

S2021 Workshops

Session 1

1. **Beauty in Ashes**

There is a long goodbye that takes place between a caregiver and a loved one who is suffering from Alzheimer's or Dementia. Tina will share a few statistics regarding caregivers and then she will share the journey that she is presently on with her mother. There will be opportunity for some discussion and a brief Q&A during this workshop.

Tina Haroldson is our keynote speaker.

2. **But first, Breakfast!**

Let's have some fun preparing and tasting wonderful breakfast recipes that you can prepare and share with family and friends! Breakfast cookies, homemade yogurt and granola, oatmeal, egg bakes, quiches, breads, muffins, coffee cakes and even dessert recipes, can become your new go-to for breakfast and/or brunch ideas. This class will include many recipes, tasting, handouts, and tips...everything (except the ingredients!) you will need for a great start to your day!

Workshop limit = 15. **Cost = \$5.**

Lola Baxter has been attending Chrysalis for more than 20 years and presented many workshops over the years. She loves to cook and share this passion with others.

3. **Plastic Alternatives**

More than 60 million plastic bottles end up in landfills and incinerators every day – a total of about 22 billion last year. Plastics can take anywhere from 20 to 500 years to decompose, depending on the material and structure. Come hear about simple ways to reduce the amount of plastic that is part of your everyday life.

Barb Wasmoen, a steering committee member. The beauty of the woods, women, and God's message have drawn Barb to Chrysalis for many years.

Session 2

1. **Alcohol Ink Art and Life**

Life is a sometimes puzzling combination of things we can control and things we can't. So is Alcohol Ink Art! Bring an old T-shirt to wear (alcohol ink stains!) and come play – it is truly great fun! (No artistic ability required.)

Workshop limit = 15. **Cost = \$5.**

Elaine Butler has enjoyed the blessings of Chrysalis for many years. Along the way, she has discovered that the act of creating is not only a healing activity but is also a link to

her involvement with the Creator. This includes creating workshops. Thanks for the opportunity.

2. **Book Discussion Workshop: The Girl Who Wrote in Silk by Kelli Estes**

A historical novel inspired by true events, this is a poignant tale of two women determined to do the right thing, highlighting the power of our own stories. While exploring her aunt's island estate, Inara Erickson is captivated by an elaborately stitched piece of fabric hidden in the house. The truth behind the silk sleeve dated back to 1886, when Mei Lien, the lone survivor of a cruel purge of the Chinese in Seattle, found refuge on Orcas Island and shared her tragic experience by embroidering it. This is a dual-time period novel that explores how a delicate piece of silk interweaves the past and the present, reminding us that today's actions have far reaching implications.

Pat Daily has been associated with Chrysalis “forever”, including several years leading the steering committee. She loves to read—especially historical fiction—and has been part of several book clubs. She is now serving on the Clearwater Forest board.

3. **Healing Touch**

This workshop will include an introduction to energy centers in the body (chakras), and how your energy centers determine health of the body, mind, spirit. Keeping energy centers open and flowing. We will cover what Healing Touch can do for you, including self-care you can do at home, and how to find a Healing Touch therapist. A sampling of techniques will be directed and tried, participant to participant.

JoAnn Abbott is a registered nurse with over 30 years of experience in health care, primarily hospital, giving direct patient care. She is a Level 4 Healing Touch practitioner, with 7 years of experience in energy work, currently with the Healing Arts Department, Mayo Clinic Health Care System, Red Wing, MN, doing pre and post-op Healing Touch treatments surrounding a patient’s hospital experience. She is also doing inpatient Healing Touch for medical patients.