

From

THE

Stars

TO

My Center

A Wellness Journal

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To enlarge your screen:

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THIS PROJECT WAS CREATED, CURATED, AND CO-DESIGNED BY CREATIVE STRATEGIST IN RESIDENCE, [CHRISTY ROBERTS BERKOWITZ](#). GRAPHIC AND BOOK DESIGN BY [CAROLINA IBARRA-MENDOZA](#).

A PROJECT OF THE LA COUNTY CREATIVE STRATEGIST-ARTIST IN RESIDENCE PROGRAM, ADMINISTERED BY THE LOS ANGELES COUNTY DEPARTMENT OF ARTS AND CULTURE. PUBLISHED BY THE LOS ANGELES COUNTY DEPARTMENT OF HUMAN RESOURCES, IN COLLABORATION WITH THE DEPARTMENT OF ARTS AND CULTURE, LOS ANGELES COUNTY MUSEUM OF ART (LACMA), CA, USA, ©2024

What do you think of when you think of wellness or self-care? Every person is unique and faces their own individual challenges, some of which might conflict with wellness culture. What if wellness could be more? What if wellness was about both individual and community health? What if wellness was about reflection, curiosity, empathy, confidence, thoughtfulness, connection, and feeling at home, at peace, and safe in your body?

There is no one way to approach wellness and it’s not something you can do right or wrong. The same applies to the arts. There is no right or wrong poem, no failed drawings, no wrong dances. This is because art is not just a result, art is a process. Likewise, wellness is not a result, but a process. Processes can be powerfully transformative when we are open to them.

In many cultures, for example, the First Nations of the northwest coast of the United States, the word for “art” doesn’t exist. Objects, textiles, traditions, and more have multiple cultural and/or spiritual meanings and significance.

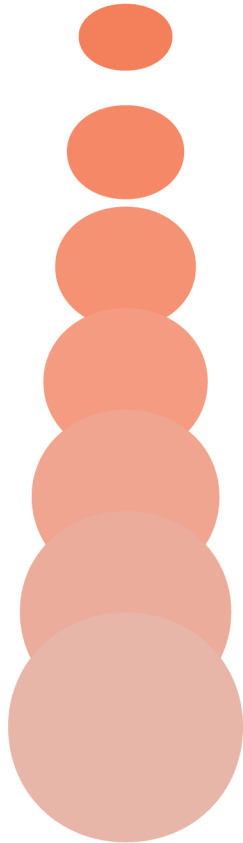
Because Los Angeles is so diverse, we also experience something like this, because art is part of our everyday, means so many things, and lives in so many places in our cultural landscapes. From the way we perfect our signatures, to the murals we enjoy in restaurants, the way we decorate for special events, the way we mourn and grieve, the way we shoot “the ball” at the tv screen when our favorite player goes for the basket, the way we hold our heart when hearing great music, the way we care for each other, the way we write in a

card for someone, the way we make a table look nice, the way we make something for a child or parent or sibling, the way we love... all of this requires us to be poets, designers, artists, dancers, musicians, chefs, healers, and spectacular humans. All of us are artists.

All of us are artists and all of us are healers. Several peer reviewed studies, including a 2019 World Health Organization study, found that there were numerous health benefits for folks engaged in a variety of arts activities, including observable health improvements for people living with conditions including brain injuries, dementia, diabetes, respiratory disease, cancer, heart disease, and more. Arts activities have been shown to improve the overall health of neurodiverse people, and people processing trauma and grief.

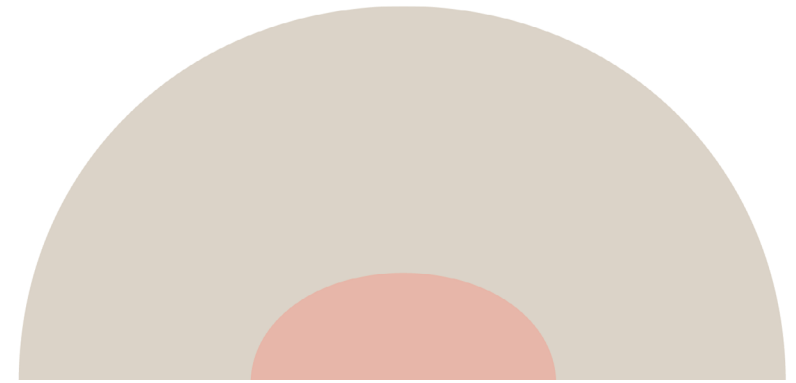
What grief do you hold? How do you hold it? How do you care for it in a way that allows you to connect to your higher self? How do you make grief a catalyst? In his song Anthem, the late Leonard Cohen sings, “there is a crack in everything, that’s how the light gets in.” How can grief be a place where the light gets into our lives? What would our communities be like if wellness was as ingrained in our lives as art is? What could we do together if our cultural landscape’s most prominent feature was care?

This journal is not meant to answer these questions for you, but it is meant to inspire you to ask these questions yourself. It is meant to affirm that your life is creative and deserving of health and wellness and that it is connected to all of us, and we are grateful for that.



“At the deepest level, the creative process and the healing process arise from a single source. When you are an artist, you are a healer; a wordless trust of the same mystery is the foundation of your work and its integrity.”

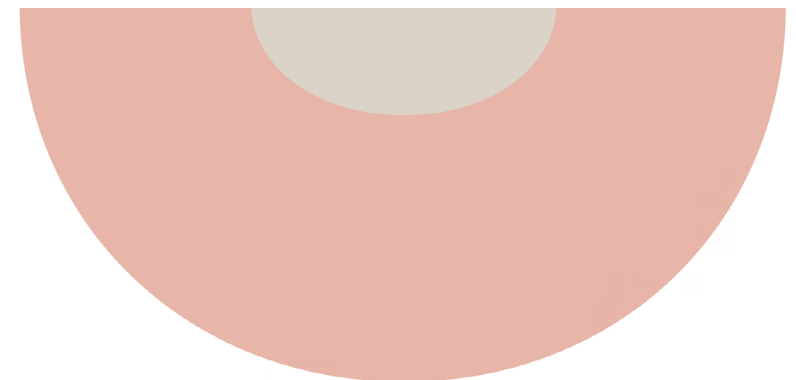
- Rachel Naomi Remen, M.D.

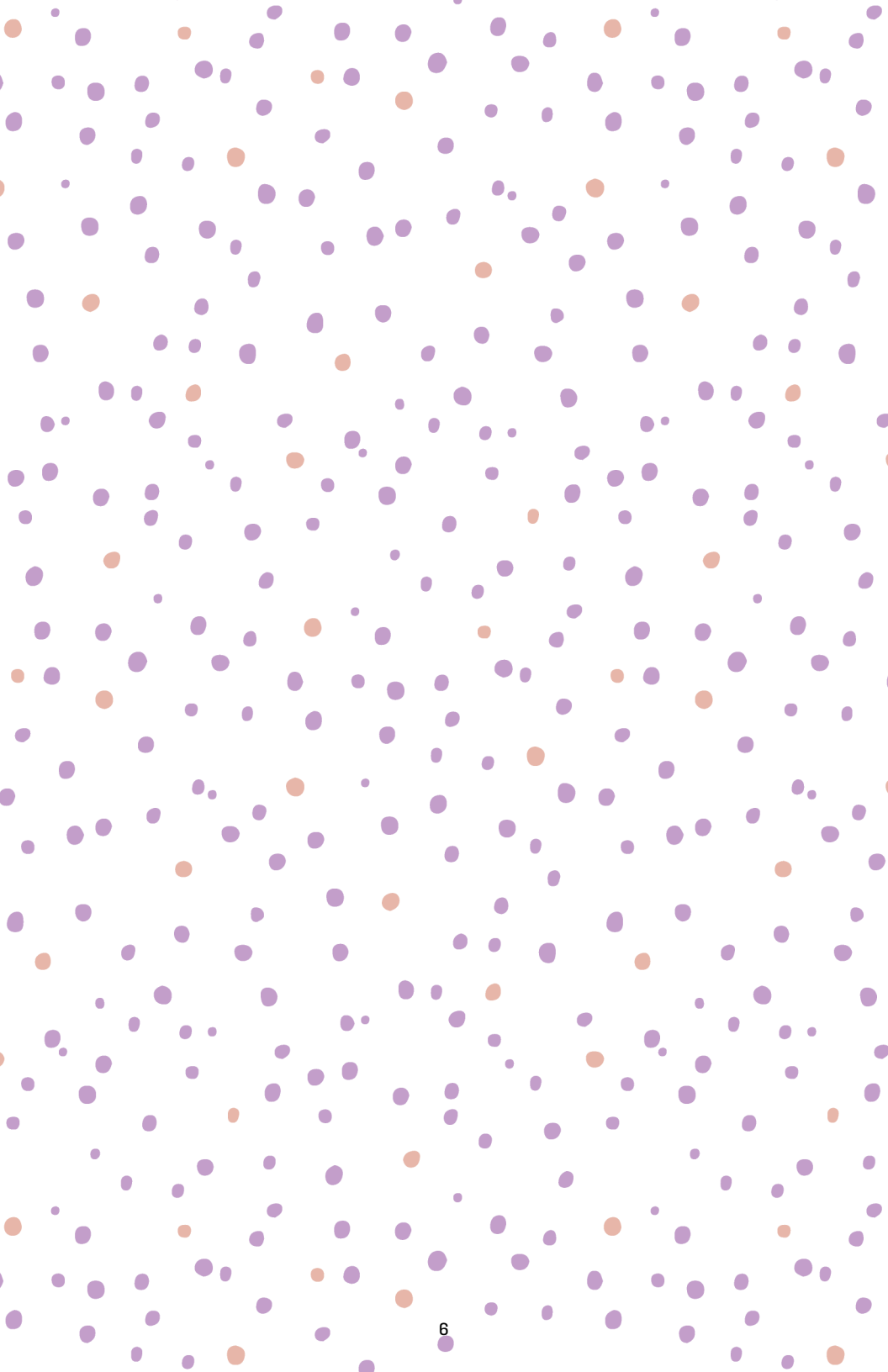


Small Prayer

By Weldon Kees

Change, move, dead clock, that this fresh day
May break with dazzling light to these sick eyes.
Burn, glare, old sun, so long unseen,
That time may find its sound again, and cleanse
Whatever it is that a wound remembers
After the healing ends





Mindfulness & Movement



As you come into this journey, take time to celebrate how unique our bodies are from one another like celebrating each star and planet on a clear night. You are a manifestation of the universe. There is no one like you. That is phenomenal and miraculous.



Let's celebrate that with:

The Power of Breathing, Mindfulness, and Movement

With Stacie Yeldell

Stacie Aamon Yeldell is the founder of Amöntra. She is a best-selling author, award-winning vocalist, speaker, and music psychotherapist with over 15 years of experience in mental health treatment.

Amöntra Grounding Practice

<https://youtu.be/Q1e-GChpaX0>

Have you ever walked out of the house feeling good and determined to have a good day, only to have a driver cut you off on the freeway? In moments like this, it can feel like our good intentions fly right out of the window. Often-times, your mind may feel like a leaf on a breeze, simply blowing wherever the winds of change carry you.

In a world of uncertainty, how can we take charge of our mental state so that we feel more empowered to *respond* to life's challenges, rather than react?

Imagine the stress, anxiety, anger and frustration you may experience when that driver cuts you off on the highway, or a co-worker takes credit for one of your ideas or a boss talks down to you. A powerful metaphor for these kind of intense emotions is lightning trapped in a bottle - the emotions are the lightning... and you are the bottle.

But what does lightning tend to seek?
The Earth. Ground.

So what is grounding? Grounding is the practice of connecting to the earth and its qualities through physical contact, practices or visualizations. It can be used to orient oneself to the present moment, thus releasing anxiety and assisting in the regulation of the nervous system.

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¹ Ms, E. L. (2023, March 27). Grounding: Exploring earthing science and the benefits behind it. Healthline. <https://www.healthline.com/health/grounding>

Other ways to practice grounding include walking barefoot, lying on the ground, swimming in an ocean, lake, or river, and even utilizing grounding equipment, such as grounding mats, sheets, jackets, or weighted blankets.

Research has found that the practice of grounding can improve conditions such as chronic fatigue, chronic pain, anxiety and depression, sleep disorders and cardiovascular disease.¹

Incorporating guided verbal cues and the melodic lullaby of the guitar, this 5-minute guided audio practice will gently lead you through a grounding experiential activity and assist you in holding and grounding the self.

You can utilize this recording to guide you in your grounding practice, first thing in the morning, if possible. If you have a busy morning or if additional support is needed, you can use this practice on your lunch or bathroom break at work.

A steady and consistent practice will support you in decreasing the anxiety and stress that can eventually lead to dysregulation in the nervous system. This will lead to increased coherence in the mind and body, thus boosting resilience and preventing burn-out. Ready? Take a seat and let's begin!

Amöntra Healthy Breathing Practice

https://youtu.be/Kj96w4t_E40

Shallow breathing is a common stress response. Sometimes, we can even hold our breath, without realizing it. According to Harvard Health, shallow breathing limits the diaphragm's range of motion. The lowest part of the lungs doesn't get a full share of oxygenated air. That can make you feel short of breath and anxious. In contrast, deep, abdominal breathing can slow the heartbeat and lower or stabilize blood pressure.²

So, if a colleague or loved one is panicking or experiencing a crisis, we may intuitively tell them to "take a deep breath."

In addition to its positive effects on the body, deep breathing is also an effective way to ease the mind. Oftentimes, worries about the future can cause anxiety and ruminating on the past may cause feelings of depression and sadness. Taking a moment to pause and connect to the breath can gently coax the mind back into the present...free from the worries of the future and the pain of the past.

There are numerous breathing practices that can be utilized to decrease - and even prevent - stress and anxiety. Some of these practices include Alternate-Nostril breathing, Pursed-Lip breathing, as well as inhaling, exhaling and holding the breath while counting.³

This guided audio practice encourages healthy breathing, utilizing rhythmic guitar chords to assist you in tracking and pacing each breath. You are invited to experiment with pacing the inhalation and exhalation and to explore what works best of you in the moment, as well as make adjustments as needed.

For example, maybe you can try inhaling on 4 counts, holding for 4 counts and finally, exhal-

ing on 4 counts. Or, inhaling on 4 counts, holding for 5 and exhaling on 7, and so on. You can use this recording daily as a guide to support your healthy breathing practice. Since this practice can be done silently, you are welcome to utilize this practice at home, during your daily commute to work or in any moment when you feel the need to destress, relax and cultivate peace of mind. Ready? Let's begin!

Amöntra Vocal Toning Practice

<https://youtu.be/F8V8ksGLhuY>

Each and every human being enters the world with sound. Our first cry signals our introduction into the world. Yet, as we become adults, we often lose our connection our voice. Even worse, well-meaning authority figures, such as parents or music teachers, may critique our voices in our most vulnerable moments, like when we are singing in a choir, at a recital or even in the shower.

In addition, a plethora of TV shows showcase singing as a unique "talent" only possessed by a chosen few. These seemingly harmless messages can lead to an unconscious tendency to suppress our voice.

What happens when we disconnect from our voice? According to Dr. Diane Austin, "the self is revealed through the sound and the characteristics of the voice. The process of finding one's voice, one's own sound, is a metaphor for finding oneself."⁴

Research shows that singing can relieve stress, boost the immune system, improve lung function and improve mental health and mood.⁵

However, singing and performance, in general, can be anxiety-provoking. The voice is not some externalized musical instrument like a guitar or piano. The voice is intimately connected to our emotions, so the act of sing-

Research shows that slow breathing produces "increased comfort, relaxation, pleasantness, vigor, and alertness, and reduced symptoms of arousal, anxiety, depression, anger, and confusion."

Zaccaro, Andrea; Piarulli, Andrea; Laurino, Marco; Garbella, Erika; Menicucci, Danilo; Neri, Bruno; and Gemignani, Angelo. "How Breath-Control Can Change Your Life: A Systematic Review on Psycho-Physiological Correlates of Slow Breathing." *Frontiers in Human Neuroscience*. (2018) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6137615/>

ing can threaten our defenses and trigger an ego response. It is the ego's job to keep us safe, so when we venture into the unknown or engage in an activity that may create judgment or critique, the ego may protest.

This guided audio practice is designed to mitigate anxiety responses by removing the "performance" component of singing, by shifting the focus from singing to sounding. This process is called Toning. Toning offers a playful and gentle way to fully engage the breath, with long exhalations that promote calming of the body. It also offers a disarming way to

explore vocal sounds, empower our voices and connect with others.*

You can utilize this Vocal Toning Guide at home, on the way to work or your favorite place in nature to cultivate an instantaneous connection to the voice, in an easy and non-threatening way. This will allow you to breathe more deeply, release stress, access your emotions and explore healthy feeling states. Ready? Let's begin!⁶

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⁶ Stacie Aamon Yeldell, MA, MTBC, AVPT, "Vocal Toning" from the music segment of the curriculum manual for Social Emotional Arts on a Shoestring by Arts & Healing Initiative, © 2021, pp 66 - 68. Please do not copy, post, or circulate without permission.

Other Sources: Keyes, Laurel Elizabeth. (1973) *Toning: The Creative Power of the Voice*. Marina Del Rey, Ca: DeVorss & Company

Amöntra Grounding Practice from the workbook "Choose Yourself: A 12-Week Journey to Becoming the God of Your Own Heart," © 2023 Stacie Aamon Yeldell. Please do not copy, post, or circulate without permission.

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² Harvard Health. (2020, July 6). *Relaxation techniques: Breath control helps quell errant stress response*. <https://www.health.harvard.edu/mind-and-mood/relaxation-techniques-breath-control-helps-quell-errant-stress-response>

³ Lpcpc, S. a. M. (2024, February 16). *Need a breather? Try these 9 breathing exercises to relieve anxiety*. Verywell Mind. <https://www.verywellmind.com/abdominal-breathing-2584115>

⁴ Austin, Diane. (2008) *The Theory and Practice of Vocal Psychotherapy: Songs of the Self*. London, UK: Jessica Kingsley

⁵ Mfa, R. J. S. (2020, November 10). *10 ways that singing benefits your health*. Healthline. <https://www.healthline.com/health/benefits-of-singing>

Thanking our Relatives: Elemental Gratitude Prayer

Curated by cesia domínguez lópez for LA County Employees

Tierra mi cuerpo Earth my body
Agua mi sangre Water my blood
Viento mi aliento y Air my breath and
Fuego mi espíritu Fire my spirit

Exercise Overview

Title: Thanking our Relatives: Elemental Gratitude Prayer
Description: *Movement gratitude practice thanking all (y)our bodies*
Duration: 10-15 min

My people are cloud people. They are valley people, in relationship with the mountains and clouds that hug our Oaxacan valley. We are people whose cosmology reflects a respect for all living beings. In my lineage, the elements are our relatives and we are in constant change and relationship with them. We are taught to be in respectful and reciprocal relationship with our collective bodies: bodies of land, water, mineral, flora, fauna. Expressing our gratitude and extending our prayers is one way that we can honor our collective bodies.

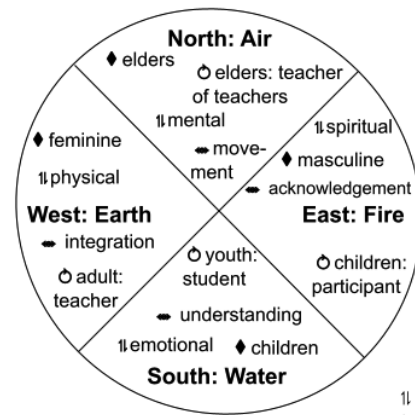
When we are more connected to ourselves, we can be in more connection with our collective bodies. When we can honor ourselves, we can honor our collective bodies. This embodied gratitude practice is designed to support you in cultivating intimacy and connection with the elements, and therefore—yourself.

Before getting started with your gratitude practice, make your own “Elemental Wheel.” Traditions from all over the world have a language

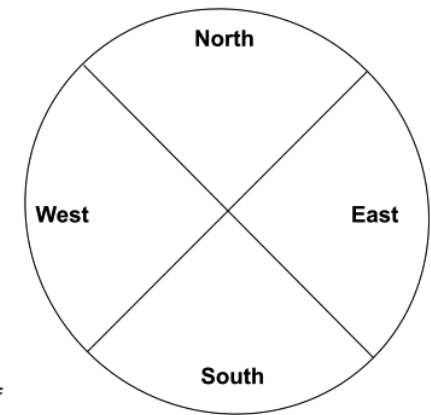
and method of organizing the elements. Here is an example from one of my lineages in what is now called Mexico: the Mexica 4-directions wheel.

Take a moment to reflect on any sharings on this via stories in your family, spiritual beliefs, or the internet. If you don't know or can't find any ancestral/lineage information for yourself, then take a moment to journal about your relationship to each element.

Note: Being asked to connect with your ancestral lineage can bring up all sorts of emotions and tenderness. Colonial cultures have often used culture/lineage erasure as a tool of domination. If you don't know about your ancestral lineage because of settler-colonial violence, take a moment to give yourself and your lineage some love salve for the tender heart and grief. Lean into what you do know at the moment, how are you in relationship with the elements now? What practices might you want to share and preserve for your future lineage?



- || aspect of self
- ◆ family structure
- Stage of life
- Problem Solving



Example of Mexica 4-directions wheel alongside a 4-directions/elemental wheel template to complete according to your lineage or current relationship with the elements. In Mexica cosmology, the directions are

organized into different aspects of life like family structures, stages of life, aspect of self, seasons, etc. Your lineage might not be organized in this way so no need to replicate this structure for your own wheel.

“Everything has life and deserves great respect.

It is imperative that there is a change of world consciousness in which we emphasize the care of others, our environment, the plant, the water, and everything that is our universe.

We are the Zapotecs of the Sierra Juárez. Our grandparents used to say that we were the ‘people of the clouds,’ because behind the clouds, there is clarity of life. Behind that clarity is the conduct of our elders who fought to bequeath to us an extremely important value called respect.”

—Doña Enriqueta Contreras Contreras⁷
 Zapoteca Curander

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⁷ Read more about her work: Zapotec Woman of the Clouds: The Life of the midwife-healer Enriqueta Contreras Contreras by Mary Margaret Narvar

Movement gratitude practice thanking all (y)our bodies

Now that you have taken a moment to reflect on your relationship to your elemental relatives, we can extend gratitude for how they show up to support us.

Step one:

Take a moment to identify a gratitude movement that you want to dedicate to each element.

1. East: Fire
2. South: Water
3. West: Earth
4. North: Air

Note: these directions are based on the Mexica's four-direction wheel but you are welcome to substitute the directions from your own lineage.

Step Two:

We will turn to each of the four directions to offer your gratitude movement as you voice your gratitude and request to each elemental relative. You can write your own gratitude dedication or read the Elemental Gratitude Prayer. This is also a beautiful practice to do in community; I invite you to practice it collectively. ////

“Somatic therapy is more about relieving the tension, as opposed to desensitizing people to it.”

“Mindfulness meditation lets any feeling or emotion come into our minds without judgment, as opposed to homing in specifically on bodily sensations that are happening.”

—Dr. Amanda Baker, Harvard Medical School

Elemental Gratitude Prayer

All that is fire, thank you for teaching me to ignite the embers of my heart
burning consistent, tending to my spirit with the loyalty of the sun

May I dance like fire,
Playful, centering pleasure and connection as
I illuminate many pathways into loving worlds

All that is water,
Thank you for teaching me the strength that comes in bonds
feeling into my interdependence; cohesion cultivating aliveness

May I flow like water,
graceful and easeful as I transform into many shapes
dissolving what no longer serves me

All that is earth,
Thank you for your reflection, I am soil that walks
held by the land that keeps me rooted

May I shift like the earth,
Moving the material; birthing life from death
Cuerpo-territorio: may I honor you, may I honor myself

All that is air,
thank you for the wings to soar in imagination
To relearn to be in reciprocity with my collective bodies
To reimagine and build a world with many worlds centering dignity
Dignity for all our relations

May I listen to the winds,
teachers and messengers,
whispering that every choice rooted in love is ceremony

Bio: cesia domínguez lópez is a cuir Zapotec somatics practitioner, death worker, and cultural organizer striving for our collective liberation. Rooted in abolitionist and Healing Justice movements, they explore ancestral legacies of healing to nourish ecologies of care for the health and dignity of Black and

Indigenous communities. Centering the body and a pleasure-based approach, they primarily work with organizers, movement-based organizations, and other frontline communities impacted by prison and border violence. Website: https://linktr.ee/traviesa_studios IG: [@Traviesa_Studios](https://www.instagram.com/Traviesa_Studios)

Body Scan

Notice these sensations without changing them:

Breath (shallow, deep, fast, slow?)

Temperature (hot, cold, warm?)

Pressure (tight, dense, light, open?)

Movement (buzzing, streaming, pulsing?)

Emotion (happy, sad, joy, fear, surprised?)

*Each finger can represent a sensation that you can move through when you do a body scan

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Breath

Use your hand as a guide for inhaling and exhaling.

Place your hand like the diagram.

Use your left hand to trace your right hand starting from the bottom of your thumb.

Breathe in as you trace up a finger and out as you trace down.

By the time you get to the other side of your pinky, you should have 5 breaths in total.



take a
moment

Nazbah Tom (Diné) is a somatic practitioner who uses conversation, breath work, gestural work, bodywork, and somatic skills to guide individuals and groups through a process of embodied transformation.

Words by Nazbah Tom
Art and design by Catherine Hernandez

Healing Will Come: Elegy After Natural Disaster by Dr. Patricia Jabbeh Wesley

She searches the ruins like someone
who has wandered so far away.

Six children, I had six children,
she tells herself. All around, her world
has become twigs of splintered pieces
of a long-ago life,
not so long ago.

She lays down one child alongside another
child, alongside another,
but then, she stands there, wiping her
eyes, looking ahead, turning over

the ruins of pieces of a place that once
was, in the ruins of a life that once was.
But they were six children, she says,
six, dead, or alive.

A mother knows what it means
to have six, not three, but six living
children, not three only, dead,
and there, the tears, calming for now,
calming, for now.
Always.

What would I do without tears,
I used to ask myself in another world.
What would she do without tears,
I now ask myself, and now,
the water from her eyes, unlike
the water that has taken
everything away with it.

Somewhere, always, somewhere,
there's a day when healing comes.
Wasn't this what life was supposed to bring,
after death, the healing?
Healing refuses to be lost to death,
I say, healing will come.

Copyright Patricia Jabbeh Wesley,
Poetry Magazine (June 2022)

Los Angeles County has many resources
for you to continue your healing journey.
We acknowledge that the beauty of diversity requires beautifully
diverse wellness strategies. We offer these additional resources:

Los Angeles County's Employee Assistance Program (EAP) – County employees and a dependent can attend up to three virtual sessions every six months with the first one being offered on "County time." To schedule a confidential counseling session, call (213) 433-7202 or email EAP@hr.lacounty.gov. For more information, visit <https://employee.hr.lacounty.gov/employee-assistance-program/>

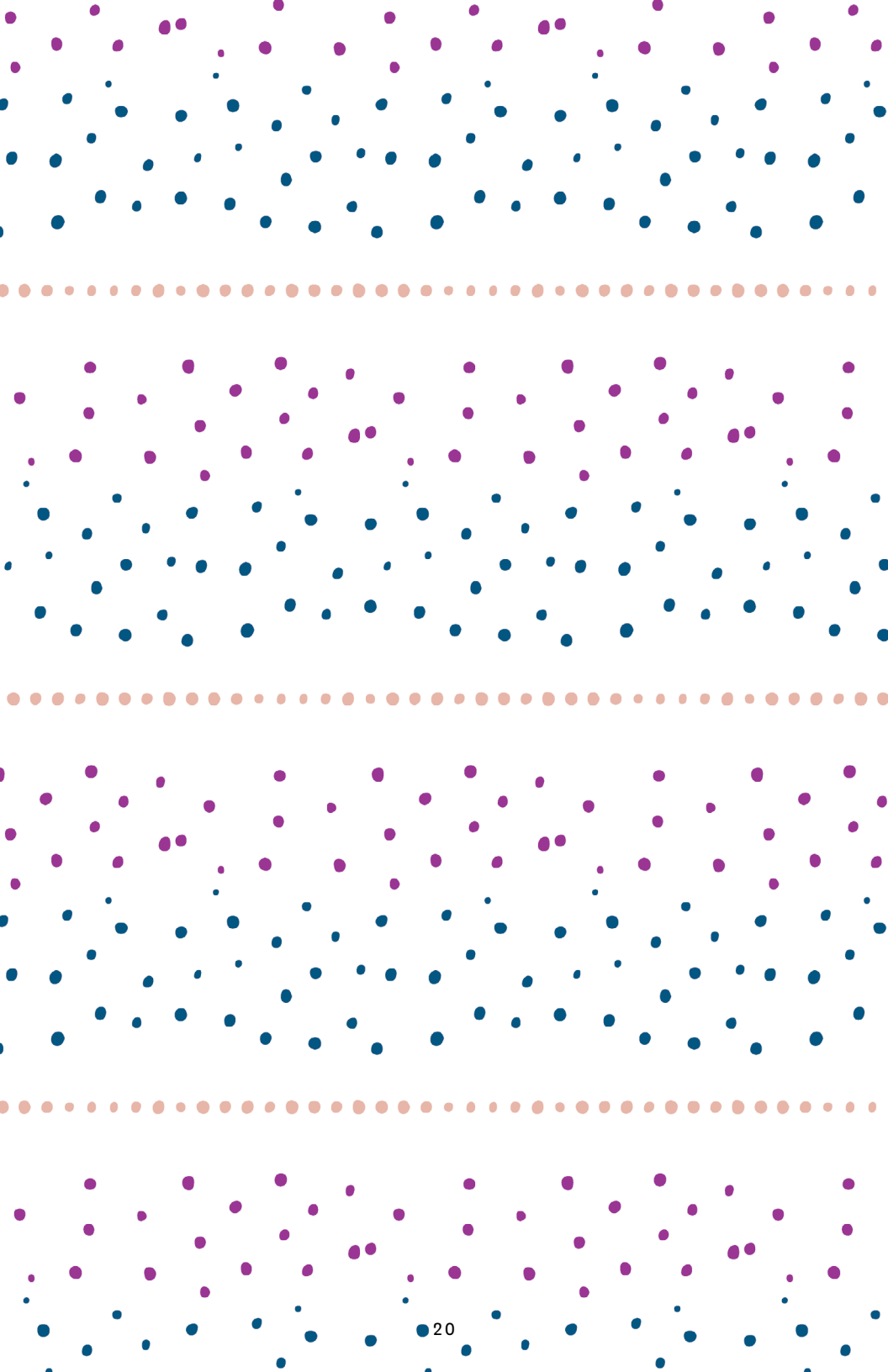
Life Assistance Program (LAP) – The Life Assistance Program (LAP) is a free confidential and anonymous counseling service offered by the County of Los Angeles and provided by New York Life Behavioral Health. It is available to all employees, regardless of their medical or life insurance plans. Dealing with anxiety, grief, and fear can be a challenge. You don't have to go it alone. You can get help right away with the LAP. **For more information call (800) 344-9752.**

Creative Wellbeing is an approach for fostering communities of wellness using arts-based strategies to enhance the capacity of adults to support young people. Creative Wellbeing was developed by the LA County Department of Arts and Culture, Office of Child Protection, Department of Mental Health, and Arts for Healing and Justice Network. <https://www.lacountyartsedcollective.org/initiatives/creative-wellbeing>

Educational Resources:

Salamon, Maureen. "What is somatic therapy? *Somatic therapy explores how the body expresses deeply painful experiences, applying mind-body healing to aid with trauma recovery.*" Harvard Health. (2023) <https://www.health.harvard.edu/blog/what-is-somatic-therapy-202307072951>

Zaccaro, Andrea; Piarulli, Andrea; Laurino, Marco; Garbella, Erika; Menicucci, Danilo; Neri, Bruno; and Gemignani, Angelo. "How BreathControl Can Change Your Life: A Systematic Review on PsychoPhysiological Correlates of Slow Breathing." *Frontiers in Human Neuroscience*. (2018) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6137615/>



Culture & Curiosity

A Thank-You Note

By Michael Ryan — For John Skoyles

My daughter made drawings with the pens you sent, line drawings that suggest the things they represent, different from any drawings she — at ten — had done, closer to real art, implying what the mind fills in. For her mother she made a flower fragile on its stem; for me, a lion, calm, contained, but not a handsome one. She drew a lion for me once before, on a get-well card, and wrote I must be brave even when it's hard.

Such love is healing — as you know, my friend, especially when it comes unbidden from our children despite the flaws they see so vividly in us. Who can love you as your child does? Your son so ill, the brutal chemo, his looming loss owning you now — yet you would be this generous to think of my child. With the pens you sent she has made I hope a healing instrument.

"A Thank-You Note" first appeared in Poetry magazine.
Copyright 2012 by Michael Ryan

What if you saw Los Angeles County as if it were your grandparent? LA County has sheltered you, nurtured you, and given you water and sunshine. The rich cultural garden of LA County grows in beautifully deep historic movements of community love. This place is your family. Let's explore some of what grows in LA County's garden.

The following is a series of selections from the collections of the Los Angeles County Museum of Art, The Los Angeles County Department of Arts and Culture Civic Art Collection, healing music to check out, a conversation with KCRW's Wyldeflower about how community

radio builds community, and dining suggestions from a community-rooted food writer. The artists included in this publication see art as a dialogue that can expand the world and its possibilities. They are deeply connected to Los Angeles County and reflect the beautiful cultural tapestry of the eternally significant place we call home.

"We don't play music,
we pray music..."

from *In Tune*, by Robert Glasper
featuring Amir Sulaiman



There's no one way to mindfully experience a work of art—all you need is some dedicated time, anywhere from 5–10 minutes, or even up to an hour. Below are a few tips for getting started:

Make sure you are comfortable—take a moment to slowly inhale and exhale three to four times. Feel your feet on the ground. Scan your body, noticing any places that are particularly tense. Aim to focus your attention completely in the moment while looking at the artwork. If you hear other sounds, that's okay; let them help focus your experience of being in this place at this time.

Let your eyes wander—allow time for your eyes to explore the artwork, but also let your eyes settle on details that you find interesting. This approach is about allowing yourself the process of really taking in an entire work.

Be patient, and trust your own experiences, knowledge, and intuition—prioritize your own discoveries and making a more personal connection with the work. Feel free to change your position to look from different perspectives. Each time you move, ask yourself: what do I see now? What changes do I notice?

After you have spent extended time with the work, it can be enriching to collect and organize some of your observations, ideas, and questions—with a friend, in a notebook, or in your own mind. Does the artwork include interesting juxtapositions? What has the work made you think about from your own life? Does spending time with the work invite new questions?

Look again—some artworks only inspire deeper connections after you have looked and thought about them for a while. The more you look, the more you will see!

CONTENT CREATED IN COLLABORATION WITH THE LOS ANGELES COUNTY MUSEUM OF ART (LACMA), THE LOS ANGELES COUNTY DEPARTMENT OF ARTS AND CULTURE, ROCIO CONTRERAS, AKA "WYLDEFLOWER" AND AYOM-ARI.



Frida Kahlo, Mexico, 1907-1954
Weeping Coconuts (Cocos gimientes), Mexico, 1951
 Los Angeles County Museum of Art, The Bernard and Edith Lewin Collection of Mexican Art (M.2004.283.2) © Banco de México Diego Rivera & Frida Kahlo Museum Trust. Reproduction of Frida Kahlo governed by Instituto Nacional de Bellas Artes y Literatura / Artists Rights Society (ARS), New York.

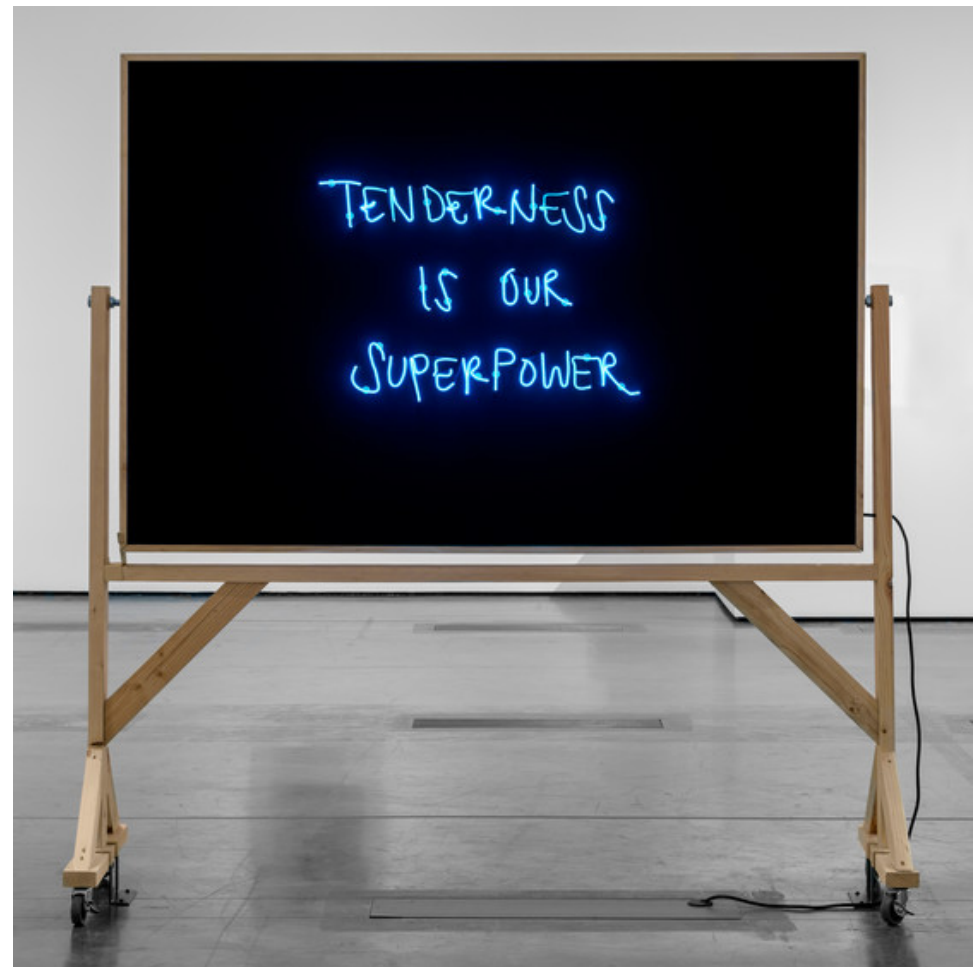
Frida Kahlo

“Known primarily for her haunting self portraits, Frida Kahlo undertook still life painting at the end of her life, when her health drastically deteriorated. In *Weeping Coconuts* (Cocos gimientes), the fruits undergo a disturbing anthropomorphic animation. Kahlo began to paint in 1925, while recovering from a streetcar accident that left her permanently disabled.

She underwent more than thirty operations, and many of her approximately two hundred paintings explore her experiences with pain. They also chronicle her turbulent relationship with Diego Rivera, whom she married in 1929.”¹

— Ilona Katzew, 2008

1 <https://collections.lacma.org/node/193893>



EJ Hill

EJ Hill, Los Angeles, USA, b. 1985
Lesson #3, 2020 From the series *Lessons*
 Los Angeles County Museum of Art, purchased by AHAN: StudioForum with additional funds provided by TheStanley and Joyce Black Family Foundation, 2020 Art Here and Now purchase, © EJ Hill, photo © Museum Associates/ LACMA

“EJ Hill is known best for his endurance based performances but is also an object maker, writer, and installation artist.

He has used neon to put text into conversation with his body while he performs, and as a source of light in dark circumstances. During a year-long fellowship at Harvard University,

Hill began making the series *Lessons*, in which each work includes a chalkboard with a declarative message. In these pieces, Hill recasts the objects and language of the American education system to reckon with the fact that these institutions are not designed for all.”²

2 <https://www.lacma.org/node/39548>



Rania Matar

Rania Matar, Lebanon, b. 1964
Alae, Beirut, Lebanon, 2020
Los Angeles County Museum of Art, purchased
with funds provided by The Peyton Family
Foundation, © Rania Matar, photo courtesy
Robert Klein Gallery

Photographer Rania Matar's practice focuses on portraying girls and young women as they see themselves. To that end, she encourages them to have a say in their pose, clothes, accessories and surroundings. Born in Beirut to a Palestinian family, Matar moved to the United States in 1984 during the Lebanese Civil War (1975–90). Originally trained as an architect, she shifted to photography after the September 11 attacks with the intent to counter negative stereotypes about the Middle East. Primarily photographing girls and women in the United States and Lebanon, her work highlights shared commonalities across cultural lines.

Robert Colescott

Robert Colescott's (above) work deals with identity, the Black American experience, and American history.



Robert Colescott, Oakland, USA, 1925-2009
Still Afloat, 1987
Los Angeles County Museum of Art, gift of Bruce and Donna Polichar
© 2024 The Robert H. Colescott Separate Property Trust / Artists Rights Society (ARS), New York



Mercedes Dorame, Los Angeles, USA, b. 1980
Portal for Tovaangar, 2021, in collaboration with LACMA x Snapchat: Monumental Perspectives, © Mercedes Dorame, image courtesy of Snap Inc.

Mercedes Dorame

“Working in landscapes she feels anchored to, Mercedes Dorame reclaims connection to the land and ancestral knowledge by exploring what it means to exist as a Native inhabitant of contemporary Tovaangar (present-day Los Angeles). The lack of federal recognition of the Tongva land fuels Mercedes to recount the tribe’s history and legacy through her artistic practice. Mercedes is known for constructing intricate sculptural installations that mix fact and fiction in order to re-open portals of memory that tell a new story. In reimagining a portal to another dimension of the past-future, she pushes forward her vision of centering the continued presence of Indigenous people and their connection to the land and the histories of California.

A part of Monumental Perspectives, *Portal for Tovaangar* is an immersive AR experience that links past, present, and potential future worlds. Portals serve as doorways or entrances

to other spaces. In this case, Mercedes positions the portal not as a literal space but as a mindset. She aims for viewers to engage with what continues to inspire many Native people: the sky, the land, indigenous plant life, celestial bodies, and the infinite ability to connect to these entities and with each other. Mercedes explains, “If you walk into this space and experience this monument, this portal, this AR lens, you are engaging in a mindset that expands your possibilities and expands where you might go with it from there.” The AR monument proposes a community healing opportunity, an exploration of truth in understanding Indigenous intrinsic knowledge and reconciliation.”³ To experience *Portal for Tovaangar*, and the ten other LACMA x Snapchat: Monumental Perspectives projects, visit: <https://www.lacma.org/art/exhibition/lacma-snapchat-monumental-perspectives>

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³ <https://unframed.lacma.org/2021/06/29/reimagining-continuous-presence-native-people-mercedes-dorame>



Judy Baca

Judy Baca, Los Angeles, USA, b. 1946
 Installation photograph, *Painting in the River of Angels: Judy Baca and The Great Wall*, Los Angeles County Museum of Art, Oct 26 2023 – Jun 2 2024, © Judith F. Baca, photo © Museum



Judy Baca and kids with paint rollers, © SPARC 1981, courtesy of Judith F. Baca and the SPARC archives. Photo: Gia Roland, 1981.



Judy Baca painting *The Great Wall of Los Angeles*, summer of 1983, photo courtesy of the SPARC Archives (SPARCinLA.org)

“For the first time in her practice, Judy Baca transforms a museum into a studio. She and artists from the Social and Public Art Resource Center expand *The Great Wall of Los Angeles* into the 21st century, painting two sections of the mural at LACMA. LACMA’s exhibition presents murals from the 1960s depicting the Chicano Movement, Watts Renaissance, and archival materials that have never been exhibited, revealing Baca’s process and innovations to muralism. Baca conceived *The Great Wall* (1975) as a monument to the people of California, featuring moments from prehistoric times to the 1950s. She collaborated with 400 youth and community members to design and paint the mural on the walls of the L.A. River to tell history from the perspective of those erased from it. After the artists complete the paintings

at LACMA, they will add them to *The Great Wall*, creating a mile of visual history.”⁴

Baca’s work asserts that we are and have always been at our best in community. It is in community we learn deep listening and seeing, so that we can help each other feel seen and heard. It is in community that we strengthen each other’s values and it is in community that we connect to why we are here.

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 4 <https://www.lacma.org/art/exhibition/painting-river-angels-judy-baca-and-great-wall-0>



Kim Abeles
Citizen Seeds (Manzanita), 2021 Location:
 Supervisorial District 2 - Park to Playa Trail
 (Multiple Sites)
 Commissioned by the Los Angeles County
 Department of Arts and Culture

Kim Abeles

“‘Citizen Seeds’ is a series of six sculptures placed in various locations along three miles at the start of the Park to Playa trail. The sculptures are mixed media and portray six plants native to Southern California: Sugar Pine, California Black Oak, Coast Live Oak, Bladderpod, Black Walnut, and Manzanita. Abeles designed the seeds to have a visual presence from afar (sizes range from 6’ to 8’) and serve as a meeting place for trail users. The top of each seed appears to be split open, revealing a map and other design elements. Each map is fashioned in bronze, indicates its location on the trail, and includes the word ‘Here’. The sculptures then become wayfinding objects. ‘Here’ also invites

the viewer to slow down for a moment and take in the power of finding themselves immersed in nature while being in the center of urban Los Angeles. Walking has held a special space in Abeles’ artwork. She often walks, plotting areas and incorporates cityscape horizons to her projects and community or classroom workshops. Normally we pass by quickly in our cars. Walking offers participants a fresh viewpoint. Abeles writes in her description of *Citizen Seeds*: ‘When walking or stopping for a moment along a trail, we can imagine that there is no beginning or end, rather, a journey’s continuum.’”⁵ —by Alicia Vogl Saenz

Art in parks and libraries: experiences we share

Los Angeles is a destination for public art. Everywhere you look, there is an expression of deep cultural connection to both the land and each other. Our communities make us who we are.

Communities that invest in public art are also healthier communities. Life expectancy in adults engaged in the arts can be extended as much as 20%, specifically in older adults ([London Arts study](#)*). Public art strengthens connections between communities, makes our communities safer, and strengthens our sense of identity and belonging. This extends our lives.

When we experience cultural expression, we ourselves feel more expressive, more connected, and more grateful to be alive. We feel less alone.

The following selections from the Los Angeles County Civic Art collection are all located in parks and libraries. These areas not only offer important public artworks, but opportunities to explore nature, stories, learning, and community.

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 5 <https://ecoartspace.org/Blog/12689134>



James T. Dinh
Circle of Ripples, 2014
 Location: Supervisorial District 1 - Hacienda Heights Community and Recreation Center
 Commissioned by the Los Angeles County Department of Arts and Culture

James T. Dinh

In the words of James Dinh, “working at the confluence of public art and landscape architecture, I draw on the cultural landscape unique to each site so as to develop design narratives that heighten the experience and understanding of place. The themes addressed in my creative work are rooted in my family’s experience of being refugees, who had to create a new home here in the U.S. after leaving Vietnam in 1975. Based in Southern California, I explore notions of community, identity, and historical narrative within the context of public space.”⁶ Dinh’s work for “Circle of Ripples” is meditative, encouraging the viewer to think of how circular and cyclical things are, and how small actions have ripples that touch so much of our lives as individuals and community members.

.....
 6 <https://mccmeetingspublic.blob.core.usgovcloudapi.net/milpitas-meet-2a8c785448b74b47bb16545f9745bd65/ITEM-Attachment-001-e79f7960883f4165967cbedf6fa2f012.pdf>



Paul Botello
Inner Resources, 2000
 Location: Supervisorial District 1 - City Terrace Park
 Commissioned by the Los Angeles County Department of Arts and Culture

Paul Botello

“Through the Los Angeles County Probation Department, artist Paul Botello worked with at risk youth to produce a monumental mural for the exterior of the City Terrace Park gymnasium. Spanning almost 30’ high x 50” wide, this mural references Latin American culture and history through a variety of complex symbols and diverse themes. For the park, which is in a residential area, Botello wanted to create a peaceful mural that was “about the veneration of life.” Inner Resources revolves around the central figure of a Mexican Indian goddess from whom life and bounty flows. She is surrounded by people planting, harvesting, and celebrating. In a section to the viewer’s right, a mother lovingly guides her daughter out the front door into the larger world outside. Paul Botello was

introduced to mural painting at an early age by his older brother David, a fellow muralist. Born and raised in East Los Angeles, Botello went on to receive his BFA and MFA from California State University, Los Angeles in addition to a certification in industrial drafting and computer aided design. In 1994, Botello collaborated with Eva Cockcroft on a mural in Berlin, Germany entitled Global Chessboard. Besides adorning buildings throughout East Los Angeles and Southern California, his works are held in the permanent collections of the Hammer Museum and the Laguna Art Museum.”⁷

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 7 <https://publicartarchive.org/art/Inner-Resources/9a9ee75c>



Fallen Fruit, (collective: David Burns, Matias Viegner, Austin Young)
 Del Aire Public Fruit Park 2012
 Location: Supervisorial District 2 - Del Aire Park
 Commissioned by the Los Angeles County Department of Arts and Culture

Fallen Fruit

“Working with residents of the Del Aire neighborhood in Hawthorne, California, this public fruit park attempts to transform the entire community. While focused on a single ‘eye’ with 12 fruit trees, it is surrounded by 24 other fruit trees scattered throughout the park, and 48 trees adopted by residents and planted on the periphery of private and public property throughout the neighborhood. Commission from the Los Angeles County Department of Arts and Culture.”⁸

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 8 <https://fallenfruit.org/projects/public-fruit-park-los-angeles/>



Charles Wilbert White
 Untitled 1960
 Location: Supervisorial District 2 - A.C. Bilbrew Library

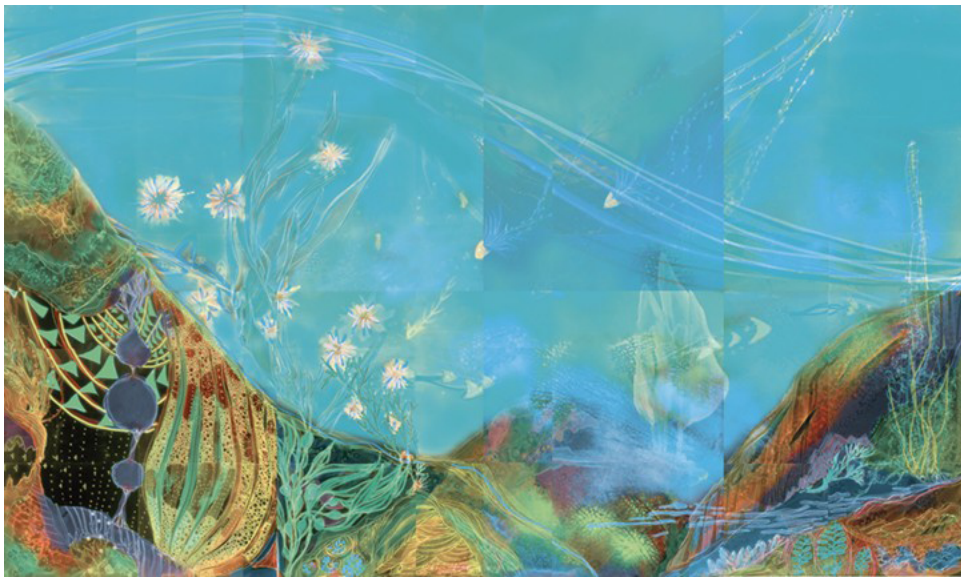
Charles Wilbert White

“In 1974, Los Angeles County built a new facility for the North Enterprise Library Branch and named it after Madame A C Bilbrew, a community leader, poet, musician, and the first Black woman to sing on the radio in Los Angeles. Madame Bilbrew was a pioneer in radio and was the first Black person to have her own radio show in the United States. The Bilbrew Library is also famous for housing the Black

Resource Center, which many authors and researchers use to study social, historical, and cultural aspects of Black history.”⁹ The library also houses this work by Charles White (1918-1979), who is one of the most famous Black American artists in history. White grew up frequenting libraries¹⁰ which makes the home of this piece particularly poignant.

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 9 <https://publicartarchive.org/art/Untitled/31809311>

10 Miller, M.H. (September 28, 2018). "The Man Who Taught a Generation of Black Artists Gets His Own Retrospective". *The New York Times*. Retrieved 2018-10-23.



Christine Nguyen
Oceanic Cosmic Whisper 2012
 Location: Supervisorial District 3 - Malibu Library
 Commissioned by the Los Angeles County Department of Arts and Culture

Christine Nguyen

The design for the mural in the Malibu Library Children’s Room provokes library-goers to “connect with the ecology and terrain of Malibu”. Nguyen “wanted to incorporate my interpretation of the ocean alluding to a playful fantastic underwater dreamscape.”¹¹

“The Malibu Library, a branch of the LA County Library located at 23519 Civic Center Way, was established in 1970. Constructed in 1963, the library consisted of a 12,891 square foot building, and a 2,013 square foot bookmobile garage. Aside from relatively minor modifications to the interior layout, the library’s physical characteristics had remained unchanged, despite constantly evolving programmatic and service needs for the approximately 18,000 residents from the City of Malibu and

surrounding unincorporated county areas that it served.

Equipped with cutting-edge technology, the revitalized Malibu Library pays homage to the area’s profuse history. Visitors can enjoy replicas of historic Malibu artifacts, including a lighthouse from the 1920s that has been transformed into a family restroom, an Adamson House tile rug, and a photographic exhibit featuring historical images of the area. Malibu’s equestrian culture is represented in the enlarged Community Room, while its diverse marine life is symbolized in the new Children’s Area on a flourishing 8’ by 14’ porcelain tile public art piece designed by artist Christine Nguyen.”¹²

11 <https://www.christinenguyen.art/public-art#/malibu-library/>
 12 <https://www.christinenguyen.art/public-art#/malibu-library/>



Rebeca Méndez
 OBSERVATION POST 1, 2013
 Location: Supervisorial District 4 - Pico Rivera Library
 Commissioned by the Los Angeles County Department of Arts and Culture

Rebeca Méndez

“Observation Post 1 is a sculpture commissioned for the Pico Rivera Public Library. The sculpture is made of nine thousand pounds of one inch thick Corten Steel, and is composed of two observation posts, a walking / observation platform and a viewing frame. The work encourages the participants to focus their view beyond the frame toward the trees and sky of Pico Rivera, to step through the threshold, let their mind wander, contemplate and daydream. The lintel of the frame has the following quote by Proust from *The Captive*, vol. 5 of *In Search*

of *Lost Time*. “The only true voyage of discovery, the only fountain of Eternal Youth, would be not to visit strange lands but to possess other eyes, to behold the universe through the eyes of another, of a hundred others, to behold the hundred universes that each of them beholds, that each of them is.”¹³

13 <https://rebecamendez.com/OBSERVATION-POST-1-2>



Aram Saroyan
Five Minimalist Poems 1968-2018
Location: Supervisorial District 5 - Michillinda Park
Commissioned by the Los Angeles County Department of Arts and Culture

Aram Saroyan

Aram Saroyan is a poet, novelist, memoirist, and playwright. He attended the University of Chicago, New York University, and Columbia University, but did not complete a degree. The son of the writer William Saroyan, Aram made his debut as a writer with six poems and a review of Robert Creeley's novel *The Island* in the April 1964 issue of *Poetry* magazine. He became famous for his one-word or "minimal" poems, a form he developed during the early and mid-1960s, and which is often linked to Concrete poetry. Saroyan is also frequently linked to Second Generation New York School Poets and conceptual art. Saroyan's first books in this mode were *Aram Saroyan* (1968) and *Pages* (1969). Perhaps the most famous of Saroyan's one-word poems is 'lighght.' George Plimpton included it in *The American Literary Anthology*, an anthology paid for by the newly established National Endowment for the Arts.

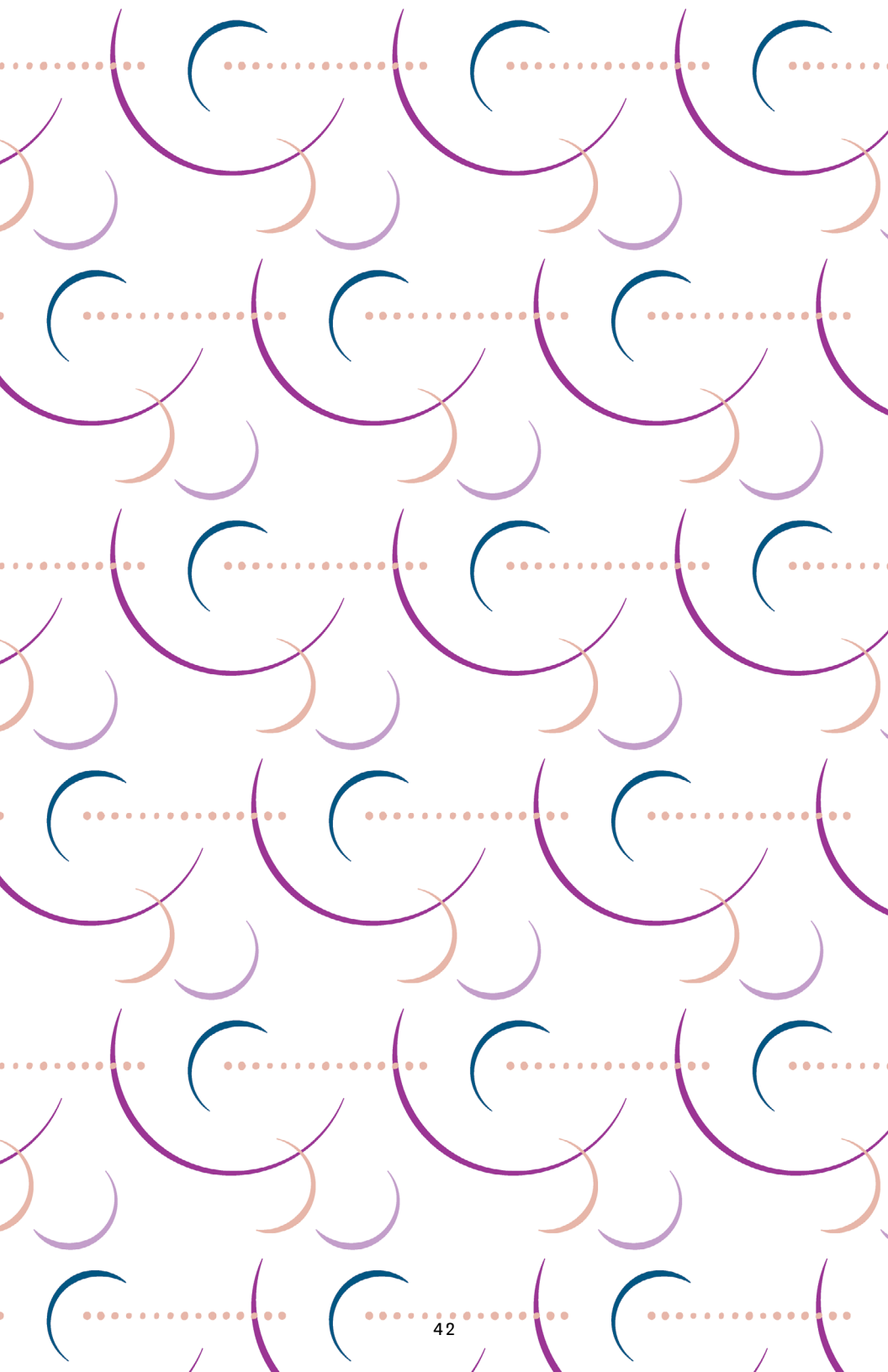
The poem became the center of a heated debate over government funding for the arts. Saroyan himself has said that, 'apparently the crux of the poem is to try and make the ineffable, which is light—which we only know about because it illuminates something else—into a thing. An extra 'gh' does it ... It's sculptural on that level.' Saroyan's *Complete Minimal Poems* (2007) won the William Carlos Williams Award and was republished in 2014. Other collections of Saroyan's poetry include *Day and Night: Bolinas Poems* (1999)."¹⁴

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14 <https://www.poetryfoundation.org/poets/aram-saroyan>

Check out the Los Angeles County Department of Arts and Culture "Favorites Map" that highlights cultural institutions throughout the County, making the arts accessible to County employees, regardless of their location:

Favorites Map

<https://lacounty.maps.arcgis.com/apps/dashboards/779925ff74644e329a9015a6dbcb6d0e>



Express & Inspire

Food is how
Los Angeles
says to us,
“**I Love You.**”

Eating for Health, Food As Medicine

by Ayomari

Adopting a healthier lifestyle can be challenging without support. There is a ton of new information to digest and new flavors to experience. It puts a magnifying glass on the relationship you have with not only food, but with the world around you. Routine plays a big role in the foods we choose to eat. Familiarity is easy, and you're more likely to choose what's easiest rather than trying something new. This is especially true with time, information, and location constraints. Whether you're stubborn to the bone or only require a polite nudge, the famous Simon Sinek saying still holds true, "The hardest part is starting, get that out of the way and the journey is much easier."¹ We get it, life is busy, so to help alleviate much of the guesswork that accompanies trying new things, we put together a list of local healthy and affordable restaurants. Los Angeles² is ranked the second best city for vegans and vegetarians in America. From comfort food classics to fusion and everything in between, it is a destination for healthy lifestyle hopefuls. We've compiled a list of restaurants throughout Los Angeles County's five supervisorial districts, each of which are nutritious, low-cost, community oriented, and best of all, super delicious. We hope this list serves as a resource for the healthier lifestyle that you desire. Because the Los Angeles food landscape is constantly shifting, beyond this list, more options can be found by clicking [here](#).³

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1 https://www.linkedin.com/posts/simonsinek_the-hardest-part-is-starting-get-that-out-activity-6870006220929953792-uV8J/
2 <https://wallethub.com/edu/best-cities-for-vegans-vegetarians/39706>
3 <https://sway.cloud.microsoft/EHiLORokMpob0aTZ?ref=Link>

**“Music... can name
the unnameable,
and communicate
the unknowable.”**

— Leonard Bernstein
(1918–90) American composer,
conductor, and pianist:
The Unanswered Question (1976)

From the Stars to my Center Playlist

<https://open.spotify.com/playlist/1nEdjhXchriPIEvGHjnIWt?si=96a78f9ab4a44c12>

Winter

LISTEN



Hold That Spirit,
Raye Zaragoza, 2023

Working with female identifying collaborators, LA based indigenous artist Raye Zaragoza's music is a mix of folk pop that celebrates love, activism, healing, and joy. In a 2023 interview for "De Los" about her newest music, Zaragoza says, "Our laughter is something our ancestors worked hard for." The lyrics and driving rhythms of "Hold That Spirit" encourage us to call on our inner strength to persist through challenges.

Tribal Cafe (Echo Park)

Tribal Cafe has been serving Echo Park and the larger Los Angeles community for nearly 20 years. Its goal is to promote healthier food options that can reduce degenerative diseases often caused by processed foods found in Western diets. Tribal Cafe hopes to provide access to healthier food options for its community, especially underserved parts of Los Angeles.



EAT

MON	TUE	WED	THU	FRI	SAT	SUN

What does freedom taste like to you? If freedom was a meal, what would it be? Give as much description as you can. Can you taste what you've written?

LISTEN



Remember,
The Linda Lindas, 2022

The band, composed of four LA native teens and tweenagers, became well known for their viral performance, filmed in the Los Angeles Public Library in 2021. Since then, the band's feminist punk driven music is an inspiration for artists with a message. The Linda Lindas prove that age is not a factor in having a moral compass, fighting for justice, and having a great time doing it. "Remember" calls on us to remember that our flaws and humanity never limit us. In fact, our flaws are part of what makes the human experience so meaningful.

EAT

Un Solo Sol
(Boyle Heights)

Located in LA's cultural melting pot of Boyle Heights, Un Solo Sol offers healthy upgrades to traditional classics like tacos, fajitas, pupusas, Pakistani cholay, and even Peruvian saltado. A background of social activism weaves a thread through owner Carlos Ortiz's life, from the '80s to Un Solo Sol today, which began as a food service for high schools before becoming an East LA staple.



LA County employees enjoy a 10% discount with proof of employment!

Make a list of everything in your kitchen necessary to build a bridge to someone you love

MON	TUE	WED	THU	FRI	SAT	SUN

LISTEN



Angel's Point,
LA LOM, 2023

The Los Angeles League of Musicians, LA LOM, are an instrumental trio formed in Los Angeles in 2021. They blend the sounds of Cumbia Sonidera, '60s soul ballads, and classic romantic boleros that emanate from radios, backyard parties, and dance clubs of Los Angeles with the twang of Peruvian Chicha and Bakersfield Country. I challenge you to try to sit still when "Angel's Point" is playing. The effortless musicality and compelling beat creates a sentimental ease that makes it impossible not to move to.

Stuff I Eat (Inglewood)

EAT

Stuff I Eat has served as Inglewood's go-to spot for healthy eats since 2008. It's led by Chef Babette, who transitioned to vegan in her 40s and is now a 73-year-old fitness enthusiast. Whether you follow a plant-based diet, are interested in transitioning, or simply like to go vegan on occasion, you'll love what Stuff I Eat has to offer. There, you'll find everything from soul food and stir fry to sandwiches and salads.



Texture can be something we feel with our sense of touch, but it's also something that can bring up memories or feelings. Think metaphorically. Describe the textures of your community:

MON TUE WED THU FRI SAT SUN

**What I Learned From My Mother
by Julia Kasdorf**

I learned from my mother how to love
the living, to have plenty of vases on hand
in case you have to rush to the hospital with
peonies cut from the lawn, black ants
still stuck to the buds. I learned to save jars
large enough to hold fruit salad for a whole
grieving household, to cube home-canned pears
and peaches, to slice through maroon grape skins
and flick out the sexual seeds with a knife point.
I learned to attend viewings even if I didn't know
the deceased, to press the moist hands
of the living, to look in their eyes and offer
sympathy, as though I understood loss even then.
I learned that whatever we say means nothing,
what anyone will remember is that we came.

I learned to believe I had the power to ease
awful pains materially like an angel.

Like a doctor, I learned to create
from another's suffering my own usefulness, and once
you know how to do this, you can never refuse.

To every house you enter, you must offer
healing: a chocolate cake you baked yourself,
the blessing of your voice, your chaste touch.

What I Learned From My Mother, from *Sleeping Preacher* by Julia Kasdorf,
copyright 1992. Reprinted by permission of University of Pittsburgh Press

Spring

LISTEN



Ötzi,
Kajo, 2022

Kajo's Ötzi is an exaltation of the human spirit. "Ötzi" was named after a mummy discovered on the border of Austria and Italy. This song contains his favorite lyric that he's written, "This is what it means to be a human/ It means to be special in someone else's eyes." We all want to feel important to someone and know that we're living an impactful life, no matter who you are, and Kajo said that this line sums up that feeling perfectly for him.

Samosa House (Culver City)

EAT

Touted as the first ever grocery/restaurant concept store in Southern California, Samosa House is one of LA's best spots for delicious, affordable and ready-to-go Indian food. There, you can order à la carte from a menu of classics like chana masala, daal, and saag, or opt for a hearty combination plate with rice and naan. The latter option is awesome for lunch with coworkers or dinner for two. Samosa House West on Washington Blvd also has a grocery store that features specialty products and ingredients from India.



MON	TUE	WED	THU	FRI	SAT	SUN

What life experience and/or cultural wisdom can you share with future generations? When you think about what you want to share, what does that teach you about yourself?

MON TUE WED THU FRI SAT SUN

The Returner,
Allison Russell, 2023

LISTEN



“Since the release of her first solo album two years ago, the self taught singer, songwriter, poet, activist, and multi-instrumentalist, Allison Russell has redefined what artistry means in the 21st century. Outside Child, her often devastating, deeply moving, cathartic celebration of survivor’s joy, has become one of the most acclaimed albums of the past 10 years. Further still, Allison has consistently used her newfound platform to elevate, educate, and inspire”. “The Returner” is a musical mountain of healing. It’s full of soul, wisdom, and fierce community love. The dynamic shifts between individual reckoning and crescendoing choruses, leaving us with “don’t you know, you are never alone” reminds us that even when we are the only voice, we are never without each other. (<https://allisonrussellmusic.com/about/>)

Planet Health
Compton (Compton)

EAT

Along with being a vegan restaurant and cafe, Planet Health Compton is an all-natural juice bar, a beauty and wellness shop, a streetwear retail store, and a community center. Following a serious health scare, founder Roland Johnson decided to change his diet rather than have surgery. He now offers a menu that puts a healthy twist on comfort classics like burgers, fish and chips, lobster rolls, and nachos, along with fresh pressed juices, smoothies and shots..



Draw a gift you want to give the child version of yourself.

LISTEN



Soñar, Carla Morrison, 2022

Carla Morrison is an LA-based Mexican indie-pop artist who has championed mental health, especially after taking a three-year break from the music industry, due to the toll it took on her health. On her album, “El Renacimiento” (“The Renaissance”), for which she was nominated for a Latin Grammy, she’s courageously outspoken about living with anxiety, depression, and PTSD. In a 2023 interview for the San Diego Union Tribune, she says “I wish not only in Mexico, but in Latin America, we would talk [about our struggles] as much as we talk about the good things.” Morrison goes on to say “We should talk about the bad things in a more responsible, empathetic, and compassionate way.”

SunLife Organics (Malibu, West Hollywood, USC, Century City, Thousand Oaks, Manhattan Beach)

EAT

With several locations throughout LA County's five supervisorial districts, SunLife Organics is one of the most accessible options for healthy eating. Founder Khalil Rafati was 33 years old, unhoused, and weighed a paltry 109 pounds when a decision to sober up began his path towards opening SunLife Organics in 2011 with co-Founder Hayley Gorcey. Their goal was to create a place where people could come for organic juices, smoothies, salads, and organic everything. Beginning in Malibu, it has expanded over the years, with each location acting as a place for the community to connect and take a tech cleanse.



MON	TUE	WED	THU	FRI	SAT	SUN

Think about what or who you care about (for example: specific people, peace, nature, love, equity, your companion animals, etc.). Pretend what or who you care about is a plant. Draw or paint a garden that represents these metaphoric plants together.

“(Music therapy) can make the difference between withdrawal and awareness, between isolation and interaction, between chronic pain and comfort—between demoralization and dignity.”

—Barbara Crowe (Past President of National Association for Music Therapy)

Summer

LISTEN



Dig Deep [feat. Georgia Anne Muldrow], Linafornia, 2016

With the deeply soulful vocals of Los Angeles' Georgia Anne Muldrow, Producer Linafornia, a community hero of Leimert Park who is often compared to the great J Dilla, uses sampling technology to layer thick, warm textures. The rhythmic weaving of "Dig Deep" bellows and bobs on a bed of welcoming lofi samples that feel like a hug from a friend you run into on the sidewalk in front of your favorite coffee shop. The song functions as a support circle, encouraging us to remember where we came from and where we're going.

Lotus Vegan (North Hollywood)

EAT

When it comes to plant-based Thai cuisine, North Hollywood's Lotus Vegan is definitely one of the best around. Healthy takes on traditional dishes like pad thai, panang curry, and kung pao pack the same savory and aromatic flare as the original. If those don't peak your interest, the menu is filled with tasty options that include soups, burgers, salads, and even curry. The prices are so affordable you may find yourself ordering numerous things.



MON	TUE	WED	THU	FRI	SAT	SUN

Do you ever think about sound or actions having shape? If all your favorite peoples' laughter had shapes what would those shapes be? Pretend those shapes, are dancing together. What does that look like? Try drawing it. Try dancing it. What would those dances feel like?



Rachmaninoff: Piano Concerto No.1 in F-Sharp Minor, Op.1- II. Andante, Yuja Wang, The Los Angeles Philharmonic with Gustavo Dudamel, 2023

Gustavo Dudamel reinvigorated the Los Angeles Philharmonic with his energetic passion and that energy is ever present in this recording of Rachmaninoff's Piano Concerto No.1 in F-Sharp Minor, featuring pianist Yuja Wang. This Andante movement is particularly delicate, but confident in the hands of Dudamel and Wang. Rachmaninoff demands a sense of natural and organic time. The waxing and waning of the strings and brass dance like dandelion seeds on the wind, in and out of intensity and lightness, allowing the bass to touch down like heavy heels. The performance is tender and delightful.

Co-Opportunity Market
(Santa Monica & Culver City)

What began as a food-buying club in 1974 West Los Angeles, still serves as a SoCal community hub today. Co-Opportunity Market comes from activist roots, and is made possible by the combined effort of hundreds of member owners. Along with being a grocery store, it offers prepared foods, healthy grab-and-gos, and has a fresh juice and coffee bar. All profits go to its owners, many of which are employees, and the local community. Co-Opportunity is currently owned by over 12,000 families from the communities it serves.



EAT

Make up a new dance to describe making your favorite recipe. Use the movements you make with your upper body to make a dance involving your whole body. Be as poetic or as athletic as you'd like!

MON TUE WED THU FRI SAT SUN

LISTEN



Journey In Satchidananda,
Alice Coltrane, featur-
ing Pharoah Sanders 1978

Alice Coltrane was a legendary jazz composer and musician, one of the few to use harp, who was also a spiritual leader in the Hindu community. In 1975 and 1983, she established the Vedantic center and Shanti Anantam Ashram near Malibu. Her jazz infused spiritual music has been a tremendous influence for many musicians and composers today, in LA and throughout the world. "Journey In Satchidananda" is a sweeping composition, whose form mimics the meditative experience. As the sitar and bass vibrate the belly and chest, ripples of rhythm emanate out, elegantly decorated by the saxophone of the legendary Pharoah Sanders and the confident peregrination of Coltrane's harp.

The Mustard Seed (Cerritos)

EAT

The Mustard Seed is a vegan restaurant that has garnered significant praise for its diverse and flavorful menu. Favorites include the Philly cheesesteak wrap, crunchy tacos, and the hot honey chicken tenders. Desserts such as the peach cobbler beignets have also received high acclaim. Overall, the Mustard Seed offers a delightful dining experience with its flavorful vegan and non-vegan menu, generous portions, and welcoming atmosphere, making it a must-visit spot in Cerritos.



LA County employees enjoy a 15% discount with proof of employment!

Make up a song to sing to your ancestors. Can you make up a dance to go with your song?

MON TUE WED THU FRI SAT SUN

Wild Geese

By Mary Oliver

You do not have to be good.
You do not have to walk on your knees
for a hundred miles through
the desert repenting.

You only have to let the soft
animal of your body
love what it loves.

Tell me about despair, yours,
and I will tell you mine.

Meanwhile the world goes on.

Meanwhile the sun and the
clear pebbles of the rain
are moving across the landscapes,
over the prairies and the deep trees,
the mountains and the rivers.

Meanwhile the wild geese,
high in the clean blue air,
are heading home again.

Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese,
harsh and exciting -
over and over announcing your place
in the family of things.

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Atlantic, Otherwise noted, this content is licensed under the CC
BY-NC-SA 4.0 Deed

Autumn

“Before I had surgery, they told me I could never walk again. But when I sat and listened to music, I forgot all about the pain,” said Goldman, who walked with assistance during the hearing.

—Ida Goldman (90-year-old testifying at US Senate hearings, REUTERS, Aug. 1, 1991)

LISTEN



RAM- Solar Plexis Chakra-
Purpose, Float Waves,
Doe Paoro, 2022

Doe Paoro is an LA-based sound healer and musician who found the power of vocal healing in 2011. Since then, Paoro has trained as a healer in Costa Rica where she leads a vocal therapy and transformation retreat every winter. Paoro's creative practice is informed by the Jewish value, Tikkun Olam, which means, to repair the world. This track, produced in collaboration with Float Waves, does exactly that, created at the healing frequency of 423 hz.

The Wild Chive (Long Beach)

Fueled by her Vietnamese background, entrepreneurial spirit, and years of experience working at restaurants in New York, Soozee Nguyen created The Wild Chive. The Long Beach-based restaurant began as a pop-up in 2010. Now a brick-and-mortar, The Wild Chive is popular for Sunday vegan brunches and its authentic takes on traditional and international cuisines. There, you can enjoy an array of tasty breakfast options, popular sandwiches like the Monte Cristo and Fried Chik'n Sammie, along with other brunch classics.



EAT

Think about what it was like to be a child. Make up a story about courage for your child-self. What could you write to let your child-self know that both of you can be brave and strong together? Read this story out loud for yourself.

MON	TUE	WED	THU	FRI	SAT	SUN

LISTEN



Ninety Three 'Til Infinity And Beyoncé, André 3000, 2023

The debut solo album from Outkast member, Andre 3000, is primarily tuned to 432 hz, which has clinically evidential calming effects on the human body. New Blue Sun, an ambient instrumental album, was made in collaboration with Los Angeles-based musicians. The artist has offered a gift to those who may have never been exposed to the soothing aspects of sound, had he not been its champion. From the pop referential title, "Ninety Three 'Til Infinity And Beyoncé" to the collage of melodies and themes, 3000 is presenting an invitation to heal.

The Asian Project (Burbank)

EAT

The Asian Project believes that you don't have to compromise on taste to enjoy healthy food. If you're into delicious bowls, this is the place for you. On the menu you'll find a wide selection of nutritious, fresh, and delicious ingredients to customize with. Along with classics like chicken satay and tofu, there are tasty options like curried spiced corn and five spice braised beef. Even better, each part of an ingredient is used to avoid unnecessary waste. Whether you're vegan, vegetarian, gluten-free, paleo, or just hungry, you'll enjoy The Asian Project.



MON	TUE	WED	THU	FRI	SAT	SUN

Think of your favorite place, or make up a place. Pretend you are guiding a tour through your chosen place. Describe the architecture, the light and shadows, the corners and secret passages, the furniture and objects, or the flowers and the insects. Elaborate as much as you can.

MON TUE WED THU FRI SAT SUN

Om, Pt. 1, Ricky Kej, 2021



Land Ambassador for the United Nations Convention to Combat Desertification in Those Countries Experiencing Serious Drought and/or Desertification, Good Will ambassador for The UN High Commissioner for Refugees, and multi-Grammy award winning, Ricky Kej is a composer working with traditional Indian instrumentation and frameworks. He has several albums made specifically for mindfulness and wellness, including 2019's "Let Us Live - Soothing Music for Hospitals" and 2014's "Om - An Hour of Divine Relaxation & Rejuvenation," which features "Om, Pt. 1," an expansive start to the meditation journey with a 20+ minute composition easing the listener into their connection with everything the universe has to offer.

Miracle Bakery (Burbank)

Miracle Bakery is a family-owned cafe that serves homestyle Latin cuisine, French pastries, and artisanal coffee & beverages. In addition to offering freshly baked goods, stop by for loaded chilaquiles, a chile relleno burrito, chicken sandwiches and hamburgers, or any one of several delectable menu options. The pricing is super reasonable and there are options for non-vegans, vegetarians, and vegans too.



EAT

Coloring can slow down and focus the mind. Los Angeles County Department of Arts and Culture has coloring books based on commissioned art works. Color what we share!

**Canyon Dreamscape
Coloring Book**

**Cosmic Universe
Coloring Book**

www.lacountyarts.org/canyon-dreamscape-coloring-book

www.lacountyarts.org/article/cosmic-universe-coloring-book

Tabitha Brown's Smoothies for Your Whole Health

Recipes for
people with lots of love

A few ways to add fruits and
veggies to your day...

affordable, local, and seasonal

but no time

for people who love
good food and love
their wellbeing.



Pick up these ingredients to prep your smoothie, then watch the videos for the recipes:

- Banana
- Frozen Pineapple
- Turmeric Powder
- Frozen Mango
- Orange Juice
- Orange Slice on the Side
- Almond Butter
- Protein Powder
- Almond Milk (or non-dairy milk of your choosing)
- Spinach
- Blueberries
- Agave
- Cinnamon
- Magnesium
- Orange
- Black pepper
- Mixed Berries

Here are a few of Tabitha Brown's smoothie tutorials, so you can choose health AND happiness:

**Pain Reducing Smoothie
for Sciatica Pain**

<https://www.youtube.com/watch?v=6WV12zTR8ig&list=PLPXnTDxwIHIZJGb9I2nQy5K1-qU1-oM76&index=13>

**Grateful Heart
Morning Smoothie**

<https://www.youtube.com/watch?v=8SfatxjN9I&list=PLPXnTDxwIHIZJGb9I2nQy5K1-qU1-oM76&index=35>

One of the main reasons wellness can be a challenge is time. It may feel like it takes time to prepare meals, time to work out, time to meditate, time to eat healthy, etc. Many of us feel like we often have to choose between what brings us health and what brings us rest and joy. During the pandemic, actor, foodie, mom, and more, Tabitha Brown, became one of America's favorite home chefs with her healthy recipes and thoroughly entertaining delivery.

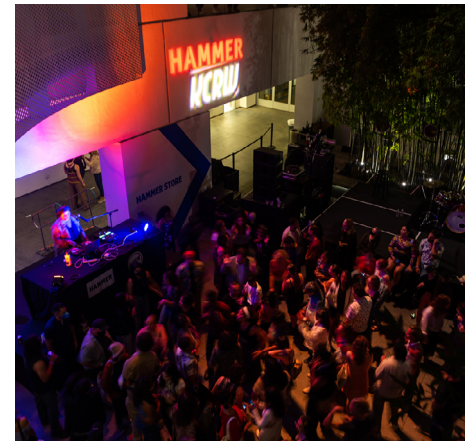
When we listen together we share experiences

Los Angeles County is home to several community radio stations. In the age of streaming, what benefits come with listening together, with your local community?

President and CEO of **KCHUNG Radio**, located in Chinatown and at the Geffen Contemporary at MOCA, **christy roberts berkowitz** talks with **Rocio Contreras**, better known to KCRW and Dublab listeners, as Wyldeflower, about the power of radio.

christy: You have been a major contributor to the Los Angeles music community and the Los Angeles' public radio community from Dublab to KCRW. What about community radio inspires you?

Wyldeflower: I've been involved in the music community in Los Angeles for close to two decades. Although it can be challenging, like all human interactions can be, it's more fulfilling and inspiring than anything else. Music is a healing space to work in and the fuel behind my [commitment] has always been community; the cosmic vibrational frequencies, the connection

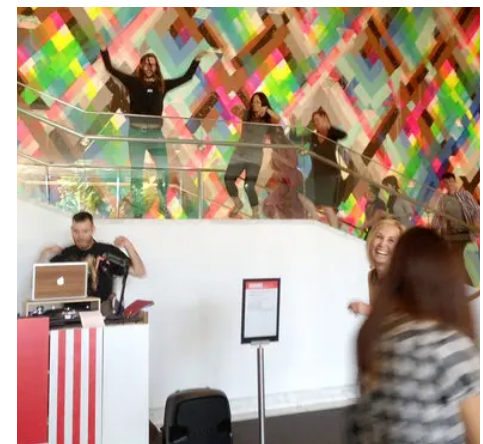


and energy exchange. This connection is strong on radio. It's live... living. It's happening in the moment and is informed by the moment, the listeners, the artists who share their music with us radio hosts before it hits streaming platforms, even the landscape of Los Angeles and the way a sunset can fall

on a block as the music plays. It's a continuous connection, a sneak peak into the luminous human spirit.

christy: Folks might feel like it's easier to stream music from their devices. How easy is it to listen to community radio these days?

Wyldeflower: Apps are just a free download and a click away. Both KCRW, which I've been actively and primarily involved with these past two years with my weekly show, and Dublab, which I've been connected to for almost 20 years (but have had a show on for the last two years), make it really easy to stay connected. If you don't like apps, you can listen straight from their websites. KCRW is on your radio dial on 89.9FM in LA if that's your jam also. The beautiful thing is that both platforms are worldwide. There's even an app called Radio Garden that lets you listen to radio stations all over the world.



christy: How is listening to radio different from listening to streaming? How is community radio different from mainstream radio?

Wyldeflower: Streaming is like someone thinking for you; trying to read your movements and curate what the algorithm thinks you want to hear. Radio actually listens to you, like you listen to it. I've had many people send me messages, introducing me to music I would have never known about. An actual person, who goes to our shows, who connects with the radio hosts: we inform each other, support each other, and lift each other up. I think the most special thing about community radio is just that: community. It listens a little more closely, and responds, activating events that the community asks for.

christy: What are some other ways music brings people together?

Wyldeflower: Record collecting is a beautiful activity that brings people together. The collective act of searching for great music, opens the door to a whole other community. People share their collections, talk about album art; it's really a beautiful act. Vinyl records are tangible, something you can hold, touch and feel. The record community is really a beautiful thing. The way music brings people together is so meaningful.



Photo of Wyldeflower digging through records by Ani Yappendzhan.

Some of Los Angeles County's Community Radio:

KCRW: 89.9 FM

<https://www.kcrw.com/>

KXLU: 88.9 FM

<https://kxlu.com/>

Dublabb:

<https://www.dublabb.com/>

KCHUNG: 1630 AM

<https://www.kchungradio.org/stream>

NTS:

<https://www.nts.live/explore/location/los-angeles>

For more information & resources on ideas in the introduction, visit:

<https://uwapress.uw.edu/book/9780295750705/unsettling-native-art-histories-on-the-northwest-coast/>

<https://www.who.int/initiatives/arts-and-health>

<https://www.who.int/europe/publications/i/item/9789289054553>

<https://www.moma.org/magazine/articles/629>

<https://sites.education.miami.edu/wp-content/uploads/2016/09/62.-The-Role-of-Power-in-Wellness-Oppression-and-Liberation.pdf>

<https://www.lacountyartsedcollective.org/initiatives/creative-wellbeing>

Los Angeles County's Employee Assistance Program (EAP) – County employees and a dependent can attend up to three virtual sessions every six months with the first one being offered on "County time." To schedule a confidential counseling session, call (213) 433-7202 or email EAP@hr.lacounty.gov. For more information, visit <https://employee.hr.lacounty.gov/employee-assistance-program/>

Life Assistance Program (LAP) – The Life Assistance Program (LAP) is a free confidential and anonymous counseling service offered by the County of Los Angeles and provided by New York Life Behavioral Health. It is available to all employees, regardless of their medical or life insurance plans. Dealing with anxiety, grief, and fear can be a challenge. You don't have to go it alone. You can get help right away with the LAP. **For more information call (800) 344-9752.**

Creative Wellbeing is an approach for fostering communities of wellness using arts-based strategies to enhance the capacity of adults to support young people. Creative Wellbeing was developed by the LA County Department of Arts and Culture, Office of Child Protection, Department of Mental Health, and Arts for Healing and Justice Network.

<https://www.lacountyartsedcollective.org/initiatives/creative-wellbeing>

Artist, musician, writer, educator, agitator, and emotional laborer, [christy roberts berkowitz](#) (she/they), composes experiences, images, and objects that explore personal and collective constructions of power and agency. A third generation Southern Californian and University of La Verne faculty member since 2015, roberts berkowitz holds Bachelor degrees in philosophy, religion, and studio art from University of La Verne, and an MFA from Claremont Graduate University. One of LA Weekly's 2012 "Best of LA People", roberts berkowitz is currently the 23/24' Creative Strategist in Residence for Los Angeles County, she is a 2023 Creative Corps grant recipient, and is President/C.E.O. of KCHUNG Radio. She has exhibited with MOCA Los Angeles where she was artist in residence from 2022-'23', The Getty Museum, The Telfair Museum, The Chrysler Museum, REDCAT, The Hammer Museum, The Los Angeles County Museum of Art, American Jewish University, among many others. Her essays, art reviews, and poetry have been commissioned and published by Lambda LitFest, Art21 Magazine, Citizens of Culture, Undo Magazine, the Hebrew Union College Skirball Center, Freewaves, and the Los Angeles Press. Her experimental electronic music project, Glitzer, has one critically recognized full-length project ("Score") and in 2022 she released her debut solo album "WOLVES," co-produced by four-time Grammy Winner, Jahi Sundance, under the name "christy" on Alpha Pup Records.

This journal was developed by [christy roberts berkowitz](#) during her Creative Strategist residency with the Los Angeles County Department of Human Resources. A recommendation of the Cultural Equity and Inclusion Initiative, the Creative Strategist program places artists, arts administrators, or other creative workers in County of Los Angeles departments to work alongside staff and community stakeholders in a collaborative process to develop and implement artist-driven solutions to complex social challenges. The program is administered by the Los Angeles County Department of Arts and Culture. To learn more, please visit <https://www.lacountyarts.org/>

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