

# Discovery Meeting #10

## April 19, 2010

### Minutes



Photograph by Jennifer Roth

Present: Anne Avidon, Susan Bayley, Holly Campbell, Linda DeHart, Amy Dunion, Gail Ellison, Chris Graefe, Pattie Heyman, Nancy Lippincott, Pati Stillwater, Arthur Stowe, Pam Wilkins

Attending Via Skype: Susan Brender, James Cavanaugh

Attending Via Conference Telephone: Judy Young

#### **PROCEEDINGS**

Logistics: we tried a new videoconferencing system that requires only one computer and shows participants on the movie screen. Works well.

We still are struggling with the lack of a live phone connection. We will inquire with Jared Kass as to potential solutions for this great meeting space at Lesley.

#### **INQUIRY OF THE DAY**

What is health?

James Cavanaugh invited everyone to chime in on the answer, to send him emails answering that question as we see it.

Pati Stillwater reframed the question: How do you feel when you are healthy?

Amy Dunion: Are we speaking only of physical health? I try to remember that I am not just my body – that there is a part of me that is untouched by ailments, untouched by cancer, untouched by aging.

Chris Graefe: What is the benchmark of health? I have run five marathons and envy those who run 5-minute miles. For another person, health may be recovery from near death and simply being alive. Definition of health is relative.

Susan Brender: Health and attitude are connected – when you are healthy you feel good. When you think positively, do you have good health?

Anne Avidon: How do you express health? A brush stroke on a canvas...a major chord on a piano...a haiku poem...the language of ART helps us answer the question of the depth of health better than any clinician.

Holly Campbell: The root of the word "health" is "whole." Health is being in balance.

Judy Young: Finds health in connecting with her source. She found an image of a tree on a cliff in the book "Complete Songs of Cold Mountain" and discovered in it where her poetry comes from.

Nancy Lippincott: Her father, at age 94, said "Every day is a new day, sweeter than the day before." Suggests the question, "What is health," would be a perfect opener for the documentary.

Gail Ellison: Recalled a child heart patient who was in line for a heart transplant, with a self-perception as a healthy kid: said, "I'm not sick. I'm just waiting for a new heart." Gail is starting a list of "healthy new day songs," invites people to send ideas.

Pattie Heyman: Good health gives you freedom. People in hospitals are so restricted.

Gail: That's where the arts come in, to give them an alternative to their restrictions.

Susan Brender: Is learning from her mother, who has dementia: people with dementia bring a lot of honesty to their lives. They have a story to tell.

Pati Stillwater: suggests that we explore the effects of shame at the next meeting.

Linda DeHart: We should ask people to share their songs of well-being in our questionnaire for SAH conference.

### **Funding Update:**

Gail Ellison is pursuing several potential funding sources. She will update with more specifics when the applications have actually been submitted. Also pursuing some long shots such as Oprah Winfrey Network (OWN) and the PepsiCo Foundation.

Online resources such as Connected-Health.org, from The Center for Connected Health, can offer a wealth of opportunities. For example, Anne Avidon co-chaired a Connected Health event in 2009 and has good access to the attendees. She also can be a connection to the nominee for the head of the US Medicare system, Dr. Donald Berwick (appointment not yet confirmed).

Gail followed up with Severyn Bruyn, who offered at the last meeting his guidance and counsel on fundraising.

### **Exhibit Update:**

The Art of Health exhibit at the conference of the Society for the Arts in Healthcare is evolving well. Ten Discovery Meeting members have purchased "info cards" to display their business at the exhibit. Susan Bayley passed out comps of the designs, which are on order. James Cavanaugh will bring his pilot DVD, "Healing Words: Poetry and Medicine" to show on his laptop at the table.

We will ask people for their stories of art and health and for their funding contacts to support the documentary. We have multiple ways to receive information: forms with space for written stories; a compact voice recorder for those who wish to speak their stories; and Carrie Brady's cruciblemoments.org website, toll-free phone, email, and PO Box address that people can use whenever they are inspired.

We continue to receive contributions to support the exhibit \$1375 to date. The goal is \$3000. Anyone who wishes to contribute may do so by contacting Susan Bayley, [sabayley@cox.net](mailto:sabayley@cox.net) 401-496-1901. We will continue to contact Discovery Meeting members through June.

### **Landmark Education**

It was proposed that the Discovery Meeting entertain hosting an introduction to the Landmark Forum. Several members have done the Landmark Forum, the Landmark

Education Curriculum for Living, and other of their programs. Landmark Education is offered world-wide. Its technology for living is described in an international best-selling book, "The Three Laws of Performance, Rewriting the Future of Your Organization and Your Life," by Steve Zaffron and Dave Logan.

Linda DeHart is forming a creative team for her business, Colors In Motion, and has the goal that the entire team receive the training offered by the Landmark Forum (three of nine members, so far).

It was decided to develop the idea with more specifics (date, location) and discuss at the next meeting.

### **Announcements**

From Jessica Noggle: Partners Hospice is starting a new project for their dementia and Alzheimer's patients called the GRACE project. They serve patients all over the metro Boston area. This project includes what they consider "expressive arts", and they are starting with music; other types of art as well including knitting. There is a background check, health screen and 3 letters of references needed before starting. I will be participating as a musician, and I'm helping with the knitting group. Interested in volunteering in this program, or know someone else who may be interested? Contact Becky Wendler of Partners Hospice Volunteer Services at 781.290.4074.

From Carrie Brady: Does anyone know of a publisher that might be interested in a book about patient-centered care that uses stories as the primary content? A physician colleague has written the book and is interested in finding a publisher who would appreciate the creative content. Any thoughts from Discovery meeting participants are welcome.

### **Next Steps**

- Have a big presence in Minneapolis, at the SAH conference. "I'm looking for openings. What if we actually get what we ask for? Are we prepared for that?" asked James.

We have a good start. Members of the Discovery Meeting attending the conference include:

James and Gail, Director and Associate Director of The Art of Health Documentary; Pam Wilkins, CoChair of the Conference;

Linda DeHart, Joan Drescher, Susan Bayley, Judy Rollins, Sandra Bertman, Kathy Parsonnet – that we know of.... Assignment is to network and have a personal presence for our cause – to forward the arts in healthcare with a 10-part television documentary.

- What about the spreading of the Discovery Meeting? Are we prepared to have it seed to other locations across the country? Gail suggested that people who will do that will self-identify and then we will learn the answer. Maybe it will start with members in other locations joining the Discovery Meeting of Cambridge.
- Discovery Meeting website: we need to find resources to expand it and maintain it. Holly will identify what is needed, and we will put out the word for people willing to help.

**MARK YOUR CALENDAR!**

**Next Discovery Meetings:**

May 17

June 14

Summer break until September.

By Susan Bayley for Discovery Meeting • [www.discoverymeeting.org](http://www.discoverymeeting.org)