

Clay Thornton

Friday, October 20, 3:00 - 3:30

Clay Thornton is Hirsch Wellness Network's first executive director. He began the position July 1, 2023 after serving for 18 months on the Hirsch Wellness Board of Directors. Clay has worked as a creative services and marketing director for several educational, nonprofit, and for-profit organizations over his 35-year career.

His client list includes Amtrak, Bob Timberlake, Dustin's GreenHouse, Guilford Technical Community College, J.D. Edwards, NPR, SherrillTree, Southeastern Theatre Conference, UNC-Greensboro, University of North Carolina School of the Arts, and the Z. Smith Reynolds Foundation. Clay lives in the NC Triad with his wife Amy and enjoys spending time with friends and family. His interests include traveling, music, hiking and taking photos.

Donna Anthony

Friday, October 20, 3:30 - 8:00pm - SoulCollage with Kim Goldstein

Donna has been a Clinical Social Worker for the past 25 years with a Master's degree from UNC, Chapel Hill.. She is now at the Hayworth Cancer Center in High Point, providing counseling services to patients, family members and staff. She was previously with Hospice and Palliative Care of Greensboro for 18 years. Since the age of 8, when she begged her parents to subscribe to a craft-of-the-month subscription plan, Donna has also been an artist and maker in various mediums including pastel, painting, textiles and paper arts. In just four months, Donna will retire and plans to take up the ukulele, learn Spanish, kayak on lakes all over North Carolina, swim, dance and, of course, make art.

Kim Goldstein

Friday, October 20, 3:30 - 8:00pm - SoulCollage with Donna Anthony

Kim has been a therapist for 30 years and has a Masters in Education from UNCG. She has a small private practice where she helps her clients with major life transitions.

Kim started her career as a bereavement counselor at Hospice and Palliative Care of Greensboro and was there for 16 years. She left in 2008 to start her private practice. She has had an interest in expressive arts, both personally and professionally from the beginning of her time as a grief and loss counselor. She knows it to provide a safe supportive space for people to do important healing work. Kim loves to explore different mediums of art and is currently a collage artist who dabbles in abstract and alcohol ink art.

In 2008, Donna and Kim were certified in SoulCollage and started facilitating workshops to help others cultivate their creative and spiritual lives.

Meredith C.F. Powers, Ph.D., MSW

Saturday, October 21, 10:00am - 4:00pm - Ecosocial worldviews, Ecotherapy, and eco art

Dr. Meredith C.F. Powers (she/her/hers) is an Assistant Professor in the Department of Social Work at UNC Greensboro. She has served as a Sustainability Faculty Fellow, is the Social Work faculty liaison for the International Programs Center and serves on the School of Health and Human Science's committee for internationalizing the curriculum. She has co-authored and co-edited a growing body of work on climate justice, the eco-social worldview, and eco-therapeutic practices for healing. She has presented her research nationally and internationally, at professional conferences, including being invited as a keynote speaker at the United Nations for World Social Work Day (2018). She is the Founder and Director of the International Federation of Social Workers "Climate Justice Program." She also established and co-administers the global "Green / Environmental Social Work Collaborative Network." Nationally, Dr. Powers serves as a member of the "Environmental Justice Committee" for the Council on Social Work Education (CSWE), and the Grand Challenges for Social Work committee, "Create Social Responses to a Changing Environment." Locally, Dr. Powers is a founding board member of the "IDEAL League", which has the mission to provide equitable access to inclusive literacy materials and educational activities that affirm, advocate for, and empower youth. Additionally, Dr. Powers has initiated and led several community engaged research action projects, such as "Climates of Inequality: Stories of Environmental Justice" about climate migration and resettlement, "Parks for All People", for the extensive enhancement of Smith Senior Center's outdoor recreation spaces, and most recently, a memorial garden project in Greensboro, "The Service and Bravery Commemorative Garden" (SBC Garden) to honor military service members and veterans who are transgender, gender non-conforming, and non-binary.

Alexis Brown

Saturday, October 21, 10:00am - 4:00pm - Ecosocial worldviews, Ecotherapy, and eco art

Healing Garden Manager and Alight Guide Coordinator

Susan Poulos

Saturday, October 21, 2:00 - 4:00pm - Mindfulness Meditation

Susan discovered mindfulness practice in 2001 when she faced a major life challenge. In 2007, she began practicing in the lineage of Thich Nhat Hanh (Plum Village) in Greensboro with Deep River Sangha, and later co-founded the Winston Salem Community of Mindful Living. She has the privilege of studying and practicing with beloved teachers who have supported her in transforming the suffering of loss, illness, and grief into compassion understanding, kindness, and joy. And she is grateful to share the practice, tools, and skills people wishing to discover and even deepen a healing practice.

She is a senior facilitator within these mindfulness communities and helps organize days of mindfulness and retreats locally and regionally, and enjoys teaching meditation and

mindfulness to seniors, college students and professors, teachers, people facing health and life challenges, caregivers, and more. Susan has taught workshops and classes at the Weatherspoon Art Gallery, UNC-Greensboro, Wake Forest University, Friends Homes, Abbotswood, The Women's Resource Center, and New Garden Friends Meeting.

She is an experienced registered Yoga teacher with 200 hours of formal training and thousands of hours of practice. She teaches yoga and mindful movements (incorporating 10 years of Qi Gong practice) to older adults, cancer patients and survivors and their families, people with or recovering from illness and refugees.

Lauren Somers

Wednesday, October 25, 3:30 - 6:00pm - Everything you need to know about Cone Health Cancer Center

Lauren is currently Manager of Alight Integrative Care at Cone Health Cancer Center and has twelve years of experience working in Oncology. The Alight Integrative Care team is comprised of Clinical Social Workers, Dietitians, Chaplain, and program staff that support patients throughout their cancer experience. A proud graduate of Appalachian State University, she is a Licensed Clinical Social Worker (LCSW) and has her Oncology Social Work certification (OSW-C). Lauren was inspired to work in oncology after her mother was diagnosed with ovarian cancer and she personally saw the emotional implications of a cancer diagnosis. She is passionate about creating safe spaces for those impacted by cancer to grow, receive support, and build connection. Lauren collaborated with Hirsch Wellness to develop the first Artists in Residence program at Cone Health. In her free time, she enjoys reading and spending time with her husband and three young children.

Louise Grape

Wednesday, October 25, 6:00 - 8:00pm - Historical overview and AIR Future

Louise Grape grew up hanging around artist studios with her mother, Myrna Hirsch, a fine artist and painter at the Ridgewood Art Institute in Ridgewood, NJ. From a young age, Louise witnessed her mother as an active part of a community of artists, while battling treatment and side effects of breast cancer during the late 1960's. When Louise was 9, her 34-year old mother died from breast cancer. At 34, Louise was diagnosed with breast cancer. These experiences would become the central threads in the development of Hirsch Wellness Network, which offers creativity and wellness programs as a way to bring support and voice to individuals touched by a cancer diagnosis in the Greater Greensboro area and beyond.

Louise holds a B.A. in English Literature and in Communications from UNC-Greensboro, where she received Phi Beta Kappa and Cum Laude honors. She has worked in advertising and has been an active part of the Triad arts community as a potter and fiber artist. For the past 25 years, she has worked as a furniture designer and product developer for numerous furniture

manufacturers in North Carolina. She currently lives in Pleasant Garden with her husband, Musician Scott Manning.

Kim Yarbray

Wednesday, October 25, 6:00 - 8:00pm - Historical overview and AIR Future

Kim has worn many hats through her work over the years. She has been an educator, project manager, and sustainability coordinator at Guilford College, a home organizer working with people through major life transitions, a facilitator for multiple community organizing groups, and is now the Program Manager for Hirsch Wellness Network. Kim completed her M.A. in Communication at UNCG and her B.A. as a double major in Environmental Studies and History at Guilford College.

Kim came to Hirsch Wellness as a caregiver to her husband, Tony, and saw the way exposure to art lit him up. Later, she returned to classes as a cancer survivor. Over the last five years, she has observed the way art heals and opens the heart, the way meditation can slow the mind and provide enough space for better thinking, and the way everyone has a story to share when asked.