



Elderly/Senior Citizens/Individuals with Alzheimer's **ARTbeat!**

ARTreach Programs are widely recognized as having a positive impact on people who are going through a difficult transition. Moving to senior living is a difficult transition for many. Coping with grief, changes in life, making new friends is easier when support is combined with enriching interactive art activities. These ARTreach programs serving seniors citizens, and individuals with Alzheimer's are called ARTbeat and are facilitated by our professional ARTreach staff directors and reserved roster of artists trained to work in the healthcare and social service arena.

These programs incorporate an intergenerational component and bring in volunteers to aid senior citizens moving from an independent lifestyle to an assisted living situation by nurturing new friendships and a sense of belonging. ARTbeat Programs support physical activity, to stimulate breathing and heart rate. All programs encourage social interaction and creativity.

Intergenerational Scrapbooking and digital photography

Delivered as a six-week course to complete a 6-10 page scrapbook of new ideas and precious memories using collected photos, daily newspapers, magazines. Creative art and scrapbooking techniques are shared by teaching artists and volunteers.

Expressive Arts Collage Making

Taught by Lorena Fernandez, MA

This workshop is a collage of ideas that are represented in the images selected by the participants, round table discussion and dreams are shared in this engaging workshop for Alzheimer's patients and their families.

Beyond- Arts and Crafts

This is a series of weekly workshops that introduce a range of new and unique arts and crafts ideas that entertain and engage senior citizens in the creative process. Stimulating and positive, the unique items created will make everyone feel productive and inspired.

Watercolor Workshops- Young at ART

Watercolor Workshops are offered as one time workshops or weekly to teach progressive painting techniques- for beginners to advance.

ARTreach Breakfast Club- and Cups of Caring

Delivered on site by trained ceramic specialists. This is a six week program that invites the seniors to join ARTreach artists and volunteers to create ceramic plates, cereal bowls and coffee cups with a unique a design that represents their community.

Holiday Workshops

Always a favorite- Creating holiday ornaments for the community tree! Gingerbread houses and sing-a-longs! This is a special ARTreach Day of Caring event. Facilitated by ARTreach staff and reserved roster directors

Rhythm and HeART Beat

Percussionist Dan Egger-Belandria offers a unique music-workshop for senior citizens that will support daily exercise and activity in a creative, interactive manner than engages the entire group. Dan brings a wealth of experience into the community as a seasoned performer who has opened people's eyes, ears, and hearts to the beauty of rhythm for more than a decade. Everyone has fun exploring learning concepts through movement and music making.

Creative Movement and Dance for seniors and fragile elderly

These are creative sit and be fit programs, dance teaching techniques that accommodate seniors as well as the direct care staff – easy and enjoyable, safe and engaging.

Nurturing Pathways for Seniors

Taught by Erin Stanley

Erin Stanley is certified in **Nurturing Pathways** methodology. ARTreach is piloting this program in healthcare and senior living communities at this time to support brain synapses, and the impact on recovery and memory care. Additional subsidies are available for assisted living communities that are interested in supporting the pilot and the evaluation process. Please inquire.

