

# CARE *for the* JOURNEY

*News & Resources for Personal and Professional Caregivers*



## COMPANION ARTS

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WWW.COMPANIONARTS.ORG

*Companion Arts, a 501 (c)(3) nonprofit organization, brings integrating, expressive arts resources to individuals in major life transition and the organizations serving them. In 2011 CA is developing a new focus on the needs of caregivers.*

Vol. 1, Issue 1, April 2011

### Welcome!

This is the very first issue of [Companion Arts](http://www.companionarts.org)' *Care For The Journey*, our monthly "breaking news and resources" for *all* Caregivers . . . whether you're a family caregiver or a professional from the healthcare and counseling fields, we have helpful new monthly resources for *you*!

### Organizational News



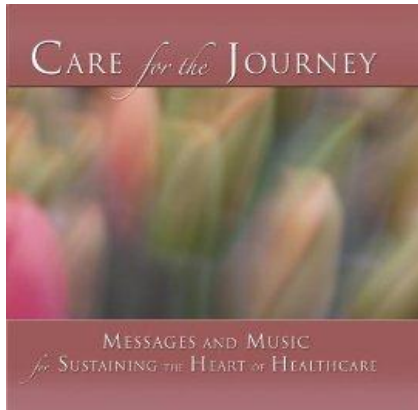
#### CA Board Names Susan A. Osborne as New President

Recently Companion Arts' Board of Directors confirmed Susan Osborne as its new President. Susan has three decades of non-profit experience and over the years has served Companion Arts in numerous capacities - as a national non-profit consultant, Board member, Advisory Board member, and most recently, Executive Director.

"I'm really looking forward to the coming year," Susan says, "with Companion Arts' new focus on the needs of family caregivers and care- giving professionals (doctors, nurses, counselors, and allied healing professionals). Later this year we'll be introducing some unique new services/

resources for *all* caregivers, so stay tuned!"

Susan succeeds Michael Stillwater, Companion Arts' co-founder, artist extraordinaire, and the creative force behind its acclaimed Care For the Journey programs and audio resources. Michael's newest work is focused on film media; as a result, the Board has designated him "Continuing Artist in Residence" to assure his future presence in whatever media inspires his wonderful gifts!



### **CA Audio CD is Widely Acclaimed by Healthcare and Wellbeing Communities**

#### ***Care for the Journey: Messages and Music for Sustaining the Heart of Healthcare (Vol. 1)***

*Care for the Journey* has garnered high praise from major healthcare organizations and the wellbeing community. This inspiring audio CD has [many uses](#) and is frequently used to inspire and restore staff spirits, launch a caregiver teaching presentation or as a focus for meditation.

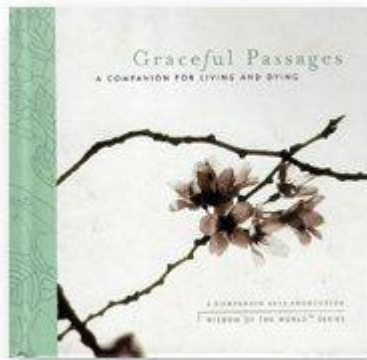
*Care For The Journey* has been lauded as "a primary resource for healthcare professionals" and is used by leading hospitals and hospices throughout the U.S. [Read comments..](#)

Now available at [Companion Arts Webstore](#).

View this video for more information about Care for the Journey.



**Featured Companion Arts Resources**

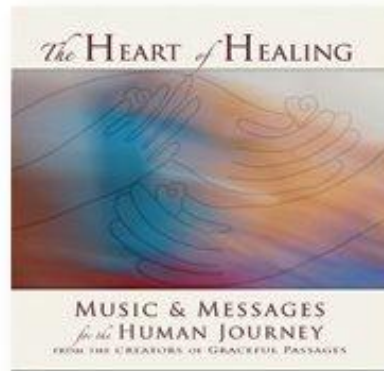


**Graceful Passages: A Companion for Living and Dying** (Especially for hospice & family caregivers)

Through words and music, this beautifully designed book and CD offer a renewal of faith to anyone struggling with grief. Heartfelt messages from some of the world's greatest visionary leaders are set to original soul-stirring music, evoking relaxation, insight and healing. Created by Michael Stillwater and Gary Malkin, Companion Arts Co-Founders.

Now available at the [Companion Arts Webstore](#)

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**The Heart of Healing: Music & Messages for the Human Journey** (For everyone)

An extraordinary audio resource for anyone on a healing path! This inspiring CD features voices of healing wisdom, including: Desmond Tutu, Rachel Naomi Remen, MD; Ira Byock, MD; Marianne Williamson, Thich Nhat Hanh and others and is scored with original music by Gary Malkin, Emmy Award-winning film composer and Companion Arts Co-Founder.

Now available at [Companion Arts Webstore.](#)

**Breaking News & New Perspectives - Latest Links!**



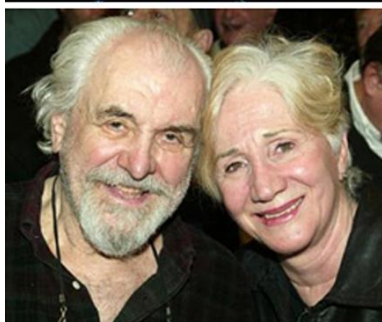
## Fearless Caregiver: An Interview with Academy Award Winning Actress, Olympia Dukakis

by Gary Barg, Today's Caregiver | March 2011

A trained physical therapist and a very caring soul, Olympia Dukakis has been a caregiver for her husband, as well as, her close friend, Jessica, a formerly vibrant dancer and actress who suffered from excruciating bone pain caused by cancer. Olympia is also a tireless caregiver advocate.

Gary Barg sat down with this truly fearless caregiver who is working to make a difference for those in pain.

[Read Article....](#)



Academy Award winning actress, Olympia Dukakis with actor husband, Louis Zorich.

## [Green House Homes: A Model for Aging That Promotes Growth](#)

Facilities look and feel like comfortable houses

by: Sally Abrahms | from: AARP Bulletin

## [11 Technologies Caregivers Will Want NOW!](#)

Posted on 10/1/2010 by Alejandra Owens

## [Dramatic Increase of Patients Going from Hospitals to Home Care](#)

by: Agency for Healthcare Research and Quality | Mar 2011

## New Caregiver Resources - Latest links!



### See People's Answers to... *What do you wish you knew when you first started Caregiving that you know now?*

The best experts on caregiving are the caregivers themselves. See how they responded when asked the above question on a Caregiver Forum. Read others' suggestions, comments and experiences that bring tears of both sadness and joy. (You



### Leeza Gibbons Supports New Red Cross Caregiver Training/Support

Leeza is an Emmy-winning television personality, radio personality, author and former caregiver. Leeza's mother and grandmother both suffered from Alzheimer's disease, and Leeza served as a caregiver to her mother. Leeza is dedicated to making an impact on the



### The Hospice Foundation of America Expands Its Hospice Information Center

The Hospice Foundation of America has developed "Hospice Volunteers: Recruiting, Retaining, Rewarding," a free online webinar that examines volunteers' crucial roles and creative ways that hospices can recruit and retain volunteers.

must scroll down a little to start reading.)

[Read Article...](#)

Alzheimer's disease community, and recently has been a spokesperson for the new Red Cross Family Caregiver Program, which offers eight one-hour classes in many communities OR a Family Caregiving Home Study Program. Want to learn about this resource? [Read Article 1...](#)  
[Read Article 2...](#)

[Read Article...](#)

## The Finale.....

***Do you have an interesting/humorous caregiving story, image, or terrific new resource?***

[Send it along!](#) Each month we'll choose one contribution to be featured in Care For the Journey, and the contributor will receive one of our bestselling audio resources.

Want to forward this Care for the Journey to someone? Just click on the "Forward this email to a friend" button at the bottom of this email.

Want to contact us? Send an email to [info@companionarts.org](mailto:info@companionarts.org)

I'm personally looking forward to our journey together - I'm a caregiver, too, and look forward to our getting to know each other and sharing resources.

My very best to you,



Susan Osborne  
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