

ABOUT ARTS FOR THE 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 that are specially designed to improve the health and enhance the quality of life of older adult groups, in community and residential care settings, who are living with mild to moderate physical and cognitive impairments, and who may not otherwise have access to these kinds of therapeutic life enrichment interventions due to affordability, availability and ability to use such programs. As a regional service provider and a recognized national model, Arts for the Aging is dramatically expanding a range of new partnerships in funding, programmatic research and volunteer engagement; programs will increasingly engage community partners, family members, caregivers, volunteers and more intergenerational connections.



THE ARTS FOR THE AGING MISSION AND HOW IT WORKS

Primarily funded through grants and donations, which historically support financial aid opportunities for underserved community and residential care settings, the organization trains and pays a faculty of teaching artists who conduct participatory workshops for groups of older adults who can no longer manage independently because of physical and cognitive impairments, or who are isolated and lonely. To meet growing demographic trends in ages 60 and older populations, Arts for the Aging is expanding its scope of services to offer fee-for-service programs and trainings to elder-care communities beyond Arts for the Aging's core service area.

Arts for the Aging services utilize visual, performing, literary, multi-disciplinary and intergenerational arts programs that are designed to engage older adults in all manner of artistic self-expression and art-making. These include drawing and painting, music, creative writing, storytelling, expressive arts, poetry, dance and movement, musical theatre.

The organization offers these services by supporting professional artists as teaching artists (TAs) who are grounded in diverse creative disciplines and have experience averaging 10 years in the use of Arts for the Aging's nationally recognized best-practices in creative aging. TA excellence is ensured through support for continuing education and training in Arts for the Aging's Teaching Artist Institute. Program provisions are made through a single point of contact, Arts for the Aging's full-time program director, who ensures quality delivery and control. This dedicated staff member works closely with teaching artists and center partners to put in place tailored services and reliable creative elder-care for clients.

VALUE AND PROGRAM FEATURES

Arts for the Aging was founded on a premise that studies, years later, now show: that regular participation in the arts by older adults helps to minimize aging-related physical and cognitive impairments, and contributes to better physical, intellectual and emotional health. Arts for the Aging's service is comprehensive, diverse and flexible, allowing 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 of older adults.



Services are aligned with national standards for professionals who design and present programs that are therapeutic, holistic, appropriate for persons in the later stages of their life span, diversity respecting, and adaptable for persons at varying physical and cognitive functioning levels.

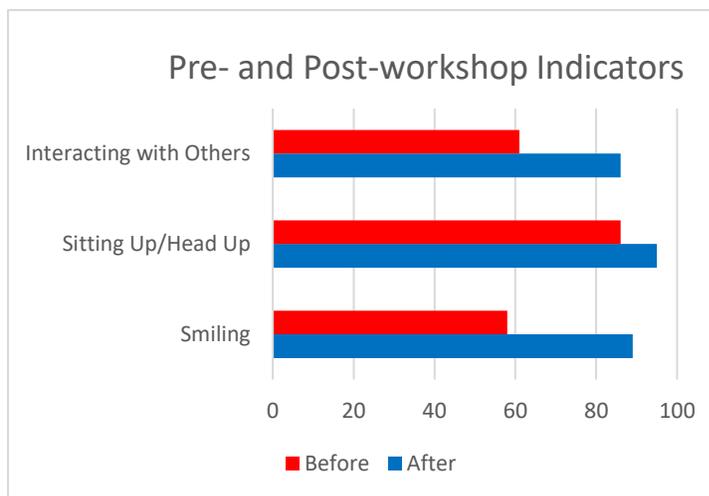
- ✓ Programs are “person-centered,” so that even in group settings, our TA’s engage with seniors individually.
- ✓ Services are provided weekly and bi-weekly so that clients and their seniors get to know and trust Arts for the Aging teaching artists.
- ✓ Our quality-based delivery model is comprised of services backed by full-time employees, vetted and trained teaching artists, pre- and post-workshops assessments and a consistent feedback loop between the client and Arts for the Aging.
- ✓ Arts for the Aging is a customized elder-care support service. We meet with the prospective client to make an initial assessment. Up to two teaching artists, trained and monitored by Arts for the Aging, will conduct a demonstration so that program planning and development suits the needs of the client and environment in mind.

PROGRAM EVALUATION & IMPACT

Pre- and post-workshop outcomes allow us to see the direct impact of the Arts for the Aging programs on older adults living with mild to moderate aging-related physical and cognitive impairments. Data was collected from 633 multidisciplinary Arts for the Aging artist-led programs over a 12-month period in 2018 at 33 partner sites throughout Greater Washington D.C.



- 91% overall participation, including showing appreciation and social connection
- 85% of participants sharing memories or imaginative stories
- 86% demonstrate appreciation for efforts and work of other participants
- 93% show appreciation to the teaching artist(s)
- 46% increase in positive emotional behavior from resurging feelings of joy and self-worth
- 38% increase in peer interaction
- 10% improvement in upright posture, with attention and strengthened confidence



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

“I asked the staff what we were doing after lunch – they said, ‘Marcie’s coming!’ It immediately lifted my spirits. You bring life, you feed my soul. Please keep coming to the center.” — Note from Penny, to teaching artist

Marcie Wolf Hubbard who brings The Shape of Things to Easter Seals Adult Day Services

“Everyone did wonderful solo dances exploring flow. Ned was the last dancer/soloist. He started by saying ‘I didn’t even dance at my own wedding!’ Ned then proceeded to perform wonderful solo dance with swoops and spirals using his whole body and ending with an actual turn on one leg. I think he even surprised himself. He was greeted with much applause from the group at the end!” — Nancy Havlik, Arts for the Aging Teaching Artist reporting from Dancing Our Stories at JCA/Kensington Club at Parklawn

“My mother participates in Arts for the Aging programming at the Alexandria Adult Day Services Center. When she began, she was intimidated to express herself through art and lacked confidence in her abilities. Over time, she has blossomed into an 86-year old Picasso, delving into projects without coaxing. At an Arts for the Aging show, she even spoke about the positive impact art makes in her life, which I never dreamed she would do. The Arts for the Aging program has improved my mom’s outlook on life beyond words and eased my caregiving load because she has a new passion to motivate and inspire her.” — From family caregiver Janet Gongola

“Even for myself, as I’ve experienced visual and balance issues, I find that I am able to dance easily without a cane. Remarkable.” — Jenean McKay, Quicksilver dancer

“I am a social worker who goes to all of the assisted living and skilled nursing facilities in the area. I’ve seen a lot of musicians but you guys are the best! I love your energy and flavor. Thanks for doing what you do.” — observation from Melissa Needleman, social worker with Rockville Nursing Home

“Nothing beats seeing [Arts for the Aging] in person and the engagement and happiness the music brought to that group of seniors.” — Tom DiGenno, program officer, Nancy Peery Marriott Foundation

LEADERSHIP & CONTACT INFO

Janine Tursini | Director & CEO | jtursini@AFTAarts.org

Janine Tursini is Director & CEO and the leading force behind Arts for the Aging's pioneering directions and its regional and national recognition for best practices, program design and outcomes: under her tenure Arts for the Aging has been named a Model Program in Lifelong Learning by the National Endowment for the Arts, a Trailblazer by the Maryland Department of Aging and One of the Best D.C. Area Small Charities for Excellence, Impact and Cost-effectiveness by the Catalogue for Philanthropy. Arts for the Aging has been featured in *The New York Times*, *The Washington Post*, on CNN News, and in the award-winning national PBS documentary film *Do Not Go Gently*. Janine is on the Education Council for Health Equity in Graduate Medical Education with the Rodham Institute of George Washington University (GWU), Maryland's Age-Friendly Montgomery (County) Advisory Group, the Smithsonian Institution Dementia Programming Advisory Committee, and she consults nationally on best practices in the growing field of creative aging. She has served on advisory boards for the GWU Center on Aging, Health, and Humanities and the National Center for Creative Aging, and has contributed to seminal industry resource guides including *Creativity Matters: The Arts and Aging Toolkit* and *Bringing the Arts to Life: A Guide to the Arts and Long-Term Care*.

Brandi Rose | Program Director | brose@AFTAarts.org

Brandi Rose is Arts for the Aging's Program Director, implementing and developing curricula, and managing Arts for the Aging's artistic faculty and mission programs throughout the Washington Metropolitan community. Among her achievements, Brandi established a Teaching Artist Institute that provides professional development to our faculty, published the book *What We Saw Today* featuring work by senior artists, and produced Arts for the Aging's first commercial gallery exhibition, *Dream Ship*, at the Joan Hisaoka Gallery in 2015. She has made field presentations for the National Center for Creative Aging (NCCA), the D.C. Healthcare Association, and the Maryland Gerontological Association. Career highlights include those with the John F. Kennedy Center for the Performing Arts, Washington National Opera, Smithsonian Associates, and in Chicago with CAPE (Chicago Arts Partnerships in Education) and Storycatchers Theatre.

Sample Programming

Art for Everyone

Teaching Artist: Annetta Dexter Sawyer. Disciplines: Poetry, Drawing, Painting, Clay-sculpting. Everyone has a creative capacity. This program uses an interdisciplinary approach in artistic engagement to accommodate diversity, process, and enticement of participants to put their artistic expression in words, drawing, painting, and sculpture.

Connecting Through Creativity

Teaching Artist: Carol Siegel. Disciplines: Visual Art, Movement, Drama, Music, Writing. Using visual art, poetry, story and movement in various combinations, participants connect to their imagination, each other and themselves. They learn about poets and artists while engaging in discussions, writing collaborative stories and poems, and making individual art work. **(Virginia only)**

Co-OPERA-tion

Teaching Artist: Peter Burroughs. Disciplines: Singing, Theater, Music, Movement. Explore the world of opera with a professional tenor. Participants will experience musical selections and live performance from their favorite operas while learning about music, sharing stories, dressing in costume, moving to music and, of course, singing.

Creative Writing

Teaching Artist: Joan Hampton Fraser. Disciplines: Writing, Poetry. Poetry, literature and other writings of the day spark conversation and draw on life and cultural experiences as guides for developing poetry, stories and personal responses. Both individually and collaboratively, participants explore themes such as change, growing older, family, seasons, memories, loss, and new beginnings. **(Virginia only)**

Dance and Blues

Teaching Artist(s): Miles Spicer, Nancy Havlik. Disciplines: Music, Guitar, Movement. Participants take part in interactive dance works, interspersed with music and stories about the history of the blues. All are encouraged to share in a celebration of life and mystery.

Dancing Our Stories

Teaching Artist: Nancy Havlik. Discipline: Movement. Experience the fundamentals of choreography in this interactive dance workshop for older adults. Starting with a physical warm up to enhance movement, alertness and discovery, participants will explore music, poetry, visual art and photography to awaken memories, connect to our individual movements, and to share story.

Drama: Language, Movement, Expression

Teaching Artist: Annetta Dexter Sawyer. Disciplines: Drama, Poetry, Movement. Through theater games, role-playing and reenacting scenes from favorite plays, participants will explore language and movement. In doing so they uncover new aspects of themselves while experiencing “being in someone else’s shoes”.

Free to Move

Teaching Artist: Sandra Roachford. Discipline: Movement. Using free form movement, participants create dances to reflect thought, emotion and memory, and that are enhanced by props that vary in texture, color and shape. The dance-making is a group effort, and there is observation and reflection on everyone's creativity. Classical music and Big Band selections promote an atmosphere for reminiscence and ease of movement. **(Maryland, D.C. only)**

Healing Movement, Healing Stories

Teaching Artist: Annetta Dexter Sawyer. Discipline: Movement. An energetic but gentle movement experience to lively music that encompasses health, well-being, and self-expression. Techniques include guided imagery, for better movement and expressiveness.

Imagine, Ignite, Improv!

Teaching Artist: Fairouz Foty. Discipline: Music. Music, movement, rhythm, song and lyrics can be infused into our daily lives. Entering through the world of opera this program will encourage participants to conduct, rap, dance, sing and express through music, led by acclaimed Soprano Fairouz Foty.

Joy of Movement

Teaching Artist: Deborah Riley. Discipline: Movement. Play with expression while creating choreography. Using individual props of different textures and shapes, dancers will experience a variety of energy dynamics. Simple activities like singing combined with gesture alternate with more energetic movement, allowing for a customizable challenge level. This workshop will awaken your senses, increase your range of movement and ignite new friendships with peers

***La Movida* (Music that Moves)**

Teaching Artists: Peter Burroughs, Marla Bush. Disciplines: Movement, Music. Music and dance from Spain and Latin America come to life with dynamic performances and colorful costumes. Marla and Peter perform and encourage program participants to sing, move and dance with them, individually and with partners. Participants also use musical instruments and costumes for a festive atmosphere.

Looking Out Loud

Teaching Artist: Donna McKee. Discipline: Visual Art. By viewing artwork and sharing observations and responses, participants consider various ways that art reflects universal themes and life experiences. During this shared creative process, each person may express their own interpretation of artistic themes, ranging from the inner world conveyed by a portrait to the beauty and wonder of nature portrayed in landscape paintings from ancient China or desert scenes by Georgia O'Keeffe. **(Maryland, D.C. only)**

Marvelous Musicals

Teaching Artist: Joan Hampton Fraser. Disciplines: Movement, Singing, Theater. Experience some of the best-loved musicals of the 1940's, 1950's, and beyond, through historical overview, dramatic storytelling, spontaneous role play and singing along to songs from each musical. Musicals include *South Pacific*, *Music*

Man, My Fair Lady, Oklahoma, The Sound of Music, Fiddler on the Roof, Damn Yankees, West Side Story, Annie Get Your Gun, and others. (Virginia only)

Moving Art

Teaching Artist(s): Donna McKee, Nancy Havlik. Disciplines: Music, Movement, Visual Art. *Moving Art* is a series of workshops centered around viewing and critiquing a theme in early 20th century art, such as “abstraction,” and the creation of artistic responses to selected works, through movement and gestural drawing. They will explore those themes in music and dance using rhythm, space, shape, juxtaposition and energy evoked by the paintings. Gestural drawing is used to discover can capture on paper the connection between movement and art.

Rhythms of Life

Teaching Artist(s): Manny Arciniega, Chris Brown. Discipline: Music. Explore exciting rhythms from a variety of cultures with Chris Brown (bass player) and Manny Arciniega (percussionist). The musicians create musical landscapes using recorded loops and encourage participants to groove along with a selection of handheld percussion instruments.

Quicksilver

Co-Directors: Nancy Havlik, Anthony Hyatt. Discipline: Dance. Quicksilver is Arts for the Aging’s dance improvisation company comprised of independent adults aged 60 and over. In weekly rehearsals, the 17 company members develop mastery as performers and expertise in the use of dance as a methodology for engaging with other older adults. During programs in healthcare settings and senior centers throughout the Washington D.C. area, the company uses its art form to enliven their frailer peers, to “begin a conversation”, with participants who learn to make their own creative movement responses. These dances are usually accompanied by live music. The experience is about active artistic engagement and self-expression, which are at the heart of Arts for the Aging’s person-centered care approach.

Shake, Rattle and Roll

Teaching Artist: Wall Matthews. Disciplines: Music, Dance. Explore drumming techniques from Africa on a variety of percussion instruments. These irresistible rhythms are then blended with popular music of the early to mid-20th century, and other favorite songs as identified by the participants. Dancing strongly encouraged!

The Shape of Things

Teaching Artist: Marcie Wolf Hubbard. Discipline: Art. Create original works of art using a variety of materials! Artist Marcie Wolf Hubbard guides participants in creating collages and memory boxes using “up-cycled” material such as post cards, paper scraps, fabric and jewelry.

The World of the Cello

Teaching Artist: Tobias Werner. Discipline: Music. World-class cello player Tobias Werner invites participants to take a closer look at the second largest instrument of the string family. Performance of pieces both classical and modern are interspersed with discussion about composers, music styles and periods, and the emotional reactions music inspires.

Arts for the Aging Teaching Artists

Manny Arciniega

Programs: Rhythms of Life



in London.

Manny Arciniega teaches on the Percussion Faculty at Levine Music in Washington, DC. He has also worked regularly with the Education Programs at the Kreeger Museum and has provided in-school contemporary music workshops. Manny has appeared in numerous award-winning musical theatre productions in the Washington, D.C., area, including performances at the Olney Theatre Center, Constellation Theater Company, Arena Stage, and Keegan Theatre. He brings his expertise to Arts for the Aging from working with world-renowned performers and conductors. Manny received his undergraduate degree in Music Education and Theory Composition from Texas Christian University and Master of Arts degree in Timpani and Percussion Performance at the Royal Academy of Music

Chris Brown

Program: Rhythms of Life



Chris Brown is a multi-instrumentalist, producer, composer, and educator. He has taught at Levine Music since 2011. He has performed on five continents in a wide variety of musical styles and has more than 20 years of experience performing and teaching around the world. He also has extensive experience working with students with a variety of learning styles and disabilities. A graduate of Berklee College of Music, he previously taught at the Academy of Contemporary Music in London, England, the leading undergraduate school of contemporary music in Europe.

Peter Burroughs

Programs: CoOPERAtion; *La Movida* (Latin Dance)



students write and produce original operas. He also develops outreach programs with the Spanish Dance Society of Washington, D.C.

A versatile singing actor, Peter's repertoire encompasses opera, oratorio, musical theatre, Shakespeare, traditional art song recital, zarzuela and the dance music of Latin America. Burroughs holds a B.M. in Music from Ithaca College; an M.M. in Opera Performance and a Doctorate of Musical Arts from the University of Maryland, College Park. He debuted in 1999 with The Washington Opera and has since performed with the company extensively. Burroughs is also an Artist Mentor for the Washington Opera, helping grade school

Marla Bush

Program: *La Movida* (Latin Dance)



Marla has over 20 years experience performing Flamenco and other Spanish dances with the Spanish Dance Society and the Raquel Pena dance troupe. Dance venues have included everything from nursing homes to the Kennedy Center. Marla has led school outreach programs and taught Spanish dance in Washington, DC and in Florida. In her “day job” at the Administration on Aging, U.S. Department of Health and Human Services, she developed projects with art therapy associations that use the arts with healthy and frail elderly.

Annetta Dexter Sawyer

Programs: Art for Everyone; Healing Movement, Healing Stories;

Drama: Language, Movement, Expression



Annetta is an awarded teaching artist with the Arts & Humanities Council of Montgomery County and an awarded poet for the Arlington Humanities Project pick-a-poet public school residency program. She works as a college professor in the areas of Fine Arts, Dance, Theatre, and Interdisciplinary Studies/Integrated Arts. As a performing artist she has often received critical acclaim. She collaborates with the ensemble Dance Performance Group, often works with adjunct artists

from the Dance Exchange, and is an Associate Artist with Faction of Fools Theatre Company, recipient of the Helen Hayes/John Aniello award for emerging theater company. She currently also plays many roles as a clown.

Fairouz Foty

Program: Imagine, Ignite, Improv!



Fairouz Foty received her Bachelor Degree in Music and Africana Studies from Lafayette College in 2011 and then continued her studies at Westminster Choir College, where she earned a Masters of Music in Vocal Performance and Pedagogy with a Performance emphasis. As a trained opera singer she has studied with Carlos Cesar Rodriguez for more than ten years and debuted with Carol Opera Company as Micaela in ‘*Carmen*.’ In addition she performed with Westminster Choir College Opera as Helena from ‘*A Midsummer Night’s Dream*’ and Lauretta from ‘*Gianni Schicchi*.’ In 2014 she completed the Bel Canto Le Chiavi Program with University of Houston and the Carol Yahr Summer Opera Scenes Workshop where she sung Mimi from Act III of ‘*La Boheme*.’ She is currently the *Co-Director*

of Music of Foty Fusion Productions and performs with Romez3Arts. Fairouz’s musical foundation began through Arabic music where her father, a virtuosic oud and Arabic singer, taught her and her four siblings how to play and sing in Arabic. She is in the process of using her Western Opera skills to create a unique genre of Arabic Opera that focuses on the works of early 20th century Arabic composers and musicians.

Joan Hampton Fraser

Programs: Marvelous Musicals; Creative Writing



Joan has been a Creative Arts Consultant for 30 years. She has worked with many populations of people and has specialized in working with people in the “Third Age” of their lives. She has utilized her extensive background in psychotherapy, family therapy, dance therapy and systems theory to complement her artistic work. Joan studied with Liz Lerman for several years at the Dance Exchange, having started her work with seniors and dance at that time. Joan utilizes dance/movement for artistic expression and to help build a sense of

community and belonging.

Nancy Havlik

Programs: Dancing Our Stories; Dance and Blues; Moving Art;

Dance and Poetry; Quicksilver (co-director)

Nancy Havlik has directed and choreographed for the past 30 years. She formed Dance Performance Group



- a non-profit 501(c)3 corporation - in 1989 as a vehicle to explore her own choreographic ideas with a small group of dancers and musicians. Through the Company her choreography has been performed extensively in the Washington, DC area at venues including Dance Place, Joy of Motion, Montgomery College, Jewish Community Center, Joe’s Movement Emporium, Mt. Vernon College and the Kennedy Center Millennium Stage. Her work has been shown in New York City at Joyce Soho, WAX, the Construction Company and in

Eastern Europe. (Czech Republic and Slovakia).

Wall Matthews

Program: Shake, Rattle and Roll



Wall Matthews is a composer /performer whose career began in 1968. He was a founding member of the visionary *Entourage Music and Theater Ensemble* which released two critically acclaimed recordings for Smithsonian Folkways in the early 70’s. Since then he has had a solo career performing throughout the United States, Europe, and Asia. From 1978 – 1994 he served as Composer In Residence for Dance at Connecticut College. He has released 9 critically acclaimed solo recordings. As Vice President of Creative for Clean Cuts Music, he composed and produced music The Discovery Channel, Animal Planet, National Geographic, and The History Channel, as well as numerous independent film projects and national ad

agencies. He was nominated in 2010 for an Emmy, for his work on *Yellowstone: Battle for Survival*. Wall leads music, movement and drumming workshops for Arts for the Aging

Donna McKee

Programs: Looking Out Loud; Moving Art



Formerly the Director of Education at the Philips Collection and currently adjunct faculty at the Corcoran School of Art, Donna has brought both art history and visual art workshops to Arts for the Aging seniors. She has given talks on Georgia O'Keefe and Alfred Stieglitz, Honore Daumier, Romare Bearden, and her penchant for collage work guides seniors in mixed-media approaches that explore rhythm, visual movement, color and texture.

Deborah Riley

Programs: Joy of Movement



Deborah Riley is a life-long dance artist and more recent practitioner of Laban Movement Analysis, the basis for teaching movement arts to people of all ages and abilities. In her capacity as artist-in-residence, faculty member, staff and Co-Director of Dance Place, she has contributed immeasurably to nurturing the careers of thousands of dance artists, students and arts administrators. Under her tenure, the organization was awarded the DC Mayor's Arts Awards for Excellence in Service to the Arts and Outstanding Contribution to Arts

Education as well as being recognized as "the hub of dance activity in Washington, DC" (Alan Kriegsman). As a dancer, choreographer and educator, career highlights include international touring with Douglas Dunn & Dancers, collaborative choreography with Diane Frank and director of Deborah Riley Dance Projects. In addition to guest artist residencies at universities across the country, Deborah's choreographic work has been presented in the U.S., the U.K. and France. In the DC Metro area, Deborah's Moving Affirmations workshop helped to facilitate healing and recovery in partnership with community organizations such as the DC Rape Crisis Center, Montgomery County Crisis Center and Whitman Walker Clinic.

Sandra Roachford

Programs: Free to Move



Sandy has 20 years of experience teaching dance, drama, movement and performance technique at Bethesda Academy of Performing Arts/Imagination Stage. She has performed dance and theater work with Nancy Havlik's Dance Performance Group and performed in Washington, D.C.'s first Fringe Festival. Sandy has choreographed numerous works both locally and in New York.

Carol Siegel

Program: Expressive Arts



Carol trained through the D.C. Humanities program in Poetry Therapy and interned at St. Elizabeth's Hospital. She also facilitated groups in poetry and expressive arts at The Art and Drama Institute in D.C. as well as local hospitals. She has presented ideas on her groups with seniors at several national conferences. She is a former professional photographer and has exhibited in many galleries including The Corcoran Gallery of Art. Carol is a collage artist and uses that media along with story, poetry and movement in her work-shops.

Miles Spicer

Program: Dance and Blues



A Washington area native, Miles plays acoustic blues in the Piedmont style mixing in influences of Jazz, Blues, Soul, Funk, Rock, Cajun and Zydeco. He is the principle guitarist in M.S.G. The Acoustic Blues Trio and The Riverdale Ramblers. Miles was mentored in the Piedmont guitar style by Mike Baytop and is a founding director of the Archie Edwards Blues Heritage Foundation.

Tobias Werner

Program: The World of the Cello



Tobias is the music director at The Chamber Music Conference of the East and artistic director of Pressenda Chamber Players. He has performed at the Cape and Islands Chamber Music Festival, Villa Musica Mainz, the San Diego Chamber Music Workshop, the Vail Valley Bravo! Colorado Music Festival, the Maui Classical Music Festival, in Carnegie Hall's Weill Recital Hall, Strathmore Hall, the Phillips Collection, the Library of Congress, the National Gallery of Art, the Smithsonian American Art Museum, the New York Society for Ethical Culture, and at Bargemusic. Tobias has appeared as soloist with orchestras in the US, France, Germany, and Romania, and recent performances have included the concertos of Dvorák, Elgar, Haydn, and Boccherini. He has recorded on the ECM, Darbringhaus & Grimm, Bayer Records, and Orfeo labels. Tobias studied at the Musikhochschule Freiburg in Germany, and at Boston University. He plays on an 1844 J.F. Pressenda cello.

Marcie Wolf-Hubbard

Program: The Shape of Things



Marcie has received numerous grants from the Arts and Humanities Council of Montgomery County, along with other Art Councils to work in the community with children and adults, including individuals with special needs. Her paintings have been exhibited widely on the East Coast. Marcie has illustrated for magazines and books, as well as worked as a courtroom illustrator. Marcie illustrated her husband David Hubbard's children's book The Shiny Shell, and her nature paintings will be included in Ashley Rooney's upcoming book Green Art: Trees, Roots, and Leaves. Marcie is an instructor at Glen Echo Park and teaches art in her studio at the Pyramid Atlantic Art Center, Silver Spring, MD.

Jackie Steven, Jason Horowitz

Program: Digital Storytelling



Jackie and Jason co-teach the Arts for the Aging intergenerational program series "Digital Storytelling", which brings students from Arlington Career Center to seniors at the Walter Reed Adult Day Services Center to learn digital photography and videography with iPad technology. The students also interview the older participants about their lives and create a culminating video.

Jason Horowitz is a photographer who has worked in the Greater Washington area for more than 35 years. He has a BFA from George Washington University and a MFA from Virginia Commonwealth University. He has exhibited at Blue Sky Gallery, Portland, OR; McLean Project for the Arts, McLean, VA; Peer Gallery, New York, NY; Civilian Art Projects, Washington, DC; Richmond International Airport as a Virginia Museum of Fine Arts Fellow; The Silber Art Gallery, Goucher College, Towson, MD; Virginia Museum of Contemporary Art, Virginia Beach, VA; American University Museum at the Katzen Center, Washington, DC; Honfleur Gallery, Washington, DC; Flashpoint Gallery, Washington, DC; Arlington Arts Center, Arlington, VA; among others. A native of Washington, D.C., Jackie Steven has been involved in the area's film and video community for over 30 years. She has been on staff at Arlington Independent media since 1986 and currently serves as the organization's Director of Community Programs.

Quicksilver



Quicksilver is Arts for the Aging's dance improvisation company of senior adults, aged 60 years and over. The company celebrated its 20th anniversary in 2017. The dancers, most of whom are octogenarians, employ structured improvisational dance pieces inspired by master teachers and artists such as Robert Dunn, Simone Forti, Ruth Zaporah, Eiko & Komo and others in the field of contact improvisation. Quicksilver's vitality, humor, and rich, varied life experiences inform their development, performance and engagement

in improvisational dance. Co-directed by Arts for the Aging teaching-artists Anthony Hyatt and Nancy Havlik, Quicksilver leads interactive workshops for Arts for the Aging seniors throughout the metro area. Public performances have included those at the International D.C. Improvisation Festival, Executive's Ball of Montgomery County, D.C. Elderfest, Joe's Movement Emporium, Atlas Performing Arts Center, University of Maryland, and conferences for National Aphasia Association, American Art Therapy Association, The National Center on Creative Aging (NCCA), the IAGG World Congress of Gerontology and Geriatrics and the National Council on Aging. Quicksilver was the 2013 recipient of the Maryland Governor's Leadership in Aging Award for Performing Arts.

SAMPLE PRICING

Single 1-hour arts engagement workshop			
Cost			Total
Artistic Fees*	\$		220

6 week engagement #1: 1 Teaching Artist / 1 workshop per week			
Cost			Total
Artistic Fees**	Total cost of service	\$	1,344

6 week engagement #2: 2 collaborating Teaching Artists / 1 workshop per week			
Cost			Total
Artistic Fees**	Total cost of service	\$	2,604

*Artistic Fees - include Teaching Artist fees, program planning and evaluation time, and mileage reimbursement. Does not include materials fees.

**Artistic Fees - include Teaching Artist fees, program planning and evaluation time, materials, and mileage reimbursement. Materials fees are \$50 for visual art programs, and can be estimated at a lower fee for other disciplines.

The value of multiple teaching artists is in the ratio of teaching artist to seniors, with optimum group sizes at 20 seniors, and in multi-disciplinary exposures which emphasize varying interests and physical and cognitive abilities within a group.

TRAINING WORKSHOPS

Arts for the Aging offers training workshops for caregivers and/or artists interested in the field of creative aging. The workshops, developed and led by Arts for the Aging staff and teaching artists, show how anyone can use the arts to connect more deeply with their loved one or client, regardless of their prior arts experience. We can develop a training best suited to your needs, or you may select one of the workshops below.

Creative Aging 101: Understanding the Context and Effective Practices for Participatory Arts Programs in Aging

Audience: Professional or family caregivers, professional artists or creatives who want to learn about the fundamentals of creative aging



As the health and scientific fields discover more about the human brain, what the arts community has known all along is being confirmed—regular creative engagement is healthy for the brain, body and soul. This three-hour workshop teaches about the evolution of, and research and best practices in, the growing national field of creative aging; it includes a first-hand look at an Arts for the Aging Teaching Artist engaging your training group, or a group of older adults at your community or residential care setting, in a participatory arts workshop of your choice using Arts for the Aging’s methodology. You will be inspired with ideas for adding creative approaches to caregiving and observe or participate in a visual/musical/dance-movement activation. Witness how the arts combat isolation, spread joy, and give us new ways to communicate and interact with older adults who are experiencing diminished capabilities. See how Arts for the Aging’s methodologies allow participant contributions to drive the pace and direction of a workshop. Immediately following the arts engagement workshop, participate in a talk-back with the Arts for the Aging teaching artist and Arts for the Aging staff.

BEYOND CHARADES: Improv Group Modalities for Those in Early to Mid-Stage Dementia

Audience: Professional and family caregivers

An experiential training workshop led by Arts for the Aging Program Director Brandi Rose and Arts for the Aging Teaching Artist Annetta Dexter-Sawyer on conducting your own five-session creative participatory improvisation series for older adults with dementia. Find out how simple “in the moment” unscripted theater exercises can improve the well-being of those living with early to mid-stage dementia. Discover how theatrical improvisation can change the way you communicate with those in your care through participatory group exercises -- including a demonstration with a group of older adults living with early to mid-stage dementia at your community or residential care setting.

ARTFUL CAREGIVING: Using Dance, Imagery and Poetry for Therapeutic Enjoyment and Social Connection

Audience: Professional and family caregivers, medical professionals

In this workshop, Arts for the Aging Program Director Brandi Rose shares research supporting the use of arts intervention strategies with older adults and how that research has informed program development on the national and international stage. Arts for the Aging Teaching Artist Nancy Havlik will demonstrate how creative arts engagement can be used by caregivers to improve interaction with clients, while explaining the significance of incorporating the interventions. For example, methodology employed by dancers can be used by caregivers to reduce falls and demonstrate methods for sitting and standing safely. We will present specific techniques for exercising the mind artfully using accessible art forms like poetry and thoughtful examination (“slow-looking”) of visual art and photography. We will show caregivers how they can use the arts to foster a deeper connection, create a stronger sense of community, and bring a sense of joy to daily routines. Caregivers will discover that participation in the arts increases their own quality of life, decreases stress, and promotes positivity in the workplace.

