

Oasis News

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A Therapist With HEArt

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On most days, Clara Bossie can be found tucked away in her office at Therapeutic Oasis of the Palm Beaches. It isn't your typical office though. Clara's workspace reflects her personality, which is best described as waggish. The seven to nine clients she sees daily often are seen in Clara's art studio, where any supply ranging from glitter to buttons can be found. There is a mindfulness corner adorned with soft, fluffy pillows and Beanie Babies. Her bookshelves are adorned with children's books and a portrait of Clara's mini toy schnauzer, Julz, who also puts in as much time in the office as her owner.

It is hard to imagine that a busy professional with a full workload could possibly coordinate an annual fundraising event without the help of paid professionals. Yet, Ms. Bossie has managed to do so for the past four years. The soft-spoken therapist is very clear on her ambitious goals, which include growing the HEArt (Healing Through Expressive Arts) Show, creating a "Tri-Chillin" event (a triathlon for relaxation junkies), and eventually running as mayor for the city of Delray Beach. Coming from someone else, these goals would appear to be a farce. However, those that know Clara are well aware of the force behind this educator, therapist, and artist.

This year's HEArt Show: "A Hollywood Story", sponsored by Art for Alzheimer's, took place on Friday, February 5, 2016, benefitting the Louis & Anne Green Memory and Wellness Center of the Christine E. Lynn College of Nursing at Florida Atlantic University. The HEArt Show's mission is to promote awareness of the healing power of expressive arts and to raise funds for organizations that utilize art in the healing process. In other words, the show reflects Clara's unique background, aiming to teach, help, and encourage others to embrace creativity.

The red carpet was unrolled for the evening's guests, who entered the transformed space of the Memory and Wellness Center. Pop up installations displayed pieces from professional and amateur artists. Featured artists included Salvatore Principe, Brendan Murphy, Charles Edward Soto, Amanda Johnson, Ona Steele, Pat Kaufman, and Bobby Grossman. Attendees sampled culinary delights provided by Silver Sac Catering and Saltwater Brewery against a backdrop of live music.

In addition to the art display, the HEArt Show invited everyone to create his or her own art in the community art studio. No surprise that the most popular subject of the evening were hearts! Live artists included Tatiana Farkas, Matthew Guhl, Joshua Isla, and Lori Practico from Girl Noticed, who created a one-of-a-kind piece for the dedicated volunteers of the HEArt Show.



Special guests of the evening included Louis & Anne Green, Jan Savarick, Dr. María Ordóñez, Dr. Benjamin Bensadon, Dr. Marlaine C. Smith, Dr. Lynne Dunphy, Dr. Priti Kothari, and Patricia Thomas. Nearly 225 guests came out to support the HEArt Show and \$14,500 was raised for the Louis & Anne Green Memory and Wellness Center. As for Clara, she is already busy planning next year's show. Bossie is dedicated to spreading the belief that "...the creative self is the healthiest self" – she is an unstoppable force for good.

For more information on upcoming shows and event highlights, please visit HEArtshow.org