



Our Mission and Core Values

The mission of Bedside Harp[®], LLC is to promote the therapeutic use of the harp in healthcare. Committed to making a difference in that setting, we play for patients, the worried well and staff; teach staff and members of the community how to play the therapy harp; provide harp therapy training and certification; and participate in research projects. We exist to bring relief, comfort and hope to patients, their families and all who care for them. To achieve our mission, we are committed to:

- E** Excellence
- P** Professionalism
- I** Integrity
- C** Collaboration

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Check out our website!
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Thank you, Nina Kohl!



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THE BEDSIDE HARP[®] REPORT
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Bucks County Community College Offers 12 College Music Credits

At our 8th Annual Graduation and Celebration last year, Carol Mikulski, Executive Director of Bucks County Community College's Continuing Education department, announced that Bedside Harp mastery level graduates who have taken their modules through the College, are now eligible to receive 12 college music credits when they achieve their mastery level of certification.

Signed by Dr. Steven Bresnen, Music Area Head, Dr. Annette Conn, Dean, Academic Affairs and others, the agreement between Bedside Harp and the College states, "In the past, sick and dying patients were avoided and their deepest needs overlooked. We now recognize that being sick and/or dying is a natural passage in life.

The non-credit Certified Bedside Harp Certification Program trains students in four modules (and a 120+ hour internship module) that includes: musical theory; fluency in forty culturally diverse tunes; improvisation and ear training; harp techniques; self-awareness and patient sensitivity. Bucks County Community College will be the first college to offer college credits for this program in the USA."

Mastery level graduates will receive credits for the following courses:

- MUSL 111
PRINCIPAL APPLIED LESSONS,
LEVEL 1
1 credit
- MUSL 112
PRINCIPAL APPLIED LESSONS,
LEVEL II
1 credit

MUSL 101
SECONDARY APPLIED LESSONS,
LEVEL I
1 credit

MUSC 100
MUSIC FUNDAMENTALS
3 credits

MUSC 111
MUSIC THEORY 1
3 credits

MUSC 115
EAR TRAINING 1
3 credits

Thus once again, Bedside Harp has raised the bar for harp therapists and therapeutic musicians throughout the country.

	2011	JUNE	YTD
Number of patients in our host hospitals who received live harp therapy sessions lasting five or more minutes		586	3329
Number of hours of live harp therapy delivered to patients, their loved ones, staff and doctors at our host hospitals		224	757

Harp therapy Certification Program goes Hybrid

Our Spring 2011 harp therapy certification class got to experience the modules somewhat differently from the way all of our earlier students have before. Not only did they enjoy face-to-face classroom hours, but immediately after each module, they connected with each other and Edie through Bucks

County Community College's Blackboard Vista online classroom. It was in this forum that students shared their first steps at patients' bedsides and in this forum too that fellow students in the class encouraged and supported each other and worked through a number of mindfulness and intro-

spective exercises. Typically, there is little communication between class members between modules, but now new lines and even more doors have been opened. Everyone in the class agrees that this latest addition to Bedside Harp's certification program is a keeper.

Edie Featured in a New Book

The life story of Bedside Harp's President and Founder, Edie Elkan, appears in a new book written by Pat Shapiro, *Coming Home to Yourself: Eighteen Wise Women Share Their Journeys*. The author and Edie shared the spotlight at an event hosted by WHYY-TV and co-sponsored by The Transition Network, on September 27th before a live audience of about 100. After Pat discussed why she was led to write this, her 7th book on women's studies, she invited Edie to join her on stage to discuss making dreams come true and finding your passion in life.

The following evening Pat and Edie attended a private reception hosted by members of The Transition Network, and the evening after that, the two appeared at Robert Wood Johnson Hamilton's Center for Health and Wellness. The book's theme resonates with all women young and old, mostly because it provides testimony to the fact that as one matures and gets past the responsibilities of home, hearth and raising children, great things can and do lie ahead.

Recently, Pat kindly shared her time and her thoughts with us and elaborated further on her book and her research.

You mentioned in your book (p. 17) the screening process used to select those women who appear in *Coming Home to Yourself*. When you found those women with potential, how did you winnow the large number of respondents down to 18?

"I had her fill out a background survey and answer some written questions for me, such as: 'How do you define home at this stage of your life? Describe the turning point that triggered your coming home process. The way they answered gave me a clue to their depth. Then I did a preliminary interview....If I was pleased with the way

they answered the survey and the preliminary interview, then I'd set up a longer interview. I interviewed most of the women two or three times."

You pose the question, "how would they know when they arrived?" and in your book most of the women had reached their inner home, but at least one said she'd never be settled – how do you interpret this yearning and does it suggest the possibility of more than one home?

"In most cases there is only one inner home. Of course, there are many paths to get there. Women know they are home when they feel that sense of comfort that I describe on page 19. ('Home is a haven within where we can express ourselves without masks or airs, where we can feel comfortable and safe...it is an emotional and psychological state that creates the sense of belonging and well-being that we crave.') But arriving home doesn't mean that they're done in terms of growth or self-discovery. [A]rriving home provides a solid base for the continued journey."

What did you learn about yourself upon completing this book?

"I realized how fortunate I was to have been on this journey myself, to have passions and to have arrived at my own inner home. It was gratifying to meet so many fascinating, intelligent, articulate women in their 60s and 70s who are living vital, interesting lives. I realized how important it is to me to have this support system; the presence of these other women in my life encourages me to continue growing and learning."

We thank Pat for her contribution.

A final summation from Edie's chapter, expressed in her own words, brings the book's theme to a

satisfying end: "Rediscovering the harp was an act of honoring and synthesizing all that came before and all that really matters to me. The dots representing my earlier experiences seemed to be scattered about, hither and yon; coming home to myself involved my understanding how each is an important piece of a unified, meaningful whole...I founded an innovative business, developed and launched unique educational programs, kept learning new things, and inspired and empowered those who looked to me for guidance. And, perhaps above all, I've blessed patients and staff by offering them music from my heart." (p. 34)

Wise Women Gathering in Santa Fe

This May, Edie and five other women featured in Pat Shapiro's book, *Coming Home To Yourself: Eighteen Wise Women Reflect on their Journeys* gathered at the author's home to meet each other up close and in person. Because each had read everyone else's story in the book, they all felt that they already knew each other from the start. Their magical weekend included a dinner the first night and brunch their last morning together at the author's home, a panel discussion on Saturday, and dinner at a local Mexican restaurant on Saturday night. Edie especially connected with Paddy Welles, a psychoanalyst and marriage counselor from New York. The two spent all of their free hours together and promised to stay in touch. Paddy has written a number of books on love and relationships and gifted Edie with her latest work, *Love and War*. "A wonderful book that I highly recommend," said Edie. "I'm hoping too, that we can bring Paddy to Bedside Harp someday soon. She's got volumes to share on life and love and realizing your dreams." Stay tuned for updates.

Hot Off the Press

Edie Elkan recently announced plans to publish her newest book entitled, *Strike the Harp and Join the Chorus*, early next year. The book is unique in that it offers harpists (and pianists) two opportunities: 1) to use the harp (or piano) as an instrument of accompaniment and (2) to develop their ears to hear and then to ultimately anticipate chord

changes. The book is also innovative in its presentation of concepts, using non-standard musical notation, making it easily accessible to all musicians whether they read standard music notation fluently or not. The songs contained within come out of a number of different genres and are all appropriate for sing-alongs. Edie will preview the book and her meth-

ods in her, "Playing in the Key of Bedside Harp" workshop at this year's Somerset Folk Harp Festival. Also new from Edie, is our hour-plus long DVD on harp technique; "The Pachelbel Canon Boot Camp for Right and Left Hands." The DVD will be released at the Somerset Folk Harp Festival this month and is available at \$24.95 plus tax.

Conversations for Harp Therapists on Ethics, Online Course Offering

Since its inception two years ago, Bedside Harp students have raved about "Conversations on Ethics for Harp Therapists," an online course required for first level harp therapist certification candidates. "Helped me in so many ways to get in touch with what is important and of real value to

me," wrote one student. "Should be a required course for everyone in every walk of life," said another. "Fabulous course," said yet another who added, "wish it could go on forever!" Consisting of weekly learning modules, discussions and four live chats, the 12-week course be-

gins September 26 this year. Registration is directly through the Continuing Education Department at Bucks County Community College, Newtown, Pennsylvania. You can call Carol Mikulski, Executive Director, at (215) 504-8578.

Notes from the Editor

Musicians anticipate the sunshine — a chance to play music *al fresco*. It reminds me, too, of a recent find: a documentary by world-renowned banjo virtuoso, Béla Fleck, with the mesmerizing title, "Throw Down Your Heart." (2009) With the rich, sweeping, sun-soaked Africa Continent as its setting, Béla travels to four countries in search of the origins of his beloved instrument and the modern banjo's place in African music. He retraces the slave trade routes from the American South to

Uganda, Tanzania, The Gambia, and Mali, building melodic bridges over cultural and language barriers as he and African musicians jam, improvise, sing, dance, and create many extraordinary sessions and communal expressions of joy. As harpists, we have a close connection to our instruments and their strings, and it turns out, a connection to Africa too. While in Mali, Béla encounters Toumani Diabaté and his *kora*, a harp-lute instrument related to early Egyptian harps. Toumani comes from a family of musicians, extending back dozens of generations. He has released several albums in the last two decades, featuring collaborations with traditional and modern instru-

ments. Does Béla find his banjo's ancestor? I urge you to view the movie and find out. But I will leave you with one disclosure: "Bagamoyo." Bagamoyo, the oldest town in Tanzania, was a trade port, and many captured native came through this town to board slave ships. Its name is derived from "bwaga moyo" meaning "throw down your heart" in Swahili, which speaks to the despair the enslaved felt as they faced an unknown future. Better to leave one's heart free in Africa rather than let it break enchain. But the captives dared to hope – they brought their instruments aboard, the forebear to the banjo among them.

Upcoming Events

July 15-17	Somerset Folk Harp Festival
July 25-29	Module III Presentation, Summer Intensive 2011 Class
August 14	9th Annual Bedside Harp Celebration and Graduation, RWJUH Center for Health and Wellness, Mercerville NJ 2:00—4:00 PM
September 14-17	Module IV Presentation, Spring 2011 & Summer Intensive 2011 Classes
October 5	Informational Session at The Valley Hospital, Ridgewood, NJ 5:30 PM

Have harp, will travel.

If May Downing had a motto to live by, this phrase would be it. From the beginning of her involvement with Bedside Harp, May, a Massachusetts native, has covered miles, literally and figuratively. She perseveres down her chosen road no matter the detours and bumps she encounters, because she's driven by a lifelong desire to make music.

Born in east Boston, May grew up in an extended family of opera lovers. Her uncles sang opera and her grandparents shared their phonograph recordings of Italian operas during May's childhood. One of her earliest memories was a concert she attended at the age of three. Her parents were impressed that she could remember the words to the songs, along with the notes.

May remembers another early experience with a door-to-door piano teacher who offered lessons to perspective students, but only if they could pass his test. He showed May a metronome, set it down, and swung it into motion. He instructed her to clap on the beat. Since she'd never seen a metronome before, she wasn't sure which "beat" she was supposed to clap with, became completely flustered, and couldn't follow it. The piano lessons she had wanted very much were not given.

Without an instrument to play, May relied on the one instrument everyone owns – her voice. She recalls performing requiem masses in Catholic grammar school, and she participated in her high school glee club, but even the singing stopped. She graduated, became an accountant, married, and raised a family, while her musical dreams were packed up and stored away.

In 2004, she dusted those dreams off. May was rushing out the door for an appointment when she realized she'd forgotten something and re-entered her house.

Something made her pick up the remote control to the TV and push the power button. "The Today Show" blinked on. The images of a new program on the East Coast that brought live harp music to hospital patients flickered across the screen – Bedside Harp was the featured newscast! Something clicked for May. Her husband had recently undergone a lengthy hospitalization and rehabilitation, and she could have helped him with music! Here was a way to bring music back into her life and to help others heal.



"Learning about Bedside Harp was a turning point for me," she said.

She learned the program was in Pennsylvania, about 300 miles away. May only drove herself short distances. Her husband had recovered and was well enough to accompany her, and he drove (Bedside Harp proved therapeutic for him, too). Then, there was the matter of finding a harp and learning how to play it! She sought instruction, took classes and when she felt ready, Edie accepted her into the Certification for Harp Therapists program, Spring, 2005. Here, May and I met. I was charmed by her warmth, her accent, and her graciousness and we remain good friends.

May graduated the following year and took her hard-earned skills to hospitals in Massachusetts where she found work. Of her ex-

periences with the program, May said, "Edie gave us the freedom to learn in our own styles. It integrates everything I wanted to know as a child."

She also discovered a new sense of independence. Due to the rigorous demands of the internship, she was required to drive greater distances, often by herself, and she met the challenge. She laughs about it now, but back then the fear of driving alone was real and one she needed to overcome.

Although she had reached her immediate goal, May wished to continue on to the Mastery level of certification, continue working, and things seemed to be going well until injuries and health concerns forced her to set everything aside for a time. Feeling she'd had too long a leave of absence from harp therapy, May decided to go back to school to take a refresher course in music and resume harp lessons. While at a Massachusetts community college, she met a 76-year-old beginning piano student who inspired her to enroll in a course of musical studies: music theory, history, and appreciation. Being one of the oldest students didn't deter her, and she completed all her term papers and final exams. She also returned to Bedside Harp to join in the Teacher's Certification program Edie offer; she has taken the first class and would like to continue with it.

May holds fast to her goals and her dreams, and perhaps the greatest one she shared was, not surprisingly, one of travel. She and her husband enjoy traveling the country in their RV for weeks at a time. They have been just about everywhere and the driving duties are more equitable now. But there's something a little extra she'd like to add to their cross-country trips. "I would like to take my harp along and stop wherever there's a hospital. Wherever I am I can make room to play."

Bedside Harp Spans the Globe

Japanese Harpist Reaches Out to Bedside Harp

A few weeks after Japan's devastating earthquake and resultant tsunami, Edie received an email from Ai Oonagi, a Japanese harpist who had been in Brazil when the disaster struck. Ai wanted to study intensively with Edie before returning back home. The timing turned out to be perfect—not only was Edie able to spend several quality hours instructing Ai privately, but Ai was also able to attend three days of Module I, where many musical styles, scales and modes are presented along with vibrational theories. Ai studied well and in no time was playing simple melodies and harmonies on her new Marie Therapy Harp. She left a few weeks later to take her new instrument and all that she learned across the seas to



soothe, comfort and bring hope to her people. What a privilege and honor it was for us to send harp therapy blessings to the Japanese people!

A Little Bit of Heaven:

Irish Concert Harpist Reaches Out to Bedside Harp

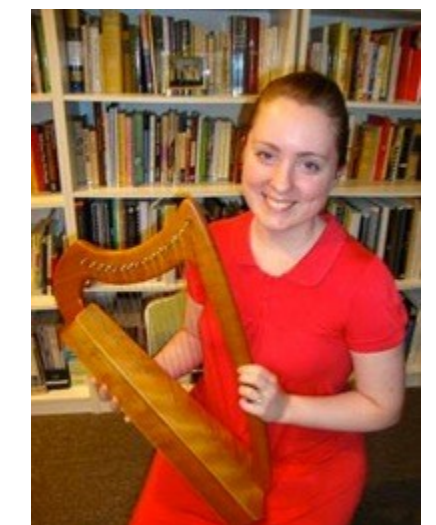
"Imitation," said poet Charles Caleb Colton, "is the best form of flattery." Indeed, we take it as a high compliment that concert harpist Madeleine Doherty visited Bedside Harp last fall and decided to model an Irish program based in Dublin after ours. Like ours, Madeleine's program entitled, Harps for Healing, is hospital-based and offers harp lessons for staff and the community. And like us too, Madeleine plays for patients with a small therapy harp. We were delighted to host her this past Spring, when she presented her "Rainbow Self" workshops in Bensalem and at The Valley Hospital in Ridgewood, NJ.

Introducing: Bonnie Hoffmann

Many of our readers may have already found out about the lovely person behind the a new, cheerful voice greeting them at the Bedside Harp office. Bonnie Hoffmann began working for Bedside Harp this past winter, becoming the newest member of our office staff. After graduating from Houghton College in Houghton, NY, with a degree in Piano Performance, Bonnie was looking to settle down in her hometown, Bensalem, with her newlywed husband. She was hoping to find an office job, but never dreamed that she would be able to work within an office so dedicated to music. She and her husband moved to Bensalem from Philadelphia soon after she began working with Bedside Harp, and she looks forward to living and working here for a long time to come.

Bonnie comes from a family of musicians, both of her parents met at Houghton College and graduated with degrees in music. She was trained from a very young age in classical style piano. While Bonnie enjoys playing and performing piano very much, she is very excited to pursue the harp; specifically, to learn more about the method Edie uses with her students, emphasizing playing by ear and improvisation, something very different for Bonnie. In fact, Bonnie has just begun harp lessons with Edie.

Bonnie's responsibilities at the office range from handling student affairs and registration and putting together the monthly hospital reports to filing and making copies. She is working very closely with Shannon on a special project of making a "Policies and Procedures



A New Star is Born: The Marie XP (Extra Petite)

The newest shining star in the Blevins Marie Therapy Harp family has just come into being. The Marie XP (extra petite) was designed by Dwight Blevins at the request of Edie Elkan, who expressed to her wish to him, for the lightest weight therapy harp possible without compromising tonal quality. Weighing in at only 5.4 pounds, the Marie XP made of butternut walnut is a full one and a half pounds lighter than the earlier Marie Petite model. The dimensions, 32" tall, 18" deep, and 8" wide at the base of the soundboard, make the Marie XP incredibly portable and comfortable to play by even our most petite students. The lightweight feature does not compromise range, either. The Marie XP is a 23 string therapy harp ranging from C below middle C up to D three oc-

taves above. Like all other Blevins Marie Therapy Harps, the Marie XP is available in several different



woods and stains, although we recommend the lightweight woods sassafras and butternut walnut and a light cherry stain which will stay

beautiful even when nicked and scratched.

Marie Therapy Harps are sold exclusively through Bedside Harp as complete packages which include: The Marie Therapy harp, fully levered with Truitt levers, a deluxe padded strap, a tuning key, and a padded case. We extend discounts on the retail price to our Bedside Harp students and as well as to graduates of other harp therapy programs. We invite you to make an appointment to visit our showroom in Bensalem, Pennsylvania to play one of these beautiful new harps, and all of our other beautiful sounding harps. For more information on any of the Marie Therapy Harps, or to make an appointment, please call the Bedside Harp office at (215) 752-7599.

Bedside Harp in the News

Philadelphia's NBC television station, Channel 10, features area groups on their morning show by having them announce that it's time to wake up. Watching that segment one morning in April, Edie decided to submit Bedside Harp's name to participate. Sure enough, we were contacted a few weeks later and told that the TV crew would be coming to our offices to tape us on Friday May 27th. We immediately jumped into action and invited our certification grads and interns for lunch, a quick rehearsal, and then

the taping. We were so well rehearsed that the actual taping of three different wake up calls took all of eight minutes, and most of that was spent by the cameraman setting up his equipment! You can view our Wake Up Call by following the link of the homepage of www.bedsideharp.com.

In another media development, we have been invited by Robert Wood Johnson University Hospital Hamilton, where we were worked for the past ten years, to par-

ticipate in a project with Cablevision, a digital cable TV service serving customers in New Jersey, New York and Connecticut. Cablevision will feature two complementary therapies offered to patients at the Hospital: Reiki and harp therapy. Hospital Certified Master Harp Therapist, Janet Zimmerly, and brand new intern Maya Davis are featured along with Edie in the segment. Once we know when the show will be aired, we'll be sure to announce it on our website, www.bedsideharp.com.

You Are Your Instrument Maven Comes to Bedside Harp

Julie Lyonn Lieberman's *curriculum vitae* reads like a list of this country's finest music colleges and conservatories. She's taught workshops on healthy playing and performing at all of them: Julliard, Berklee, Eastman, New England, and Manhattan School. Julie has

also written eight books and has recorded numerous instructional videos. Her *You Are Your Instrument*, has been on our harp therapy certification program's recommended reading list since our inception, which is why we are absolutely thrilled that Julie will be presenting

a 3-1/2 hour workshop for Bedside Harp certification grads and interns this October. Safe playing is a priority here since all of us want to be able to play our beloved instruments for a long, long time. Doubtless, we'll learn volumes from Julie and from this experience, be able to play pain free forever.

Ad Libitum Bedside Harp® Moments

As I walked down the hall, I could see a patient sitting in a wheelchair, motioning me to come closer. He listened, then remarking a number of times on how restful the music was, asking the other patients and staff if they agreed. He explained to me that the harp meant so much to him. He had been in the hospital for some time, and remembered hearing harp music as he came out of a coma. "I'll never forget that was the first thing I was aware of. It was so beautiful I wanted to find it."

The wife of a male patient in his 60s met me in the hall. I played a few tunes for her and she commented, "I need this now" and then asked me to go to her husband's room and play for him. When I arrived at the room, I observed the husband holding a stuffed animal, looking very frightened. As soon as he saw me he broke out into a beautiful smile as he listened to the strains of "Tennessee Waltz." I played a few more tunes for him and as soon as he recognized the tune, he smiled at me. His wife returned to the room and leaned down to kiss him and tell him she had sent me to him as I played, "Love Me Tender." It was a very touching moment.

The patient became very emotional during the session. She said that is her favorite song, her husband always sang to her from the time he was a young Marine. The patient said she was scared this morning and thought she would be joining him today. The nurse held her hand and consoled her. The patient tapped her foot while other tunes were played. She said, "So many memories. Thank you for bringing me so much joy."

A father and his small child were standing outside in the hallway, the child crying loudly. The dad gave me a look of relief and called the child's attention to the music. I bent down and played several children's songs as the child watched closely, stopping his crying, eventually indicating to his dad he wanted to be picked up again. As I left, the child was dozing on the father's shoulder, quiet.

The patient was standing in the ER. His mouth dropped open as he stared at me in disbelief. I had trouble deciphering his expression: Was it alarm? Was he incredulous? I continued playing "Unchained Melody." When I finished he said, "That's amazing!" (As he spoke, I realized his reaction was absolutely positive.) He asked about the harp and thanked me saying that he was "blown away!"

The little girl in the ER looked restless, as though she had been waiting a long time. Her face lit up when she saw me, and she danced and sang as I played "Twinkle, Twinkle, Little Star," and seemed to be having so much fun. I played it again, a little more lively this time, and she was dancing all over the room and singing in full voice. Her stay in the ER became loads of fun!

I was playing in the Mother/Baby hallway and a patient came out of her room to request that her baby be brought to her room. When she saw me, she said, "That's so nice!" and waved me in. She had requested that the pastoral care minister come to bless her baby, and asked me to play during the blessing. Everyone got teary-eyed, including me.

A visitor came out of a patient room as I was walking down the hall and said, "I'm sure you don't remember, but, you played for my mother when she was in the ICU and I know how much that relaxed her. I saw her whole body relax when you played for her. She's dying. Can you come in and play for her now?" I paused at the doorway (contact precautions were posted) and played very softly and slowly through some familiar pieces, noodling the majority of the time, matching my music to the patient's labored breathing. Several family members were around the bed, watching closely. The patient's husband was sitting next to her, and as he recognized a piece of music, took the patient's hand, closing his eyes, with a look of deep sadness on his face. He remained this way for several minutes, eventually looking up and smiling at me, waving his hand in thanks. I slowly left the room, playing softly. Upon returning later, I found the patient had passed away. I offered several hymns, softly and slowly, outside the door.

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The Bedside Harp® Report is distributed to all Bedside Harp® students and graduates and other interested parties by email (free) or hard copy (\$12/year). This quarterly newsletter is full of the latest information about Bedside Harp programs and new developments in our field. We accept classified and display advertising; please call for rates and details. We reserve the right to reject or cancel any advertisement that we deem unacceptable. To subscribe or to advertise, send your ad and mailing information to bedsideharp@aol.com or Bedside Harp, Neshaminy Medical Professional Center, 4802 Neshaminy Boulevard, Suites 3-4, Bensalem, PA 19020.