

CREATIVITY MEETS WELLNESS

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Hello, I'm Lisa, a new resident of the Vail area in Tucson. I have worked in a creative capacity for my entire career and am creative by nature. I am happy to be here chatting with you. For my first article, I'll start by talking about my regular topic, "creative wellness." I plan to become a regular feature in the Vail Voice on this topic. I hope you'll enjoy it!

Let's start out by looking at the separate meaning for each of these things before I dive into how I view creative wellness and apply it to daily living.

Creativity is the ability to make or otherwise bring into existence something new, whether a new solution to a problem, a new method or device, or a new artistic object or form.

Wellness is the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes so that, instead of just surviving, you're thriving.

Every month, I will feature a different aspect of creative wellness. My hope is that you will find the information refreshing, a bit challenging and fun! I come from a background in the arts. That means music, language, and fine arts. Math has never been my strong suit, but I was forced to use it as a graphic designer and business owner over the years.

When it comes to creative wellness, you don't need to be an artist with a capital A, or even one at all. Creativity comes in all forms, any field or interest. Pretty much



any person in a place of leadership, business owner, inventor, to a stay-at-home mom are perfect examples of those flexing their creative muscles. The trick is the wellness part of the equation.

In order to practice "creative wellness" you have to be a little creative! Life is busy, even hectic and fast-paced for most of us. Retirement seems busier than work life. Going to the office sounds like a break compared to all the places and things you now do in retirement. Whether you are in the thick of work-life, raising kids, or retired, finding the path to wholeness and a balanced life takes creativity.

What does creative wellness look like IRL (in real life?) This kind of wellness involves critical thinking, mastering new skills and creativity. It means finding meaningful ways to incorporate activities and hobbies like arts and crafts, dancing, or cooking, or even by focusing on your own creative self-expression.

Here are some ways you can incorporate creative wellness into your life:

- Live music performances
- Daily journaling
- Daily art pages
- Visit an art museum
- Dance, get moving
- Connect with other people
- Get out in nature

These kinds of wellness activities engage the intellectual, creative aspect of your brain, which nurtures your body and overall wellness. Think of a song that makes you smile, or a person, a place that brings you joy. Do more of these things. May you find peace

as you explore creative wellness in your life.

Lisa's passion is to help people discover their soul-purpose through therapeutic art practices. Kindle is fascinated at how color serves to assist in revealing a person's life path through creative wellness mentoring. She is the queen of creativity!



The DLMGC Brings Home the Pima Cup

A team from the Del Lago Men's Club Club ("DLMGC") won the Pima Cup at Dell Urich Golf Course where they defeated the team from Arizona National by a score of 29-25. It culminated six months of golfing competition among the nine courses participating which began back in November.

Del Lago's Match Play Finals team consisted of John Blumenshine and his partner Trey Koger in the A division; John Bell and Cody Almand in the B division and Steve Robinson and Brad Singer in the C division. Each of the two-man teams competed against representatives from Arizona National with similar handicaps, which denoted the divisions. Blumenshine and Koger easily took their match by a final score of 12-8 while both of the other teams lost close matches that came down to the final hole for each. The scores were 9.5-8.5 for both B and C. The combined totals were counted resulting in the victory.

"While the six members who played today were victorious there were several other members of the club that got us to the Finals with their play during the round robin tournament season," commented Bob Snodgrass, DLMGC President. "Two of them are

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recuperating from surgery and another has a back injury, which is being treated. We're proud of all our members who played this season against some stiff competition." Stuart Katz, past President of the DLMGC, noted that of the 12 matches during the season, the club lost only one head to head competition while winning 10 and tying the other.

Other members of the club that played in the qualifying events enabling the team to compete for the championship included: Katz, Chas Giufurta, Leroy Baca, Mike Canfield, Jeff McCall, Hugo Keyner, Snodgrass, Tony Roether, Mike Cline, and Howard Gourley.

The Finals were played at the city of Tucson course which Blumenshine said that it was in the best shape he's ever seen it in and he first played the course back in the 1960's with his grandparents. This was the second year that DLMGC has competed in the Pima Cup. They have won the Southern Division, comprised of Del Lago, San Ignacio, Starr Pass, Quail Creek and Sewailo, both times. Last year they finished second to El Conquistador.

By Stuart Katz