

THE STORYDANCER PROJECT

Self-Care to Community Care



"The Storydancer's Project's *What's in a Story* program makes students more interactive with one another and the teacher. A very fun program."

-Hózhó Academy, Gallup, NM

ANNUAL 20
REPORT 23



TSP Self-Care
WORKS

FROM OUR EXECUTIVE DIRECTOR

Our Journey from Self-Care to Community Care

At the beginning of The Storydancer Project (TSP), we worked in schools, focusing in elementary schools. I invented TAKE A MINUTE® Self-Care exercises, which were especially useful in large groups. Imagine 500 7 to 11-year-olds being invited to stand up during an assembly program to stretch— unheard of!

When TSP was invited into marginalized communities in India, for Muslim girls and women who had been previously kept from attending school, we negotiated a way to bring these exercises into the curriculum. After much talk, this method was sanctioned by parents and religious leaders. The work quickly spread to the families and neighborhood communities, and later for women, boys and men.

TSP had similar experiences when we began working in Navajo schools with our TSP Diné Facilitator, in Utah and then in New Mexico. The work soon spread in New Mexico to other Native communities, in schools, hospitals and health centers. In 2023, our Navajo Mothers Program was in development for future onsite sessions. Today, Navajo Diné Facilitators work in schools with hundreds of students.

In India, 14 plus TSP-trained Facilitators work with many thousands of women, girls and families in community centers and schools. Palliative counselors who work in Home Care Teams with several thousand patients are being TSP trained. Nurses, doctors and palliative counselors are regularly practicing TAKE MINUTE® Self-Care stress relief in India and the US. TSP work with trafficked women continues each year.

Today we are making a strong impact. By training many community leaders onsite to facilitate these positive interventions of TAKE MINUTE® Self-Care exercises—a proven way to de-stress and re-set inside life's challenges—sustainable programs and community care partnerships are created.

Please share our good news! These programs are given free of charge through our wonderful partners. Your support makes the world of difference. Imagine nurturing this beneficial continuum in the unrecognized lives of so many.

May everyone be able to tap into good energy in these and all times. All the very best, ZULEIKHA and TEAM TSP

TSP Growing From Partners to Communities



TSP PARTNERS

Hope Project TSP Team - India
School, Clinic, Self Help Groups,
Vocational Training & Support
Classes, Outreach & Mobile Unit

CanSupport - India
Daycare, Outpatient Clinics, Home
Care Teams, Staff Trainings

Nursing Colleges - India & U.S.
Nursing students in 41 India
colleges and U.S. frontline nurses

New Light - India
Trafficked women, Kolkata,
Witch-hunted women, Jharkhand

New Mexico Navajo Nation - U.S.
Gallup McKinley/San Juan County
Schools, NM Navajo Nation

Northwest NM First Born - U.S.
Program in Development for 2024

Zuni Pueblo - U.S.
Zuni Education and Career
Development staff and wellness
trainings for Recovery Center

PROGRAMS

TAKE A MINUTE® Self Care Renewal
On-Site sessions for CanSupport and
Hope Project faculty/staff and the
communities they serve; *What's In A
Story* on-site sessions in NM Navajo
Nation schools & early childhood
centers

On-site TSP Staff Trainings
Ongoing trainings for CanSupport Home
Care Teams, for new & trained TSP
Hope Project staff in Delhi and outlying
Trans Yamuna, & Navajo TSP Facilitator

Renewal in Healthcare
On-site sessions for healthcare &
palliative care centers, hospitals, nurses,
and other healthcare professionals

The Stream Project and Video
for Integrative Palliative Care & The Arts:
Live and Zoom event for palliative care
professionals and end-of-life video

Resource Video Library: Online videos
for trainings in palliative care, *What's in
a Story* video stories library, and NM
Navajo Nation Mothers program videos

COMMUNITIES

Hope Project Center staff
and thousands of students,
patients, women and families
through their school, clinic,
neighborhood homes and with
the Mobile Health Unit serving
other impoverished communi-
ties in Delhi, India

CanSupport palliative staff
and home care teams, reaching
thousands of cancer patients,
their families and caregivers, and
hundreds of nurses in Can-
Support foundation courses

New Light sessions for trafficked
and witch-hunted women in
Kolkata and Jharkhand

School children and educators
New Mexico Navajo Nation, U.S.

**Nurses & palliative care
organizations** in U.S. for self-
care sessions

Zuni Pueblo outreach
for staff & community sessions

TSP MISSION

The Storydancer Project inspires positive change in the face of adversity through transformative movement, performance and self-care practices that restore vitality and cultivate joy.

IMPACT 2023

INDIA Programs Total 12,388 Individuals

COMMUNITY SELF-CARE, HOPE PROJECT, INDIA

Total 7,790 individuals served over 1 year. Zuleikha with TSP Facilitators onsite 3 months + TSP Trained Facilitators on site 9 months, serving Hope Project/Nizamuddin Basti school: Kindergarten, Cutting & Tailoring & Beauty, Girls Singing & Exercise, Health Clinic, Group trainings, Team meetings, Self-Help Group, Computer class, Vocational programs, and Trans Yamuna Region classes and Facilitator trainings

PALLIATIVE CARE PROGRAMS, CANSUPPORT, INDIA

Total 4,368 individuals served over 1 year. Zuleikha with TSP trained counselors on-site 3 months + TSP trained counselors onsite 9 months, Self-care sessions for Home Care Teams, new counselors trainings, follow-up home care team trainings with patients, Day Care Center sessions, home care team trainings, nurses in self-care nursing courses, Walk for Life performance and patient exercises, special day with oncologists

NEW LIGHT INDIA - KOLKATA & JHARKHAND, INDIA

Total 230 individuals served over 2 weeks. Zuleikha in Kalpataru program for trafficked women and witch-hunted women self-care and trauma relief sessions

US/NAVAJO NATION Programs Total 1,104 Individuals

OVER THE RAINBOW - NM NAVAJO NATION & MORE

Total 607 individuals served over 1 year.

- *What's In a Story* program in 2023 - Diné Facilitator reached 572 students and 23 teachers
- *Strengthening Hearts & Minds* - Development work for 2024 planning of live Mothers' sessions and videos with facilitators - 6 individuals
- *Zuni Pueblo* program - Development work for trainings with Zuni staff - 6 individuals

US FRONTLINE NURSES + US THE STREAM PROJECT

Total 497 individuals served over 1 year.

- Self-Care sessions with hospital nurses - Total 244
- THE STREAM event Live and on Zoom - Total 253



Community Care
WORKS

Whether we are with children in New Mexico, Muslim women struggling to eke out a living in Delhi, people dealing with the devastations of cancer, or Navajo mothers isolated with the burdens of historical trauma, TSP works from the understanding that holistic self-care in community is a powerful agent of CHANGE.

TSP WELLNESS MODALITIES

created & developed by TSP founder/director, Zuleikha

TAKE A MINUTE® Transformative Self-Care Exercises

TAKE A MINUTE® for Palliative Care
(formerly RTHEP© Relaxation Therapeutic Health Exercise Program)

ENERGY GEMS© & ENERGY BOOSTERS©

WHAT'S IN A STORY for Literacy & Wellness

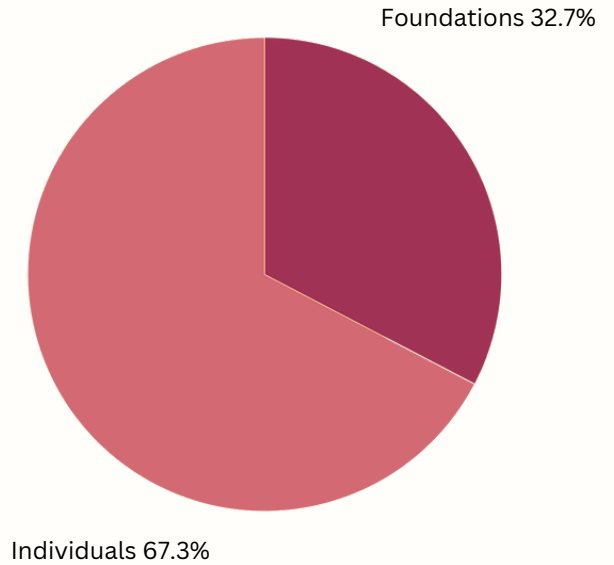
STRENGTHENING HEARTS & MINDS
for trauma and post-partum depression

THE STREAM©, an end-of-life story/video
Project & Event for Integrative Palliative Care

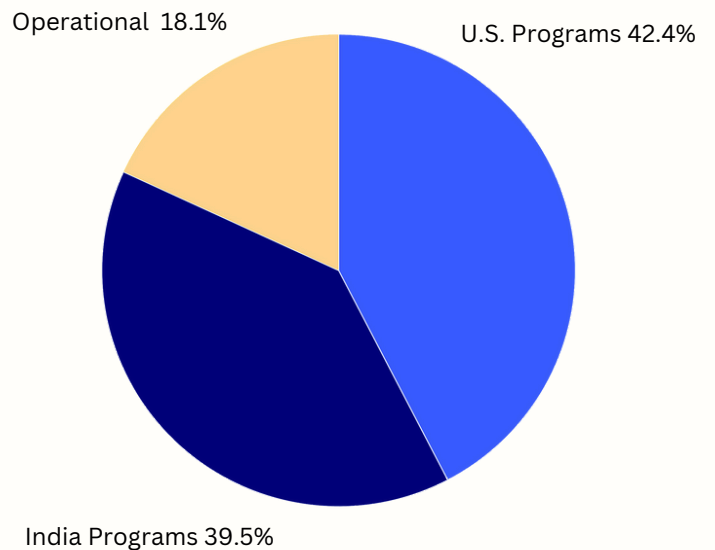


2023 INCOME

No in-kind donations



2023 EXPENSES



Our Finance OVERVIEW

2023 INCOME TOTAL \$107,169
FOUNDATIONS \$35,000
INDIVIDUAL DONATIONS \$72,169

2023 EXPENSES TOTAL \$164,012
ADMINISTRATIVE \$29,762
ALL PROGRAMS \$134,250



YOUR SUPPORT MEANS THE WORLD TO US

MAIL A DONATION

The Storydancer Project
369 Montezuma Ave. #490
Santa Fe, NM 87501

GIVE ONLINE

<https://storydancer.gvtls.com>
or scan the QR code



VISIT US ON THE WEB

thestorydancerproject.org

"Zuleikha, your work is so vital for our patients and their families. CanSupport cannot appreciate your efforts enough. The positive change you bring into the lives of those we care for is to be seen to be believed." —Harmala Gupta, Founder-President, CanSupport / India

The Storydancer Project is a NM 501(c)(3) non-profit organization. We are funded by a combination of donations, grants, events, and in-kind services and give our programs free of charge to the people we serve.

THANK YOU!

DONORS 2023

Eileen Fisher Foundation
Jonathan & Kathleen Altman Foundation
Pende Foundation
William & Diane Elliot
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Deborah Kirsch
Joseph Family Foundation
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Masoom Akhtar, Facilitator



"I am so pleased that this project is there to help so many recover and become their true selves."

—Joseph Family Foundation