April is National Poetry Month

Take a short break from the heft of studying and research, the news of the day and the daily grind to read a poem or two. Poetry has the power to inspire and excite, to share a lived experience, to heal us, to connect us.

The Healing Power of Poetry
"It beats like a heart, soothes emotional wounds, and builds life-giving connections." An interview with physician and poet Rafael Campo on the AAMC site (American Association of Medical Colleges)

Metaphors, Medicine, and the Poetry of Science
A Science Friday podcast episode exploring where science and poetry meet.

Poetry and Medicine
A brief article and video clip from The Medscape Journal of Medicine on the special relationship between poetry and medicine.

You can find a plethora of poetry and poets on these sites:
• Poetry and Medicine
  A site on the JAMA network (Journal of the American Medical Association) where artists and physicians share poems that explore the experience and meanings of healing and illness.

• Poetry Foundation
  "An independent literary organization committed to a vigorous presence for poetry in our culture. It exists to discover and celebrate the best poetry and to place it before the largest possible audience."

• poets.org
  The American Academy of Poets, "the nation's leading champion of American poets and poetry." Sign up for poem-a-day!

• The New Yorker Poetry Podcast
  Poetry readings and discussions with poets.

• Poetry in Medicine Podcast
  This podcast seeks to “foster empathy and encourage humanism in the daily practice of medicine through poetry.”

• Poetry at the Clarkson Libraries
  A surprisingly large collection of books in print to check out and thumb through or books to read right away online.

Billy Collins is a favorite of mine - I was introduced to his works when he served as US Poet Laureate (a new laureate is named each year), launched Poetry180 (you can read them all online!), and did regular readings on NPR. I enjoy his voice and the rhythm of his reading. He does a daily Poetry Broadcast on Facebook, begun during the height of Covid isolation. He launched this year’s poetry celebration with his poem Introduction to Poetry.

Amanda Gorman is a celebrated young poet you may know about as the youngest inaugural poet in US History. She is self-described as a wordsmith and change-maker and is inspiring!

Do you have a favorite poet or poem? Please share!

Have ideas for topics or events you would like to see highlighted in Weekly Notes? Please let me know!

Read Weekly Notes from previous dates.

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