures that became an exploration of being a woman. It was titled Birthright in reference to rights that come
“Night at the Tree of Life”
Mary Burke
Advocate South Suburban

Painting, 2015
Acrylic and Oil on Masonite
38” x 30”
ARTIST STATEMENT: Mary Burke

• Night at the Tree of Life was one painting in a series that I still work on. The image is related to the Kabbalah and the construct of the Tree which represents the relationships and aspects of god and the world. I was very happy with this piece- I painted it for my daughter. This series marked a departure from painting the human form. My intent for this work was to explore an optimistic depiction of the inter-relationship of energies that make up the world.
Stained Glass Knitted Blanket
Lisa Burkhart, Mary Byrn, Emily Chin, Jorgia Connor, Regina Conway-Phillips Marcella Niehoff School of Nursing Loyola University Chicago

Fiber arts-Yarn & Crochet
72 " x 52" x 1"
ARTIST STATEMENT: Marcella Niehoff School of Nursing, Loyola University Chicago

• Faculty knitted the blanket and pieces were joined using crochet.
• This blanket represents not only nurse-faculty artistic talents, but also faculty dedication toward a collective project during quite moments within our hectic lives while caring for children, during a service immersion at an American Indian reservation, training 3 new service dogs, moving nursing courses on-line, and calming students during the COVID-19 quarantine transition. Each faculty member took an individual color, which was integrated into the whole during the isolated quarantine ready for "delivery and display" to the Museum for March 31.2020.
"Face Painting by Donnamarie"
Donnamarie Calderon
RN, BSN, CPEN
Advocate Children’s Hospital

Special Face Paints (ongoing)
ARTIST STATEMENT: Donnamarie Calderon

• My daughter was active in theater. In helping with make up and costumes, I discovered the joy it brings to children. I started to take classes and watching You Tube on face painting. After painting their face, I don't know who has the bigger smile: Me or them when they look in the mirror.
The Lost

It began that day at the museum.
Somewhere in the crowd you stopped,
Perhaps fascinated with colors, a portrait.
And suddenly
You were gone.
Guards were called, we spread out,
All looking for the forgetful missing mother.

We would say we lost you
But really you lost us.
In thin onion skin layers
One at a time
We dwindled then disappeared.

Our birthdays went missing,
Our children vanished,
Our spouses misplaced,
Our names replaced by others,
Your sisters and brothers.

Instead of searching for us,
You wandered in older memories
Seeking mother, father, origins of love.
And us, the lost,
We always searched for you, reached for you.

Now, in memory, here is where I find you.
Seated in front of the museum Chagall Windows
Washed in stained glass color.
Calm and beautiful, you look me with a smile.
"I wasn't lost," you say,
"You were. I have been here all the time."

Hope’s Litany

Where does Hope abide?
Where to Attend?
Where does Listening begin?

In Pause between where the Holy pours out:
In Pause between beginning and ending,
In Pause between word and deed,
In Pause between before and after,
In Pause before baby’s first inhale,
In Pause before dying’s last exhale.

And where may Hope breathe?
In still and silent Pauses,
In dawn before sunrise,
In twilight before dark,
In match spark before fire,
In pen tip to paper before curl of word,
In leaf loose in free fall,
In wave crest before beach comb.
In sea bird glide skyward soar,
In sudden crowd quiet before drama unfolds.
In ink blackness as light turns off before rest.

Among the prayer bead moments of life
May we find our way to these In Be Tweens,
Over and over, deeper and deeper,
Folding into tiny silent spaces,
Finding Hope
Moving forward into Faith.
Poetry written by
Joan Lamb Callahan
Retired School Nurse
Sacred Heart Schools Chicago

Ordinary Time

The arc of a day, a life carries us forward.
Still ordinary time is where we hold center.
Small touchstones anchor us
Through days, seasons, years.

Morning passage; sunrise coo of doves, smell of spring earth,
sunlight patterns skim walls, coffee brews,
first robin, gentle rattle of breakfast dishes in soapy sink,
silence of others about solitary tasks and tock and tick of clock.

Noon approach; moving art brings leaf patterns to shimmer on walls,
distant drone of lawn mowers, breeze rippled curtains,
ic cubes clink in lemonade glasses, sheets snap on line,
porch swing creaks to rhythm of turning pages, time suspended.

Late afternoon; light falls in line shadows, colors fade with early sunset,
a child gift of wonder scatters red orange leaves above kitchen sink,
homemade fragrant breads, savory soups simmer,
brilliant crimson sun sets through bare trees, minute hand sweeps along.

Night deepens; indigo sky poked with stars, smell of dry heat,
windows dressed against chilly drafts, cups of tea warm cold hands,
armchairs wrap in shawls embracing tomes of dreams and adventures,
last to bed, calmed by deep slumber of others to the chimes of ordinary.

Joan Lamb Callahan
@March 2018

Sitting With The Unknown

In a wide trailer home among the pines
We sit
Liminal space and time
Goats have been sold
Sheep dog wandering, wondering
And worried.

She is living closer to life than I can know
We sit
Watching birds on feeder flit and fly
Outside window we see
Flowers waving, planted by her husband
For viewing.

Stillness comfortable between us
We sit
Crocheting, hooking yarn into lambs and butterflies
Discussing warped wood of weaving machine
Deadlines looming.

Listening more carefully than ever
We sit
An audible book spills a story,
A gentleman imprisoned in a hotel
Seeming to find hope in every hall, corner
Connecting history.

Timelines meander circling us
We sit
Planning next visit, conjuring meals, dreaming up projects
Welcoming silences
We lean back closing eyes, resting hearts
Breaking open.

Joan Lamb Callahan
@August, 2018

Becoming

I am poetry.
I am becoming a poem.
I am less wordy
I am simplifying.
I am whittling down
to skin & bones
sum of
despairs & hopes
spare essence
of love
so that in
last days
last moments
last breathe,
what
my life
has meant
you might
understand.

Joan Callahan
2020
ARTIST STATEMENT: Joan Lamb Callahan

• Words, both written and spoken have always been my tools for understanding the world and myself. Words can wound, but more powerfully, they heal as well. Poetry is words woven into essence. I write for myself mostly as a way to keep the essence of a memory, contain an experience, share some wisdom. It keeps me whole when life seems to want to scatter me.
Heartfelt essays that awaken your hope and inspiration

21 Peaceful Nurses is an anthology of essays written by nurses on the topic of spiritual fitness for a balanced nursing practice. These essays are poignant snapshots into the hearts and minds of today’s successful practitioners. They transcend professional boundaries and address issues confronting every high stress profession. It is guaranteed to be a source of hope and inspiration, a way of honoring the spiritual paths of all people practicing peace in their workplace!

“21 Peaceful Nurses is a moving collection of essays. It is an important and wonderful contribution to our profession. It emphasizes the essential role spirituality plays among today’s successful practitioners. Let the world listen!”

Jeanne Crawford, MA, MPH
Executive Director
American Holistic Nurses Association

Doris Popovich and Joan Cantwell are nurses making a difference. This anthology is the result of their collective efforts to harvest spiritual wisdom from within their profession.
I first made the connection between creativity and healing 26 years ago at Khao-I-Dang refugee camp. I was a 22-year-old charge nurse working in a 100-bed adult acute care hospital on the Thai-Cambodian border. The camp was inundated with traumatized Cambodian refugees fleeing a civil war and genocide to seek shelter in the international medical relief camps.

During the war, Cambodians had been forced to live in a Maoist agrarian society. Families were separated and sent to work camps. People were killed if they were literate or had any association with western culture. They were not allowed to practice any art or religion or read or write. Many feigned ignorance, suppressed their knowledge, and threw away their books and reading glasses to stay alive.

The first time I worked night shift alone, the hospital was full with refugees and their family members. One patient had active meningococcal meningitis, and I didn't have an emergency kit. It was just me, a Cambodian assistant, and a doctor on call from another relief hospital in a different part of camp who spoke only French. My medical orders that night were translated from English to Khmer (Cambodian) to French then back again. Our patient needed IV antibiotics and powerful steroids for treatment. Because of the language barriers, we used drawings to illustrate what his medical treatment would be. We did not need language
21 Peaceful Nurses: Essays on Spiritually Guided Practice
Joan Cantwell RN, MA, CJEA
Part-time faculty
DePaul and Dominican Universities
Book, 2006
ARTIST STATEMENT: Joan Cantwell

• At a nursing class school reunion my classmate Doris Popovich and myself asked the question, What keeps nurses working in the field? We held an essay contest for nurses and these are top 21 responses including our own.
"Test Results"
Joan Cantwell
RN, MA, CJEA
Part-time faculty
DePaul and Dominican Universities

Collage, 2017
12” x 10”
I helped take care of my father before he died from Kidney disease. I took him to his doctor appointments, would get all his online test results, refill his prescriptions and reviewed his EOBs and Medicare statements. All these things piled up, but every detail was only a little piece of who he was as a 90 man who lived and loved well. There were days when we were so worried about single elements about him like his potassium level. After he died, I took many of these results and prescription labels and bills and made a simple portrait collage out of them to remind me of the man beneath the weight of his medical details.
“Journeys of the Spirit"
Joan Cantwell
RN, MA, CJEA
Part-time faculty
DePaul and Dominican Universities

Collage, 2005
40” x 32” x 0.5”
mediphors
a literary journal of the health professions

No. 15
www.mediphors.org

56.95

original art & photography

provocative essays

essay

breath:
life, spirit, rest

jane carnaull

..."
ARTIST STATEMENT: Joan Cantwell

• This collage was shown at Women on War exhibit at the National Vietnam Veterans Art Museum in 2005 as part of a collection of artwork from health care providers who had worked in war areas. It documents my journey as a nurse working in a Cambodian refugee camp. There is an essay that goes with it that was published in Mediphors, an old health care and literature magazine. It is meant to be a companion piece.
“The Burano Palette”
Chad Carroll
DNP, MS, RN-BC
Health Informaticist
Northwestern Medicine

Photography, 2014
11” x 14”
“Venice Reflections”
Chad Carroll
DNP, MS, RN-BC
Health Informaticist
Northwestern Medicine
Photography, 2014
11” x 14”
ARTIST STATEMENT: Chad Carroll

• Traveling abroad has been a passion of mine for quite some time. Walking the steps of others is a humbling experience allowing me to recognize differences; but more importantly, is a reminder of our similarities. I stumbled upon photography later in life and was immediately drawn to the power an image can have on human emotion. Fusing my passion of travel with my passion of photography has been a truly cathartic experience. Seizing a single second in time and then sharing that moment through the art of photography provides me with a great appreciation of all of life’s journeys. As I continue on with my travels, I look forward to telling my story through the lens of a camera. “Taking an image, freezing a moment, reveals how rich reality truly is” ~Anonymous
The Idolatry of Security or Broken Open
Mary Chase-Ziolek
October 2007

Carefully, methodically, I prepared myself to go to Africa
Clothes that would keep me cool and protect me from the sun
An LED headlamp that would protect me from the dangers of the dark
Immunizations that would keep me disease free
Medications that would comfort my body should I become ill
Shoes that would protect my feet from blisters
Walking and exercising to get in shape
I was well prepared to protect my body

All of my preparations for protection were an attempt to create barriers to keep danger at a distance
and yet, walling myself off from danger, was in itself a danger -
a danger that I would protect myself so much that I would miss what God wanted to
give me in this foreign and unfamiliar place

As prepared as I was to protect my body, I was totally unprepared for the extravagant hospitality of our
hostess Misee
Hospitality so freely, joyously and generously given by this woman with few material resources
and a very large family
this woman who milked the cows in the field every day
who lived in an immaculate mud brick hut with a dirt floor
who brought water from the well for me to bathe
who wove grass mats for our latrine to accommodate our
foreign need for privacy

Nothing could prepare me for such lavish, unexpected hospitality
Christ could not have been more welcoming

Hebrews 13:2 says, “Do not neglect to show hospitality to strangers, for by doing that some have
entertained angels without knowing it.”
I wonder if it could be turned around to say,
“Do not neglect to receive hospitality from strangers, for by so doing some have
been ministered to by angels without knowing it.”

I tried to protect myself, yet my soul was broken open
by the gracious reception of this humble Muslim woman and her frequent blessings
through whom God worked to receive me - an unknown stranger who must have looked
odd to my Fulani hostess with all of my protective gear

God took my anxious human attempts at protection and turned me inside out
breaking me open to receive that for which I did not know to ask -
the profound experience of being a stranger in a strange land
where I was welcomed as a long lost sister

"The Idolatry of Security or Broken Open"

Mary Chase-Ziolek
Professor of Health Ministries and Nursing
North Park University and Seminary
ARTIST STATEMENT: Mary Chase-Ziolek

• This poem was written upon a trip to Burkina Faso in West Africa that included spending three days in a rural Fulani village as part of a class on Missions and Ministry in Africa made possible through the support of Covenant World Relief. It was a humbling and powerful experience contrasting using my nursing knowledge to attempt to protect myself and receiving lavish, unexpected hospitality.
"I come to the garden alone"

Mary Chase-Ziolek
Professor of Health Ministries and Nursing
North Park University and Seminary
ARTIST STATEMENT: Mary Chase-Ziolek

• My garden in my Chicago backyard is a place of deep soul work and joy. This picture was taken in a morning in July when I went out to harvest vegetables and was captivated by the beauty of the flowers not realizing exactly what I had captured until after I took the picture.
"Koala Strong"
Maribeth Churak
RN - STIC
Advocate Christ Hospital

Drawing, 2020
ARTIST STATEMENT: Maribeth Churak

• I had gotten away from drawing over the years. When I heard about the upcoming exhibit, it was during the terrible fires in Australia. I was inspired to pick up a pencil again and drew this koala. Thank you for reminding me that I have an outlet for destressing and renewal. I felt renewed and rediscovered something that brings me joy.
"Sunset Mountains"
Kateri Conklin
Nursing Student
Niehoff School of Nursing
Loyola University Chicago

Acrylic on Canvas, 2020
20" x 16" x 0.5"
ARTIST STATEMENT: Kateri Conklin

• This work is one of my favorites that I completed in my free time outside of nursing school. I have taken some art classes. I have attached a photo of a recent painting I completed in hopes it portrays my passion for painting that I do as a hobby outside of nursing. I hope you enjoy it, thank you for the opportunity to showcase our talents outside of our education!
“Raising Backyard Butterflies”
Kelly Conway
RN, BSN, HNB-BC
Ann & Robert H. Lurie’s Children Hospital

Photography
(Gardening)
ARTIST STATEMENT: Kelly Conway

• Here are a few pictures of one of my favorite summer activities - gardening outside to raise butterflies inside and release them. This may not be exactly an art form, but it is definitely a form of self care and something I have gotten great joy from doing every summer with my kids.