CATHY DeWITT

MUSICIAN • CONSULTANT • WRITER

An eclectic professional musician since the 1970's, Cathy DeWitt has shared the stage and the airwaves with Tom Paxton, Pete Seeger, Garrison Keillor, Florida folk legend Will McLean, jazz pianist Rob Bargad, Afro-Cuban percussionist Bobby Sanabria, and more. A jazz vocalist and pianist, bluegrass guitarist and folksinger/songwriter, she serves on the Boards of the Gainesville Friends of Jazz and the Friends of Florida Folk. As a New Thought musician she has appeared with authors Marianne Williams, Bernie Seigel, Larry Dossey, and Alan Cohen.

She is a nationally published writer, concert producer, and bandleader for jazz quartet Moon-Dancer and female folk/bluegrass band Patchwork, a favorite on the Florida festival circuit. Her ten-year jazz concert series in tribute to jazz guitarist Charlie Bush was recorded for broadcast by North Central Florida's National Public Radio affiliate, WUFT (www.wuft.org), where she also produces and hosts a weekly folk show, "Across the Prairie."

In 1995 she found an unexpected setting for her musical versatility at the Shands Arts in Medicine program in Gainesville, Florida, where she continues to create and sustain a pioneering, world-renowned Music in Medicine program. From piano playing in the hospital lobby to elevator singalongs, from hallway concerts to bedside harp in the ICUs, Cathy uses music to transform the hospital environment and the patient experience.

As Musician in Residence/Music Program Coordinator for Arts in Medicine at both Shands hospitals in Gainesville, Florida, she coordinates concerts, plays several instruments and sings at the bedside for patients, trains and mentors other hospital musicians, and gives workshops on music as stress-management for caregivers.

She has presented workshops and seminars at many universities, arts & healing events, and hospitals, including conferences for the Society for the Arts in Healthcare, the Institute of Noetic Sciences, and spiritual gatherings and retreats for Unity. Her consultant clients include Vanderbilt University, San Diego Hospice, Le Bonheur Children's Hospital, Chelsea & Westminster Hospital and the Royal Hospital in London. Along with several individual songwriting awards, including two from the 2006 Unisong International Songwriting Contest, she is the winner of a Fetzer Grant for her Healing Music Programs, a Florida Arts Council Individual Artist Enhancement Grant, and the 2005 National League of Penwomen Gainesville Branch Award for Music.

She is a founding member of the National Center for Creative Aging, and through her work with the Florida Center for Creative Aging she became the coordinator of the NIH/NEA funded "Vital Visionaries" project at the University of Florida in 2006 and 2007/8. Since 2006 she has been one of a handful of national consultants for the Society for the Arts in Healthcare (www.theSAH.org).

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CATHY DeWITT

JAZZ PROFILE

"Cathy DeWitt's song 'I Get Spring Fever in the Fall' is a modern day standard. If you hear someone say 'they don't write songs like they used to' you can correct them and say, 'Oh yes they do!' And then play them this gem of Cathy's." - Christine Lavin, singer/songwriter, XM Radio DJ, "The Village"

Cathy DeWitt was destined to be a musician, and playing jazz is in her blood. Before she was born her father Bruce led his own band in New Orleans, often opening for Louis Armstrong at Pete Fountain's place. From her father's Dixieland trumpet and stride piano to the Rachmaninoff and Chopin pieces her brother Peter, a prodigy pianist, played on the grand piano, music filled her house and helped create the eclectic performer she is today.

While playing in coffeehouses and a 12-piece rhythm & blues band, Cathy met and began singing with jazz guitarist Charlie Bush, which led to performances with other great musicians throughout the mainland states, London, Hawaii, and the Virgin Islands. She has played cruises ships on the Caribbean and the River Thames, sung at Dizzy's in New York and the Virgin Grande Hotel in St. Thomas. She performed in New York with drummer Bobby Sanabria and in San Francisco with guitarist Bruce Forman. Cathy has been compared vocally with Anita O'Day and Diana Krall, and has won acclaim for her improvisational singing. Her song "Everybody's Somebody's Child" won Honorable Mention in Unisong's 2006 International Song Contest in both the Jazz and Overall Performance category, out of 4,000 entrants. Her own band, MoonDancer, has been actively playing since 1984. A board member of the Gainesville Friends of Jazz & Blues, she has produced and/or performed in many concerts, singing with great musicians like pianists Dave Frishberg and Rob Bargad, guitarist Larry Camp, and bassist Walter Booker. Several of these concerts were recorded for broadcast by NPR affiliate WUFT, and make up the basis of her album, *Love Notes*. Another recording features MoonDancer on an album called *Autumn in New York.* These and all her recordings are available at her web site CathyDeWitt.com.

"There are few people who I listen to over and over and Cathy DeWitt is one. There is a quality about her voice that is so inviting and warm. The range of her voice is amazing." - Tina Tourin, Director, International Harp Therapy Program (Playharp.com)

"She's an inspiration to all local musicians and artists and everyone else in our area." - Jeff Gower, classical & jazz guitarist, Gainesville Friends of Jazz

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PUBLICATIONS & WEBSITES

Blog:
www.ConnectingThroughMusic.com

Websites:
www.CathyDeWitt.com
www.HealingArtSource.com
www.Patchwork.us
www.reverbnation.com/cathydewitt

Editor/Writer:
Piece by Piece: Building Successful Arts in Healthcare Programs; published by VSA arts of Florida, the Florida Arts Council and Division of Cultural Affairs and the State of Florida Commissioner of Education (1999, 2001).

The Journal, a women's newspaper published in North Florida during the 80's

Skylight, St. Augustine's Arts & Culture Newspaper, during the 80's

Friends of Florida Folk statewide newsletter, FOFF Focus, during the 90's

Connections, Society for the Arts in Healthcare (SAH) newsletter, during the 90's

Gainesville Friends of Jazz newsletter, during the 90's

On-line Newsletter for the *Florida Center for Creative Aging*, University of South Florida (2003-2005).

Columnist:
"Noteworthy", Moon Magazine (1980's)
Arts in Medicine stories for *Connections*, Shands Hospital's newsletter (2004-2005)
Arts in Medicine stories for *News and Notes*, Shands Hospital's newsletter (2006)

Published Articles:
Natural Awakenings Magazine:
"Your Daily Dose of Art: a Prescription for Healthy Aging", (2006)
"Creating Community with Folk Music" (2005)
"Music: the Universal Language of Healing" (2004)

"Playing with Intention in a Hospital Setting", Harp Therapy Newsletter (1999)

"Mark O'Connor: Blurring the Boundaries", SINGOUT! Magazine (2005)

Book Chapters:
"Creativity & Aging: A Symbiotic Relationship" published in *Healing With Art and Soul: Engaging Ones Self through Art Modalities*, by Kathy Luethje, (Cambridge Scholars Publishing, 2009)

"Playing with Intention" published in *Cradle of Sound*, by Christina Tourin, (Emerald Harp Productions, 2006)

CATHY DeWITT

MUSICIAN • CONSULTANT • WRITER

DISCOGRAPHY

Dreamsong (2006 - CD)
All original, uplifting music inspired by Cathy's twenty-plus years as a Unity musician. Recorded with many talented friends, including Christine Alicot, flute; Kathleen Olive, piano; Jackson DeWitt, didgeridoo; and Rob Rothschild, percussion.

Being in the Moment (2006 - DVD)
Original music to accompany photographer Bonnie Cooper's healing images of flowers. An audio/visual journey designed to promote deep relaxation and a meditative state.

Florida SeeScapes (2005 - DVD)
Original music to accompany internationally renowned photographer John Moran's images and therapist Nancy Lassiter's healing words.

Patchwork Rides Again (2005 - CD)
The second product of mostly original acoustic music from Florida's favorite five fiddlin' flatpickin' female folkies: Cathy with Janet Rucker, Jolene Jones, Tammy Murray and Barbara Johnson.

Guided Imagery for Women with Breast Cancer (2004 - CD)
Original piano music along with Dr. Linda Goodwin's Guided Imagery script recording based on her research to promote healing in women with breast cancer.

MoonDancer: Autumn in New York (2001 - CD)
Cathy's jazz quartet, a long-standing favorite in North Florida, recorded live in concert at the Thomas Center with guest pianist Hank Herring, saxophonist Dave Sloane, bassist David Ottenberg and drummer Rob Rothschild.

Love Notes (1999 - CD)
The cream of the crop from Cathy's live jazz concert series featuring world class guest musicians like pianist Rob Bargad, bassist Walter Booker, and saxophonist Roland Burns. A beautiful selection of romantic standards with two original gems thrown in, including the award-winning "Everybody's Somebody's Child."

Songs of Unity (1996 - CD)
Spiritually uplifting original vocal music written and performed by Cathy and friends. Music used in Unity churches, at spiritual retreats, and onstage with New Thought lecturers Bernie Siegel, Deepak Chopra and Marianne Williamson.

Patchwork: Live in Concert! (1995 - CD)
A group of five women who have been singing and playing together for many years, performing original folk, bluegrass and other acoustic music based on Florida, flora and fauna, and fun!

Where do the Young Ones Go To? (1995 - CD)
Original piano music composed by Cathy to accompany original poetry written and recited by Dr. John Graham-Pole, renowned author, pediatric oncologist and founder of Shands Arts in Medicine program.

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MUSICIAN • CONSULTANT • WRITER

CLIPS, QUOTES, & TESTIMONIALS

"Cathy is a great music stylist who really connects with her audience. She sings with heart and plays with grace."

Rev. Sharon Connor, former Chaplain, Unity Village, author "Adventures in Prayer"

"I want to thank you for your lovely presence and music at the Gainesville retreat. You added so much to the program."

Alan Cohen, renowned lecturer and author

"Congrats on your varied work -- Keep on!"

Pete Seeger

"Thanks for creating such a wonderful musical energy for our community...bless you and your gifts and talents! Love and Appreciation!"

Rev. Marciah McCartney, Unity of Gainesville

"Cathy's presentation was a blend of music and information, showmanship and audience participation, expertly led with humility and groundedness. Cathy's message was inspiring to me, making me want to use my talents to give more service. She appears to be a self-actualized person, letting her creativity flow, and willingly sharing joy and well-being."

Diane K., Communications Professor

The Creators

A musical magician

A new CD

What: "Patchwork Rides Again," the second disc for the Gainesville band Patchwork, was recorded live at the Thomas Center in January 2005.

CD Party: Patchwork will host a CD-release party at 4 p.m. Thursday at Chico's, Royal Park Plaza.

CDs also available at the annual Winter Solstice benefit Wednesday at the Thomas Center.

■ A musician, writer, radio host and more, Cathy DeWitt has an impact all over Gainesville.

By JULIE GARRETT
Special to The Sun

No matter where you turn, Cathy DeWitt is there.

She plays jazz clubs and dabbles in the blues. Her voice rides the airwaves, and her words are in print. She can stand solo with an acoustic guitar or sing with her folk band. Even the sometimes-dour halls of Shands echo with her music.

And for most Gainesville residents, meeting DeWitt is inevitable.

"If you go to a private party, she's in the band. The next night, you go to a political gathering at the Thomas Center, and she's running the whole thing. And then you find out she has Arts in Medicine concerts organized all week," says her friend Mary Rockwood Lane, co-founder of Shands Arts in Medicine. "She's got such a presence."

As a radio personality, she introduces listeners to Florida's folk musicians on "Across the Prairie," which airs from 5-6 p.m. Sundays on WUFT-FM. Sometimes she hosts in-studio guests, sometimes she performs with them.

As a writer, she is a University of Florida graduate whose article on fiddler Mark O'Connor was published this year in Sing Out!, a national folk music magazine. She's also interviewed Dave Brubeck and Arlo Guthrie.

As a musician, she performs jazz with Moondancer and folk with Patchwork, the all-female band now celebrating the release of its second CD, "Patchwork Rides Again." She emcees fund-raisers and musical events. Back in the '80s, she played piano for The Rhythm and Blues Revue.

As the musician-in-residence for Shands Arts in Medicine, she organizes concerts, plays piano in the hospital lobby and performs at patients' bedsides.

"I feel very lucky to make my

CREATOR on Page 2D

living doing what I love to do," said DeWitt. "I didn't really plan to follow music as a career, but it has been my constant companion and I've managed to weave it into my life in so many ways."

from the *Gainesville Sun*
December 2005

CATHY DeWITT
MUSICIAN • CONSULTANT • WRITER

TESTIMONIALS: MUSIC IN MEDICINE

"Cathy DeWitt is one of the most experienced and knowledgeable people in music and healing. Her years of hands-on work at Shands Arts in Medicine make her a valuable resource second to none."

Michael Samuels M.D., author of "Creative Healing"; Director of Art as a Healing Force

"The unit is transformed when the music begins. We become a place of joy."

Margo Chase-Dobrian, RN, BMTU, and Cancer Survivor

"Cathy DeWitt, almost an institution around the greater GNV music scene and host of WUFT's "Across the Prairie", has also for many years found the time and energy to dedicate herself body 'n soul to Shands Hospital's Arts in Medicine program. If you're tied to a ventilator on Intensive Care or making a painful recovery from abdominal surgery, Cathy's tender calming voice and sweet strumming will lift your spirits while soothing your body and mind. How many hundreds, nay thousands, of hurting and lonely ones have felt the gentle balm of Cathy's magical melodies!"

John Graham-Pole M.D., Founder/Medical Director, Shands Arts-in-Medicine, author, poet

"Music has charms to soothe a savage disease…"

Suzanne, BMTU Patient

"One sound that I am always glad to hear amidst the buzzing and beeping of monitors and sounds of patient distress here on Dialysis is the strumming of guitar music or singing as Cathy and other musicians from Arts in Medicine come, in brightening up the unit with music and laughter."

Diana, charge nurse, Pediatric Dialysis at Shands Hospital

"Cathy's workshops give me an inner calmness and peace, while giving me extra energy and knowledge needed to serve elder adults. I particularly like the rainforest experience with percussion instruments."

Stefanie Thompson, Program Specialist, Alzheimer's Association, Florida Gulf Coast Chapter.

"Cathy brings new meaning to the phrase "elevator music" Not only does she bring music to the patient at bedside, but she is responsible for singalongs breaking out on the elevators as she travels from floor to floor. This uplifts the spirits of staff and visitors. Cathy brings a mentoring attitude when playing piano in the lobby. She will begin playing and then suddenly a young child is helping her play, or visitors and patients become singers - even Elvis may appear. She makes magic for our patients, visitors and staff."

Constance Keeton, Director Volunteer & Community Resources, Shands at AGH

"Cathy DeWitt, Certified Therapeutic Harp Practitioner, engaged the patients in "Charlie's Room" with an atmosphere of calmness yet exuberance. With her skilled invitation of music, their minds were distracted from the daily dealings with their illnesses."

Christina Tourin, Director International HarpTherapy Program

While at Shands for a site visit, I was most impressed with the diversity and scope of Cathy DeWitt's music programs throughout the hospital. Her versatility is amazing. She has an intuitive ability to play for and fulfill the needs of so many different types of patients, from relatively healthy to those who are desperately ill, and include their family members, visitors and even healthcare providers in the process.

Joan Voyles, expressive arts therapist and arts in medicine artist at Moffitt Cancer Center, Tampa.

CATHY DeWITT

MUSICIAN • CONSULTANT • WRITER

IMAGES

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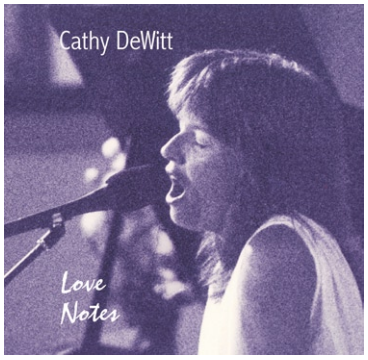
CD Covers

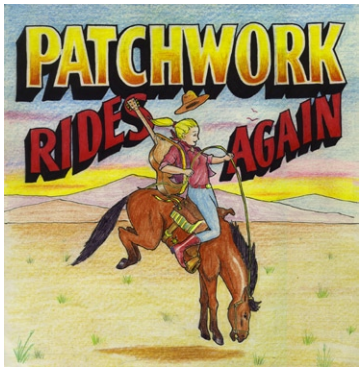
Dreamsong

Love Notes



Autumn in New York

Patchwork Rides Again



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CATHY DeWITT

MUSIC & HEALING

Cathy DeWitt is the Musician in Residence for the Arts in Medicine program at Shands Healthcare System. She plays and sings at the bedside for patients, trains and mentors other hospital musicians, and gives workshops on music as therapy for caregivers. She has presented at national conferences and helped to start several new arts in healthcare programs throughout the state of Florida.

"Cathy DeWitt is one of the most experienced and knowledgeable people in music and healing. Her years of hands-on work at Shands Arts in Medicine make her a valuable resource second to none."

Michael Samuels M.D., author of "Creative Healing"; Director of Art as a Healing Force

Learn more about Cathy and hear her latest recordings at CathyDeWitt.com

CATHY DeWITT

TOUCHING HEARTS WITH MUSIC

Cathy DeWitt has been a Unity Music Director since the 1980's. She performs and tours at Unity churches and New Thought churches throughout the country, including Unity Village in Kansas City. She has two songs published in Unity Association's "Best of Love Notes" compilation: "Sweet Spirit" and "Arms (are for Hugging)", and two more being published in 2007: "Spirit of Spring (the Joy Chant)" and "For the Pure in Heart." Her original melody for James Dillet Freeman's "Prayer for Protection" is used at Unity churches around the country, especially in Florida. Well-versed in jazz and folk as well as New Thought music, Cathy is an award-winning singer/songwriter, pianist, guitarist, harpist, and bowed psaltery player.

"Cathy is a great music stylist who really connects with her audience. She sings with heart and plays with grace."

Rev. Sharon Connor, former Chaplain, Unity Village, author "Adventures in Prayer"