



Twinkle

Wednesday Harp Circle
at Fair Haven Retirement Center

Wednesday Harp Circle at Fair Haven

Welcome to Harp Circle.

The Ruth and Naomi Harp Circle meets weekly at Fair Haven Retirement Center in Birmingham, AL - joining the hearts and hands of residents, family members, staff and community volunteers to make beautiful music in the nursing home. TWINKLE is the story of a daughter and her mother discovering a new way to be together under challenging circumstances. TWINKLE is a tribute to caregivers everywhere, and a glimpse of the possibilities that emerge from trying new things.....

Rosalynn Carter wrote in Chicken Soup for the Soul, "There are only but four kinds of people in the world - those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers"

Caregiving is essential to living well. May TWINKLE serve to encourage caregivers and to bring more music into nursing homes everywhere! We call this culture change!

TRUTH



My name is Dana and I have severe PERFORMANCE ANXIETY. I won't go into the details of my 7th grade piano recital - but it was a fi asco of great magnitude !



January 16, 2008: Enter Ruth and Naomi Senior Outreach - Chaplains Mary and Lynn, and the Harp Circle at Fair Haven Retirement Center.

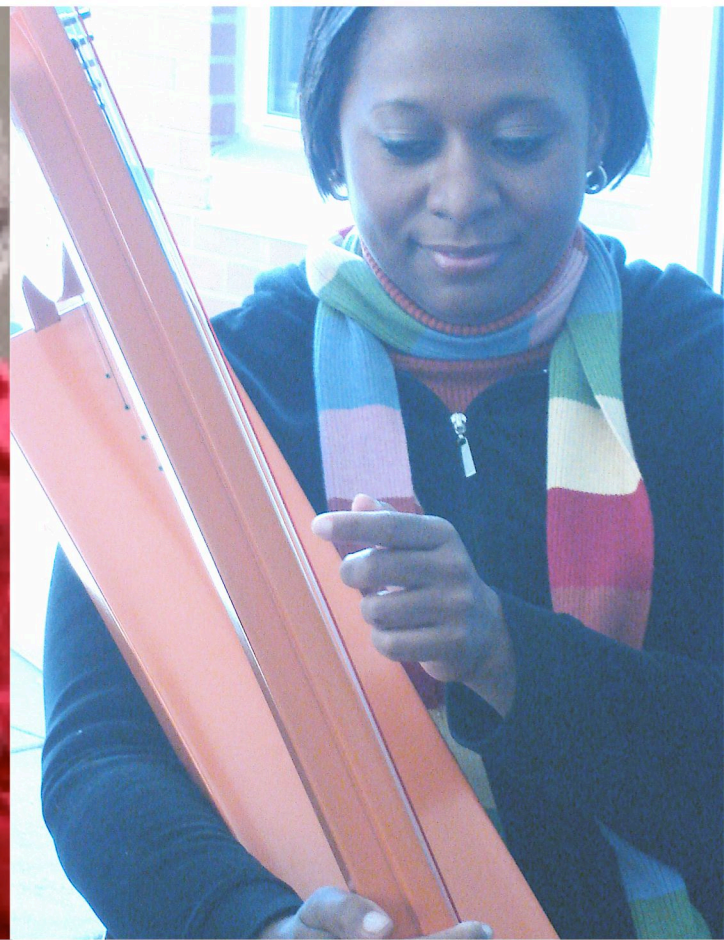
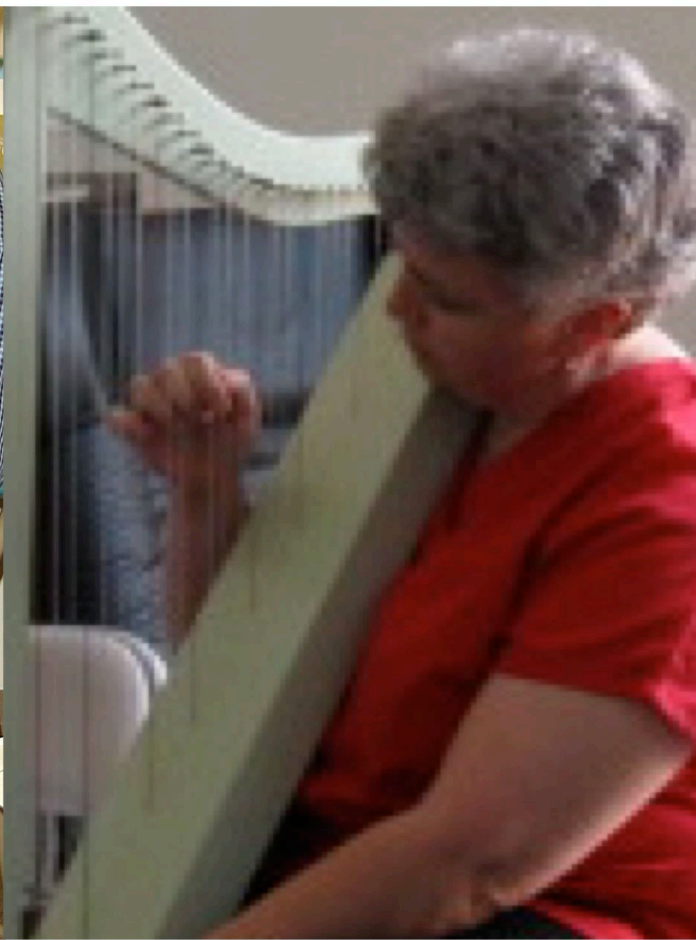




I came to Fair Haven to visit my mother, Mildred, as I do on Wednesdays, I won't go into detail about how I always go home depressed over Mom's condition.



I came into the building, and there they were. People with HARPS!



In my heart I did a little dance. Then a miracle.....





"We're starting a new Harp Circle, Would you like to join?"





1/16/08 began a new chapter in my life - a dream fulfilled - So far I have played 4 harp gigs, 1 memorial service and 3 roving minstrel jam sessions!



I play for Mom regularly, and Dad when he is visiting. They, naturally think my version of Twinkle is brilliant.



One day, recently, Mom was having a bad day. I set my harp aside and sat with her.
Suddenly she said, "I want a diamond"



I played along. "Ok, Mom, we'll get you one. Do you need one? Are you hurting somewhere?"

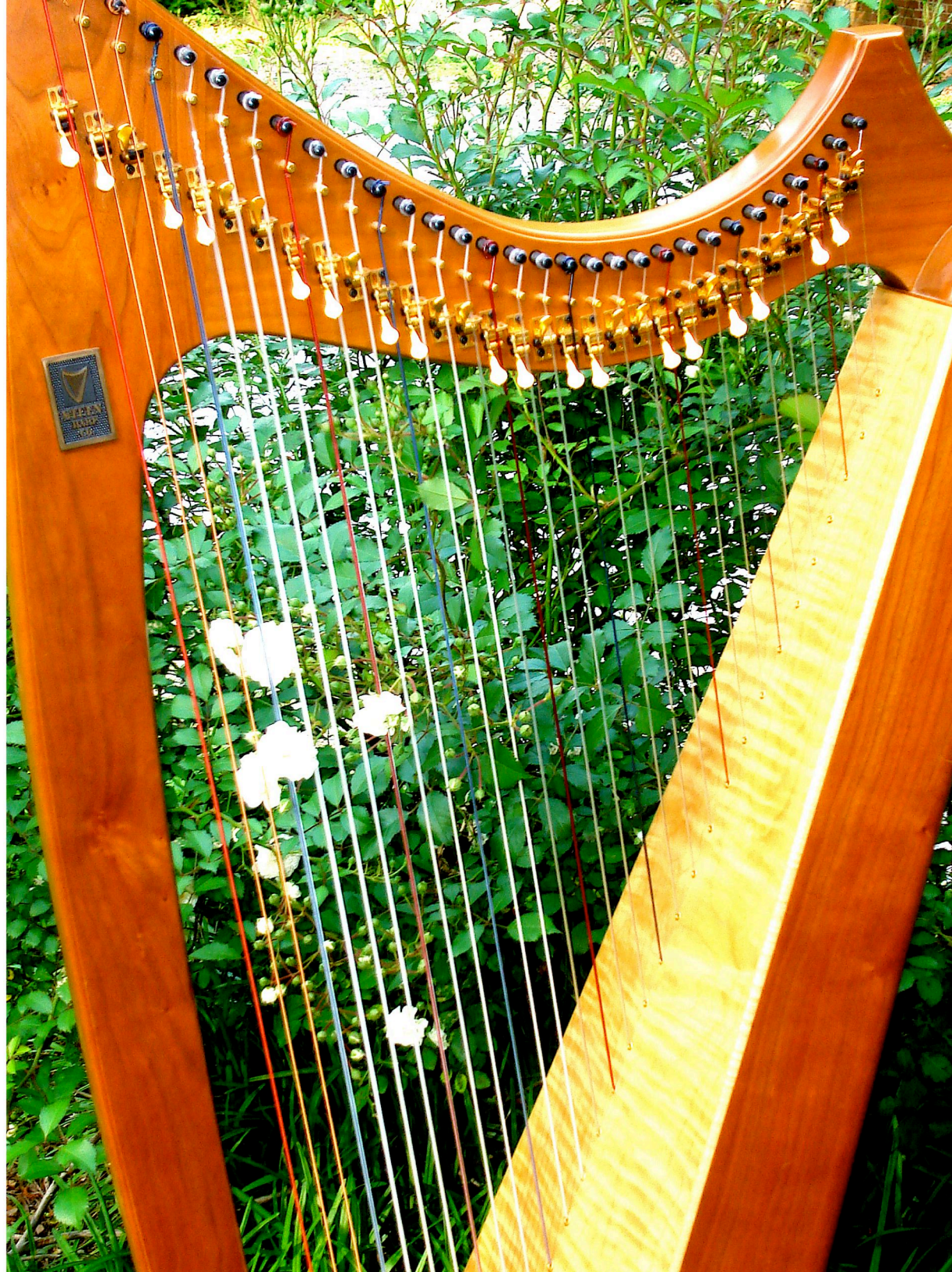


Then it occurred to me, Twinkle, you know 'Like a diamond in the sky.' I asked,, "Mom, do you want me to play Twinkle?" She indicated that she did.





That was a good moment in a sad "bad" day.



Ruth and Naomi Harp Circles

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Ruth and Naomi Senior Outreach (RNSO) has been honored to foster three harp circles in Birmingham, Alabama - at the First Light Center for Homeless Women and Children, South Highland Presbyterian Church and Fair Haven Retirement Center - all for the purpose of sharing the art of playing the Celtic harp and spreading the mission of RNSO: to bring joy to older adults living in isolation through companionship, unconditional acceptance and the beauty of music. Harp Circles essentially model musical companioning. As Ruth is to Naomi and as David is to Saul in the Hebrew Scriptures, our harpers are companions to those we meet along the way, specifically our friends in the nursing homes. The Harp Circle harpers join the ranks of the pioneers of culture change in long term care, discovering new ways of honoring the old old and providing healing care through a loving presence.

Chaplains Lynn Bledsoe and Mary Porter

Founders, Ruth and Naomi Senior Outreach

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RUTH & NAOMI

Senior Outreach



