



A specialized activity for those living with memory loss and their care partners!

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- ▶ Paramount Center for the Arts – St. Cloud, MN
  - ▶ 800 seat restored theatre
  - ▶ 10 Visual Art Studios
  - ▶ 3 Gallery Exhibit Areas
  - ▶ Sales Gallery
  - ▶ Education Outreach



WHO ARE WE?

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- ▶ To assure that the arts are available to all
- ▶ To train teaching-artists to meet the needs of a broad range of clients
- ▶ To lobby, educate and inform the public about the power of the arts

WHAT IS THE ROLE OF EDUCATION AND OUTREACH?

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- ▶ Three years of training with ArtSage
- ▶ Four years of programming at St. Benedict Nursing Home
- ▶ MSAB Art a la Carte program in three nursing homes
- ▶ Aroha Philanthropies Seeding Vitality Arts Research Grant



### SETTING THE STAGE - OUR JOURNEY WITH ELDERS!

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- ▶ Joyce Wittenhagen – article in Star Trib person can make a difference!!!



### ORIGIN OF ART SPARKS

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- ▶ Define the need you are addressing
- ▶ Align with people who know more than you do
- ▶ Do your research
- ▶ Create a plan collaboratively – start small
- ▶ Seek funding that includes training –
- ▶ Carry out your plan
- ▶ Reflect, reflect, reflect and revise



### FIRST STEPS

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- ▶ For participants
  - ▶ Renew a sense of community engagement
  - ▶ Reduce perception of isolation
  - ▶ Enhance positive emotions and sense of well-being
  - ▶ Increase confidence
  - ▶ Learn strategies for daily engagement
- ▶ For Paramount and artists - Build capacity to serve
- ▶ For Community – Expand resources available



CLARIFY GOALS

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- ▶ Create print materials
- ▶ Advertise
- ▶ Recruit
- ▶ Registration



THE PILOT!

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- ▶ The second iteration



POWER OF PHOTOS

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- ▶ Artists and volunteers led by Alzheimer's Association and Jane Tygesson
  - ▶ Teaching-artists
  - ▶ Volunteers
  - ▶ Staff
- ▶ Skills to be shared
  - ▶ Effective communication with clients
  - ▶ Traits and progression of the disease
  - ▶ Selecting appropriate space, artworks, activities
  - ▶ Strategies for monitoring and adjusting as is needed



TRAINING

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- ▶ Volunteers and staff prepped
- ▶ Space preparation – simple, attractive, consistent, quiet, comfortable, safe
- ▶ Welcoming atmosphere
- ▶ Pre-survey – need to be accountable for funding
- ▶ Photo release – be respectful
- ▶ Keep it calm – everyone is a little nervous! Be prepared to be flexible!! Perfection is not a prerequisite for success!!



IT'S TIME TO START

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Look at art – the catalyst for conversation

Time Slips – What's happening in this painting?

- ▶ Smells, textures, sounds, feelings
- ▶ Honoring what they say as they say it
- ▶ No wrong answers
- ▶ Does not rely on memory
- ▶ Capture and reinforce vocabulary



WEEKLY FORMAT - A

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- ▶ **Socialize**
  - ▶ Care partner bonding time
  - ▶ Sharing time



WEEKLY FORMAT - B

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- ▶ **Making Art**
  - ▶ Care partner tool
  - ▶ Relevant to art they were just seeing!



WEEKLY FORMAT - C

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- ▶ A way to carry their art home.
- ▶ Something to do at home
- ▶ Send-off with a smile
- ▶ Gather artist and volunteers to reflect
- ▶ Final post survey on the last day.



SENDING HOME

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Advice, Training and Promotion  
 Central MN Council on Aging  
 Alzheimer's Association  
 ACT on Alzheimer's

Volunteers  
 Artists in waiting  
 RSVP  
 Colleges

Funding  
 Individual businesses  
 Retired Teachers  
 AAUW  
 Memorials  
 Central Minnesota Arts Board – Pilot (\$3500)  
 CentraCare Foundation (\$6800)



WHO HAS HELPED US  
 ALONG THE WAY?

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- ▶ Grant to Mn Council on Aging-March 2018
- ▶ Expand by adding artists and sites
- ▶ Provide service learning opportunity
  - ▶ CSB/SJU Experiential Learning Dept
  - ▶ SCSU Gerontology Department



WHAT'S NEXT

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- ▶ Arrival and departure are critical
- ▶ Training is critical
- ▶ Volunteers are critical
- ▶ Little things matter
  - ▶ Parking
  - ▶ Facility-templ, sounds, cleaning crew, lighting, bathrooms
  - ▶ Flexibility
- ▶ Observation and reflection are key to improvement.
- ▶ Will add a pre-interview to learn a bit about those participating before they arrive.



WHAT HAVE WE LEARNED?

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- ▶ What we are doing is
  - ▶ important,
  - ▶ valued,
  - ▶ needed
  - ▶ worth doing!!

MOST IMPORTANTLY!



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FOR MORE INFORMATION



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