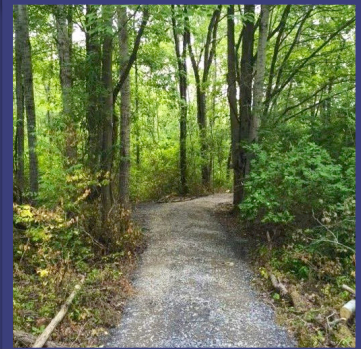
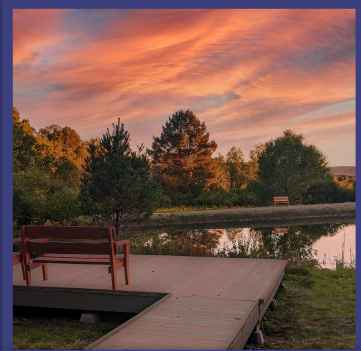




Olean Meditation Center 2022 Annual Report



Windfall Gardens

A Welcome Place for All!



As 2022 progressed and pandemic protocols eased, OMC's event-offerings and community engagement increased substantially. For the year 2022, participation in meditation-related programs averaged 130 people/month; yoga participation averaged 25 people/month; Hindu Society's festival prayers and celebrations averaged 45 people/month; and about 200 persons attended other offerings. The overall 2022 program attendance of approximately 3500 was some 15% below pre-Covid levels.

Affiliated Spiritual Groups

Hindu Society of Olean and Allegany



Southern Tier Sangha



OMC programs

Mindful Wellness: 4-8 week programs

Mindful Families Program for all ages

Meditations for Well-Being

Sound Baths

Yoga classes: 4 days/week

OMC partners



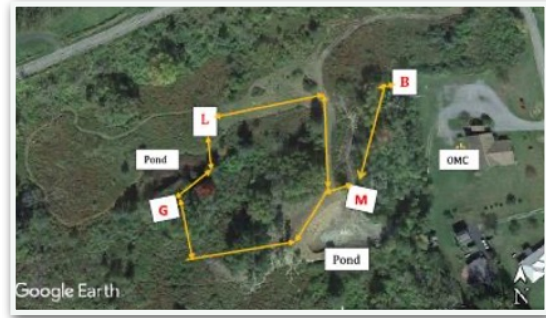
Olean
Interfaith
Community

A Message from the President



We recently completed a series of projects at Windfall Gardens (see page 4). These were made possible by the generous support of our community friends, for which we are deeply grateful.

In October, on the 10th Anniversary of OMC's opening, we will dedicate the labyrinth at Windfall Gardens and trails that connect the bridge (B) near the Center with the labyrinth (L) and the two ponds.



People are stepping in and stepping up! OMC aims to inspire, encourage, and support individuals of all ages who are seeking well-being. Fulfilling this mission requires matured teachers and program facilitators who blend spiritual understanding, training, and compassion. As reported last year, OMC and the community are so fortunate to have at hand: Albert Brown, Celine Daly MD, Audrey Hager PhD, Max Jensen, PhD, and Katie Ward.



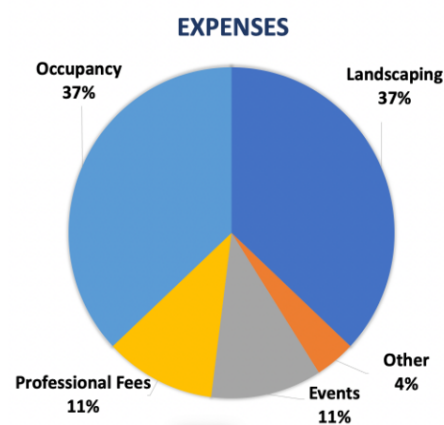
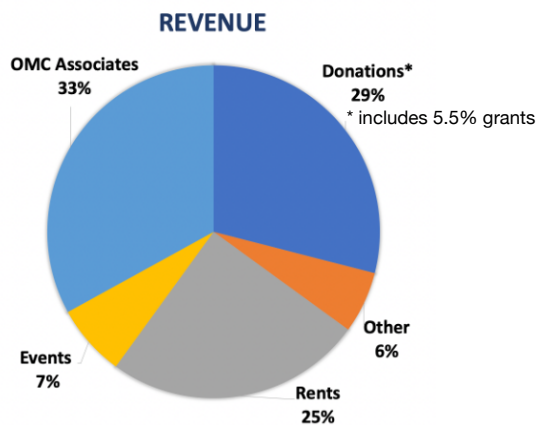
OMC is very fortunate that **Dr. Celine Daly** has accepted a three-year appointment as Board Secretary. A graduate of Salamanca High School and UB, Celine received her MD degree at Upstate Medical University, practiced Family Medicine, and then attained her MPH at Harvard. For three decades, Celine has provided and supervised public health programs in various countries in Africa and Asia. When her husband, Gerald, retired as a UN program director, they resettled in Humphrey, NY. Celine has a 40-year history of Buddhist practice, has completed a 3-yr training in teaching non-sectarian meditation, and already is highly regarded for her meditation and sound bath offerings. We look forward to her leadership in the months and years to come.

Board of Directors

John M. Hart, Jr. (Chair), Dr. Celine Daly (Secretary), Dr. Ashok Kothari, Richard Reilly PhD (President), Dr. Srinivas Thandla, John F. Vosburg III (Treasurer), Jeanne Walk, Robert Walk.

2022 Financial Summary

In 2020-21, OMC received over \$20,000 in fundraising and grant support for the development of Windfall Gardens; as a result, we entered 2022 with a net-account balance of \$35,680. OMC's 2022 operational revenues of some \$27,800 were augmented by \$12,800+ in donations and grants. For the year, expenditures totaled \$50,400 -- three fourths being split between operational costs (utilities, insurance, maintenance, and supplies) and Windfall Garden's projects. Notably, event scheduling was curtailed sharply because of Covid. Our year-end account balance is near \$29,000.



Given OMC's fundraising for Windfall Gardens, we are pleased to note these accomplishments.



In July, the 75' diameter labyrinth site was prepared – sod removed, drainage installed, stone and some 75 tons of soil trucked in, spread, and leveled. And just as the grass seed and mulch were put down, the rains came! Then an old pond was reclaimed nearby, with an elevated bank suitable for a future gazebo or pavilion. A trail connects the two sites. OMC invested \$10,000 in these projects. Additionally, \$8,500 was spent providing a crossing of King's Brook that will allow for equipment and handicapped access to the above sites.

Community Programming Highlights



The popular **Mindful Families Program** resumed with a workshop held in October. Jeanne Walk, Katie Ward, Jen Albert, and Andrea Spako are leading the program. Six workshops are planned for 2023. Donations raised on Giving Tuesday will cover the cost of program and allow it to be offered free-of-charge for participants.



In April, OMC held a **Mindfulness, Trauma, Compassion: A Symposium for Practitioners**. Dr. Michael Krasner, co-director of the Mindful Practice programs at the University of Rochester was the keynote speaker. He was joined by a local panel of experts including Celine Daly MD, MPH, a physician and meditation teacher; Andrea Spako, MS, a yoga and mindfulness teacher; and Laura Widger, LCSW, a trauma therapist.



An **Interfaith Dialogue on Funeral Rituals and the Afterlife** was held by the Olean Interfaith Community in November, featuring representatives of six major religious traditions – Albert Brown, Buddhism; Rev. Moses Ikuelogbon, Catholicism; Dr. Yogini Kothari, Hinduism; Mona Lewis, Judaism; Dr. Safi Malik, Islam; and Richard Snyder, Baha'i faith.



New Frontiers and Old Favorites

OMC sponsored a marvelous **Tara Practice Retreat** and resumed its popular **Sound Baths**, with each of four monthly offerings quickly selling out! Sound Baths resume in spring 2023.





OMC's Mindful Wellness program was successfully launched in 2022. Developed and implemented under a grant from the Mental Health Association, the 8-week course is based on secular mindfulness techniques and was offered to staff and beneficiaries of three area non-profit agencies serving vulnerable populations – Council for Addiction Recovery Services (CAREs). Connecting Communities in Action (CCA), and Directions for Independent Living (DIL). An additional course was offered with open enrollment for the general community.



Program Facilitators:

Audrey Hager, Celine Daly,
Katie Ward, and Max Jensen

The vast majority of program participants report substantial benefits!

- ❖ “When I feel frustrated, I am able to take some breaths and calm down!”
- ❖ I have seen a decrease in annoyance and anxiety.”
- ❖ “It has helped me give myself permission to slow down and take things as they come.”
- ❖ “I find myself calmer in stressful situations and more present in my interactions.

In 2023, OMC plans to expand the reach of the Mindful Wellness programs by offering more courses, both to the community and to healthcare providers. In addition to the 8-week course, new options will include a shorter 4-week meditation course and half-day wellness mornings combining yoga, meditation, and sound healing.

On Giving Tuesday 2022, donations from community members surpassed our fundraising goal of \$5,000 to fully fund Mindfulness programs throughout 2023!

We salute our program sponsors & volunteers!



Looking Ahead – Retreat Programs for Spiritual Living Coming to The Center of Solitude



Retreat House



2017 OMC Meditation Retreat
at the Center of Solitude



Upper Pond – View from Retreat House



Hermitage

With woods behind, a pond view in front, and access to acres of trails, the hermitage offers a large bedroom & sitting area, full bath, and complete kitchen for retreats.



The Center of Solitude, founded by Sr. Donna Marie Paolini (right), opened in 1992 on a gorgeous 60-acre hillside site in Allegany County, NY. Its mission is to enable retreatants to grow spiritually in solitude and silence. Now 93 yrs. old, and after six years of collaboration, she is entrusting the succession of her center's mission to Olean Meditation Center, Inc. in mid-2023.

Olean Meditation Center

was founded in 2011 as a non-profit organization for the promotion of meditation instruction and practice in a variety of forms and spiritual traditions. Our facility opened in 2013.



Vision and Values

As a nonsectarian sanctuary elevating personal well-being and spiritual living, we are committed to honor the values of unconditional acceptance of all who visit us, natural simplicity, inspiration, and compassion.



Olean Meditation Center

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