



INAUGURAL ISSUE!

VOLUME 1, ISSUE 1 | SPRING 2026

making our mark.

A PLAN OF NORTHEAST OHIO
CREATIVE ARTS PUBLICATION



IN THIS ISSUE

- P3: **Stories from the Heart**
- P4: **Artist Spotlight**
- P6: **Out in the Community**
- P8: **Curated Moments**
- P11: **Gallery**



Becky Rinaldi
Community Activities Administrator



May is Mental Health Awareness Month and holds special significance at PLAN. Each year, we intentionally celebrate speakers and artists who are not defined by their diagnoses, but instead demonstrate resilience, creativity, and excellence in their work.

As part of this year's celebration, we are excited to introduce the very first issue of **"making our mark.,"** a creative arts publication of PLAN of Northeast Ohio. This publication was created with one simple idea in mind: to celebrate the creativity, individuality, and talents of PLAN members by giving them a space to share their work and their voices.

The magazine name was chosen by PLAN members themselves. It reflects not only the physical act of creating art, writing, or photography, but also the many ways each PLAN member makes a meaningful mark on the world—showing up as their best, most authentic selves. Our new magazine features artwork, writing, and photography created by PLAN members, along with images that capture them engaged, connected, and active in the community.

Issued quarterly, the publication will spotlight a PLAN artist, highlighting their creative journey, their unique talents, and the ways creativity enhances their lives. You'll also find PLAN member poems, essays, and other written works that offer insight, expression, and imagination.

We invite you to step into the vibrant and inspiring creative world of PLAN members—and to celebrate the many ways they continue to make their mark. This first issue is just the beginning. We look forward to sharing many more stories, voices, and creative moments with you in the issues ahead.

PLAN (Planned Lifetime Assistance Network) of Northeast Ohio, a division of Jewish Family Service Association of Cleveland, promotes friendships, connections to community and improved quality of life for members through its Holistic Recovery Program, and creates peace of mind for families with its Lifetime Planning Services.

COVER ARTWORK "Dancing" | Acrylic on canvas | Scott Mars

Softly the bulbs emerge
Proof that the world is renewed
Rain and sun totally merge
In making new colors all stewed
Nicely new life makes a splurge
Giving us hope for an interlude
Joyce B.

The snow is gone
The grass pops up
The days are long
It's time for a warmup
Beth E.

stories from the heart.

Swing
Wind of the world
Inn of the Lord
Missouri of the sun,
let's have some fun!
Leo H.

Spring Is Here—and It Inspires Us!

Happy To see new growth
Outside and inside too
Patience, rewarded soon
Everyone now flourishing
Joyce B.

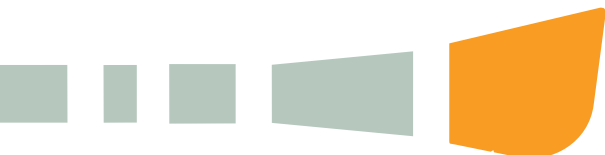
Hot Hawaii breeze
Warm Florida Keys
California Summer Z's
Places to go
Don't live slow
You're here to grow
Leo H.



Artist Scott Mars

"Buddha's Meditation"
Acrylic on canvas

artist
spotlight.



Art as Healing: A Deaf Artist's
Journey of Expression and Growth



"After Mozart"
Acrylic on canvas



"Out on the Town"
Acrylic on canvas



"Dancing"
Acrylic on canvas

My name is Scott Mars. I was born deaf and grew up in Cleveland, Ohio. I also have other hard-of-hearing members in my family who chose creative paths, which helped me understand early on the value of being an artist. I see art not just as a hobby, but as a vocation.

I enjoy working with watercolor and acrylic paints. I find warmer colors more challenging, especially in watercolor, but that challenge draws me in. Color, mystery, and symbolism are central to my work and are essential ways I express myself. I love the texture that acrylics create and how the paint itself becomes part of the message. For me, color is always the starting point,

along with symbolism that helps express my motives and emotions.

I have experience presenting my art to the public and have applied for grants. I view my artistic journey as therapeutic. I appreciate the time it takes to complete a piece and see the entire process as a valuable learning experience.

I joined PLAN because I wanted to learn more about interacting with people and to feel calmer

and more goal oriented. I also appreciate how the staff create meaningful, skill-building activities.

The mask-making seminar was an especially powerful experience. It took time, patience, and reflection, and the significance behind mask-making made it even more meaningful.

I also really enjoy the coloring and dinner group and hope to get involved in more activities. When facilitators come in to teach new techniques, it adds so much value to the program. These experiences have helped me grow as an artist and as a person, and I am grateful for the opportunities PLAN provides me.

Art is how I connect to my feelings and to my motivation to create. Painting realistically is not my goal—color, mystery, and healing are what move me forward on my journey as an artist.



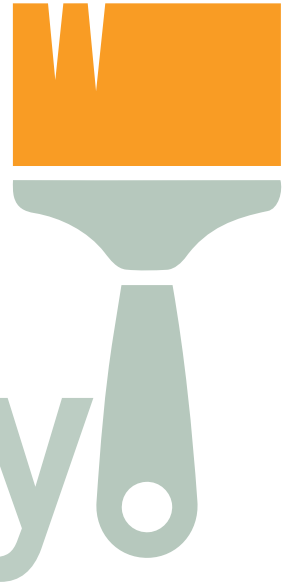
"Pillar"
Assemblage



"Ecuador"
Plaster fabric, paint



Short Lived: A Multimedia Solo Exhibition: (left to right): Professor Clark DeCapite, Ryan N., Suzanne F., Chris B., Brindel K., Judy I.



out in the community

Encouraging meaningful social connections.

Exploring the Greater Cleveland community is an important part of the PLAN experience. These outings give members the chance to step beyond the program space, try something new, and engage with the world around them. Each month, PLAN members explore new places, connect with others, and find inspiration through art, culture, and shared experiences.

Over the past several months, members have visited a wide range of local museums, gardens, and exhibitions throughout Northeast Ohio including “**Short Lived: A Multimedia Solo Exhibition**” by former PLAN artist-in-residence Clark DeCapite at Ursuline College, a visit to the **Sculpture Center of Cleveland** to experience contemporary sculpture firsthand, and a trip to the **Cleveland Botanical Garden** for its annual “**Frost: An Ice-Capped Garden Experience**,” where art and nature come together in a winter setting. Members also explored the **Museum of**

Contemporary Art Cleveland, viewing exhibitions that focused on environmental themes, memory, and personal storytelling. And, as always, a visit to the **Rock and Roll Hall of Fame** remained a favorite, offering both nostalgia and creative inspiration.

Whether visiting well-known cultural landmarks, exploring new exhibitions, or creating art together in shared spaces, PLAN members continue to build relationships, express themselves, and leave their mark throughout the community.



Waterloo Arts Festival: (left to right): Suzanne F., Marieo V., and Beth E.



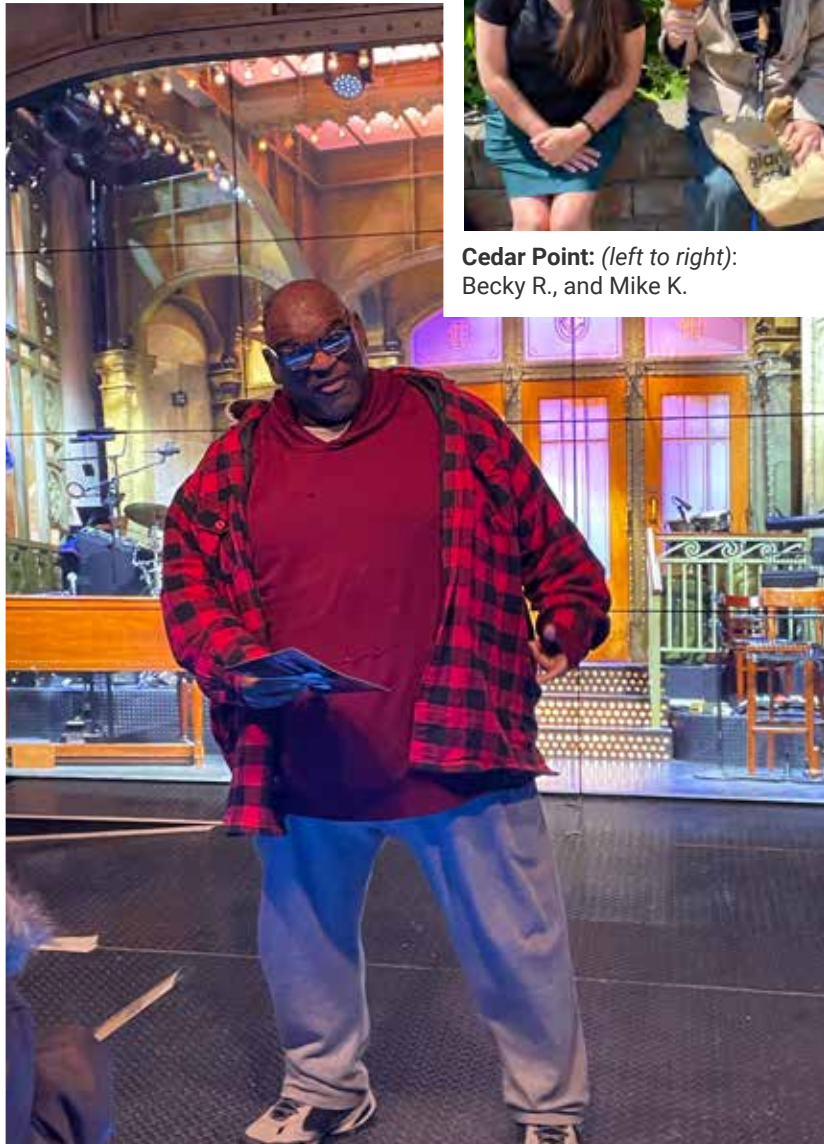
Wild Winter Lights Walk at the Cleveland Metroparks Zoo: (left to right) Dexter L., Joyce B., Beth E., Robert M., Suzanne F., Judy I., Farah W., and Jeff L.



Cedar Point: (left to right): Becky R., and Mike K.



North Chagrin Reservation: (left to right): Breanna A., Kristen W., Suzanne F., Farah W., and Greg H.



Rock & Roll Hall of Fame: Dexter L. on the Saturday Night Live Stage.



Museum of Contemporary Art:
Farah W.



curated moments.



PLAN members rang in the new year at our annual New Year's Gala in January! This long-standing PLAN tradition brings members together for an evening of food, fun, and community. This year's celebration featured interactive "quests," where members searched for New Year's-themed items, drew funny pictures, created poems, and even performed dances for the group. A delicious pasta dinner brought everyone together, and the room was filled with laughter and connection throughout the night. **Becky Rinaldi, Community Activities Coordinator (above)**, strikes a celebratory pose welcoming 2026.



PLAN members, from left, Eric M., Joyce B., Shira J., proudly participated in "**Art as a Path to Peace**," a special annual exhibition presented by **Ursuline College, Cuyahoga Community College, and the Buckeye Art Therapy Association**. The exhibition featured artwork centered on peacebuilding and the role of art therapy in healing and connection. PLAN member artists contributed snow-dyed prayer flags, which were created during the weekly Art Explorations group and displayed alongside work from the broader art therapy community.



In tribute to JFSA Cleveland's 150th Anniversary, the theme of the JFSA/PLAN Annual Artist Performance Night and Art Exhibit was "**Back to the Future - 150 Years of Creative Connections.**" Members displayed original works of art illustrating resilience, creativity and connection. Attendees were treated to several member performances, including Sam S.'s original musical compositions.



At a special art class, member Dexter L. carefully threads vibrant green beads, fully focused as he brings his creativity to life—one detail at a time. The class was led by **Olive Abbey Handmade** who provided all the materials PLAN members needed to design and craft their own beautiful bracelets.



Visiting **Jewish Family Service of Akron's** client art exhibit at the **Shaw JCC of Akron** are (left to right): Judy B., Suzanne F., Robert M., Chris B., Nicky E., Ronnie F., Buffy R., and Cheryl D. The exhibit featured a variety of art works created by older adult clients of JFS through their **Art 101** workshop series.



Journeys members (left to right) Eden S., Shira J., Kelsey P., and Carol Rose W. visited **The Drawing Board Arts**, a local ceramic painting studio and had a wonderful time getting creative. From cute ducklings to mugs and coin banks, everyone chose a piece that spoke to them and made it their own with color and design. The experience was both relaxing and expressive, giving members a chance to explore their creativity in a fun, hands-on way.



PLAN members gather each Thursday at **Beachwood Place** for the **Coloring Group**, which offers a relaxed and welcoming way to connect creatively in the community. This ongoing activity provides space for conversation, focus, and self-expression in a low-pressure environment. Recent participants included (left to right): Brindel K., Monica K., Judy I., Suzanne F., Dexter L.

gallery.



▲ "Untitled"
Torn paper collage
Merle R.



▲ "Flowers in a Vase"
Torn paper collage
Monica K.



▲ "Sea Turtle"
Torn Paper Collage
Brindel K



"Untitled"
Watercolor
◀ Morton C.



◀ "Squares"
Watercolor
Carol C.



▲ "Portrait of Becky"
Colored pencil
Beth N.



▲ "Happy Days"
Paper quilling
Irene B.



"Postcard" ▲
Paper quilling
Joyce B.



▲ "The Color"
Mixed media collage
Monica K.

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Scan the QR code to view this publication and a monthly calendar of events for PLAN members.

PLAN (Planned Lifetime Assistance Network) of Northeast Ohio, a division of Jewish Family Service Association of Cleveland, promotes friendships, connections to community and improved quality of life. Participants pay a membership fee. Additional support for PLAN of Northeast Ohio creative arts programs provided by the Fran & Jules Belkin Family Creative Arts Program, Cuyahoga Arts & Culture, Peter Hoke Memorial Fund, Ohio Arts Council, and individual donors.



May is Mental Health Awareness Month

Concert with musical composer and PLAN member Sam Silverman

Wednesday, May 20

Doors open at 6:45pm

Concert starts at 7:00pm

Free and open to the public.

Location provided upon registration.

Plus, enjoy artwork created by PLAN artists inspired by Sam's music, offering a powerful dialogue between sound and visual expression.

You must be registered to attend.
Register by phone: 216.509.8685
or online by scanning the QR code here.

