

Discovery Meeting #17

February 14, 2011

Minutes



Photograph by Jennifer Roth

Present: Susan Bayley, Holly Campbell, Linda DeHart, Gail Ellison, Chris Graefe, Nancy Lippincott, Adelaide Smith, Pati Stillwater, Arthur Stowe

Attending Via Conference Telephone: Susan Brender, James Cavanaugh, Judy Young

Mission of The Discovery Meeting:

Our mission is to change the paradigm of the passive patient, inspiring people to find power and control over their own health by accessing and incorporating creativity in healthcare.

OPENING – Report on meeting with Spaulding Hospital

On February 8, 2011, key administrators at Spaulding Rehabilitation Hospital met with representatives of the Discovery Meeting to discuss the potential of filming a video on their arts in healthcare efforts. This video would be a starting point for our Art of Health Documentary, the proposed 10-part television series directed by James Cavanaugh. Spaulding is building a new facility. There is a vigorous initiative to encourage and display art within the hospital for the benefit of and produced by patients. They have a music therapy project and an art gallery and are committed to incorporating the arts in their programming.

Representing Spaulding were Betsy Pillsbury, Disability Resource Coordinator, who organized the meeting;

Oz Mondejar, VP of Human Resources, Community relations and Communications;
Melissa Forger, Development

Colleen Moran, Human Resources;

Timothy Sullivan, Director of Communications.

The Discovery Meeting was represented by Linda DeHart, Gail Ellison, Susan Bayley. Susan Brender and James Cavanaugh teleconferenced in from New Jersey and California.

The sense resulting from the meeting was that Spaulding is very interested in collaborating on such a project and would like to see a formal proposal. It was clear

that neither Spaulding nor the Discovery Meeting presently has funding to support the project, but with a formal proposal in hand, both groups could seek sources of support.

James will write the proposal, working with Betsy, who regrettably was ill and unable to be with us at the Discovery Meeting (Betsy – Hope you are feeling better!). “This is a great moment for us,” said James.

Future Directions of the Discovery Meeting

At our previous meeting, we examined two versions of “elevator speeches” that are intended to help us talk about The Discovery Meeting and move our work forward in a consistent way. One was about the Discovery Meeting, and the other was about The Art of Health Documentary.

Interestingly, the elevator speeches were the first time that some of our own members clearly realized that the Discovery Meeting has separate goals and is distinct from The Art of Health documentary!!! So already the speeches have accomplished a good job.

To review, the Discovery Meeting is a nationwide group dedicated to creating a world where health and healing embrace the mind, body and spirit, to raising awareness of and promoting art and creativity as an integral part of the traditional healthcare pathways.

The Discovery Meeting is a model for communities across the country – and potentially worldwide - creating a network and information database of healthcare institutions, providers, people and their stories.

Our first project is to help implement the making of a documentary, *The Art of Health*, a ten-part TV series that will change the healthcare culture in our country.

So, considering the focus of the Discovery Meeting going forward opened some exciting comments and conversation. The idea is to give our Discoverers an opportunity to present their projects and visions that are consistent with the Discovery Meeting vision, and to network connections and support for those projects.

Susan Brender, noted that as the Discovery Meeting is a think tank, would it support her new radio show, “V for Vitality,” about the power of the arts. She will interview people from across the spectrum of the arts, including acting, health, visual arts, music, yoga, movement, inspiration - and it will broadcast on womensradio.com. She would like to share the story with the Discovery Meeting as well as connect with guests for the show.

Linda DeHart said that she recently received a note from Suzanne Hanser, Chair of the Music Therapy Department at Berklee College of Music. Suzanne asked to dialogue with the Discovery Meeting about her son’s mission to build a Healing Empowerment Center. Suzanne’s son died unexpectedly last year, and she has taken up the project as a tribute to his memory.

Chris Graefe described another possibility. His business, BlueWhale Studios, is creating a series of educational videos for CIMIT, the Center for Integration of Medicine and Innovative Technology. Their mission is to connect engineers, clinicians, researchers, and other people whose paths may not naturally cross. Some solutions they find are very simple, and others are complex. CIMIT's work has potential for a lot of cross-pollination, through education of our members and sharing in the creation and dissemination of the videos.

One topic is about the use of copper in fighting bacterial infections in and out of hospitals, for example. A lively discussion followed, and a connection was made on the spot – Susan Brender's husband works for the copper association representing the copper industry and said that he would be an excellent source of information and video footage.

And Nancy Lippincott's brother is on a board of standards governing the use of copper – she will also connect him to Chris.

Gail Ellison asked how do we hold many simultaneous projects. We have spent over a year focused on a single project.

Perhaps, we can develop like a cook, gaining skills in the kitchen, attending to one skillet at first, eventually managing several burners, an oven, a refrigerator, etc, without losing any of the creations.

Susan Brender: The Discovery Meeting could be contagious, leading to one in every city around the country. Membership fees could become a means of supporting member projects – it could become a grantor!

James: I like the idea of it being franchised. Also a community action group, for example DM could organize a Boston Health Day. Barack Obama started his career as a community organizer.

Linda DeHart: It would become a non-profit?

Pati Stillwater: What is our central idea: Arts and healthcare has become such a common topic today. For me, my clients are my art.

Adelaide Smith: I, as a psychotherapist, see myself as an artist with people.

Holly Campbell: DM can serve to generate a groundswell for integrating the arts, creativity and innovation into healthcare delivery pathways.

NEXT STEPS: Preserving the Energy of This Meeting

How can we convey this energy that is in this room, and bring it out in our next meeting announcement? asked Adelaide.

First, identify people with projects they want to present to the group and schedule them in for our next few meetings.

Susan Brender and Chris Graefe both want to be on the list.

Linda DeHart said she will contact Suzanne Hanser and see when she is available to give her presentation to our group.

Anyone else, contact Sue Bayley or Linda DeHart and we will set up the schedule. Probably one or two presentations per meeting.

Second: Sue Bayley invites everyone to look again at the elevator speeches and take a crack at writing what is most important for you. Send me your ideas and I will distill them for our next meeting.

Can we write our elevator speech in a way that is so simple that everyone can understand what we are doing and how they can get involved? A great example is the Gates Foundation, whose tagline is simple and clear, inclusive and inviting:

“Guided by the belief that every life has equal value, the [Bill & Melinda Gates Foundation](#) works to help all people lead healthy, productive lives.”

The elevator speeches are attached as separate documents, with some background information included for each one to help inspire thoughts. Send any ideas, doesn't have to be a completed draft.

Gail: I am reminded of the works of Barbara Marx Hubbard, author of *Conscious Evolution, Awakening the power of our Social Potential* (1998), who deals with the co-creation power of people coming together around a theme, success stories of people connecting and collaborating in support of ideas.

And from Margaret Meade: “A small group of thoughtful people could change the world. Indeed, it's the only thing that ever has.” - SB

The meeting ended with giant Valentine's cookies with pink frosting, and Valentine conversation hearts with messages for everyone. Thanks Linda!

Next Discovery Meetings: MARK YOUR CALENDAR

March 14

April 4

May 16

June 20 --- Then break for the summer months

By Susan Bayley for Discovery Meeting • www.discoverymeeting.org