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On the Cover: This month’s cover image is entitled, *Light in the Tunnel*. It was created by Karen Starrett who has a BA in art education from Rutgers University, is an alumnus of School of Visual Arts, and has Advanced Certification in Gerontology.

After a stage 3 ovarian cancer diagnosis in 2003, Karen focused her work on painting which she found to be more body centered. She says, “Painting helped me process my feelings about my diagnosis. For me painting is a solo activity where I express my feelings, some of which I am unaware of. I began painting *Light in the Tunnel* while entering remission after a year of chemotherapy. Despite being surrounded by family and friends, I had felt alone and depressed. Reflecting on the painting after it was completed, I realized the golden glow emerging from a dark, unpredictable place was me consoling myself.”

For the past seven years, Karen’s organization, Creative Aging Arts, LLC, has been facilitating art workshops in adult care communities. Her love of personal imagery and the use of paint, paper, and mixed media as the foundation of her curriculum, is a continuation of her life as an artist.

Karen’s exhibition history includes solo exhibitions at Johnson and Johnson Headquarters and Ocean County College. She has also exhibited in group shows at the Belskie, Noyes, and Monmouth Museum and regional galleries. To view more of her work, visit karenstarrett.com.

The image is part of Expressions of Clinician Well-Being, a nationwide art project conducted by the National Academy of Medicine (NAM), a nonprofit research organization in Washington, DC. The Academy called on artists of all skills and abilities to express what clinician burnout and clinician resilience/well-being looks, sounds, and feels like to them. The purpose was to promote greater awareness and understanding of barriers to clinician well-being—and solutions that promise a brighter future. To learn more about the project, visit <https://nam.edu/expressclinicianwellbeing>.