

Margery Pabst's latest book Enrich Your Caregiving Journey won the 2010 Caregiver Friendly Award, a national award given to the best caregiving book, and also helps to finance her foundation The Pabst Charitable Foundation for the Arts.

The inspiration for the book was in caring for her husband Mark as he dealt with cancer. The couple lived in 14 cities around the world in their 38 year marriage as Mark opened 22 countries for Travelers Insurance. Pabst describes him as a mentor and nurturer of people.

The couple spent Christmas each year and then retired in New Smyrna Beach on the east coast of Florida. Her husband passed at the same time as the welcome center for the Atlantic Center for the Arts in New Smyrna Beach was being built so she funded it in his memory. ACA hosts international contemporary artists of music, and visual, literary and performing arts in a natural serene wooded setting for them to collaborate and create. The Pabst Visitor Center and Gallery gives the public a peek into the compound of creative energy while keeping the artists working and isolated.

"Artists are the neglected caregivers of our culture. It makes sense for me as an author on caregiving to support the arts," said Pabst.

Pabst supports the arts with her foundation with a broad range of grants to provide models to replicate and create a ripple effect. She supported an Alzheimer poetry project for art therapy to stimulate the brain. She funded an FSU PhD student from Uganda to preserve indigenous art by creating all of his own instruments and composing music to preserve his art and cultural history. She

sponsored a composer for the Orlando Philharmonic Orchestra. She is an upcoming sponsor for a performance at the Zora Festival in Eatonville in January. The list goes on.

Pabst expands the starfish story of the man saving one starfish at a time, to the ripple effect.

"It's true, you can't get all the starfish but if you throw one starfish back, you made a difference to him, and he can then tell the other starfish to stay in the ocean. If the goal is too big, you can't get there so do one good thing at a time and create a ripple effect," she said.

Pabst also supports the arts with her time including serving on the boards for UCF Foundation, Flying Horse Press, Cornell Fine Arts Museum, Atlantic Center for the Arts, Orlando Philharmonic Orchestra and more.

The Cornell College English graduate, published author, public speaker, corporate executive, and arts supporter indeed makes her impact upon the creative community. Her encouraging words to the individual creative people she touches in her daily walk, the ones that don't end up on a sign on a wall, in a newsletter, or in a news release, are perhaps the most meaningful ones with the largest impact to artists and arts leaders. The ripple effect she whispers as well as shouts.

I was one of her starfish as I interviewed her for this article.

Learn more about the book on www.pivotalcrossings.com