



ARTS FOR THE AGING

Impact of Funding From
The Arts & Humanities Council of Montgomery County &
The Maryland State Arts Council

Thanks to the generous support of the Arts & Humanities Council of Montgomery County (AHCMC) and the Maryland State Arts Council (MSAC), Arts for the Aging was able to weather the serious challenges of the pandemic and continue fulfilling our mission **to provide multidisciplinary, therapeutic, and participatory arts workshops to some of the most vulnerable in our population – caregivers who are underserved, and older adults marginalized by isolation, health, and accessibility needs.**

Last year, these needs increased dramatically as client partners -- like community and residential care centers -- went into lockdown, seniors self-isolated, and our in-person workshops were put on hold. While these safety measures were vital to the health of both seniors and our talented teaching artists, they prohibited the joyful in-person interactions and therapeutic arts experiences that 1,195 older adults and 180 caregivers have come to rely on.

But the arts truly know no bounds, and so we enthusiastically embraced new ways of connecting through innovative virtual and analog programming. In 2020, we were able to provide **129 in-person workshops** (pre-pandemic); conduct **125 online workshops**; produce **15 on-demand video programs**; and deliver **198 “heARTkits”** - visual, tactile, and literary artmaking kits – to older adults and their caregivers. Partnerships with museums like the Phillips Collection and Smithsonian Institution continue to enrich and expand our reach.

None of this would have been possible without the support of the AHCMC and MSAC, and we are deeply grateful for the past support of state and local funders. Your continuing support will be essential to our ongoing operations and impact, and we thank you for your generous investment in Arts for the Aging.

With gratitude,

Janine Tursini

Director & CEO



2020: Year in Music | Year in Cultural Data



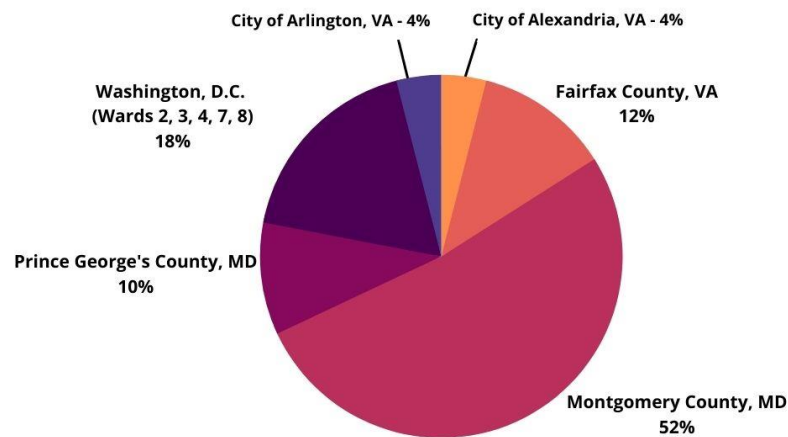
Technology



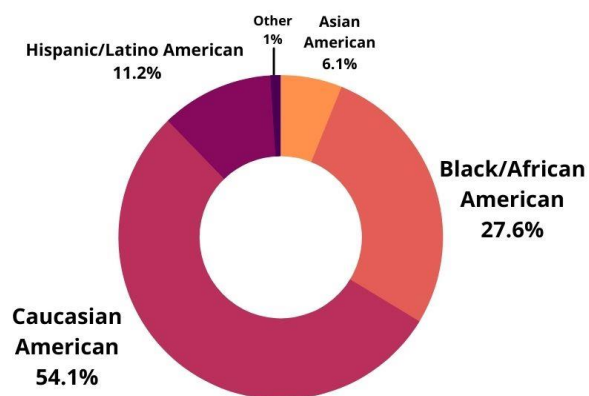
81.5% of virtual workshop participants had their videos on during the workshop



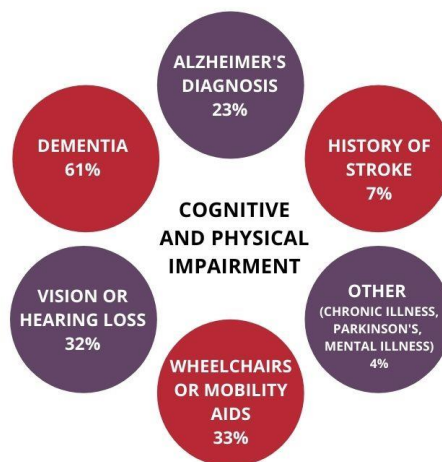
12% expressed frustration with technology during the virtual workshop



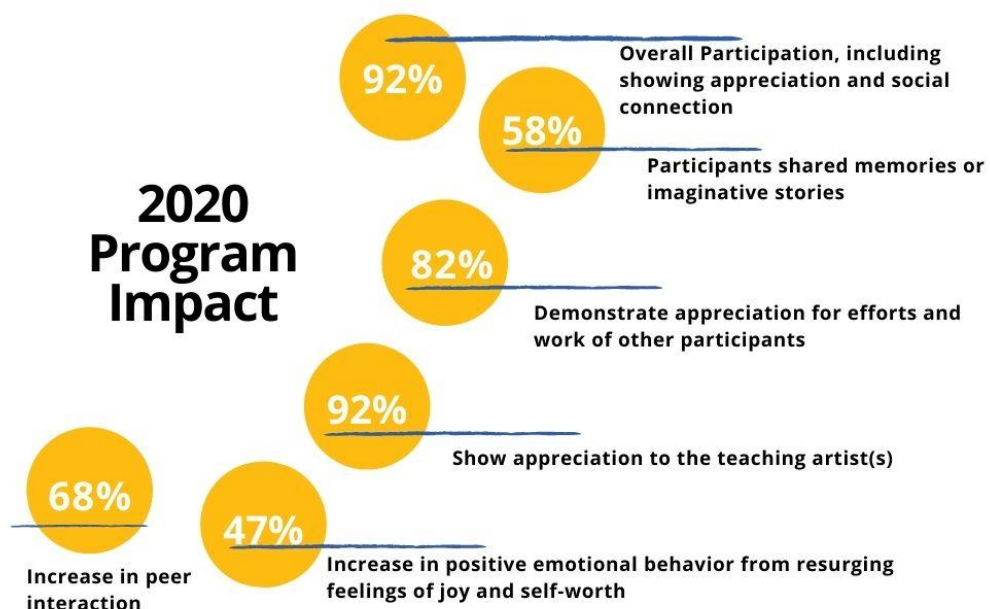
Impact Reach



Racial/Ethnic Make-Up



2020 Program Impact





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Testimonials



"We are not valuing people as they age in our culture. Isn't that a shame? I celebrate what Arts for the Aging is doing."

— **Renée Fleming**, opera star, statesman and four-time Grammy winner; pictured, center, at Arts for the Aging's Music and the Mind Salon.

"At a certain point in people's lives, sometimes the past and the future don't have a lot of meaning. What means most is what is going on now. And the richness and the multicultural nature of this particular performance fill the now in a way that makes a big difference. Even if it doesn't last. So often we think of therapy as something that affects you and somehow you're different...but this kind of thing at a certain point what matters is whether the 'now' is full with meaning. This was terrific."

— **Participant** in Arts for the Aging arts activation for Smithsonian's See Me program at the National Museum of African Art

"This series gently encourages and inspires seniors to explore a range of universal themes and topics through participation in expressive storytelling—producing stories that are both memoir-driven and imagination-driven. I witnessed a total transformation this morning. Before my eyes, participants awoke from a mental state of lethargy and non-engagement to a complete opening up and sharing of creative ideas and personal memories around the theme of "Making Wishes." As Clifford, one of the participants remarked, "This was better than a delicious hot meal. Our time together passed too quickly."

— **Candace Wolf**, Arts for the Aging Teaching Artist, "Giving Voice to Memory" at East County Community Center

"Art had been a viable part of my life until family and work took over. It wasn't until I started attending an adult day center [where AFTA programs take place] that I reopened my love for and participation in the arts. This has truly changed my life!!! AFTA has opened my eyes and my heart to a life filled with hope, fulfillment, and renewed life satisfaction."

— **Karla Kombrink**, program participant

"Peter is very engaging! We love his use of bilingual approach to theater teaching and interacting with the participants. "

— **Roxana Fuentes**, Easterseals Adult and Senior Services

Photo and Video Samples



The work of Arts for the Aging is reflected in the experiences and outcomes of the older adults and care partners who take part in these top notch artist-led programs. This video captures the beauty of our therapeutic arts in health care and aging programs in the Greater Washington D.C. region.

Run time: 3:44 minutes

<https://vimeo.com/171624442>



In this clip from a Memory Cafe, for older adults with memory loss and family care partners, teaching artist and versatile singing actor Peter Burroughs makes opera come alive, inviting “co-OPERA-tion” along the way.

Run time: 1:00 minute

<https://tinyurl.com/yy9yov3x>



Above: Clients in Teaching Artist Deborah Riley’s *Joy of Movement* workshop at Long Branch Community Center in Silver Spring, MD wave colorful scarfs. **Left:** Members of Downtown Clusters Geriatric Day Care Center in Washington, D.C. and dancers and singers with Arts for the Aging, Tango Brillante DC, and Tango Mercurio in the culminating workshop, a milonga, which is a social dance, or also a party.



Arts for the Aging clients at Long Branch Senior Center share personal stories of important women in their lives during Teaching Artist Candace Wolfs *Giving Voice to Memory*.



Teaching Artist Manny Arciniega leads an ensemble of percussion instruments during his program *Rhythms of Life* at Olney Assisted Living in Olney, MD.



Clients at the Deaf and Hard of Hearing Senior Center in Southeast Washington DC took part in *Island Dreams*, a program series celebrating Cuban artist Zilia Sanchez and her exhibition *Soy Isla* at The Phillips Collection. **Above:** During a visit to the exhibition clients work on a song composition with Teaching Artist Peter Burroughs. **Right:** Back at their center they created accordion books with artwork inspired by Sanchez.





Top Row: Virtual curriculum: (Left) ROMEZ3arts debuted a wildly interactive co-OPERA-tion workshop using Zoom, featuring singing actor Peter Joshua Burroughs and maestro Carlos César Rodríguez on live piano. (Right) Rhythms of Life offering music and movement with Manny Arciniega and Chris Brown in a pre-recorded, interactive video.

Bottom Row: In 2020, we are celebrating a Year in Music. (Left) Marvelous Musicals at Alexandria Adult Day Services; (Right) Movers and Shakers at JCA Kensington Club.

*Photo credits:
Stephanie Williams Images and Janine Tursini*



ARTS FOR THE AGING



ART MUSIC SINGING DANCE POETRY STORYTELLING

ENGAGING OLDER ADULTS AND
CAREGIVERS IN HEALTH IMPROVEMENT
AND LIFE ENHANCEMENT
THROUGH THE ARTS

HOW WE WORK:

Arts for the Aging trains and employs a faculty of professional teaching artists. They lead workshops in-person or virtually for groups of older adults and caregivers, especially those living with the effects of physical and cognitive impairments in aging. We focus our reach especially to community and residential care settings such as adult care centers, community centers, senior centers, memory cafes, assisted living communities, nursing homes, affordable housing, senior living communities—and with museums and cultural institutions.

Arts for the Aging is a 501(c)(3) not-for-profit organization. Workshop fees provide financial support, and donations from individuals, corporations, and philanthropic institutions subsidize programming with underserved communities.

DISCIPLINES:

Arts for the Aging teaching artists are professional artists trained in best practices, and experienced in a variety of arts disciplines:

Art History	Museum Outings
Collage	Music
Creative Movement	Musical Theatre
Creative Writing	Photography
Dance	Poetry
Drawing	Singing
Expressive Arts	Storytelling
Painting	Theater
Mixed-media	Theatrical Improvisation

“I loved being able to participate! It was fun and different and I was in a good mood for the rest of the day.”

—Participant from Insight Memory Care Center



PROGRAM TYPES:

- Live Workshops
- Telephonic Workshops
- Pre-recorded Programs
- heART Kits
- Community Art Workshops
- Caregiver Trainings
- Caring for Caregivers
- Customized Programs

PROGRAM FEATURES:

- Weekly and bi-weekly workshops with a wide variety of multi-disciplinary teaching artists and media
- Hour-long workshops emphasize socialization, community connection, and participation at any level of ability
- Workshop materials and content highlight an array of cultures, inspirations, and art styles, encouraging meaningful interaction
- Programs can include intergenerational components, bridging the wisdom of elders with youthful exuberance, and promoting positive attitudes about aging
- All programs focus on small group sizes to provide a person-centered therapeutic experience

"It's interesting to interact with participants online after having them in live workshops ... some really seem to shine in this new way of meeting virtually ... more engaged and expressing more."

—Teaching Artist Peter Burroughs

PHYSICAL AND MENTAL STIMULATION ARE KEY TO HEALTHY AGING:

Arts for the Aging was founded on a premise, which scientific studies now prove, that regular participation in the arts by older adults helps to minimize physical and cognitive impairments in aging, and contributes to better physical, intellectual, and emotional health. Our service is comprehensive, diverse, and customized. This allows client partners to focus on the delivery of safety-net services, activities of daily living, and occupational and physical therapies. By providing a frequent source for high-quality arts interventions, we offer reliable and cost-effective therapeutic innovations that minimize strains on health and economic resources and maximize well-being and productivity in older adults and caregivers.



MISSION:

Arts for the Aging brings the arts to older adults and caregivers in the Greater Washington D.C. region. It is a recognized national model in the field of creative aging. Since 1988, Arts for the Aging has been a pioneer in the design, development, and delivery of artist-led, multi-disciplinary, participatory arts programs in aging services. Research confirms that frequent participation in high-quality arts experiences contributes to better health and well-being, reducing feelings of isolation and loneliness.



Above: A Creative Aging exhibition at The Phillips Collection

"Arts for the Aging adds joy, beauty and energy to our program, and I (along with the rest of the KC staff and the members) so appreciate the way in which the artists make each video an experience."

—Dana Tate, Thome Kensington Club



ARTS FOR THE AGING

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GREATER WASHINGTON

