



ARTS, HUMANISM, and CAREGIVING **Saturday, April 29, 2017**



Our symposium is about caregiving and caregivers – what we can do for those in need and what we can do about caring for ourselves. We will tell you surprising – maybe even dazzling – things we can do for those in need, and how that all works. We speak, too, of caring for ourselves, since, after all, if we neglect ourselves, we can't care well for others. We often forget that vitally important piece of the equation.

We are indebted to our sponsors, whose generous support and enthusiasm have made this symposium possible.



Program

WAMSworks (6 Institute Rd, Worcester)

7:45-8:30

Registration

Part 1

Literature and Medicine

8:30-9:15

"Finding Hope and Healing Through the Arts"

Drs. Frank Domino, Gary Blanchard

9:15-10:00

"Why We Need to Tell—and Listen to—Stories"

Lucia Knoles, PhD

Break

10:00-10:30

Admire our artist and musician colleagues and friends

Part 2

Music and Medicine

10:30-11:30

"Symphony of the Brain"

Joel Popkin, MD

11:30-12:15

"Music Therapy: Clinical Applications within the Medical Model"

Kayla Daly, MT-BC, LMHC

Lunch

12:15-1:00, including musical interlude

Part 3

Art and Medicine

1:00-1:45

“The Art of Observation”

Jim Welu, PhD

Worcester Art Museum (55 Salisbury Street, Worcester)

2:00-3:00

“A Docent Led Tour on the Use of Fine Art to Teach and Improve Observation Skills”

Paul Steen, MD et al.

End

Option

3:00: 30 minute roundtable discussion – where do we go with today’s discussion?

Option

3:00: Tour WAM on own until closing

Option

3:00: Enjoy the May flowers

Registration:

Students and Residents: Free (including lunch)

All others: \$30 (including lunch), \$25 early registration still on!

Regretfully, we must limit docent tours at the museum to the first 90 registrants

Register at www.musicworchester.org/MW/symposium (Case sensitive link)

Questions? Email Joel Popkin at joel.popkin@stvincenthospital.com

CME and other education credits have been applied for.

Meet Our UMass Medical Student String Quartet:

Elizabeth Ferzacca, Violin

Alyse Wheelock, Violin



Margaret Xu, Viola

Hazel Briner, Cello

Meet Our Speakers

Gary Blanchard, M.D.



Board-certified in Internal Medicine and Geriatric Medicine, Dr. Gary Blanchard received his medical degree from Tufts University School of Medicine, and amidst numerous awards he completed his residency and chief residency at Saint Vincent Hospital (SVH) in Worcester. He then went on to complete a geriatrics fellowship at Brown University in Providence, Rhode Island. As an academic clinician-educator at SVH, Dr. Blanchard has developed original geriatrics curricula at the medical student, nursing student, and resident levels with the support of his residents and federal grants. He is currently the Geriatrics Medical Director at SVH, the Director of SVH's interdisciplinary team to implement the national geriatrics nursing education program, "Nurses Improving the Care of Health System Elders," and the Chief Medical Officer for Salmon Health and Retirement.

Gary's special interests and focus include helping elders maintain their independence in the community by developing a care plan that best suits their needs, and, of course, sharing his lifelong love of the Boston Red Sox.

Frank J. Domino, M.D.

Dr. Frank J. Domino is a Professor and the Pre-Doctoral Education Director for the Department of Family Medicine and Community Health at the University of Massachusetts Medical School in Worcester. A graduate of the University of Texas Medical School in Houston, he completed his residency at the Hunterdon Medical Center in Flemington, NJ, where he was the chief resident. He has been at UMass since 1996.



Dr. Domino is the Editor in Chief of Lippincott, Williams and Wilkins' *5 Minute Clinical Consult* series. Additionally, he is co-author and editor of the Epocrates LAB database. He presents nationally for the American Academy of Family Medicine and serves as the Family Physician representative to the Harvard Medical School's Standing Committee on Continuing Professional Development. His areas of interest include making Evidence Based Medicine accessible, teaching, medical ethics, and the use of technology in clinical practice. Frank has created a notably popular elective for senior medical students entitled, "Leadership and Professionalism," in which the concept of professionalism is expanded to embrace personal growth, gratitude (journaling), meditation, mindfulness, and appreciation of the spectrum of life, including art, food, and story.

Lucia Knoles, Ph.D.



Lucia Zaucha Knoles received her B.A. in Literature and Writing from St. Mary's College, Notre Dame and her Ph.D. in English from Rutgers University. Presently she is Professor of English at Assumption College, where she teaches courses in American literature, speech, and writing. About ten years ago Professor Knoles' volunteer work as a long-term care ombudsman led her to speculate that the lack of intellectual stimulation in nursing homes and assisted living residences might have a negative impact on the residents' sense of well-being. As an experiment, Professor Knoles began *The Writers Roundtable Program* for adults in long-term care institutions. Dedicated to the proposition that everyone has a story and everyone's story deserves to be told, the

Roundtable brings people together to write, share, and discuss their autobiographies. In the process of writing, giving public readings, and publishing their work, many Roundtable members seemed to discover a new enthusiasm for life, self-respect, and sense of community. Since that initial project, Professor Knoles has gone on to use reading and writing workshops to help caregivers, hospice patients, pharmaceutical researchers and other groups. In her presentation, Professor Knoles will talk about what her experience and research suggest about how stories may help us heal.

Joel H. Popkin, M.D.



After his undergraduate years at New York University and graduate school at the State University of New York Downstate Medical Center, Dr. Popkin trained in internal medicine at St. Vincent Hospital. He subsequently served on the Internal Medicine staffs of the Reliant Medical Group and SVH from 1977 to retirement from RMG in 2014. He also completed 17 years as Associate/Program Director at SVH. He has been a member of the Editorial Board of the Worcester District Medical Society since 1994, where he is a frequent contributor of articles. Joel's most recent awards include Physician of the Year, Pillar Community Award, and Teacher of the Year (all at SVH), Laureate of the Year Award (Mass Chapter of the American College of Physicians),

and Clinician of the Year and Orator (WDMS). He is a Clinical Professor of Medicine at the University of Massachusetts Medical School.

Joel is currently Director of Special Services in the SVH residency program, where he works with medical residents and students to enrich their clinical, research, and writing skills. He also coaches their competitions at state and national competitions. He has had a long time interest in humanism in medicine and is working on integrating art and music into residency training.

Kayla Daly, Board Certified Music Therapist, Licensed Mental Health Counselor

Kayla Cecelia Daly received her B.S. in Art Therapy and Music as well as her M.A. in Expressive Art Therapies and Licensed Mental Health Counseling from Lesley University. She has worked for several years within children's hospitals, collaborative schools, and early intervention organizations developing music therapy programs as a clinical music therapist and licensed mental health counselor. In 2013 she saw the need within the city of Worcester for more clinically oriented expressive therapy services within an evidence based model. To address this need she opened the Worcester Center for Expressive Therapies, where 9 clinicians treat various physical and mental health diagnoses. In 2015 the center received a referral for a young lady within a rehabilitation program recovering from Anti-NDMA Receptor Encephalitis. Upon meeting the patient, it was clear that music would play a very important role in her recovery. Ms. Daly will discuss the clinical interventions and rationale that supported the acute treatment process. Presently, Ms. Daly serves as the clinical director of the Worcester Center for Expressive Therapies, is a board representative on the New England Region American Music Therapy Association and teaches as an adjunct professor at Anna Maria College and Lesley University.



James A. Welu, Ph.D., Director Emeritus, Worcester Art Museum



James Welu joined the staff of the Worcester Art Museum in 1974 as assistant curator and went on to serve 6 years as chief curator and 25 years as director. He began his career as an artist and taught studio art in college before pursuing further studies in art history. He holds a BA from Loras College, an MA and MFA in studio art from the University of Notre Dame, a PhD in art history from Boston University, and several honorary degrees. A specialist in 17th-century Dutch and Flemish art, he undertook for his dissertation a study of the maps and globes that appear in Dutch paintings of this period, in particular the paintings of Jan Vermeer. He has published and lectured widely and organized a variety of exhibitions, including *Judith Leyster: A Dutch Master and Her World*.

Jim served as president of the Association of Art Museum Directors and chair of the Accreditation Commission of the American Alliance of Museums. He serves on several national advisory councils in the arts and is active in numerous Worcester organizations, including Preservation Worcester and Worcester World Affairs Council. Jim continues to teach at the Worcester Art Museum and at the College of the Holy Cross and Worcester Polytechnic Institute.

Paul M. Steen, MD

Dr. Steen received a BS in Engineering and Business from Drexel University and his MD degree from Downstate Medical Center, State University of New York. He is a board-certified internist, having completed his training at Kings County Hospital in Brooklyn, NY. He was in the private practice of internal medicine in Southbridge Massachusetts. He later worked in the corporate world as a Sr. VP for MediQual and VP for McKesson Corporations in charge of clinical development. Since his retirement in 2004 he has volunteered as a Master Gardener for the Massachusetts Horticultural Society and more recently as a Docent for the Worcester Art Museum.

Today he has organized this afternoon's Docent Tour of the Worcester Art Museum: Art and Observation – a demonstration tour on the use of fine art to teach and improve observation skills. This tour is based on programs developed at Yale and Harvard Medical Schools over the last 20 years and are used at WAM for teaching students and residents at the University of Massachusetts Medical School. This is not a "tour," per se, as you will have the opportunity to actively participate in the process of improving your observation skills.

